












	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
 <p>Family Wellbeing Centre</p>  <p>Registration link: https://www.brent.gov.uk/familywellbeingcentres Sessions are booked via Family wellbeing pages via 'My Account'</p>  <p>ThreeTrees.FWC@brent.gov.uk Tiverton Road (On the corner of Tiverton Road and Okehampton Road) Kensal Rise NW10 3HL TEL: 020 8937 3892</p> <p>LITTLE VILLAGE Community Donation Drive Donate children's equipment, buggy's, cots, clothing, shoes and toys/books 0-5yrs Term-time only</p>	<p>09.00am-5.00pm HEALTH VISITING CLINIC Appointment only</p> <p>9.00am - 4.00pm Salisbury World Advice & Advocacy session For refugee and migrant families (Parents/Carers) Referral basis only</p> <p>10:00am-12:00pm Salisbury World ESOL Level 1 Free English Language course for parents with English as an additional language; covers speaking, and writing. For parents & carers crèche available Call or ask at reception</p> <p>1.00pm-3.00pm ESOL Level 2 Free English Language course for parents with English as an additional language; covers speaking, and writing. For parents & carers crèche available Call or ask at reception</p> <p>4:00pm - 5.15pm Art Club Fun and creative session 5- 11 years olds Resumes 09/09 Book online</p>	<p>09.00am-5.00pm HEALTH VISITING CLINIC By appointment only</p> <p>9:45am-10:45am Stay, Play & Learn Fun and interactive stay & play session Age 1 and over Booking Required</p> <p>11:15am-12:30pm Exploring the world through your Child's eyes Fun and interactive learning sessions 07/01 -14m+ 14/01 - 0-5yrs 21/01 - 14m+ 28/01 -14m+ 04/02 - 14m+ 11/02 - 0-5yrs 18/02 - All family 25/02 - 0-5yrs Book online</p> <p>11.00am – 12:30pm Baby Massage March – July 2 months – 6 months 04/03, 11/03, 18/03 & 25/03 Book online</p> 	<p>9.30-3.30pm MIDWIFERY TEAMS Appointment only</p> <p>11:00-1:00pm Portage Group Stay and Play session. 08/01, 12/02, & 12/03 & 02/04 Under 5's Appointment only</p> <p>9.15am - 10:45am Welcome to Parenthood For expectant parents who have had their 24-week scan 05/02, 05/03 & 02/04 & 09/04 Book online</p> <p>9.00am - 2:30pm Supporting Families Employment Advisors Support with learning new skills, training and finding employment. (Term Time only) For parents/carers Appointment only</p> <p>11:00am-12:00pm Messy Play Every 1st, 3rd & 4th Wednesday of the month Age 18 months + Book online</p> <p>10.00am – 11.00am Mum and Baby Strengthen and Stretch 6 weeks – 1 year Starts 26/02 Book online</p>	<p>9.30am - 3.30pm MIDWIFERY TEAMS Appointment only</p> <p>10:00am – 11:00am Let's Talk Speech and language advice and play sessions to support parents with their child's language development 14 months - 3 ½ years Book online</p> <p>9.30am - 4.00pm Citizens Advice Brent (CAB) CAB offer good quality independent Advice on issues such as benefits housing Welfare rights. Appointment only Call to book</p> <p>11:15am - 1:45pm HENRY Parenting 9 Weeks Starting 30/01 Last session 03/04 Term time only Book online</p> <p>12:00pm-1:00pm Shake, Rattle and Stroll Walking group for all children and parents. Starting 30/01/25 (Scooters and Strollers are welcomed. No Dogs please). Book online</p> 	<p>09.00am-5.00pm HEALTH VISITING CLINIC Appointment only</p> <p>10.00am – 2.00pm Toy Library Service Toy lending service Subscription fee required</p> <p>10am-11.30am Being with your baby (6 sessions) 0-6 months 10/01, 17/01 & 24/01 Book online</p> <p>6-12 months 31/01, 07/02 & 14/02 Book online</p> <p>11.45am – 1.15pm Baby Time Stay & Play session Under 1 year olds Term time only Book online</p>	<p>9.30am – 10.45am SEND Family Stay & Play Session Monthly session for families with a child with SEND. Come and join the fun. Activities for all ages. Saturday 11th January Saturday 8th February</p> <p>Book online</p>  <p>11.00am – 12.30pm Baby Yoga 3 months – active crawling 01/02 & 15/02 Book online</p> <p>11.00am – 12.30pm Antenatal classes For expectant parents 11/01 08/02 Book online</p>

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<p>Free Health Start vitamins available for all pregnant women and vitamin drops for children under 4 years old.</p> <p>-----</p> <p>Triage Service available if you need help to access services in the FWC's and the community.</p> <p>-----</p> <p>No children to be left unattended under the age of 8 years old in the centre</p>	<p>5.30pm – 7.00pm Teen Space Variety of activities for 11+ including gaming, card games, board games and outdoor games. Resumes 09/09 Book online</p> 	<p>10:11.30am Health Visiting service SUNSHINE GROUP Wellbeing sessions For parents who are having difficulty coping and or would just like to get baby weighed. No session in Jan 11/02, 04/03, 01/04 Book online</p> <p>10.00am-11:30am Childcare & Library's event 18/03</p> <p>10.00am – 12.00pm STAR Supporting the assessment route for ASD / ADHD 04/02 Call centre or book online</p> <p>1.30pm – 5.00pm Perinatal Sessions Every second Tuesday By appointment only through the Perinatal Team</p> <p>4:30pm - 6:30pm Beezee families Healthy lifestyle 5 year olds + Starting 21/01 12 weeks Book online</p>	<p>1.00pm – 2.30pm Introduction to solids Health visiting team From 6 months old 08/01, 12/02, 12/03 & 09/4 Book online</p> <p>4:30pm-7.00pm Brent Young Carers Club 4:30-7pm Every 3rd Wednesday of the month 19/02 Referral only</p> 	<p>4.00pm – 6.00pm Girls Club Group work for support with difficulties in friendship groups, looking at healthy relationships, and building & improving social skills. For girls aged 10-16 years Referral basis only Term time only</p> 	<p>9:00am - 3.00pm Small Talk SLT One to One sessions for children with Speech and Language Therapist Appointment Only</p> 	 <p>Useful links For information on Parenting Programmes please email: parenting.programme@brent.gov.uk</p> <p>SEND Local Offer SEND Local Offer Brent Council</p> <p>Brent Youth Zone Brent Youth Zone - BYZ</p> <p>Free Early Education Children may be entitled for up to 15 or 30 hours FREE childcare. Contact Brent Council for more information. Search 'free early education' at brent.gov.uk. Tel: 020 8937 3010 Email: cfis@brent.gov.uk</p> 