

Summer 2026	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p><b>Preston Park Best Start Family Hub</b> College Road Wembley HA9 8RJ</p> <p>MORNING/AFTERNOON</p> <p>Registration link: <a href="http://www.brent.gov.uk/familywellbeingcentres">www.brent.gov.uk/familywellbeingcentres</a></p> <p>May Bank Holidays 4<sup>th</sup> &amp; 25<sup>th</sup> May CENTRE CLOSED</p>	<p><b>Midwifery Services</b> 9:00am – 4:30 pm Appointment only</p> <p><b>Citizens Advice Bureau (CAB)</b> 9:00am – 5:00 pm Independent advice on issues such as benefits. Housing and welfare rights. Appointment only</p> <p><b>Bumps to baby</b> 0-12 months 9.45am – 10.45am 13<sup>th</sup> April – 6<sup>th</sup> July Focus on babies' development/social and emotional needs Booking Online Term time only</p> <p><b>Story and Rhyme Time</b> 0-5 years 1-2 pm 13<sup>th</sup> April – 6<sup>th</sup> July Themed stories using props. Sing songs Booking online Term time only</p> <p><b>Healthy Lifestyle Clinic</b> Give nutrition advice to parents with children aged 1-5yrs 3 - 5 pm 13<sup>th</sup> &amp; 27<sup>th</sup> April 11<sup>th</sup> &amp; 25<sup>th</sup> May 8<sup>th</sup> &amp; 22<sup>nd</sup> June 6<sup>th</sup> July Appointment only</p>	<p><b>Midwifery Services</b> 9:00am – 4:30 pm Appointment only</p> <p><b>Registration Clinic</b> 9am – 2pm Get help and support completing registrations. Drop in</p> <p><b>Brent PAIRS (Parent and Infant Relationship Service)</b> 9.30am – 2pm For parents who maybe struggling in their relationship with their child Referral only (fortnightly)</p> <p><b>Sport in Mind mum &amp; Baby</b> 10.30-11.30am 14<sup>th</sup> April -14<sup>th</sup> July Mums and their babies (up to 1 years old) to use movement to support their mental health, including low mood, isolation and severe mental illness Term time only</p> <p><b>REAL</b> 2-5 years 12.30-2.30pm 14 April-2<sup>nd</sup> June Raising Early Attainment in Literacy 8-week programme that supports children's early literacy and learning Appointment only</p> <p><b>SEN Stay and play session</b> 0-5years 10-11am 9<sup>th</sup>, 16<sup>th</sup>, 23<sup>rd</sup>, 30<sup>th</sup> June 7<sup>th</sup> July Sessions provide opportunities to access advice and support, whilst building friendships. Booking online Term time only</p>	<p><b>Health Visiting</b> 9:00am – 3:00pm 1 &amp; 2-year-old Development reviews Appointment only Employment Support 9:30 am – 4:00 pm Employment, benefits entitlement information. Help with CV Book online or call the centre. Appointment Only</p> <p><b>Breast Feeding Support Clinic</b> 9.00-1pm 15<sup>th</sup>, 29<sup>th</sup> April 13<sup>th</sup>, 27<sup>th</sup> May 10<sup>th</sup>, 24<sup>th</sup> June Ask questions and get support with breastfeeding</p> <p><b>4-week Toileting Programme</b> 18mths-3 years 10-12 pm 29<sup>th</sup> April- 22<sup>nd</sup> May (Creche provided) Booking required</p> <p><b>Introduction to Solids</b> 12:30 pm – 2 pm 22/04, 27/05, 25/06 &amp; 22/07 Weaning advice and support Group sessions book online</p> <p><b>Let's Talk</b> 1-2pm 14 months to 3 ½ years only General advice to support your child's speech through reading and play. Booking Online Term time only</p> <p><b>Ansar Youth Project-Boys</b> Activities for young people, include sports, gaming, arts and crafts, educational 4-5pm (8-12yrs) 5.30-7.30 pm (13-17yrs) Term time only</p> <p><b>Baby Massage</b> Babies aged 2 months – 6 months 10am -12pm 4-week course 1<sup>st</sup>, 8<sup>th</sup>, 15<sup>th</sup> &amp; 21<sup>st</sup> July Booking Online</p>	<p><b>Health Visiting</b> 9:00am - 1:00pm 1 &amp; 2-year-old Development reviews Appointment only</p> <p><b>Shake, Rattle and Stroll</b> 0 – 5 years 9:45 – 10:45 am Walking group for all children and parents. (No Dogs). Booking online Term time only</p> <p><b>Messy play</b> 18mth-3years 1 – 2pm Extremely hands-on sensory activities i.e. water, sand and paint Booking online Term time only</p> <p><b>Ansar Youth Project-Girls</b> Activities for young people, include sports, gaming, arts and crafts, educational 4-5 pm (8-17 yrs) 5.30-7.30 pm YMC (13-17 yrs) Term time only</p>	<p><b>Health Visiting</b> 9:00am - 3:00pm 1&amp;2-year-old Development reviews Appointment only</p> <p><b>HENRY- Right from the Start</b> 0-5 years 10am -12.30pm 17<sup>th</sup> April to 19<sup>th</sup> June A holistic and evidence-based programme designed to support parents and carers to give their children a healthy, happy start in life and improve school readiness. (creche provided) Booking online</p> <p><b>Sensory Play</b> 12mth-18mth 9.45-11am 26<sup>th</sup> June-10<sup>th</sup> July Extremely hands-on sensory objects and activities Booking online Term time only</p> <p><b>Parents as First Teacher Practitioner</b> 9.30-11.30am 26<sup>th</sup> June -17<sup>th</sup> July A relaxed 4-week course with practical tips on attachment, behaviour &amp; routines, plus fun activities to support your child's development. (Creche provided) Booking online</p> <p><b>Prospects/Brent Connexions Careers Advice Session</b> 1-4 pm Support with training / Employment for 16 -19 yrs and up to 25 years with disability not in school/college Appointment only</p> <p><b>Ansar Youth Project-Mixed</b> Activities for young people, include sports, gaming, arts and crafts, educational 4-5 pm (8-12 yrs) 5.30-7.30 pm (13-17 yrs) Term time only</p>	<p><b>FWC WEEKEND OFFER</b> Saturday Sessions at Brent's Family Wellbeing Centers</p> <p><b>Free Early Education</b> Children may be entitled for up to 15- or 30-hours FREE childcare. Contact Brent Council for more information. Search 'free early education' on their website Brent.gov.uk.</p> <p><b>MONDAY TO FRIDAY</b> Give your baby the best start in life. For pregnant women and children aged 0 – 4 years Pick up your free vitamins from reception Drop ins</p>