

Tel: 0208 937
5980

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY



Brent

Preston Park Family Well Being Centre

Summer Holidays timetable 21st July – 22nd August 2025



Brent

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
26th August

No sessions
27-29th 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

22nd 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

28th July
3.30-5 pm
2-4years

Planting seeds of flowers, vegetables and fruits
Booking online

Green Fingers

4th August
3.30-5 pm
5-11years

Planting seeds of flowers, vegetables and fruits
Booking online



Children & Young People Sports in Preston Park

11th August
0-12 Years
12- 3 pm

Outdoor play, games and activities
Bookings online



Ansar Youth Club
4th, 11th & 18th August
5-7 pm

Golders Hill Outing

22nd July
12.30-4 pm (meet at venue)

For Families & all ages
Bookings online



Cassiobury Park

19th August
12-3 pm

All ages
Bookings online

Baking (vegan cupcakes)

19th August
1.30-4 pm
6-11 years

Booking online

Ansar Youth Club
5th, 12th, & 19th August
5-7 pm

Let's Talk

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

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

Booking online

Ansar Youth Club

23rd July
3.30 pm-7 pm

Art Session

20th August
2-4 pm
7-13 years

Painting and drawing (Carnival themed)

Booking online



Queens Park

14th 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

24th July
3.30 pm-7 pm

Junk Modelling

25th July
12.30 -2.30 pm
6-12 years

Booking online-(12)

Arts and Crafts

Holiday Inn Families

1st August
12.30-2 pm
2-9 years

Decorating suncatchers, face masks, and Bracelets, etc.

Booking online



Ansar Youth Club

25th July
3.30 pm-7 pm

Ansar Youth Club
1st, 8th, 15th, & 22nd 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-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>

