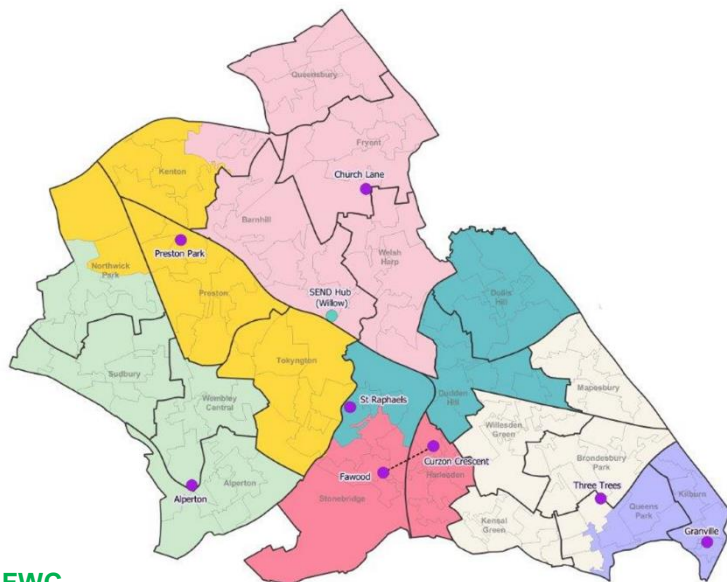


# Brent Family Wellbeing Centres



## Alperton FWC

Ealing Road  
HA0 4PW  
020 8937 3860  
[Alperton.FWC@brent.gov.uk](mailto:Alperton.FWC@brent.gov.uk)

## Church Lane FWC

Fryent Primary School  
Church Lane  
NW9 8JD  
020 8937 3890  
[ChurchLane.FWC@brent.gov.uk](mailto:ChurchLane.FWC@brent.gov.uk)

## Curzon Crescent & Fawood FWC

Curzon Crescent  
London  
NW10 9SD  
020 8459 6813  
[admin@curzon.brent.sch.uk](mailto:admin@curzon.brent.sch.uk)

## Three Trees FWC

Tiverton Rd  
London  
NW10 3HL  
020 8937 3892  
[ThreeTrees.FWC@brent.gov.uk](mailto:ThreeTrees.FWC@brent.gov.uk)

## Granville Plus FWC

Carlton Vale  
NW6 5HE  
020 8937 6581  
[GranvillePlus.FWC@brent.gov.uk](mailto:GranvillePlus.FWC@brent.gov.uk)

## Preston Park FWC

College Road  
HA9 8RJ  
020 8937 5980  
[PrestonPark.FWC@brent.gov.uk](mailto:PrestonPark.FWC@brent.gov.uk)

## St Raphael's FWC

Rainborough Close  
St Raphael's Estate  
NW10 0TS  
020 8937 3620  
[StRaphs.FWC@brent.gov.uk](mailto:StRaphs.FWC@brent.gov.uk)

## Willow SEND FWC

Barnhill Rd  
HA9 9YP  
020 8937 6562  
[Willow.FWC@brent.gov.uk](mailto:Willow.FWC@brent.gov.uk)



## WHAT'S ON Brent Family Wellbeing Centres



## Autumn Programme

September 2021

Visit our website:

[www.brent.gov.uk/familywellbeingcentres](http://www.brent.gov.uk/familywellbeingcentres)



## Welcome to our Family Wellbeing Centres

Brent's Family Wellbeing Centres brings together a range of different services in one place to provide more joined up support for families with children 0-18 years old, and extending this up to 25 years old for those with SEND.

Families are able to access a range of support groups, activities and services on offer to ensure that they get the right support at the right time. Families will be supported to be healthy, resilient, and have a range of opportunities to support them to grow.

All eight Family Wellbeing Centres in Brent are open Monday to Friday 9am –5pm and some on Saturdays.



## How to register and book

You can view information about the Centres and see what's on in your area by visiting our new webpages:

[www.brent.gov.uk/familywellbeingcentres](http://www.brent.gov.uk/familywellbeingcentres)

It is important to us that within all our Family Wellbeing Centres, everyone is kept safe and feel secure. Can we remind you of our no phone policy when you are attending services at any of our sites.



### Activity Directory... what to expect from the programmes

#### English Conversation Classes

A chance to practice your communication skills for those who wish to develop their conversational English to support them in their day to day activities.

**Crèche will be provided**

#### Parenting Matters

A group workshop or 1:1 with Family Support team to discuss topics such as routines, school transitions, becoming a stepparent, ages and stages and emotional wellbeing; for parents with children 0-18 (see your Centre programme for details)

**Crèche will be provided**

#### Babies Sensory Play

12 months & under

Learning through playing with every day objects and textures to encourage babies to use their senses to play, create, investigate and explore.

### Activity Directory...what to expect from the programmes

#### Raising Early Attainment in Literacy: 4 week programme

The programme helps to build parents' knowledge and confidence so that they can help their children with reading and writing and create a positive early home learning environment.

Parent and children under 5 year old

#### Let's Talk

Speech and language therapy assistant provides activities and tips to boost your baby and toddlers communication skills



#### Emotional Wellbeing Workshop for Parents: 6 weeks programme

To address thoughts feelings and experiences, which affect your emotional and mental well-being. You will have the opportunity to share in many different ways, such as mindfulness, creative expression and group discussion. Each workshop is 'stand-alone' and you can register to attend one or more.

**Crèche will be provided**

#### Freedom Programme: 12 week programme

This programme is for woman who have experienced Domestic Abuse, helping them to understand their experiences and move forward.

Locations are confidential

**Please contact [parentingprogramme@brent.gov.uk](mailto:parentingprogramme@brent.gov.uk) to refer yourself for support.**

**Crèche will be provided**

#### Citizen's Advice Brent

Range of advice on work, money, benefits, immigration and housing



#### Employment Support and Advice (over 18's) - JCP+

Job searches, tips on applying for jobs, support to access training courses

#### Brent Connexions

Provides information, advice and guidance to support the future career and educational aspirations of unemployed young people in Brent aged 16 to 19 (up to 25 for those with a learning difficulty and/or disability).

#### Baby Talk and Toddler Talk.

Lots of activities and games, book suggestions to do at home to support your children develop language (Speech and language therapy service advice available in all Centres)

#### Brent Perinatal Mental Health team

Providing support treatment to women experiencing mental health difficulties during pregnancy and within the baby's first year .



# Programme of what's on at Alperton Family Wellbeing Centre



## Information

Please ensure you arrive before for the start of sessions or appointments, so that we can ensure that you are directed to the right place and you have time to settle.

## Key

- B Online Booking
- R Referral Only
- £ Chargeable
- C Crèche Available
- T Term Time Only
- A Appointment Only

To register your family and book sessions and appointments please use link below:

[www.brent.gov.uk/familywellbeingcentres](http://www.brent.gov.uk/familywellbeingcentres)

## Monday

### Babies Sensory Session B

**10:00-11:00**

**Up to 12 months**

Learning through playing with every day objects

## Tuesday

### Employment Support and Advice (over 18's) B

**10:30-14:30**

Job searches, tips on applying for jobs, support to access training courses

**\*\*\*New programmes coming in October\*\*\***

## Wednesday

### Health Visiting team A

**9:00– 17:00**

1 year and 2 year old health reviews

### Toddler Talk B

**10:30-11:15**

**18 months 3 years**

Explore exciting activities to develop your child's language and literacy skills

### Circus Skills Workshop B

**10:00-12:30**

**1st September ONLY**

5– 14 year olds

### Let's Talk B

**1.30-4.00**

**0– 5 years**

Speech and language therapy assistant provides activities and tips to boost your baby and toddlers communication skills

## Thursday

### Citizen's Advice Brent B

**9.00-4.00**

CAB offer good quality independent advice in all matters.

Virtual Appointment only

### Parenting Matters B

**10:00- 12:00**

Family Support team advice and information for parents/carers with all age children. Virtual appointments

### Brent Connexions B

**13:00-17:00**

Support with training and employment for 16 -19 year olds or up to 25 years with disability.

## Friday

### Perinatal Mental Health Service A

**10.00.-5.00**

Support for women experiencing post natal depression

### Brent Connexions B

**14:00-17:00**

Support with training and employment for 16 -19 year olds or up to 25 years with disability.

**\*\*\*ESOL classes starting the end of September\*\*\*  
DETAILS TO FOLLOW**

**Dads and children's sessions coming in October**



# Programme of what's on at Church Lane Family Wellbeing Centre



## Information

Please ensure you arrive before for the start of sessions or appointments, so that we can ensure that you are directed to the right place and you have time to settle.

### Key

- B** Online Booking
- R** Referral Only
- £** Chargeable
- C** Crèche Available
- T** Term Time Only
- A** Appointment Only

To register your family and book sessions and appointments please use link below:

[www.brent.gov.uk/familywellbeingcentres](http://www.brent.gov.uk/familywellbeingcentres)



### Monday

#### Midwifery Service

9:00-16:00

**A**

#### Let's talk

0-5 years

11:00 – 12:00

**B**

Get advice to support your child from the Speech and Language Team.

#### Toddler talk

18 months-3 years

13:30 – 14:30

**B**

Explore your senses with outdoor play

#### Monday Movie Club

5– 11 years

15:45-17:15 (1<sup>st</sup> & 3<sup>rd</sup>

Monday of each month)

**B**

Catch up with favourite movies and your friends

### Tuesday

#### Health Visiting team

9:00– 17:00

**A**

1 year and 2 year old health reviews

#### Registered childminders

with minded children

10:00-12:00 noon

**B**

**£**

### Citizen's Advice Brent

CAB offer good quality independent advice in all matters.

**A**

#### Parenting Matters

(see Activity Directory)

10:00-15:30

(break 12-13:30)

30 minute appointments with Family Support team for families with all age children

**B**

### Wednesday

#### Midwifery Service

9:00-16:00

**A**

#### Baby Sensory Session

up to 12 months

10:00 – 11:00

**B**

#### Oral Health

0-5 years

10:30-11:00

**B**

Establishing good oral hygiene and tooth brushing habits.

Last Wednesday of the month

#### Fun Fit Families

15:45-16:45

21<sup>st</sup> September 2021

12-week programme

Exercise, have fun and get fit as a family.

Children up to 14 years

**B**

### Young Carers

17:00-18:30

YC group meets for activities and events with information and advice sessions  
Ages 8-18 years

**A**

### Thursday

#### Portage Group

Under 5's

10:00 -12:00

Fun activities for your family, to develop your child's communication, physical and social skills and improve their learning and development  
Last Thursday of the Month  
Appointment only

**B**

#### Bumps and Babies

walking group

(Perinatal MH Team)

02/09/2021 for 5 weeks

10:00-11:00

**A**

#### Perinatal Mental Health

9:00-16:00

**A**

#### Health Visiting

9:00-16:00

**A**

#### Employment Support (JCP)

9:00-16:00

**B**

### Friday

#### Parenting Matters

10:00-15:30 break

(12-13:30)

**B**

#### Midwifery Service

9:00-16:00

**A**

#### Small Talk

9:00-16:00

1: 1 sessions for children with speech and language therapist

**B**

**R**

#### Raising Early Attainment in Literacy

13:30 – 14:30

2-4 years

Sessions that support children's literacy and learning

**B**

#### Music club

12-18 yrs

16:00-17:00 (1<sup>st</sup> & 3<sup>rd</sup> Friday of each month)

A great stress reliever for young people by listening, singing, writing, and/or moving to music.

**B**

#### Saturday 11th

10-12pm

Dad's and under 11s fun and games session

**B**

# Programme of what's on at Curzon Crescent & Fawood FWC



## Information

Please ensure you arrive before for the start of sessions or appointments, so that we can ensure that you are directed to the right place and you have time to settle.

## Key

<b>B</b>	Online Booking
<b>R</b>	Referral Only
<b>£</b>	Chargeable
<b>C</b>	Crèche Available
<b>T</b>	Term Time Only
<b>A</b>	Appointment Only
<b>CC</b>	Curzon Crescent FWC
<b>F</b>	Fawood FWC

To register your family and book sessions and appointments please use link below:

[www.brent.gov.uk/familywellbeingcentres](http://www.brent.gov.uk/familywellbeingcentres)

## Monday

### Midwifery Service

9:00-16:00

Ante and post natal check ups

### Under 5's session

10:00-11:00

(starting 19/09/2021)

### Brent Connexions

13:00-17:00

Support with training and employment for 16 -19 year olds or up to 25 years with disability.

### Story time and singing outdoors at Fawood

0-5 yrs

13:30 – 14:30

### Fun Fit Families

15:45-16:30

Exercise, have fun and get fit as a family. Children up to 14 years

## Tuesday

### Health Visiting team

9:00– 12:00

1 year and 2 year old health reviews

### Let's talk

0-5 years

11:00 – 12:00

Get advice to support your child from the Speech and Language Team.

## Wednesday

### Registered childminders with minded children

10:00-12:00 noon

### Citizen Advice Brent

CAB offer good quality independent advice in all matters.

Virtual appointments

## Happy, Healthy and ready to thrive - drop in

13:00-14:30

### All ages

Get advice on parenting support for children of all ages: Child mental health, free nursery funding and other matters that impact on families.

### Midwifery Service

9:00-16:00

Ante and post natal check ups

## Thursday

### Forest school activities

at Roundwood Park

0-5 years

10:00-11:00

### Employment Support and Advice (over 18's) - JCP+

9:00-16:00

Job searches, tips on applying for jobs, support to access training courses

## Friday

### Tummy Time at Curzon Crescent

4-6 month olds

10:00-11:00

Please contact centre for more information

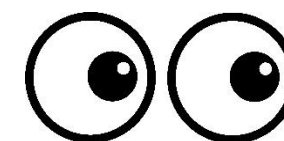
### Perinatal Mental Health Service

9:00-16:00

Support for women experiencing post natal depression

## Saturday

### KEEP AN EYE OUT



### FOR UPDATES



# Programme of what's on at Granville Plus Family Wellbeing Centre



## Information

Please ensure you arrive before for the start of sessions or appointments, so that we can ensure that you are directed to the right place and you have time to settle.

## Key

- B** Online Booking
- R** Referral Only
- £** Chargeable
- C** Crèche Available
- T** Term Time Only
- A** Appointment Only

To register your family and book sessions and appointments please use link below:

[www.brent.gov.uk/familywellbeingcentres](http://www.brent.gov.uk/familywellbeingcentres)



## Monday

### Health Visiting team

9:00– 17:00

1 year and 2 year old health reviews

**A**

### English conversation basic level (parents)

10:00-12:00

**B**

**C**

### Let's talk

14:00 – 15:00

Get advice to support your child from the Speech and Language Team.

### Small Talk

9:00-16:00

1: 1 sessions for children with speech and language therapist

**B**

## Tuesday

### Midwifery Service

9:00-16:00

Antenatal check ups

**A**

### Salusbury World ESOL Basic

10:00-12:00

starts 14/09/2021

**B**

**C**

### Babies Sensory Session

10:00-12:00

## Salusbury World

### Harmonise Music project

15:30-17:30

6-10 years

Children learn to express themselves musically, tell stories and improve their English

**B**

## Salusbury World

### Mentors

17:30-18:30

10 –16 years

Mentors assist young people with their schoolwork and related skills (e.g. literacy, numeracy and English).

**B**

## Wednesday

### Midwifery Service

9:00-16:00

Antenatal check ups

**A**

### Health Visiting team

9:00– 17:00

1 year and 2 year old health reviews

**A**

### Registered childminders with minded children

10:00-12:00

**B**

**£**



## Citizen Advice Brent

CAB offer good quality independent advice in all matters.  
9:30- 3:30

**B**

## Salusbury World

### Home work Club

15:30-17:30

6-10 years

**B**

### Parenting Matters

10.00 – 12.00

Family Support team advice and information for parents/carers with all age children

**B**

**C**

### Arts and Crafts

6-10 yrs

16:00-17:00

(1st and 3rd Wednesday of each month)

**B**

### Movie club

6-10 yrs

16:00-17:30

Catch up with favourite movies and your friends

Last Wednesday of each month

**B**

## Thursday

### Midwifery Service

9:00-16:00

Antenatal check ups

**A**

## REAL

### Raising Early

### Attainment in Literacy

10:00– 12:00

2-4 years

Sessions that support children's literacy and learning

**B**

## Salusbury World

### Homework Club

6-10 years

15:30-17:30

**B**

## RISE

### Closed group

18:30-20:00

## Friday

### Midwifery Service

9:00-16:00

Antenatal check ups

**A**

### Fun Fit Families

10:00-11:00

24<sup>th</sup> September -17<sup>th</sup> December

**B**

**A**

## Saturday

### Family Playtime

10:00– 11.30

Alternative weeks

Starting 4<sup>th</sup> September 21

Fun and educational under 5's activities.

**B**

\*\*\*Dads and children's sessions in October\*\*\*

# Programme of what's on at Preston Park Family Wellbeing Centre



## Information

Please ensure you arrive before for the start of sessions or appointments, so that we can ensure that you are directed to the right place and you have time to settle.

## Key

- B** Online Booking
- R** Referral Only
- £** Chargeable
- C** Crèche Available
- T** Term Time Only
- A** Appointment Only

To register your family and book sessions and appointments please use link below:

[www.brent.gov.uk/familywellbeingcentres](http://www.brent.gov.uk/familywellbeingcentres)



## Monday

**Early learning for babies & introduction to solids, 6-9 months**

10:00 – 11:00

**B**

**Midwifery Service**

9:00-15:30

Ante and post natal check ups

**A**

**Citizen Advice Brent**

CAB offer good quality independent advice in all matters. Virtual appointments

**B**

**Raising Early Attainment in Literacy**

12:30 – 13:30

2-4 years

Sessions that support children's literacy and learning

## Tuesday

**Midwifery Service**

9:00-15:30

Ante and post natal check ups

**A**

**Stories and rhymes**

0-5 years

10:00 – 11:00

7th, 14th and 21st September only

**B**

**Emotional wellbeing workshop for parents**

28 Sept-14-Dec 2021

11:00 – 13:00

Express yourself in creative ways and improve your emotional wellbeing

**B**

**Outdoor Fun**

15:45 – 17:00

0-10 years

Exploring nature, environment, surroundings to be happy, healthy, and active to boost physical, social and emotional wellbeing

**B**

## Wednesday

**Perinatal Mental Health Service**

9:00-16:00

Support for women experiencing post natal depression

**A**

**Understanding your child**

0-5 years

10:00 – 11:00

(every 1st Wednesday of the month)

**B**

**Terrific Twos**

18 months to 3 year olds

10:00 – 11:00

(8th –29th Sept)

**B**

**Let's Talk, 0-5 years**

11:00 – 12:00

Get advice to support your child from the Speech and Language Team.

**B**

**Let's talk**

14:00 – 15:00

Get advice to support your child from the Speech and Language Team.

**B**

**Brent Connexions**

13:00-17:00

Support with training and employment for 16 -19 year olds or up to 25 years with disability.

**A**

**B**

**Your Space**

16:30-18:00

Ages 12-18 years

Focus on community safety, online safety, friendships, identity

**B**

## Thursday

**Health Visiting team**

9:00– 16:00

1 year and 2 year old health reviews

**A**

**Small Talk**

9:00-1600

1: 1 sessions for children with speech and language therapist

**A**

**Parenting Matters**

10:00-15:30

**break 12-13:30**

30 minute appointments with Family Support team providing advice for families with all age children

**B**

**Fun Fit Families**

16:00-17:00

Exercise, have fun and get fit as a family.

Children up to 14 years

**B**

## Friday

**Registered childminders with minded children**

10:00-12:00 noon

**£**

**B**

**English conversation, basic level**

10:00-12:00

**B**

**Employment Support and Advice (over 18's)**

14:30-17:00

Job searches, tips on applying for jobs, support to access training courses

**B**

## Saturday

September 25th

**Dad's and under 11s fun and games session**

10:00-12:00

**B**



# Programme of what's on at St Raphael's Family Wellbeing Centre



## Information

Please ensure you arrive before for the start of sessions or appointments, so that we can ensure that you are directed to the right place and you have time to settle.

## Key

- B** Online Booking
- R** Referral Only
- £** Chargeable Session
- C** Crèche Available
- T** Term Time Only
- A** Appointment Only

To register your family and book sessions and appointments please use link below:

[www.brent.gov.uk/familywellbeingcentres](http://www.brent.gov.uk/familywellbeingcentres)



## Monday

### Fun Fit Families

09.30-10.30

Learn how to keep your family fit and healthy through nutrition and physical activity

**B**

### Child Talk

10.30-12.00

0 - 5 years

Learn about your child's development and get advice to support

**B**

### Midwifery Service

9.00-16.00

Ante and post-natal check ups

**A**

### Parenting Matters

10.00-15.00

Break 12-13:00

30 minute appointments with Family Support team providing advice for families with all age children

**B**

### Oral Health

11.00-12.00

0-5 years

Establishing good oral hygiene and tooth brushing habits

First Monday of the month

**B**

### Toddler Talk

12.45-14.00

18 months to 3 years

Activities and book suggestions to do at home to support your children develop language

**B**

### Unlocking Potential Homework Club

6-10 years

17.00-19.00

**B**

## Tuesday

### Midwifery Service

9.00-16.00

Ante and post-natal check ups

**A**

### Perinatal Mental Health Service

9.00-16.00

Support for women experiencing post-natal depression

**A**

### Baby Talk

0-12 months

10.00-13.00

Activities and book suggestions to do at home to support your children develop language

**B**

### BANG

16.00-17.00pm

6 - 14 years accompanied by Adult PLANT & GROW with Gardening project. Learn Science through growing herbs & vegetables

**B**

## Wednesday

### Stream Skills Coffee

### Morning with Information session

9.15-11.15

Information on Welfare and Housing. Come and meet new families in your local community

**B**

### Oral Health

10.30-11.00

0-5 years

Establishing good oral hygiene and tooth brushing habits. First Wednesday of the month

**B**

## Let's talk

10.30-11.30

Get advice to support your child from the Speech and Language Team

**A**

### Citizen Advice Brent

CAB offer good quality independent advice in all matters.

**A**

### Fun Fit Families

16.00-17.00

Learn how to keep your family fit and healthy through nutrition and physical activity

**B**

## Thursday

### Health visiting team

9.00- 16.00

1 year and 2 year old health reviews

**A**

### Small Talk

9.00-16.00

1: 1 sessions for children with speech and language therapist

**B**

### Registered childminders with minded children

10.00-12.00

**£ B**

### Stream Skills Advice and Information session

10.00 -14.00

Come and get advice re housing, property Disrepair, private landlords, C.V., employment, welfare

**B**

## Friday

### REAL

### Raising Early Attainment in Literacy

10.00-12.00

2-4 years

Sessions that support Children's literacy and learning

**B**

### Registration Drop in

10.00-12.00

Come and get help to register at the FWC

## Saturday

### Dad's and under 11s fun and games session

18th September

10.00-12.00

**B**

### Strengthening Families & Strengthening Communities Parenting Programme

10.00-12.00

Families with 3-18 year olds welcome

**C R**

**\*\*0-19 Health Visiting retuning in late September\*\***



# Programme of what's on at Three Trees Family Wellbeing Centre



## Information

Please ensure you arrive before for the start of sessions or appointments, so that we can ensure that you are directed to the right place and you have time to settle.

## Key

- B** Online Booking
- R** Referral Only
- £** Chargeable Session
- C** Crèche Available
- T** Term Time Only
- A** Appointment Only

To register your family and book sessions and appointments please use link below:

[www.brent.gov.uk/familywellbeingcentres](http://www.brent.gov.uk/familywellbeingcentres)



## Monday

### Health Visiting team

9:00– 17:00

1 year and 2 year old health reviews



### Perinatal Mental Health Service

9:00-16:00

Support for women experiencing post natal depression



### Salisbury World ESOL level 1

10.00-12:00

English for speakers of other languages



### Parenting Matters

10.00 – 12.00

Family Support team advice and information for parents/carers with all age children. Starting October



## Tuesday

### Health Visiting team

9:00– 17:00

1 year and 2 year old health reviews



### Citizen Advice Brent

CAB offer good quality independent advice in all matters. Virtual and face to face appointments



### Raising Early Attainment in Literacy

10:00 – 11:00

2-4 years

Sessions that support children's literacy and learning



## Salisbury World

### Advice & Advocacy session

09:00-17:00

Information & advice appointments around immigration, benefits, housing, employment & education for parents/cares carers.



### Solihull Parenting Programme

12:30pm to 2:30pm

Parenting group for parents with children from universal to complex needs and aged 0-5 years.

Refer via

[ParentingProgramme@brent.gov.uk](mailto:ParentingProgramme@brent.gov.uk)



### Fun Fit Families

16:00-17:00

Exercise, have fun and get fit as a family.

Children up to 14 years



## Wednesday

### Health Visiting team

9:00– 17:00

1 year and 2 year old health reviews



### Toddler Talk

10.30-11.15am

18 months 3 years

Explore exciting activities to develop your child's language and literacy skills



## Portage Group

### Under 5's

10:00 -12:00

Fun activities for your family, to develop your child's communication, physical and social skills and improve their learning and development



### Midwifery Service

9:00-17:00

Post-natal check ups



### Small Talk

9:00-13:00

1: 1 sessions for children with speech and language therapist

### Emotional Wellbeing workshop for parents

11:00-13:00

Express yourself in creative ways and improve your emotional wellbeing



### Drama Workshops

16:00 to 18:00

Drama is the use of theatre techniques to facilitate personal growth and promote mental health.



**Group 1:** Children aged 8-12 years at 4pm.

**Group 2:** Children aged 13-16 years at 5:10pm

Start date: 22/09/2021

## Thursday

### Let's talk

09:30 – 10:30

Get advice to support your child from the Speech and Language Team.



### Midwifery Service

9:00-17:00

Post-natal check ups



### Employment Support and Advice (over 18's)

09:00—15:00

Job searches, tips on applying for jobs, support to access training courses



### Global Thinking Programme

4:00pm to 5:30pm

**For girls aged 10-16 years old)** Group work for support with difficulties in friendship groups, looking at healthy relationships, issues/bullying on social media or at school, confidence and self-esteem building & improving social skills.



Start date: 30/09/2021



# Programme of what's on at Three Trees Family Wellbeing Centre



## Information

Please ensure you arrive before for the start of sessions or appointments, so that we can ensure that you are directed to the right place and you have time to settle.

### Key

- B** Online Booking
- R** Referral Only
- £** Chargeable Session
- C** Crèche Available
- T** Term Time Only
- A** Appointment Only

To register your family and book sessions and appointments please use link below:

[www.brent.gov.uk/familywellbeingcentres](http://www.brent.gov.uk/familywellbeingcentres)

### Friday

#### Health Visiting team

9:00– 17:00

1 year and 2 year old health reviews

**A**

#### Bump to Baby session

10:30-11:30

Baby and parent group. Learn about your baby's growth, speech development and social & emotional needs. For pregnant mums, parents & babies aged 0-12 months old.

**B**

#### Small Talk

9:00-13:00

1:1 sessions for children with speech and language therapist

**A**

#### Arts and Crafts

3:45pm–4:45pm

Come and join us to express yourself in creative ways using different resources.

For parents & children aged 6-11 years old

Start date: 10/09/2021

**B**

### Saturday

#### COMING SOON

9<sup>th</sup> October

**Dad's and under 11's  
fun and games session**

10:00-12:00

### 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' on our website  
[www.brent.gov.uk](http://www.brent.gov.uk).

Tel: 020 8937 3010

Email: [cfis@brent.gov.uk](mailto:cfis@brent.gov.uk)

### Help with childcare costs

Check what help you could get with approved childcare costs using the government's online calculator. This could include free childcare or help with costs.

**[www.gov.uk/childcare-calculator](http://www.gov.uk/childcare-calculator)**

