











## Three Trees Family Wellbeing Centre Timetable APRIL – JULY 2026

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<a href="mailto:ThreeTrees.FWC@brent.gov.uk">ThreeTrees.FWC@brent.gov.uk</a> Tiverton Road (On the corner of Tiverton Road and Okehampton Road) Kensal Rise NW10 3HL TEL: 020 8937 3892	9.00am-5.00pm <b>HEALTH VISITING CLINIC</b> Appointment only	9.00am-5.00pm <b>HEALTH VISITING CLINIC</b> Appointment only	9.30am-3.30pm <b>MIDWIFERY TEAMS</b> Appointment only	9.30am-3.30pm <b>MIDWIFERY TEAMS</b> Appointment only	9.00am-5.00pm <b>HEALTH VISITING CLINIC</b> Appointment only	Saturday sessions at <b>Alperton and Granville</b> 18th April until 23rd May &  <b>Church Lane and Fawood</b> 6th Jun until 18th July <b>Call centres/hubs for more information or check online</b>
  Triage service available if you need support in the community or access to services.	10.00am-12.00pm <b>Salisbury World ESOL Level 1</b> Free English Language course for women with English as an additional language; covers speaking, and writing. <b>Crèche available</b> Call or ask at reception	9.00am-5.00pm <b>Perinatal Parent and Infant Relationship Service - PAIRS</b> Appointment only through the PAIRS Team	9.00am-2.30pm <b>Family Community Work Coach (Term Time only)</b> Support with learning new skills, training and finding employment. For parents/carers <b>Appointment &amp; Referrals only</b>		9.30am-3.30pm <b>Children and Families Information Service – Childcare Advisor appointments</b> Call to book	
Free vitamins for all children up to age 4 & pregnant women up to the child's first birthday.	1.00pm-3.00pm <b>Salisbury World ESOL Level 2</b> Free English Language course for women with English as an additional language; covers speaking, and writing. <b>Crèche available</b> Call or ask at reception	9.45am-10.45am <b>Stay, Play &amp; Learn</b> Fun and interactive stay & play session Session on 17/03 will incorporate Childcare & Library event <b>Age 1 and over</b> <b>Book online</b>	10.00am-11.00am <b>Mum and Baby Yoga</b> (Run by Sport in Mind – mental health charity) 6 weeks-1 year old <b>Term time only</b> <b>Book online (or come along on the day)</b>	9.30am-4.00pm <b>Citizens Advice Brent (CAB)</b> CAB offer good quality independent Advice on issues such as benefits housing Welfare rights. <b>Appointment only</b> <b>Call to book</b>	9.30am – 11.00am <b>Two and Terrific</b> 19 <sup>th</sup> June 26 <sup>th</sup> June 3 <sup>rd</sup> July 10 <sup>th</sup> July <b>Book online</b>	
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' at <a href="http://brent.gov.uk">brent.gov.uk</a> . 020 8937 3010/ <a href="mailto:cfis@brent.gov.uk">cfis@brent.gov.uk</a>	09:00-5pm <b>Brent wellbeing Team</b> Therapeutic support for CYP  <b>Appointment only</b>		11.30am-12.30pm <b>Messy Play</b> Every 1 <sup>st</sup> , 3 <sup>rd</sup> & 4 <sup>th</sup> Wednesday of the month <b>Age 18 months +</b> <b>Book online</b>	11.30am-1.30pm <b>Circle of Security</b> 8-week parenting programme Starts on 16 <sup>th</sup> April <b>Book online</b>	9.30am-11.00am <b>Health4Life Mini Nutrition Group Sessions</b> <b>Under 5s</b> 5-week programme April 17 <sup>th</sup> April 24 <sup>th</sup> May 1 <sup>st</sup> May 8 <sup>th</sup> May 15 <sup>th</sup> <b>Book online</b>	

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	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	<b>4.00pm-5.15pm</b> <b>Art Club</b> Fun and creative session 5-11 years olds <b>Book online</b>	<b>09:45-10:45</b> <b>Building Brilliant Brains</b> Replacing Stay & Play on 02/06/26 <b>Book online</b>	<b>1:00-5:00pm</b> <b>Perinatal Parent and Infant Relationship Service - PAIRS</b> <b>Appointment only through the PAIRS Team</b>	<b>12.00-2.00-pm</b> <b>Parents As First Teachers Family wellbeing parenting group</b> 18/06/2026 <b>4 weeks</b> <b>Book online</b>	<b>10.00am-2.00pm</b> <b>Toy Library Service</b> Toy lending service <b>Call or ask at reception</b>	Saturday sessions at <b>Alperton and Granville</b> 18th April until 23rd May & <b>Church Lane and Fawood</b> 6th Jun until 18th July <b>Call centres/hubs for more information or check online</b>
	<b>5:30pm-7pm</b> <b>Teen Space</b> Age 11+ gaming, board games and football Term time only <b>Book online</b>	<b>10.00am-11.30am</b> <b>Health Visiting service SUNSHINE</b> For advice & get baby weighed. 28 <sup>th</sup> April 26 <sup>th</sup> May 23 <sup>rd</sup> June 21 <sup>st</sup> July <b>Book online</b>	<b>3.00pm-4.30pm</b> <b>Introduction to solids</b> <b>Health visiting team</b> From 6 months old Weaning advice & support 2 <sup>nd</sup> Wednesday of the month <b>Book online</b>	<b>4.30pm – 6.00pm</b> <b>Girls Club</b> Group work for support with difficulties in friendship groups, looking at healthy relationships, and building & improving social skills. <b>For girls aged 10-16 years</b> Term time only <b>Referral only</b>	<b>11.45am-1.15pm</b> <b>Baby Time</b> Stay & Play session Under 1-year olds Term time only <b>Book online</b>	
<b>BEST START IN LIFE</b> From pregnancy to childcare right through to starting school, get advice and support for your child's development <a href="https://www.beststartinlife.gov.uk">https://www.beststartinlife.gov.uk</a>		<b>11.00am-1.00pm</b> <b>Baby Massage</b> 2 months-6 months 4-week course 7 <sup>th</sup> July – 28 <sup>th</sup> July <b>Book online</b>	<b>4.30pm-7.00pm</b> <b>Brent Young Carers Club</b> Every 3 <sup>rd</sup> Wednesday of the month <b>Referral only</b>			
<b>No children to be left unattended under the age of 8 years old in the centre</b>		<b>1.30pm-3.00pm</b> <b>Salisbury World ESOL Level 1</b> <b>Call or ask at reception</b>				