



## Family Wellbeing Centres - Core Offer

Services are grouped by age: 0-5, 6 -11, 12-18 (25 for young people with SEND). There is also a section for Dads. Some services that are universal (for everyone) and some are for specific needs (targeted)

Age range	What it looks like	Delivered by	Cost – only shown when applicable	Crèche – only shown when available	Booking / Appointment only
<b>Antenatal</b>	Antenatal face to face visit during pregnancy	Midwifery Services - London North West Trust and Imperial Trust Health Visitors			<b>Yes</b>
	HAPPY focused on overweight women during and after pregnancy	Midwifery Services - London North West Trust and Imperial Trust			<b>Yes</b>
	Antenatal parenting group preparation for parenthood 6/52 course exploring baby's early months including development and becoming a parent.	Midwifery Services Health Visiting Teams and Brent Early Years team/Centre team			<b>Yes</b>
<b>0-5 year olds -</b>	Infant feeding advisor and support	Health Visiting Team Early Years Workers			<b>Yes</b>
	Baby clinics by appointment	Health Visiting Team/ FSA			<b>Yes</b>
	New birth contact focused on breast/infant feeding, healthy start assessment of child and family needs, understanding attachment	Health Visiting Team via Home Visit			<b>Yes</b>
	Health review- growth/development, social and emotional needs, universal immunisation	Health Visiting Team/ EYW/FSA			<b>Yes</b>

	check, health promotion and oral health advice by appointment.				
	Babies (6 weeks to 9 months) 8 weeks programme. The programme will focus on early learning and the impact on brain development specific focus on babies under 9 months, working alongside health and Family Wellbeing Centre teams	Early Years teams and health visitors and others depending on topic. EYW		<b>Yes</b>	<b>Yes</b>
	Childminder stay and play for childminders and minded children	Childminder Led EYQI advice and guidance	<b>TBC</b>		<b>Yes</b>
	Let's Talk, Small Talk programmes to support young children's speech and language development; with support from wider Early Years team to offer advice re: childcare.	Early Years Workers, Speech and Language staff and EY team		<b>Yes</b>	<b>Yes</b>
	Play with Dad – open to all male carers, play and learn together; Information on childcare options once each term.	Fathers Worker, Children and Families Information Service (CFIS)			
	Terrific twos – 4 week group for families eligible for 2 year olds free childcare; to understand brain development and early learning for parents/carers with nearly 2's and 2 year olds.	Early Years Team/ EYW		<b>Yes</b>	<b>Yes</b>
	Range of accredited parenting programmes looking at routines, behaviour and attachment; rotated across Centres Please refer to Parenting Programme offer <a href="https://www.brent.gov.uk/services-for-residents/children-and-family-support/parenting-support/parenting-programmes/">https://www.brent.gov.uk/services-for-residents/children-and-family-support/parenting-support/parenting-programmes/</a>	Parenting Practitioners, Family Support team and plus partner agencies		<b>Yes</b>	<b>Yes (using link in 1<sup>st</sup> column)</b>

	<p>Transitions groups and drop-ins on childcare options for 3-4 year olds and support to transition to either childcare or nursery school</p> <p>Applying for infant school, free school meals and school transport information drop in sessions for families looking for support with the processes; check Centre programmes for dates and times</p>	<p>Children and Families Information Service (CFIS), Early years workers, 0-19 team</p> <p>School admissions team</p>			<b>Yes</b>
	<p>Targeted stay and play sessions for children 9-18 months</p> <p>check Centre programmes for dates and times</p>	<p>Linking to community stay and play sessions</p>	<b>TBC</b>		<b>Yes</b>
	<p>Busy Feet</p> <p>Exercise and nutrition group</p>	<p>Early years workers/ Brent 4 Life/ 0-19</p>			<b>Yes</b>
	<p>Onsite delivery of library outreach and family learning sessions for under 5s; promotion of Bookstart packs and book loaning scheme to Centres. Check Centre programme for dates and time at your local centre</p>	<p>Brent Library staff</p>			<b>Yes</b>
	<p>Group family support sessions on managing family changes including new baby, being a step parent, moving schools and bereavement (one-off sessions rotated across centres)</p>	<p>Family Support Teams</p>		<b>Yes</b>	<b>Yes</b>
<b>6-11 year olds</b>	<p>Range of accredited parenting programmes looking at routines, behaviour and attachment; rotated across Centres</p> <p>Please refer to Parenting Programme offer <a href="https://www.brent.gov.uk/services-for-residents/children-and-family-support/parenting-support/parenting-programmes/">https://www.brent.gov.uk/services-for-residents/children-and-family-support/parenting-support/parenting-programmes/</a></p>	<p>Parenting Practitioners, Family Support team and plus partner agencies</p>		<b>Yes</b>	<b>Yes</b>

Parenting matters group – different topics depending on choice	Parenting Practitioner/ Family Support Teams		<b>Yes</b>	<b>Yes</b>
Young Carers Support activities for children over 5 year olds, check. Centre programme for dates and time at your local centre	Brent Gateway Partnership			<b>Yes</b>
Dads Friday Family Fun at Willesden Sports Centre – dads and children of all ages welcome	Fathers Worker FSW, EY workers			
School nursing sessions, health promotion and mental wellbeing, topics including bedtime and daytime wetting / continence, constipation and soiling and childhood infectious diseases –(not offered by SN currently)	0-19 Team		<b>Yes</b>	<b>Yes</b>
Speech and language advice sessions - advice for parents on stages of development and ways to support, including commonly experienced childhood problems and when to seek help	Speech & Language team		<b>Yes</b>	<b>Yes</b>
Healthy lifestyles – nutrition and exercise for children and parents	Voluntary sector providers – Sport at the Heart/Active Sports/Brent4Life			<b>Yes</b>
Healthy cooking and eating sessions rotated across Centres – cost for ingredients is around £10 per session (5 week programme)	Brent Start, Family Learning	Cost of food maximum £10		<b>Yes</b>
National Child Measurement Programme carried out in school to identify health concerns and issues. Support for families in FWCS.	School Nursing Team Weight Management Team			<b>Yes</b>
Supporting your child with Special Needs – workshops on variety of topics, including Local Offer	Brent Inclusion team		<b>Yes</b>	<b>Yes</b>

	Termly workshop to provide information and advice for parents of children with SEN	SENDIAS		<b>Yes</b>	<b>Yes</b>
	<b>Parent/Carer Forum</b> – to host their monthly forum meetings at the centres, covering topics of parents’ choice (venue alternated across East and West)	Parent Carer Forum		<b>Yes</b>	<b>Yes</b>
	Applying for infant and junior school, free school meals and school transport information drop in sessions for families looking for support with the processes. Check Centre programme for dates and time at your local centre	School Admissions Team			<b>Yes</b>
	Transitions to junior and secondary schools – drop in sessions for parents with queries about the process. Check Centre programme for dates and time at your local centre	Family Support team, Setting and School Effectiveness Team		<b>Yes</b>	<b>Yes</b>
	Homework clubs and activities for different ages, covering different subjects and activities  Check Centre programme for dates and time at your local centre	Unlocking Potential, Salusbury World	<b>Costs TBC</b>		<b>Yes</b>
	On-site delivery of library outreach and family learning sessions for 6 – 11 year olds, rotated across centres; books loaned to centres and exploring reading club for this age range.	Brent Library Service			<b>Yes</b>
	Family Learning programmes to support children’s learning – Magic numbers, Maths with playing cards	Brent Start			<b>Yes</b>

	A mixed programmes, of face to face and online: 5 week programmes, 6 places max to ensure Covid secure environment. Check Centre programme for dates and time at your local centre				
	Group family support sessions on managing family changes including, being a step parent, adolescence, moving schools and bereavement. Check Centre programme for dates and time at your local centre	Family Support Team		<b>Yes</b>	<b>Yes</b>
<b>12-18 years old (25 for those with SEND)</b>	Range of accredited parenting programmes looking at routines, behaviour and attachment; rotated across Centres Please refer to Parenting Programme offer <a href="https://www.brent.gov.uk/services-for-residents/children-and-family-support/parenting-support/parenting-programmes/">https://www.brent.gov.uk/services-for-residents/children-and-family-support/parenting-support/parenting-programmes/</a>	Parenting Practitioners, Family Support team and plus partner agencies		<b>Yes</b>	<b>Yes</b>
	Parenting matters group – different topics depending on centre	Parenting Practitioner/ Family Support Teams		<b>Yes</b>	<b>Yes</b>
	Young Carers Support a range of activities for CYP for 11-18 year olds	Brent Gateway Partnership		<b>Yes</b>	<b>Yes</b>
	Supporting your child with Special Needs – workshops on variety of topics, including Local Offer	Brent Inclusion team		<b>Yes</b>	<b>Yes</b>
	Provide information and advice to parents of young people with SEND, <b>monthly</b> drop in sessions rotating between centres	SENDIAS		<b>Yes</b>	<b>Yes</b>
	Youth forum events delivered termly – members meet for planned events Check Centre programme for dates and time at your local centre	Youth Forum worker Participation Team			<b>Yes</b>

	Applying for secondary school, free school meals and school transport information drop in sessions for families looking for support with the processes; rotated across centres	School Admissions Team			<b>Yes</b>
	Transitions to secondary schools /further education	Setting and School Effectiveness Team and Connexions for 16+, Family Support team,		<b>Yes</b>	<b>Yes</b>
	Homework clubs and activities for different ages, covering different subjects; outdoor environmental projects, entrepreneurial programmes and Police Cadets (one East and one West);	Salisbury World – Phoenix Rising – OK Club and others providing Safer Schools Police, Ultra Education online	<b>Costs TBC</b>		<b>Yes</b>
	Post 16 – transition to adulthood review vulnerable children. Health promotion advice, health surveillance and assessment of needs.	School Nursing Team TBC			
	Prevent awareness, on line safety and self-care – termly SFSC delivered including PREVENT bolt on sessions	Brent Prevent team,  Family Support team			<b>Yes</b>  <a href="https://www.brent.gov.uk/services-for-residents/children-and-family-support/parenting-support/parenting-programmes/">https://www.brent.gov.uk/services-for-residents/children-and-family-support/parenting-support/parenting-programmes/</a>
	Pre and Post 16 education, apprenticeships and employment options (plus support for YP not in education training or employment)	Connexions/ PLIAS			<b>Yes</b>
<b>Dads and Male Carers</b>	Curious Dads – Dads pre-natal sessions, to learn about childbirth and baby care	Fathers Worker Family support Midwifery/0-19 service		<b>Yes</b>	<b>Yes</b>
	Stay and Play session – for males carers and children at the FWCs	Fathers worker, EYW			<b>Yes</b>



	Fathers' Friday Night Family Fun at Willesden Sports Centre and Barham Park	Fathers Worker Family support workers Early years workers			<b>Yes</b>
<b>SEND (special education needs and disabilities)-</b>	Portage services for children under 5, Stay & Play for children with additional needs under 5's.	Portage Officers			<b>Yes</b>
	Drop in services for young people with additional needs	TBC			<b>Yes</b>
	PARENT/CARER FORUM – to host their monthly forum meetings at the centres, covering topics of parents' choice	Parent Carer Forum		<b>Yes</b>	<b>Yes</b>
<b>General support for all families</b>	CHRYSLIS support for domestic abuse; IDVA, pro bono legal advice, DA Housing- <b>East only due to existing contract (online currently)</b>	DA Housing, Advance, legal companies		<b>Yes</b>	
	Welfare benefit support, plus assistance with seeking work <b>Check local centre for details</b>	Hopscotch		<b>Yes</b>	<b>Yes</b>
	Domestic Abuse Housing advice to commence in West. <b>Call your local centre for details.</b>	Brent Housing		<b>Yes</b>	<b>Yes</b>
	Brent Police drop-in monthly for people seeking advice. <b>Check local centre for details</b>	Brent Met Police Safeguarding Lead		<b>Yes</b>	<b>Yes</b>
	1:1 family support sessions with parents or young people on a range of family challenges including routines, boundaries. <b>Check local centre for details</b>	Family Support Team		<b>Yes</b>	<b>Yes</b>
	Advice and Information – supporting families including new arrivals, legal information and benefits advice.	Various VCS CAB to continue as is (contract renewal 2021). Salisbury World Advice for Renters		<b>Yes</b>	<b>Yes</b>

	<b>Check local centre for details</b>	Hopscotch			
	Support with Housing – various housing providers will offer assistance with tenancies, rent accounts and neighbourhoods. Check local centre for details	Brent Housing & Neighbourhood Services, Brent Domestic Abuse Housing Team			<b>Yes</b>
	Jobs clubs and workshops to get families back to work	Brent Employment Training and Skills, DWP; PLIAS		<b>Yes</b>	<b>Yes</b>
	Family and Parent Learning: aim to offer 16 courses a term across the FWCs, which would be a mix of 5-10 week programmes including ESOL, and taster session	Brent Start		<b>Yes for parents only sessions</b>	<b>Yes</b>

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## Your local Family Wellbeing Centre...

Listed below are the addresses and telephone numbers of your local Family Wellbeing Centre where you can find a range of services

### Alperton FWC

Ealing Road  
Wembley  
HA0 4PW  
Telephone no: 020 8937 3860  
[Alperton.FWC@brent.gov.uk](mailto:Alperton.FWC@brent.gov.uk)

### Church Lane FWC

Fryent Primary School  
Church Lane  
Kingsbury  
NW9 8JD  
Telephone no: 020 8937 3890  
[ChurchLane.FWC@brent.gov.uk](mailto:ChurchLane.FWC@brent.gov.uk)

### Curzon Crescent & Fawood FWC

Curzon Crescent  
Willesden  
London  
NW10 9SD  
Telephone no: 020 8459 6813  
[admin@curzon.brent.sch.uk](mailto:admin@curzon.brent.sch.uk)

### Curzon Crescent & Fawood FWC

Fawood Avenue  
Harlesden  
NW10 8DX  
Telephone no: 020 8965 9334  
[admin@fawoodcc.brent.sch.uk](mailto:admin@fawoodcc.brent.sch.uk)

### Granville Plus FWC

Carlton Vale  
Kilburn  
NW6 5HE  
Telephone no: 020 8937 6581  
[GranvillePlus.FWC@brent.gov.uk](mailto:GranvillePlus.FWC@brent.gov.uk)

### Preston Park FWC

College Road  
Wembley  
HA9 8RJ  
Telephone no: 020 8937 5980  
[PrestonPark.FWC@brent.gov.uk](mailto:PrestonPark.FWC@brent.gov.uk)

### St Raphael's FWC

The Community Centre  
Rainborough Close  
St Raphael's Estate  
Wembley  
NW10 0TS  
Telephone no: 020 8937 3620  
[StRaphs.FWC@brent.gov.uk](mailto:StRaphs.FWC@brent.gov.uk)

### Three Trees FWC

Tiverton Road  
Kensal Rise  
NW10 3HL  
Telephone no: 020 8459 4385  
[ThreeTrees.FWC@brent.gov.uk](mailto:ThreeTrees.FWC@brent.gov.uk)

### Willow SEND FWC

Barnhill Road  
Wembley  
HA9 9YP  
Telephone no: 020 8937 6562  
[Willow.FWC@brent.gov.uk](mailto:Willow.FWC@brent.gov.uk)

To register and for more information on our Family Wellbeing Centres please visit: [www.brent.gov.uk/familywellbeingcentres](http://www.brent.gov.uk/familywellbeingcentres)

