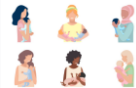
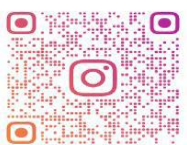


Jul - Aug 2025	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
MORNING  Registration link: www.brent.gov.uk/familywellbeingcentres  Church Lane Family Wellbeing Centre Fryent Primary School, Church Lane, Kingsbury NW9 8JD 020 8937 3890 CENTRE CLOSED FROM 25th to 29th AUGUST 2025	9.00-16.00pm MIDWIFERY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

AFTERNOON



INFANTFEEDINGSUPPORTBRENT

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
25th to 29th 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
30th July
8:15 & 22nd 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
22nd 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

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.

