

Summer Family Wellbeing Centre newsletter



Family Wellbeing Centre Summer Edition

This newsletter aims to keep you updated on all our activities and services on offer at any one of your 8 local Family Wellbeing Centres across Brent.

As our image below shows, there's a lot going on this Summer at our Family Wellbeing Centres, including:

- **Arts and Crafts to keep the kids busy and happy this Summer**
- **Outdoor playtime sessions**
- **Family Fun Days**
- **Regular Parent and baby groups**
- **Stay and play sessions**
- **Special Summer events**
- **Plus – support and advice for families**
- **...and much, much more...!**

This newsletter will come out to you **every term**, so that you know what activities are coming up each term and you can plan some fun, free family activities during school breaks and holidays, as well as know about regular services every week at our centres too.

Remember, some Family Wellbeing Centres are open on Saturdays too, you can see our Saturday sessions, plus the full Monday -Friday timetables on our website (link just below).

Find out more about all fun activities, play groups and helpful family services at: www.brent.gov.uk/fwc

Tip! You can view ALL Brent Council summer events on our webpage at: www.brent.gov.uk/summer-in-brent

Summer Fun for Families!

Looking for exciting activities this Summer?
Join us at Brent Family Wellbeing Centres for:
Arts and crafts • Outdoor play sessions
Family fun days • Parent and baby groups
Support and advice for families
Stay and play sessions • Special holiday events!
All activities are free or low-cost.

Everyone is welcome!

Find out more and register at: www.brent.gov.uk/fwc



Services and activities for Dads



Looking for exciting ways to spend time with your little ones? Join our Dads ‘*Stay & Play*’ sessions, our fun-packed programme designed just for dads / male carers and their kids at Brent Family Wellbeing Centres!

From Play Sessions with soft play and creative activities to sports (football and volleyball) and much more, there’s something for every dad / male carer and their kids.

There also our **activities, trips and explorer sessions**, where you can explore the local area with your kids on one of our Trips & Explorations.


Plus, don’t miss our Dad Workshops—interactive sessions to help you connect even more with your child.




Check out all upcoming sessions: www.bit.ly/Dads-groups

Also, check out our **Dads Fun Fridays** —a brand-new, monthly evening of fun, laughter and connection created especially for dads and male carers across Brent!

Starting Friday, 18 July

 Every third Friday of the month | 6–8 PM






 Willesden Sports Centre, NW10 3QX

What's in store?

Lots of fun activities and plenty of space to unwind and enjoy. Some sessions are for dads/male carers only, others are full family fun!

WHATS ON OFFER?

Dads / Male carers can bring their kids along for:

-  Friday night fun with bouncy castles
-  Pizza
-  Tennis, Rugby balls, Footballs
-  Hula hoops, Arts & Crafts
-  & much more



WHY COME ALONG?

It's more than just playtime—this is about celebrating and strengthening the vital role of Dads and male carers in our children's lives. Let's give them the space to bond, connect, and build community. It's a chance for Dads and male carers to spend quality time with their kids with lots of fun activities on offer.

 Find out more  www.bit.ly/Dads-Groups

Infant feeding support information

Support for feeding your baby is available throughout the week if you need it. You can speak to a professional for free face to face near you, or on the telephone

Free clinics – [Infant feeding in Brent :: Central London Community Healthcare NHS Trust](#)

Telephone - [0208 102 4900](tel:02081024900)

Email - clcht.brentinfantfeedingsupport@nhs.net

Instagram - [@infantfeedingsupportbrent](https://www.instagram.com/infantfeedingsupportbrent)

Need breastfeeding help? You can also download the Anya App to get help with breastfeeding. Anya is a pioneering breastfeeding and early parenthood app that provides parents with: Cutting-edge 3D interactive animations to help mothers learn breastfeeding skills intuitively. Download information at: [Anya App](#)

Childcare support is expanding this September

Childcare support is expanding this September:



In September 2025, the government is expanding the offer of free childcare for working parents, increasing the number of free hours from 15 to 30 per week for eligible families with children aged 9 months to 3 years.

September 2025 expansion:

- Working parents of children aged 9 months to 3 years will be eligible for 30 hours of free childcare per week (for 38 weeks of the year).
- Eligibility: To be eligible, parents typically need to be working at least 16 hours a week and have an adjusted net income below £100,000 per year.

You can check out your eligibility and sign up for updates on the Childcare Choices website at:

www.childcarechoices.gov.uk

Find local childcare information at: www.brent.gov.uk/childcare

Start for Life – Parent-Infant Relationship Support service (PAIRS team)

As part of our [Start for Life](#) offer for parents in the early years of a child's life we have set up the **Parent Infant Relationship Service (PAIRS)**, run by NHS specialists.

This team works with parents, caregivers, and babies up to 24 months old to support bonding and emotional wellbeing. They usually meet families in our Family Wellbeing Centres.

Find out more about this service at: [Brent PAIRS – CNWL NHS](#)

It's not the only source of emotional wellbeing support for parents, there is also HomeStart in Brent

See all of the [HomeStart](#) Brent's family support services at: www.bit.ly/HomeStart-help

"Parenting doesn't come with a manual" helpful Parenting Courses



Parenting courses – for every child, and, every parent:

It's often said that "**Parenting doesn't come with a manual**" but a range of courses to help parents with children of all ages are available to help parents' build confidence, pick up new tips and skills and find their own way forward.

Whether your child is 3 or 13 – or has additional needs – our local parenting courses can help.

All parents welcome, these courses are a chance for parents to think about how you parent and meet other parents at the same stage as you.

Explore courses: www.bit.ly/Courses-for-Parents

FIND OUT MORE: See all our parenting courses and support for parents at: www.bit.ly/Courses-for-Parents

Start For Life – Healthy Start short promo piece

Healthy Start – helping you and your young family get the best start in life



Fruit and vegetables are part of a healthy, balanced diet, and can help you and your family stay healthy.

If you're pregnant or have a child under the age of four, the [Healthy Start](#) scheme offers valuable assistance to eligible families, providing a prepaid card to purchase healthy foods like milk, fresh fruit, and vegetables..

In Brent, families can also pick up free vitamin D **from any Family Wellbeing Centre**, to support you during pregnancy

and breastfeeding, as well as vitamin drops for children from birth to four years old. **FIND OUT MORE:**

Commented [MM1]: you and your

Youth Summer Activities – FREE for Brent Families!

Looking for fun, free activities this summer?

Brent's Family Wellbeing Centres are offering a packed programme for all young people aged 10–18 (and up to 25 with additional needs). Try Mixed Martial Arts, creative workshops, art clubs, sports, and more!

New! Ansar Youth Project

A safe, fun space for young people aged 10+ to enjoy sports, gaming, arts and crafts and meet others at Preston Park Family Wellbeing Centre.

For any of the above activities, simply contact your local Family Wellbeing Centre to get involved, www.brent.gov.uk/fwc or scan the QR code below:



NOTE: You will need to register online with Family Wellbeing Centres to book activities.


Bright Smiles for Brent Kids!


Free Oral Health Checks This Summer


Did you know almost half of Brent's 5-year-olds have tooth decay? Let's change that together!

Bring your child along to one of our **FREE** dental health events happening this summer at Brent Libraries. Our friendly dentists will check your child's teeth, apply fluoride varnish and give advice on how to keep those smiles healthy and bright.

Where & When:

 **Willesden Green Library**
July 31st, 11 AM – 3 PM

 **Wembley Library (Civic Centre)**
August 7th, 11 AM – 4 PM

 **Harlesden Library**
August 14th, 1 PM – 5 PM

What's included?

- ✓ Free dental check-ups for children with an NHS dental team
- ✓ Fluoride varnish to protect teeth



Once Upon a Tooth

Did you know almost half of 5-year-olds in Brent have tooth decay?

Get a **FREE** dental check-up for your child at Brent libraries this summer.

Free dental check-ups with NHS dentists
Expert advice to keep teeth healthy
Free toothbrush and a pack of dental goodies!

Find us here:
Willesden Green Library 31 July, 11am – 3pm
Wembley Library (Civic Centre) 7 August, 11am – 4pm
Harlesden Library 14 August, 1pm – 5pm

Keep your child's smile bright all year!

Brought to you by Brent Public Health and NHS England Workforce, Training and Education (WtGE).

Scan the QR code and book now to avoid delay, walk-ins also welcome!

FWC e-newsletter – updated

- ✓ Referrals for extra care if needed
- ✓ Tips on healthy eating and oral care
- ✓ Free toothbrush and dental pack for children

No appointment needed — just drop in and say hello or scan the QR code if you would prefer a booked timeslot.

Let's keep Brent's children smiling bright all year long. See you there!

