



**St Raphael's
Family Well Being Centre Timetable
ARIIL MAY JUNE 2026**



April May June 2026 V3	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>MORNING</p>  <p>Registration link: www.brent.gov.uk/familywellbeingcentres St Raphael's Family Wellbeing Centre Rainsborough Close NW10 OTS 020 89373620</p> 	<p>9.30 – 11.00am</p>  <p>STAY & PLAY CHILD TALK 0-5 years Booking Required CHILDCARE & LIBRARIES 15th June 2026</p>  <p>9.30 – 12.30pm CAMHS 0-5 years for parents with children Support and advice for parents struggling with their children's, sleep, eating, behaviour Appointment Only</p> <p>9.00- 15.00pm Brent PAIRS Parent and infant relationship service 121 Parenting support Appointment Only</p>	<p>9.30 –10.30am WELL COME SESION INVITE ONLY (Age 12mths to 3 years) Get advice on how to support your child Speech and Language development from the Early years team. Appointment Only</p> <p>HEALTH TEAM PERINATAL Appointment only HEALTH TEAM MIDWIFERY Pre & Post natal checks Appointment only</p> <p>FREE VITAMIN COLLECTION 0 – 4 years Give your baby the best start in life. For pregnant women and children Pick up your free vitamins from all FWC reception.</p>  <p>Please find the Eligibility calculator here Healthy Start Eligibility Calculator (typeform.com)</p>	<p>9.30-3.30pm CITIZENS ADVICE BRENT (CAB) CAB offer good quality independent Advice on issues such as benefits housing Welfare rights. Appointment Only</p> <p>10.00-11.00pm ZUMBA Starting 6th may 2026</p> <p>9.00-4.00pm HEALTH TEAM DEVELOPMENT REVIEWS Appointment only</p>	<p>9.30-11.30am</p>  <p>Booking Required (Term Time only)</p> <p>9.00-4.00pm HEALTH TEAM MIDWIFERY Pre & Post natal checks Appointment only HEALTH TEAM DEVELOPMENT REVIEWS Appointment only</p> <p>FREE VITAMIN COLLECTION 0 – 4 years Give your baby the best start in life. For pregnant women and children Pick up your free vitamins from all FWC reception.</p>  <p>Please find the Eligibility calculator here Healthy Start Eligibility Calculator (typeform.com)</p>	<p>10.00-11.00am</p>  <p>MUM & BABY YOGA & WELLBEING Drop in: Sports in mind</p> <p>10.00- 12.00pm TRIAGE DROP IN</p>  <p>Drop in and meet our Triage Officer Carol. She can support you & your family to access short term support, service referrals, answer questions about nursery & school and help complete application forms.</p> <p>9.00-4.00pm HEALTH TEAM DEVELOPMENT REVIEWS Appointment only</p>	<p>FWC CENTRE STAY & PLAY 0-5 years Booking Required</p>  <p>9.00AM to 1.00PM See website for services & booking www.brent.gov.uk/familywellbeingcentres</p> <p>FREE VITAMIN COLLECTION 0 – 4 years Give your baby the best start in life. For pregnant women and children Pick up your free vitamins from all FWC reception.</p>  <p>Please find the Eligibility calculator here Healthy Start Eligibility Calculator (typeform.com)</p>
<p>AFTERNOON</p> <p>www.brent.gov.uk/familywellbeingcentres</p>  <p>SEND all different – all together</p> 	<p>1.00-2.30pm</p>  <p>STAY & PLAY- BABY TALK 0-12 months In the first-year babies learn to focus their vision, reach out, explore and learn through play and exploration of objects and language. Booking Required</p> <p>2.30- 4pm TOY LIBRARY Families can come to borrow toys from the FWC Toy Library</p>  <p>17.00pm-18.30pm 5- 11years old HOMEWORK CLUB Booking Required (Term Time only)</p>	<p>1.30-2.30pm STAY PLAY & WEIGH SUNSHINE GROUP monthly Drop In 0-5 years 28th April, 26th may, 23rd June Pregnant Parents and Families can come and get advice from the health visiting Team.</p> <p>13.30-14.30pm TWO & TERRIFIC 26th June, July 02/09/16 2025</p> <p>13.00-2.30pm WELL COMM ASSESSMENTS speech and language screening assesemnts. Invite Only</p> <p>16.30-17.30pm SPORTS in MIND FOOTBALL & MULTISPORTS Aged 10-14 years old</p>	<p>13.00 – 14.00am POTTY TRAINING 18months – 4 years Booking Required 4 sessions May 6/13/20/27th July 1/8/15/22nd</p>  <p>14.00- 15.00pm TRIAGE DROP IN</p>  <p>Drop in and meet our Triage Officer Carol. She can support you & your family to access short term support, service referrals, answer questions about nursery & school and help complete application forms.</p> <p>16.30-17.30pm DANCE SESSIONS Hillside Performing Arts 6 years to 14 years old Booking Required (Term Time only)</p>	<p>12.30 – 2.00pm BABY DROP IN INTRODUCTION SOLIDS age 6 months plus First Thursday of Every Month 7th may 14th June Booking Required 12.30 – 2.00pm BRENT MINIS NUTRITION GROUP 1-5 years old May 14/21/28 June 11/18 Booking Required</p> <p>16.00-17.30PM ART CLUB 7 to 16 years old Art club, learn how to draw cartoons, make Anime, mask making, canvases and pottery. Booking Required</p>  <p>16.00 -17.30pm MIXED MARTIAL ARTS 10-18 years old Booking Required</p>	 <p>12.30 -2.30pm ESOL English Conversation Develop basic English language skills, speaking reading writing. Crèche Provided Booking Required (Term Time only)</p> <p>LITTLE VILLAGE 0-5yrs Community Donation Drive Donate children equipment Buggy's, cots, beds clothing shoes and toys/books.</p> <p>REGISTRATION DROP IN Come and get help to register with all Brents FWC's. www.brent.gov.uk/familywellbeingcentres</p>	<p>Useful Links The Local Offer for Children with Special Educational Needs and Disabilities(SEND) aged 0-25 and their families https://www.brent.gov.uk/children-young-people-and-families/send-local-offer</p> <p>Brent Youth Zone information: Brent Youth Zone has links to information, advice and activities for young people. https://www.brentyouthzone.org.uk/</p> <p>CFIS Services: The Children and Family Information Service (CFIS) provides information and advice on a variety of services for children and young people (0 to 25 years old) and parents, including childcare and early education. https://www.brent.gov.uk/children-young-people-and-families</p> <p>Contact CFIS Team: Monday to Friday between 9am and 5pm Phone: 0208 937 3010 Email: cfs@brent.gov.uk</p>

Pick up your free vitamins from all FWC reception.

Give your baby the best start in life. For pregnant women and children

FREE VITAMIN COLLECTION

0 – 4 years



Please find the Eligibility calculator here
[Healthy Start Eligibility Calculator \(typeform.com\)](#)