






July - August 2025	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAYS
<p><b>Summer Holidays</b>  <a href="http://www.brent.gov.uk/familywellbeingcentres">www.brent.gov.uk/familywellbeingcentres</a></p> <p><b>Alperton Family Wellbeing Centre</b>            Ealing Road, Wembley            HA0 4PW            0208 937 3860  <a href="mailto:Alperton.FWC@brent.gov.uk">Alperton.FWC@brent.gov.uk</a></p> <p><b>Useful Links</b>            The Local Offer for Children with Special Educational Needs and Disabilities (SEND)  <a href="https://www.brent.gov.uk/children-young-people-and-families/send-local-offer">https://www.brent.gov.uk/children-young-people-and-families/send-local-offer</a></p> <p>Brent Youth Zone  <a href="https://www.brentyouthzone.org.uk/">https://www.brentyouthzone.org.uk/</a></p> <p><b>Children and Family Information Service (CFIS)</b>            Provides information and advice on a range of services for families, including childcare and early education.  <a href="https://www.brent.gov.uk/children-young-people-and-families">https://www.brent.gov.uk/children-young-people-and-families</a></p> <p align="center"><b>CENTRE CLOSED FROM 25.08.25 TO 29.08.25</b></p>	<p><b>Health Review Checks</b>            9:00am – 5:00pm            1 - 2 year old health reviews            Appointments only (Health room)</p> <p><b>Employment Support and Advice</b>            (over 18's)            10.00am – 3.30pm            Referrals/Appointments (Small room)</p> <p><b>Registration Drop in</b>            2pm – 4pm            Come and get help to register with the FWC</p> <p><b>Art Club</b>            2pm – 4pm            Age – 8 – 14 years            Online booking (Training Room)            28<sup>th</sup> July            4<sup>th</sup> 11<sup>th</sup> 18<sup>th</sup> August</p> 	<p><b>Health Review Checks</b>            9:00am – 5:00pm            1 - 2 year old health reviews            Appointments only (Health room)</p> <p><b>Felix Project Food Donations</b>            2 pm – 4.30pm            Food Parcel Support for families in need of food. (Small room)</p> <p><b>Parenting Programme</b>            10am – 12pm            Referral only            20<sup>th</sup> May – 29<sup>th</sup> July 25 (Creche / Training room)</p> <p><b>Potty Training</b>            1pm – 2.30pm            8<sup>th</sup> July to 29<sup>th</sup> July 25            Age – 18 months plus</p> <p><b>Dance Workshop</b>            5<sup>th</sup> August 2025            2pm – 4pm            Age 8 years plus            Online booking</p> <p><b>Gaming</b>            12<sup>th</sup> Aug - TBC            19<sup>th</sup> Aug            10am – 12pm            Age 8 years plus            Online booking</p>	<p><b>Prospects</b>            1:00pm -5:00pm            Support with training / Employment for young people            Referrals/Appointments Only (Health room)</p> <p><b>Registration Drop in</b>            11.30 am – 1pm            Come and get help to register with the FWC</p> <p><b>Young Carers</b>            4.30pm – 6pm            8 years plus            1<sup>st</sup> Weds of the month            Referral / By Appointment (Creche room)</p> <p><b>Movie Club</b>            30<sup>th</sup> July            6<sup>th</sup> August            Age 6 -12 years            2.15pm - 4pm            Online booking</p> 	<p><b>Citizen's Advice Brent</b>            9:00 am – 4:00 pm            Independent advice in all legal matters.            Weekly by Appointments (Health room)</p>  <p><b>Prospects</b>            2:00pm -5:00pm            Support with training &amp; Employment for Young People            Referrals/Appointments (Training room)</p> 	<p><b>Health Review Checks</b>            9:00am – 5:00pm            1 - 2-year-old health reviews            Appointments only (Health room)</p> <p><b>Mixed Martial Arts</b>            2.30pm to 4.30pm            25<sup>th</sup> July            1st 8<sup>th</sup> &amp; 15<sup>th</sup> Aug            8 - 14 years            Online booking</p> 	<p align="center"><b>CENTRE CLOSED FROM 25.08.25 TO 29.08.25</b></p> <p align="center"><b>TRIAGE</b>            The Triage service offers short term support to families to access both universal and targeted services            Drop in and appointments.            0208 937 3860</p> 

## Summer Holidays

### Early Years 0-5 years Activities

#### Registration link:

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



Holidays Activities and Food Programme  
Provides free access to activities and healthy meals to eligible children during school holidays.

<https://www.brent.gov.uk/children-young-people-and-families/childcare-and-early-education/holiday-activities-and-food-programme#about>

## MONDAY

### Toddler Talk

10:00am - 11:00 am  
18 months to 3 years  
Online booking  
(creche)

### SEN Yoga

18<sup>th</sup> August 2025  
11.45am – 12.45pm  
Age – 6 -14 years  
Online Booking  
must be accompanied by an adult

### Breastfeeding support session

1.00pm – 3.00pm  
Age – Babies  
Drop Ins  
(creche)

### Toy Library Drop-In

0 – 5 years  
3pm – 4.30pm  
Parents can loan educational and fun toys.  
Membership & £5 deposit required.  
3 toys can be borrowed, and the deposit will be returned.



## TUESDAY

### Baby Massage

19<sup>th</sup> August 25  
10.30am – 11.30am  
Age – 3 – 10 months  
Online Booking

### Summer Outing at King Edwards V11 Park

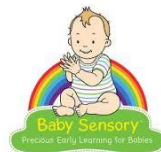
12<sup>th</sup> August 2025  
10.30am - 1.30pm  
Age 0-7yrs.  
Online booking



## WEDNESDAY

### Baby Sensory

10:00am - 10:45 am  
0 – 12 months  
Online booking  
(Creche)



### Family Fun Day

20<sup>th</sup> August 25  
11.30am – 3pm  
All family activities  
Face painting, Henna, Story Telling and Refreshments  
Online booking



### Steel Pan Workshop

30<sup>th</sup> July  
6<sup>th</sup> August,  
13<sup>th</sup> August  
11.45am - 1.15pm  
Age 7 years plus  
Online booking



## THURSDAY

### Let's Talk

1.30pm - 2.30pm  
14 months - 3.5 years  
Online booking  
(Creche)

### Story and Rhymes

10.00am – 11:00am  
0 – 5 years  
Online booking



### Introduction to Solids

1pm – 2.30pm  
Age 4 – 8 months  
Weaning advice from the Health Visiting Team  
2<sup>nd</sup> Thursday of the month  
(Training Room)

### Toy Library Drop-In

0 – 5 years  
9.30am – 11.30am  
Parents can loan educational and fun toys.  
Membership & £5 deposit required.  
3 toys can be borrowed, and the deposit will be returned.



## FRIDAY

### Sow and Grow

Gardening with Jim  
1<sup>st</sup> August 25  
15<sup>th</sup> August 25  
10.30am – 12pm  
Age 2 to 12 years  
Online Booking

### Seaside Trip Clacton on Sea

22<sup>nd</sup> August 2025  
8.30am to 6pm  
£3.00 per person.



### Baby Massage

25<sup>th</sup> July 25  
11.45am – 12.45pm  
Age – 3 – 10 months  
Online Booking

### SEN Yoga

22<sup>nd</sup> August 25  
10.30am – 11.30am  
Age – 6 -14 years  
Online Booking  
must be accompanied by an adult

## Free Vitamins

### MONDAY TO FRIDAY

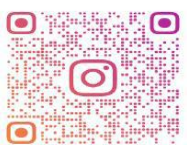
Give your baby the best start in life. For pregnant women and children aged 0 – 4 years  
Pick up your free vitamins from reception  
Drop ins



Jul - Aug 2025	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p><b>MORNING</b></p>  <p><b>Registration link:</b>  <a href="http://www.brent.gov.uk/familywellbeingcentres">www.brent.gov.uk/familywellbeingcentres</a></p>  <p><b>Church Lane Family Wellbeing Centre</b>  <b>Fryent Primary School,</b>  <b>Church Lane, Kingsbury</b>  <b>NW9 8JD</b>  <b>020 8937 3890</b></p> <p><b>CENTRE CLOSED FROM</b>  <b>25<sup>th</sup> to 29<sup>th</sup> AUGUST 2025</b></p>	<p><b>9.00-16.00pm</b>  <b>MIDWIFERY SERVICES</b>  Appointment only</p> <p><b>9.30-10.30am</b>  <b>LET'S TALK</b>  <b>14mths to 3.5 years</b>  Get advice to support your child from the Speech and Language Team.  <b>Booking Online</b></p>  <p><b>11:00 -12:00pm</b>  <b>PREGNANCY YOGA</b>  From 14 weeks to birth  21 &amp; 28 July  Free Ante Antenatal Yoga classes  <b>Booking Online</b></p>  <p><b>11:00-12.00pm</b>  <b>INTRODUCTION TO SOLIDS</b>  <b>4 - 6 months</b>  21 July  Free introduction to solids session  <b>Booking Online</b></p>	<p><b>9.00-16.00pm</b>  <b>HEALTH VISITING</b>  Appointment only</p> <p><b>9.30-15.00pm</b>  <b>CITIZENS ADVICE</b>  <b>BRENT (CAB)</b>  <b>020 8937 3890</b>  CAB offer good quality independent Advice on issues such as benefits housing Welfare rights.  <b>Appointment only</b></p>  <p><b>10:00 – 11:00am</b>  <b>BABY YOGA</b>  <b>3 – 10 months</b>  Come and learn some wonderful yoga exercises and sequences.  22 &amp; 29 July  <b>Booking Online</b></p>  <p><b>10:00 – 11:00am</b>  <b>BUSY FEET</b>  <b>18 Months – 4 Years</b>  5, 12, 19 August  <b>Booking Online</b></p>	<p><b>9.00-16.00pm</b>  <b>MIDWIFERY SERVICES</b>  Appointment only</p> <p><b>9:30 – 12:30pm</b>  <b>MINI NUTRITION 121 CLINIC</b>  <b>8 months – 5 years</b>  23 July, 6 &amp; 20 August  Fortnightly programme designed to personalise nutrition support. Email: clcht.brenthealth4life@nhs.net  <b>Appointment only</b></p> <p><b>9:00 -12:00pm</b>  <b>BREAST FEEDING SUPPORT CLINIC</b>  30 July, 13 August  Ask questions and get support with breastfeeding  <b>Drop in sessions</b>  No appointment necessary</p>  <p>For support please email:-  <a href="mailto:clcht.brentinfantfeeding.support@nhs.net">clcht.brentinfantfeeding.support@nhs.net</a></p> <p><b>10:00 -11:00am</b>  <b>BABY TIME</b>  <b>0 -12 Months</b>  We'll show you lots of special bonding and development activities that both you and your young baby will enjoy  <b>Booking Online</b></p> 	<p><b>9.00-16.00pm</b>  <b>HEALTH VISITING</b>  Appointment only</p> <p><b>10:00 – 15:00pm</b>  <b>EMPLOYMENT SUPPORT</b>  <b>0208 937 3890</b>  <b>Appointment only</b>  Fortnightly</p> <p><b>10:00 -11:30am</b>  <b>TEDDY BEAR PICNIC</b>  <b>0 - 5 years</b>  31 July  Bring along your Teddy to join in the fun. and bring along snacks for your children.  <b>Booking Online</b></p>  <p><b>10.30-11.30am</b>  <b>MESSY PLAY</b>  <b>13 months to 4 years</b>  7, 14 &amp; 21 August  Explore the wonders of playdough, builder trays and water play.  <b>Booking Online</b></p> 	<p><b>9.00-16.00pm</b>  <b>MIDWIFERY SERVICES</b>  Appointment only</p> <p><b>10:00 -11:00am</b>  <b>STORY AND RHYME TIME</b>  <b>0 - 5 years</b>  Sing and play with your child supporting their language and social development  25 July, 1, 8, 15 August  <b>Booking Online</b></p>  <p><b>hello SUMMER</b></p> 	<div> <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  <a href="http://Brent.gov.uk">Brent.gov.uk</a>.</p>  <p><b>Useful Links:-</b></p> <p><b>The Local Offer for Children with Special Educational Needs and Disabilities (SEND)</b>  <a href="https://www.brent.gov.uk/children-young-people-and-families/send-local-offer">https://www.brent.gov.uk/children-young-people-and-families/send-local-offer</a></p> <p><b>Brent Youth Zone Activities</b>  <a href="https://www.brentyouthzone.org.uk/">https://www.brentyouthzone.org.uk/</a></p> <p><b>Holidays Activities and Food Programme</b>  <a href="https://www.brent.gov.uk/children-young-people-and-families/childcare-and-early-education/holiday-activities-and-food-programme#aboutus">https://www.brent.gov.uk/children-young-people-and-families/childcare-and-early-education/holiday-activities-and-food-programme#aboutus</a></p>  </div>



## AFTERNOON



INFANTFEEDINGSUPPORTBRENT

[clcht.brentinfantfeedingsupport@nhs.net](mailto:clcht.brentinfantfeedingsupport@nhs.net)  
Health Visiting Duty Spa  
0208 102 4900

Healthy Start 



All pregnant women and children under 4 in Brent can get free vitamins from your Local Family Wellbeing Centre

## TRIAGE

The Triage service offers short term support to families to access both universal and targeted services

Drop in and appointment  
0208 937 3890

CENTRE CLOSED FROM  
25<sup>th</sup> to 29<sup>th</sup> AUGUST 2025

**13:00 -15:00pm**  
**ARTS AND CRAFTS**  
4 – 7 years  
21 July  
18 August  
Booking Online

**13:00 -15:30pm**  
**Movie to start at**  
**13:15pm**  
**MOVIE CLUB (DISNEY)**  
4+ years  
28 July  
Booking Online



**14:00-16:30pm**  
**FELIX PROJECT**  
(Food Bank for all families)



**13:00 -15:00pm**  
**ARTS AND CRAFTS**  
8 – 11 years  
22 July  
19 August  
Booking Online

**REGISTRATION SUPPORT**  
**10:00 -11:00am**  
**& 15:00 -16:00pm**  
**0208 937 3890**  
Come and get help to register at the FWC  
No appointment necessary



**No children to be left unattended under the age of 8 years old in the centre**

**13:00 -16:00pm**  
**BOSS YOUR SCENE**  
3 sessions  
10 – 18 years  
23 July  
Bring ideas to life, film your own scene, create a script, learn to edit, create your own music video,  
Booking Online

**11:30 -12:30pm**  
**SOW AND GROW GARDENING WITH JIM**  
4 – 10 years  
Come and learn gardening skills.  
Booking Online



**14:00-16:00pm**  
**MIXED MARTIAL ARTS**  
10 -18 years  
30 July, 6 & 13 August  
Booking Online



**13:00 -16:00pm**  
**IN2 MUSIC**  
2 sessions  
10 – 18 years  
20 August  
Booking Online



**13:00 -16:00pm**  
**BOSS YOUR SCENE**  
3 sessions  
10 – 18 years  
24 July  
Booking Online



**13:00 -15:30pm**  
**Movie to start at**  
**13:15pm**  
**MOVIE CLUB (DISNEY)**  
4+ years  
7 August  
Booking Online



**13:00 -16:00pm**  
**IN2 MUSIC**  
2 sessions  
10 – 18 years  
21 August  
Booking Online



**13:00 -16:00pm**  
**BOSS YOUR SCENE**  
3 sessions  
10 – 18 years  
25 July  
Booking Online



**13:00 – 15:00pm**  
**MULTI SPORTS**  
30<sup>th</sup> July  
8: 15 & 22<sup>nd</sup> August  
10 – 18 years  
A fun filled physical activity session based on team work, co-ordination and learning new skills  
Booking Online



**13:00 – 16:00pm**  
**SUMMER FAIR**  
22<sup>nd</sup> August  
All families welcome  
Fun activities for the whole family, arts and crafts and refreshments, including Multi-Sports  
Booking Online












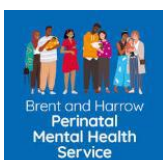





**Help with childcare costs**  
Check what help you could get with approved childcare costs using the government's online calculator. This could include free childcare or help with costs.  
[www.gov.uk/childcare-calculator](http://www.gov.uk/childcare-calculator)

**Children and Family Information Service (CFIS) -**  
<https://www.brent.gov.uk/cyp>  
Provides information and advice on a range of services for families, including childcare and early education.



July August 2025	MONDAY 28 <sup>th</sup> July August 04/11/18 <sup>th</sup>	TUESDAY 29 <sup>th</sup> July August 05/12/19 <sup>th</sup>	WEDNESDAY 30 <sup>th</sup> July August 06/13/20 <sup>th</sup>	THURSDAY 31 <sup>st</sup> July August 07/14/21 <sup>st</sup>	FRIDAY August 01/08/15/22 <sup>nd</sup>	SATURDAY
 <p><b>Summer Early Years 0-5 years Activities</b></p>  <p><b>CENTRE CLOSED for Bank Holiday on the 25<sup>th</sup> August 2025</b></p>  <p>HAPPY FAMILY!</p>	<p>9.30-11.00am</p>  <p><b>CHILD Stay &amp; Play</b> Learn about your baby's growth and speech development, social and emotional needs <b>0-5 years</b> Booking required</p> <p>1.00-2.30pm</p>  <p><b>BABY Stay &amp; Play</b> 0-12 months Booking Required</p> <p>9.00-4.00pm</p>  <p><b>PAIRS</b> Parents and Infant Relationship Service Appointment only</p>	<p>10.00-11.30am</p> <p><b>Stay &amp; Play MESSY PLAY</b> 0-5years Booking Required <b>29<sup>th</sup> July only</b></p>  <p>1.30-2.30pm</p> <p><b>SUNSHINE GROUP BABY STAY PLAY &amp; WEIGH</b> 5<sup>th</sup> August 2025 No appointment required just bring your baby's red book.</p> <p>1-3.30pm</p> <p><b>TRIAGE DROP IN</b> Carol our Triage officer can help you and your family to access short term support, service, SEND offer and education via nursery &amp; school applications. <b>Appointment only</b> <b>9.00-4.00pm</b> <b>MIDWIFERY</b> Appointment only <b>1-4pm</b> <b>PERINATAL</b> Appointment only</p>	<p>10.00-11.30am</p>  <p>Parents can learn how to support their children's language development through activities and singing. In addition, parents can Get advice to support your child's from the Early Years Worker. <b>AGE:</b> 14 months to 3 years 6 months Booking Required</p> <p>9.30 – 12.30pm</p> <p>Families can come to borrow toys from the FWC Toy Library</p>  <p>9.30-3.00pm</p> <p><b>CITIZENS ADVICE BRENT (CAB)</b> CAB offer good quality independent Advice on issues such as benefits housing Welfare rights.</p> <p>9.00-4.00pm</p> <p><b>HEALTH VISITORS</b> Appointment only</p>	<p>9.00-4.00pm</p> <p><b>MIDWIFERY</b> Appointment only</p> <p>9.00-4.00pm</p> <p><b>HEALTH VISITORS</b> Appointment only</p>  <p>12.30 – 2.00pm</p> <p><b>BABY DROP IN INTRODUCTION SOLIDS</b> From 6 months</p> <p>7<sup>th</sup> August 2025</p> 	<p>9.30 – 12.30pm</p> <p><b>TOY LIBRARY</b> Families can come to borrow toys from the FWC Toy Library</p> <p>1-3.30pm</p> <p><b>TRIAGE</b> TRIAGE DROP IN Carol our Triage officer can help you and your family to access short term support, service, SEND offer and education via nursery &amp; school applications.</p> <div> <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. Tel: 020 8937 3010 Email: cfs@brent.gov.uk</p> </div> <p>9.00-4.00pm</p> <p><b>HEALTH VISITORS</b> Appointment only</p>	 <p><b>Summer Early Years 0-5 years Activities</b></p>  
<p><b>Summer YOUTH &amp; FAMILY Activities</b></p> <p>Registration link:</p>  <p>020 8937 3620 St Raphael's Family Well Being Centre Rainsborough Close NW10 OTS</p> <p><b>CENTRE CLOSED FROM 26<sup>th</sup> to 30<sup>th</sup> AUGUST 2025</b></p>	<p>1.00-3.00pm</p>  <p><b>11-16 years old IN2 MUSIC AFND</b> A chance to learn different parts of the music industry. Each session supports song writing, rapping/singing, music engineer or producer. Booking Required</p> 	<p>1.30-3.30pm</p> <p>4-12 years</p> <p><b>FAMILY GARDENING CLUB</b> Booking Required</p>  <p>2.00-4.00pm</p> <p><b>11-16 years old MULTI SPORTS JRF</b> Multi sports, football, basketball, ball games in the CAGE Booking Required</p>  <p><b>Inclusion Multi Sports</b> Sport For All</p>	<p>12.30-2.00pm</p> <p><b>BRENT MINIS NUTRITION GROUP</b> 23/7, 30/7, 6/8, 13/8, 20/8</p> <p>1:00- 2.30pm</p> <p><b>AFRO STREET DANCE CLUB</b> 7-18 years old Booking Required</p>  	<p>1.00-3.00pm</p> <p><b>ART CLUB</b> Booking Required</p>  <p>2.00-4.00pm</p> <p><b>11-16 years old MULTI SPORTS JRF</b> Multi sports, football, basketball, ball games. In the CAGE Booking Required</p>  <p><b>Inclusion Multi Sports</b> Sport For All</p>	<p>1.00-2.00pm</p> <p><b>REGISTRATION DROP IN</b> Come and get help to register at the FWC. No appointment necessary</p>  <p><b>Help with childcare costs</b> 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. <a href="http://www.gov.uk/childcare-calculator">www.gov.uk/childcare-calculator</a></p>	<p><b>Summer YOUTH &amp; FAMILY Activities</b></p> <p><a href="https://www.brent.gov.uk/children-young-people-and-families/send-local-offer">https://www.brent.gov.uk/children-young-people-and-families/send-local-offer</a></p> <p><a href="https://www.brentyouthzone.org.uk/">https://www.brentyouthzone.org.uk/</a></p> <p><a href="https://www.brent.gov.uk/children-young-people-and-families/childcare-and-early-education/holiday-activities-and-food-programme#aboutaf">https://www.brent.gov.uk/children-young-people-and-families/childcare-and-early-education/holiday-activities-and-food-programme#aboutaf</a></p>

# Granville Plus Family Wellbeing Centre Summer Timetable **July-August 2025**

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
To register to use the Family Wellbeing Centres and to book onto the activities please go to <a href="#">Family Wellbeing Centres/ Brent Council</a> If you have any problems with registering or booking on-line, please contact the centre on 0208 937 6581.						
<p><b>Registration link:</b>  <a href="http://www.brent.gov.uk/familywellbeingcentres">www.brent.gov.uk/familywellbeingcentres</a></p> <p><u>Sessions are booked via Family wellbeing pages via 'My Account'</u></p>   <p><b>Granville Plus FWC</b>            78 Granville Road            NW6 5RA  <b>020 8937 6581</b>  <a href="mailto:GranvillePlus.FWC@brent.gov.uk">GranvillePlus.FWC@brent.gov.uk</a></p>  	<p><b>Health Visiting Reviews</b>  <b>9am– 3pm</b>            By appointment only</p> <p><b>Citizen Advice Brent</b>  <b>9:30am– 2:30pm</b>            Call center to book.</p>  <p><b>STAR</b>  <b>Supporting the Assessment Route</b>  <b>10AM-12PM</b>  <b>21<sup>st</sup> July</b></p>  <p><b>Baby Messy Play</b>  <b>10am-11am</b>            12 months and under  <a href="#">Book a space online</a></p> 	<p><b>Midwifery Service</b>  <b>9am-4pm</b>            By appointment only</p> <p><b>Breastfeeding Support</b>  <b>9am-1pm</b>            Call 02081024900 to book  <a href="mailto:Cich.brentinfantfeedingsupport@nhs.net">Cich.brentinfantfeedingsupport@nhs.net</a></p>  <p><b>Immigration Advice by Salusbury World</b>  <b>9am-5pm</b>  <b>14<sup>th</sup>, 28<sup>th</sup> July</b>            By appointment only</p>  <p><b>Science Museum</b>  <b>15<sup>th</sup> August</b>            Where and time TBC</p>	<p><b>Midwifery Service</b>  <b>9am-4pm</b>            By appointment only</p> <p><b>Health Visiting Reviews</b>  <b>9am– 3pm</b>            By appointment only</p>  <p><b>Brent &amp; Harrow Perinatal Mental Health Service</b>  <b>9am-5pm</b>            By appointment only</p> <p><b>Childminder's session</b>  <b>10am-12pm</b></p> <p><b>Salusbury World Ceramic Workshop</b>  <b>30<sup>st</sup> July</b>            Time tbc</p> <p><b>Salusbury World Painting Workshop</b>  <b>6<sup>th</sup> August</b>            Time tbc</p>	<p><b>Midwifery Service</b>  <b>9am-4pm</b>            By appointment only</p>  <p><b>Baby sensory</b>  <b>10am-11am</b>            0-12 mths  <a href="#">Book a space online</a></p> <p><b>Family Community work Coach</b>  <b>10am -2pm</b>            By appointment only  <a href="#">Term time only</a></p> <p><b>Salusbury World Ceramic Workshop</b>  <b>31<sup>th</sup> July</b>            Time tbc</p> <p><b>Salusbury World Painting Workshop</b>  <b>7<sup>th</sup> August</b>            Time tbc</p> 	<p><b>Midwifery Service</b>  <b>9am-4pm</b>            By appointment only</p> <p><b>CAMHS Support 0-5yrs</b>  <b>9am – 5pm</b>            By appointment only</p> <p><b>Lexi Cinema</b>  <b>8<sup>th</sup> August</b></p>   <p><b>The Local Offer for Children with Special Educational Needs and Disabilities (SEND)</b>            A single place to come for information and advice for children and young people with special educational needs and disabilities (SEND) aged 0-25, and their families.</p> <p><a href="https://www.brent.gov.uk/children-young-people-and-families/send-local-offer">https://www.brent.gov.uk/children-young-people-and-families/send-local-offer</a></p>	<p><b>TRIAGE</b>            The Triage service offers Advice, Guidance &amp; rapid support to families in need.  <b>To book appointment complete survey via Brent My Account</b></p> 





**Healthy Start** Vitamins are available to collect for children 0-5 years. Vitamins are available for mums up to 12 months after giving birth.



### Children and Family Information Service (CFIS)

Provides information and advice on a range of services for families, including childcare and early education.  
<https://www.brent.gov.uk/children-young-people-and-families>

### Royal Air Force Museum 28<sup>th</sup> July



**Talk together**  
2pm-3pm

14mths - 3.5 yrs  
[Book a space online](#)

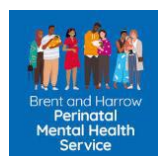
### Art with Jay

### Salisbury World Ceramic Workshop 29<sup>th</sup> July Time tbc

### Salisbury World Painting Workshop 5<sup>th</sup> August Time tbc

**In2 Beauty**  
12<sup>th</sup> August  
Time TBC

[Book a space online](#)



### Brent & Harrow Perinatal Mental Health Service 1pm-5pm

By appointment only

**Messy Play**  
12 months- 4 years  
2pm -3pm

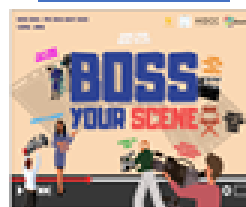
[Book a space online](#)

### Seaside Trip Clacton on the sea 19<sup>th</sup> August Where and time TBC



### Boss your Scene 6<sup>th</sup> August Time TBC

[Book a space online](#)



**In2 Music**  
20<sup>th</sup> August  
Time TBC

[Book a space online](#)

**Little Explorers**  
2pm-3pm

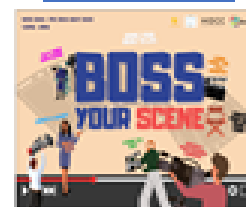
12mths-3years

[Book a space online](#)



### Boss your Scene 7<sup>th</sup> August Time TBC

[Book a space online](#)



**In2 Music**  
21<sup>st</sup> August  
Time TBC

[Book a space online](#)

### Felix project food delivery

Time: 1pm – 5pm

24<sup>th</sup> July ( 31<sup>st</sup> July

7<sup>th</sup> August  
14<sup>th</sup> August  
21<sup>st</sup> August  
28<sup>th</sup> August

**Messy Play**  
2pm -3pm

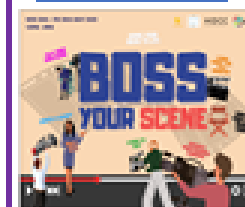
12 months- 4 years

[Book a space online](#)



### Boss your Scene 8<sup>th</sup> August Time TBC

[Book a space online](#)



**In2 Music**  
22<sup>nd</sup> August  
Time TBC

[Book a space online](#)



### Weekend offer Saturday sessions are now delivered at the FWC during term time



### [Brent Youth Zone - Local Offer](#)



Brent's Local Offer is a website with information and advice for children and young people from 0 to 25 with special educational needs and disabilities (SEND) and their families

### HAF Programme

**Holiday Activities and Food Programme**

Provides free access to activities and healthy meals to eligible children during school holidays.

<https://www.brent.gov.uk/children-young-people-and-families/childcare-and-early-education/holiday-activities-and-food-programme#aboutthaf>

RAF – 28<sup>th</sup> July booked






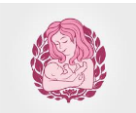










Princess Diana Memorial Park

London Zoo (Allisha to confirm dates with Mandie and “#s)

Inflatation –

Kentish Town Farm – SEN trip – staffed//// Science museum – Allisha to find out costs for older CYP to attend.



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p><b>MORNING</b></p>  <p>Family Wellbeing Centre</p>  <p>Registration link: <a href="https://www.brent.gov.uk/familywellbeingcentres">https://www.brent.gov.uk/familywellbeingcentres</a> Sessions are booked via Family wellbeing pages via 'My Account'</p>  <p>Willow SEND Family Wellbeing Centre Barnhill Road Wembley HA9 9DF</p>	<p>Health Visiting (Appointment only)</p>  <p>Clinic room All DAY</p> <p>Brent Hubs Deaf Resident Surgery professionals who are committed to assisting the Deaf community (Andy Lambert + Carole Foyle)</p>  <p>9am-2pm Large Board Room July, 11<sup>th</sup>, 25<sup>th</sup> Aug</p>	<p>Midwifery services (Appointment only) Supporting you and your baby every step of the way with trusted midwifery care</p>  <p>Clinic room (Appointment only) 9:00am 4:00pm</p> <p>Citizen Advice Bureau</p>  <p>Small Family meeting room (Appointment only) 9.30 am 3.30pm</p> <p>Antenatal Yoga-Jay August 19<sup>th</sup> 10:30am-11:30am Sunshine Room</p> 	<p>Health Visiting (Appointment only)</p>  <p>Clinic room ALL DAY</p> <p>Speech Language Team-Attention/ Language group session led by trained therapists to support your child's speech and language development through engaging activities and practical strategies for home.</p> <p>9:00-12:30 (Appointment only) Till 30<sup>th</sup> July</p>  <p>Large Board room</p>	<p>Health Visiting (Appointment only)</p>  <p>Clinic room All DAY</p> <p>Speech Language Team-Attention/ Language group 9:00-12:30 (Appointment only) Till 30<sup>th</sup> July</p>  <p>Large Board room</p> <p>Infant feeding clinic. Feeding Clinic for expert advice and support on breastfeeding, bottle feeding, and weaning your baby.</p>  <p>Infant Feeding</p> <p>Small Family meeting room (drop-in sessions) 10 am 1pm</p>	<p>Health Visiting (Appointment only) Connect with our Health Visiting Team for expert advice and support on your child's health, development, and well-being from birth to five years</p>  <p>Clinic room All DAY</p> <p>Brent Nutrition 1:1 Clinic</p>  <p>Come along to the Brent Nutrition 1:1 Clinic for friendly, one-on-one advice on healthy eating and nutrition. We're here to support you!</p> <p>Small family meeting room 9am - 12pm</p>	<p><b>USEFULL LINKS:</b> The Local Offer for Children with Special Educational Needs and Disabilities (SEND) <b>SEND Local Offer</b> <a href="https://www.brent.gov.uk/children-young-people-and-families/send-local-offer">https://www.brent.gov.uk/children-young-people-and-families/send-local-offer</a></p> <p>Brent Youth Zone</p>  <p><a href="https://www.brentyouthzone.org.uk/">https://www.brentyouthzone.org.uk/</a></p> <p>Holidays Activities and Food Programme <b>Holiday Activities and Food Programme</b> <a href="https://www.brent.gov.uk/children-young-people-and-families/childcare-and-early-education/holiday-activities-and-food-programme#aboutthaf">https://www.brent.gov.uk/children-young-people-and-families/childcare-and-early-education/holiday-activities-and-food-programme#aboutthaf</a></p>

## AFTERNOON



[https://www.brent.gov.uk/  
services-for-  
residents/children-and-  
family-  
support/childcare/family-  
wellbeing-centres/](https://www.brent.gov.uk/services-for-residents/children-and-family-support/childcare/family-wellbeing-centres/)



"Inclusion is not just about being present, it's about belonging."

**Willow SEND Yoga-Jay**  
together! July 21<sup>st</sup>  
and 28<sup>th</sup> July  
**12:30pm-1:30pm**  
Sunshine Room

**Antenatal Yoga-Jay**  
**August 18<sup>th</sup>**  
1:45pm-3:15pm  
Sunshine Room



**WEST (Wellbeing  
and Emotional  
Support Team)  
Inclusion Service**



Small Family meeting  
room  
(Appointment only)  
3pm-5pm

**SEND** 0-19years old  
Yoga-Jay STAAR  
Programme



**July 22<sup>nd</sup> July 29<sup>th</sup>**  
**12pm-2pm**  
**August 19<sup>th</sup> 2pm-4**  
 Sunshine Room



parents <sup>as</sup>  
first teachers®

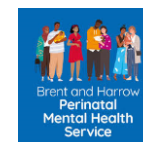
Join Us for PAFT  
(Parents as First)

empower parents with the tools and knowledge to be their child's first and most important teacher. 23<sup>rd</sup>, 30<sup>th</sup> July 6<sup>th</sup> 13<sup>th</sup> August  
1:30pm-3:30pm  
Large Board room & Sunshine Room

**Brent and Harrow Perinatal Mental Health Team** -Join the Brent and Harrow Perinatal Mental Health Team for support and guidance during pregnancy and after childbirth. We're here to help.

(Appointment only)

Hot Desking Room 1



**9am-1pm**

**Antenatal Yoga-Jay**  
**August 18<sup>th</sup>**  
10am-12pm  
Sunshine Room



**SEND 0-19years old Yoga-  
Jay STAAR Programme**



**August 28<sup>th</sup> 12:30pm-2:30pm**  
Sunshine Room

**FREE Period Products - HEY Girls**  
- Providing free period products to support and empower girls and young women in our community.



## Healthy Start Vitamins










are available to collect for children 0-5 years.  
Vitamins are available



for mums up to 12 months after giving birth.







## Three Trees FWC Summer Activities 2025

Week of	Monday – 28/07	Tuesday – 29/07	Wednesday – 30/07	Thursday – 31/07	Friday – 01/08	Saturday – 02/08
	<b>Health Visiting Clinic</b> <b>09.00am-5.00pm</b> Appointment only 	<b>Health Visiting Clinic</b> <b>09.00am-5.00pm</b> Appointment only  <b>Stay Play &amp; Learn</b> <b>9:45am -10:45am</b> <b>Age 1+</b> Fun and interactive Stay & Play session 	<b>Midwifery Teams</b> <b>9.00-4.00pm</b> Appointment only  <b>The Very Hungry Caterpillar</b> <b>10:00am – 11:00am</b> <b>Making a HEALTHY snack and eating together</b> <b>Family Activity</b> Book Online  <b>Paddington Recreation Ground</b> <b>12:00pm-3:00pm</b> Bring a pack lunch. <b>Family trip</b> Book Online	<b>Midwifery Teams</b> <b>9.00-4.00pm</b> Appointment only  <b>Let's Talk</b> <b>10:00am – 11:00am</b> Speech and language advice and play sessions to support parents with their child's language development. <b>14 months - 3 ½ years</b> Book online  <b>Citizens Advice Brent (CAB)</b> <b>9.30-4.00pm</b> Call to book  <b>Gardening Event</b> <b>11:00am – 1.00pm</b> Gardening event with Jim <b>Family activity</b> Book online	<b>Health Visiting Clinic</b> <b>Every Friday</b> <b>09.00am-5.00pm</b> Appointment only  <b>Baby Time</b> <b>11:45am -1.15pm</b> <b>Stay and play</b> <b>Sensory play for babies</b> <b>Under 1's</b> Book online   <b>SENSORY LEARN &amp; PLAY</b>	<b>SEND Family Stay &amp; Play Session</b> 
Week of	04/08	05/08	06/08	07/08	08/08	09/08
	<b>HEALTH VISITING CLINIC</b> <b>09.00am-5.00pm</b> Appointment only   	<b>Health Visiting Clinic</b> <b>09.00am-5.00pm</b> Appointment only  <b>Stay Play &amp; Learn</b> <b>9:45am -10:45am</b> <b>Age 1+</b> Book online  <b>Sunshine Group (Health Visiting Team)</b> <b>05/08</b> <b>10.00am – 11.30am</b> Book online  <b>Three Trees Cultural Event</b> <b>Family Activity</b> <b>11:30am-1:30pm</b> Dress in your cultural clothing and share a dish (optional). Come and join us for a garden party for all. <b>No nuts please.</b> Book online	<b>Midwifery Teams</b> <b>9.00-4.00pm</b> Appointment only  <b>Welcome to Parenthood</b> <b>9:00am-10:00am</b> For expectant parents who have had their 24-week scan.  <b>Messy Play</b> <b>Family Activity</b> <b>10:30-11:30am</b> Garden play & Sand Art Book online  <b>2:00pm-4:00pm</b> <b>Gardening Event</b> Join us at a gardening event with Jim! <b>Family activity</b> Book online	<b>Midwifery Teams</b> <b>9.00-4.00pm</b> Appointment only  <b>Let's Talk</b> <b>10:00am – 11:00am</b> Speech and language advice and play sessions. <b>14 months - 3 ½ years</b> Book online  <b>Citizens Advice Brent (CAB)</b> <b>9.30-4.00pm</b> Call to book!  <b>Sports Day</b> <b>Family event</b> <b>Age 5-11 years</b> <b>12:00pm-1:30pm</b> Sports activities & prizes Book online	<b>Health Visiting Clinic</b> <b>Every Friday</b> <b>09.00am-5.00pm</b> Appointment only  <b>Toy Library Service</b> <b>10.00am – 2.00pm</b>  <b>Baby Time</b> <b>11:45am -1.15pm</b> <b>Garden party</b> <b>Summer Baby Party (Weather permitting)</b> <b>Stay and play</b> <b>Under 1's</b> Book online  <b>Lexi Cinema</b> Trip to the cinema. <b>Ask reception for further details.</b> <b>Age 3+</b>	<b>ThreeTrees.FWC@brent.gov.uk</b> Tiverton Road (On the corner of Tiverton Road and Okehampton Road) Kensal Rise NW10 3HL  <b>TEL: 020 8937 3892</b>  Registration link: <a href="https://www.brent.gov.uk/familywellbeingcentres">https://www.brent.gov.uk/familywellbeingcentres</a> <b>Sessions are booked via Family wellbeing pages via 'My Account'</b> 



## Three Trees FWC Summer Activities 2025

Week of	11/08	12/08	13/08	14/08	15/08	16/08
	<b>Health Visiting Clinic</b> <b>09.00am-5.00pm</b> Appointment only  <b>Arts &amp; Craft Session with Pauline</b> <b>Family Activity</b> <b>1.00pm – 3.00pm</b> Book online	<b>Health Visiting Clinic</b> <b>09.00am-5.00pm</b> Appointment only  <b>Stay Play &amp; Learn</b> <b>Age 1+</b> <b>9:45am -10:45am</b> Fun and interactive Stay & Play session with Aisha. Book online  	<b>Midwifery Teams</b> <b>9.00-4.00pm</b> Appointment only  <b>Design your own hand puppets/ gift boxes.</b> <b>Age 0-5</b> <b>10:30am-12:30pm</b> <b>Family Activity</b> Book Online  <b>Introduction to card games</b> <b>Age 11+</b> <b>1:30pm-3:30pm</b> Learn how to play with a deck of cards. <b>Family Activity</b> Book Online  <b>Introduction to Solids</b> <b>1.00pm – 2.30pm</b> <b>Every 2<sup>nd</sup> Wednesday of the month.</b> Is your baby ready for solids? Book online	<b>Midwifery Teams</b> <b>9.00-4.00pm</b> Appointment only  <b>Citizens Advice Brent (CAB)</b> <b>9.30-4.00pm</b> CAB offer good quality independent Advice on issues such as benefits housing Welfare rights <b>Call to book</b>  	<b>Health Visiting Clinic</b> <b>09.00am-5.00pm</b> Appointment only  <b>Toy Library Service</b> <b>10.00am – 2.00pm</b> Toy lending service Subscription fee required  <b>NO BABY TIME</b>  	Registration link: <a href="https://www.brent.gov.uk/familywellbeingcentres">https://www.brent.gov.uk/familywellbeingcentres</a> <b>Sessions are booked via Family wellbeing pages via 'My Account'</b>    <a href="#">Holiday Activities and Food Programme   Brent Council</a>  <div>Free Healthy Start vitamins available for all pregnant women and vitamin drops for children under 4 years old.</div>  <a href="#">Brent Youth Zone - BYZ</a>

**Perinatal - Parent and Infant Relationship Service - PAIRS Perinatal**  
**Tuesdays by appointment only through the PAIRS Team**

Week of:	18/08	19/08	20/08	21/08	22/08	22/08
	<b>Health Visiting Clinic</b> <b>09.00am-5.00pm</b> Appointment only 	<b>Health Visiting Clinic</b> <b>09.00am-5.00pm</b> Appointment only  <b>Baby and Mum Aromatherapy</b> <b>10:30am-12:30pm</b> Age 0-6 months Learn all about the use of essential oils and therapeutic tools for babies and mums. Book online  <b>Make your own dominos game using phonics/numbers.</b> Age 5+ <b>1:30pm-3:30pm</b> <b>Family Activity</b> Book online  <small>shutterstock.com - 2310155675</small>	<b>Midwifery Teams</b> <b>9.00-4.00pm</b> Appointment only 	<b>Midwifery Teams</b> <b>9.00-4.00pm</b> Appointment only  <b>Let's Talk</b> <b>10:00am – 11:00am</b> Speech and language advice and play sessions to support parents with their child's language development <b>14 months - 3 ½ years</b> Book online  <b>Citizens Advice Brent (CAB)</b> <b>9.30-4.00pm</b> CAB offer good quality independent Advice on issues such as benefits housing Welfare rights <b>Call to book</b>  <b>11:00am – 1.00pm</b> <b>Gardening Event</b> Join us at a gardening event with Jim! <b>Family activity</b> Book online 	<b>Health Visiting Clinic</b> <b>09.00am-5.00pm</b> Appointment only  <b>NO BABY TIME</b>  <b>End of Summer Party Family event</b> Entertainer, activities, food & fun! <b>11.00pm – 2.00pm</b> Book online  	<b>ThreeTrees.FWC@brent.gov.uk</b> Tiverton Road (On the corner of Tiverton Road and Okehampton Road) Kensal Rise NW10 3HL <b>TEL: 020 8937 3892</b>  Registration link: <a href="https://www.brent.gov.uk/familywellbeingcentres">https://www.brent.gov.uk/familywellbeingcentres</a> <b>Sessions are booked via Family wellbeing pages via 'My Account'</b>  ~~~~~ <a href="#">Holiday Activities and Food Programme   Brent Council</a>  <div>Free Healthy Start vitamins available for all pregnant women and vitamin drops for children under 4 years old.</div> <a href="#">Brent Youth Zone - BYZ</a>

**Perinatal - Parent and Infant Relationship Service - PAIRS Perinatal**  
Tuesdays by appointment only through the PAIRS Team

Tel: 0208 937  
5980

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY



Preston Park Family Well Being Centre

Summer Holidays timetable 21st July – 22nd August 2025





## MORNING



Registration link:

<http://www.brent.gov.uk/familywellbeingcentres>



**Preston Park Family Wellbeing Centre**  
(same site/entrance as Preston Park Primary school)  
College Road  
Wembley HA9 8RJ  
Tel: 208 937 5980

**BANK HOLIDAY**  
**26<sup>th</sup> August**

**No sessions**  
**27-29<sup>th</sup> August**

### Be One Hope HAF Programme

11:30 – 3:30 pm  
21 & 28 July 4 & 11 Aug  
Booking required



#### Baby Sensory

21 July – 18 Aug  
9:15 – 10:15 am  
0 - 12 months

Sensory material play dough, flour, water, sand and paint  
Booking online

### Be One Hope HAF Programme

11:30 – 3:30 pm  
22 & 29 July 5 & 12 Aug  
Booking required



#### Shake, Rattle and Stroll

22 July - 19 August  
9:45 – 10:45 am  
0 - 4 years

Walking group for all children and parents. (No Dogs).  
Booking online



### Be One Hope HAF Programme

11:30 – 3:30 pm  
23 & 30 July 6 & 13 Aug  
Booking required



#### Creative Workshop

20 August  
10 - 12 pm  
7 - 12 years

Bracelet Making/T-shirt printing  
Booking online

### Getting Ready for Nursery

24 July (last session)

#### Healthy Eating: Fun with food SEN children

31 July  
10.30 - 12.30 pm

Hands-on sensory activities that stimulate the 5 senses.

Booking online



#### Clay Modelling

7 Aug  
10:30 – 12:30 pm  
4 - 11 years

Explore and manipulate clay into different shapes.

Booking online

#### Messy Play

Summer theme  
21 August  
3 - 8 years  
10 – 11:30 am

Sensory activities that stimulate the 5 senses

Booking online



### Story and Rhyme Time

25 July - 8 Aug  
10am - 11 am  
0 - 5 years

Themed stories using props.

Sing songs

Booking online

#### Movie Morning

1 August  
10 - 12 pm  
3 - 7 years

Watch your favourite movie with friends & family

Booking online



#### Trip to Littlehampton

15 August  
9 - 6 pm  
All ages

Call centre to book



### Story and Rhyme Time

22<sup>nd</sup> August  
10-11 am  
0-5 years

Themed stories using props.  
Sing songs

Booking online

### FWC Weekend Offer

#### Curzon Crescent FWC

Stay & Play session  
19 July  
10 – 11:30am

Meenal Baby  
Massage  
19 July  
11am – 12pm

\*\*\*\*\*

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#### Church Lane FWC

19 July  
Stay & Play session  
9:45am – 10:30am

#### Health Nutrition

19 July  
Ed Salma (promoting sustainable products)

Jay Baby Yoga  
19 July  
11am – 12:30pm

## AFTERNOON

Healthy Start Vitamins are available to collect for children 0-5 years. Vitamins are available for mums up to 12 months after giving birth.



**Triage support**  
Drop in and appointment



### Green Fingers

28<sup>th</sup> July  
3.30-5 pm  
2-4years

Planting seeds of flowers, vegetables and fruits  
**Booking online**

### Green Fingers

4<sup>th</sup> August  
3.30-5 pm  
5-11years

Planting seeds of flowers, vegetables and fruits  
**Booking online**



### Children & Young People Sports in Preston Park

11<sup>th</sup> August  
0-12 Years  
12- 3 pm

Outdoor play, games and activities  
**Bookings online**



**Ansar Youth Club**  
4<sup>th</sup>, 11<sup>th</sup> & 18<sup>th</sup> August  
5-7 pm

### Golders Hill Outing

22<sup>nd</sup> July  
12.30-4 pm (meet at venue)

For Families & all ages  
**Bookings online**



### Cassiobury Park

19<sup>th</sup> August  
12-3 pm  
All ages

**Bookings online**

### Baking (vegan cupcakes)

19<sup>th</sup> August  
1.30-4 pm  
6-11 years

**Booking online**

**Ansar Youth Club**  
5<sup>th</sup>, 12<sup>th</sup>, & 19<sup>th</sup> August  
5-7 pm

### Let's Talk

14 months to 3 ½ years only  
23 July- 13<sup>th</sup> August  
4-5 pm

General advice to support your child's speech through reading and play.

**Booking online**

### Ansar Youth Club

23<sup>rd</sup> July  
3.30 pm-7 pm

### Art Session

20<sup>th</sup> August  
2-4 pm  
7-13 years

Painting and drawing (Carnival themed)

**Booking online**



### Queens Park

14<sup>th</sup> August  
11 am-3 pm

Fun day out for Families and all ages

families to explore the farm animals and the park.

**Bookings online**

### Arts and crafts

21 August  
12-2 pm

T-shirt printing  
**Booking Online**

### Ansar Youth Club

24<sup>th</sup> July  
3.30 pm-7 pm

### Junk Modelling

25<sup>th</sup> July  
12.30 -2.30 pm  
6-12 years

**Booking online-(12)**

### Arts and Crafts

Holiday Inn Families

1<sup>st</sup> August  
12.30-2 pm  
2-9 years

Decorating suncatchers, face masks, and Bracelets, etc.

**Booking online**



### Ansar Youth Club

25<sup>th</sup> July  
3.30 pm-7 pm

**Ansar Youth Club**  
1st, 8<sup>th</sup>, 15<sup>th</sup>, & 22<sup>nd</sup> August  
2 -7 pm

### Steel pan workshop

22nd August  
12-2 pm

8-16 years

Learn basic skills and music  
**Booking online**

## Useful Links:-

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

**The Local Offer for Children with Special Educational Needs and Disabilities (SEND)**

<https://www.brent.gov.uk/children-young-people-and-families/send-local-offer>

**Brent Youth Zone**

<https://www.brentyouthzone.org.uk/>

**Holidays Activities and Food Programme**

<https://www.brent.gov.uk/children-young-people-and-families/childcare-and-early-education/holiday-activities-and-food-programme#about-haf>





## **REGISTER WITH US VIA 'BRENT MY ACCOUNT'**

To access our services, you must first have a 'My Account' with Brent Council. Scan this image to register.



## **ORAL HEALTH SESSIONS**

Please ask about dates for the latest Oral Health Workshops, where children will have fun learning how to brush and look after their teeth.



## **2 YEAR FUNDING FOR A NURSERY PLACE**

Do you qualify for a FREE nursery place for your two year old child? Scan this image to find out and apply online:

## **2, 3 & 4 YEAR OLD NURSERY SCHOOL PLACE**

We offer places for 2, 3 & 4 year olds to start in our Nursery Schools. We have both 15 and 30 hour places. Call 0208 459 6813 to see if we have spaces available. Scan the image to apply for 30 hrs funding:



## **FOODBANK VOUCHERS AVAILABLE**

If you need help with food, nappies & toiletries etc, please ask for more information at Reception.

## **FREE VITAMINS**

For pregnant women and children age 0-5 years, please contact reception for more information (FAWOOD - Tuesday - 1-3pm, CURZON - Monday & Friday - 9-5pm)

## **Local Offer for Children with Special Educational Needs & Disability (SEND)**

A single place to come for information and advice for children and young people with special educational needs and disabilities (SEND) aged 0-25, and their families.

Please visit <https://www.brent.gov.uk/children-young-people-and-families/send-local-offer> for more information

## **Holiday Activities and Food Programme Brent Council**

The HAF Programme provides free access to activities and healthy meals to eligible children and young people in Brent during the school holidays.

## **Brent Youth Zone - BYZ**

There are opportunities to get involved in a wide range of activities in Brent. Sports clubs and leisure centres, specialist activity groups, sailing clubs, cycling clubs, open spaces, uniformed groups, performance and theatre groups all offer stimulating challenges.

Curzon Nursery School and Family Wellbeing Centre  
Curzon Crescent  
NW10 9SD  
02084596813

Fawood Nursery School and Family Wellbeing Centre  
35 Fawood Avenue  
NW10 8DX  
02089659334



Trip to Go Ape

# Curzon & Fawood Family Wellbeing Centre

**Summer Activities: 23rd July - 15th August 2024**





Week of

23rd July



28th July

4th Aug



11 th Aug



WEDNESDAY

Tummy Time - 23rd July  
at Fawood  
1- 2:30pm  
0 - 15 months

THURSDAY

Little Gardeners - 24<sup>th</sup> July  
at Curzon  
10:30 - 12pm  
Whole Family



FRIDAY

Messy Play - 25th July  
at Curzon  
10:30-12pm  
Whole Family

Natural History Museum  
from Curzon  
Bring pack lunch  
Whole Family

Session information

Honey Bees at Curzon

Come and meet the bees and learn how they make honey & help the planet.

Bread & Pasta making at Curzon

Interactive session focusing on where our food comes from and make bread & pasta using wheat.

Sunlight & Science Art Project

We will be using the cyanotype process to create beautiful designs on cotton pencil cases/Tote bags using sunlight and natural objects.

Advisory Sessions

MONDAY at Curzon  
CONNEXIONS  
Career advice for 16 - 19 years. Will consider older ages too.  
Appointments only

TUESDAY AT FAWOOD  
BABY CLINIC & BREASTFEEDING  
0-5 years  
1-3pm - Drop-in Session

MONDAY & WEDENSDAY  
AT CURZON  
HEALTH REVIEW CHECKS  
(Newborn, 6months, 1 year & 2 year)  
Appointments only

WEDNESDAY AT CURZON  
CITIZENS ADVICE BRENT (CAB)  
Appointment only

THURSDAY AT CURZON  
SALUSBURY WORLD  
Support for migrant refugee & asylum seeking families.  
Appointments only

THURSDAY AT FAWOOD  
PAIRS  
0-2 years  
Appointments only

MIDWIFERY SERVICES AT CURZON  
MONDAY - antenatal clinic  
FRIDAY - postnatal clinic  
Appointments only

MONDAY



Martial Arts  
at Fawood  
2:30 - 4:30pm  
8 years plus

TUESDAY

Let's Talk - 29th July  
at Curzon  
10 - 11am  
14 months - 3.5 years

Boss your Scene  
at Curzon  
12 - 3pm  
8 years plus

WEDNESDAY

Tummy Time - 30th July  
at Fawood  
1- 2:30pm  
0 - 15 months

Boss your Scene  
at Curzon  
12 - 3pm  
8 years plus

THURSDAY

Little Gardeners - 31st July  
at Curzon  
10:30 - 12pm  
Whole Family

Boss your Scene  
at Curzon  
12 - 3pm  
8 years plus

FRIDAY

Hen Corner - 1st Aug  
Bees at Curzon  
10 - 11:30  
Whole Family

Boss your Scene  
at Curzon  
12 - 3pm  
8 years plus

Boss your Scene - Fun, engaging & interactive session where you will have the opportunity to plan, produce, film and edit your own video production using professional equipment.



Picnic in the Park  
Please contact reception for more information  
Whole Family

Martial Arts

Learn traditional forms and techniques to enhance your self-defence and fitness levels

Let's Talk - 5th Aug  
at Curzon  
10 - 11am  
14 months - 3.5 years

Tummy Time - 6th Aug  
at Fawood  
1- 2:30pm  
0 - 15 months

Little Gardeners - 7th Aug  
at Curzon  
10:30 - 12pm  
Whole Family

Messy Play - 8th Aug  
at Curzon  
10:30-12pm  
Whole Family

Martial Arts  
at Fawood  
2:30 - 4:30pm  
8 years plus

Pop-up Arcade  
A fun interactive gaming session, make friends, learn skills and build your confidence

Pop-up Arcade  
at Curzon  
12 - 3pm  
8 years plus

Movie Club  
at Curzon  
10:30-12pm  
8 years plus



Let's Talk - 12th Aug  
at Curzon  
10 - 11am  
14 months - 3.5 years

Tummy Time - 13th Aug  
at Fawood  
1- 2:30pm  
0 - 15 months

Little Gardeners - 14th Aug  
at Curzon  
10:30 - 12pm  
Whole Family

Messy Play - 15th Aug  
at Curzon  
10:30-12pm  
Whole Family

Martial Arts  
at Fawood  
2:30 - 4:30pm  
8 years plus

GAMES  
at Curzon  
1-2:30PM  
8 years plus



TRIP - 14th Aug from Curzon

Please contact reception for more information  
Whole Family

Bread & pasta making at Curzon

10 - 1pm - age 8 and above  
1:30 - 4:30pm - Family of kids age 6 and above

Trips

at Fawood

at Curzon

Booking required Brent My account & Family Wellbeing Centre link at the back !