

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

Summer Holidays

Early Years 0-5 years Activities

Registration link:

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

18th 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

19th August 25
10.30am – 11.30am
Age – 3 – 10 months
Online Booking

Summer Outing at King Edwards V11 Park

12th 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

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



Steel Pan Workshop

30th July
6th August,
13th 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
2nd 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
1st August 25
15th August 25
10.30am – 12pm
Age 2 to 12 years
Online Booking

Seaside Trip Clacton on Sea

22nd August 2025
8.30am to 6pm
£3.00 per person.



Baby Massage

25th July 25
11.45am – 12.45pm
Age – 3 – 10 months
Online Booking

SEN Yoga

22nd 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

