



St Raphael's Family Well Being Centre Timetable May, June, July 2025



May June July 2025
V5

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

MORNING



Registration link:

www.brent.gov.uk/familywellbeingcentres

St Raphael's Family Wellbeing Centre
Rainsborough Close
NW10 OTS
020 89373620



9.30 – 11.00am
STAY & PLAY- CHILD TALK
0-5 years
Booking Required



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

9.00-2.00pm
SUPPORTING FAMILIES' EMPLOYMENT ADVISORS
Appointment & Referrals only
(Term Time only)



10.00 – 11.30am
MESSY PLAY
0-5 years
Booking Required

9.30-11.00am
TWO & TERRIFIC
Come and learn about brain development & Early years learning
4 sessions: June 10th, 17th, 24th & July 1st
Booking Required



10.00-12.00pm
STAR DROP IN
20th May 25
Assessment for Autism Route
Is your child on the waiting list to be Assessed for Autism or ADHD

1.00-4.00pm
HEALTH PERINATAL
Appointment only

1.00-4.00pm
MIDWIFERY CLINIC
Appointment only



10.00 – 11.00am
LET'S TALK
(Age 14mths to 3 years)
Get advice to support your child with talking, speech and learning.

Booking Required
14th May 2024
S&P with ORAL HEALTH
Booking Required

9.30-3.30pm
CITIZENS ADVICE BRENT (CAB)
CAB offer good quality independent Advice on issues such as benefits housing Welfare rights.
Appointment only

9.00-4.00pm
HEALTH VISITING
1 & 2 year old Development reviews
Appointment only

9.30 – 12.30pm
TOY LIBRARY
Families can come to borrow toys from the FWC Toy Library



9.30-11.30am
CHILD MINDERS ONLY
Booking Required
(Term Time only)

9.00-4.00pm
HEALTH VISITING
1 & 2 year old Development reviews
Appointment only



10.30am- 12.00pm
STAR WORKSHOP
5th, 12th & 19th June 25
Booking Required

12.30 – 2.00pm
First Thursday of Every Month
3/4/25, 8/5, 5/6/25, 3/7/25
BBY DROP IN INTRODUCTION SOLIDS
From 6 months



9.00-4.00pm
HEALTH VISITING
1 & 2 year old Development reviews
Appointment only

10.00- 12.00pm
TRIAGE DROP IN



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.

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.



Please find the Eligibility calculator here
[Healthy Start Eligibility Calculator \(typeform.com\)](http://HealthyStartEligibilityCalculator(typeform.com))



9.00AM to 1.00PM
See website for services & booking
www.brent.gov.uk/familywellbeingcentres



10.00-11:30am
STAY & PLAY
0-5 years

Alperton FWC – 17th, 24th, 31st May
Three Trees FWC – 17th, 24th 31st May
Curzon & Fawood FWC – 14th June 2025
Church Lane FWC – 12th July 2025
Booking Required

AFTERNOON

www.brent.gov.uk/familywellbeingcentres



1.00-2.30pm
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

1.00-4.00pm
BREAST FEEDING SUPPORT DROP IN CLINIC
1-1 support session



17.00pm-18.30pm
5- 11years old
HOMEWORK CLUB
Booking Required
(Term Time only)

1.00- 2.30pm
TRIAGE DROP IN
1.30-2.30pm
STAY PLAY & WEIGH SUNSHINE GROUP
monthly Drop In
0-5 years
1st April, 20th May, 10th June & 8th July 25
Pregnant Parents and Families can come and get advice from the health visiting Team.

1.30 – 3.00pm
Potty Training
13th & 27th May, 10th & 24th June, 8th & 22nd July 2025



17.00-18.30pm
YOUTH ZONE
SPORTS, BASKET & FOOTBALL & GAMING, XBOX, PS5, VR
11-18 years olds
Booking Required
(Term Time only)

12.30-2.00pm
BRENT MINIS NUTRITION GROUP
14/5, 21/5, 28/5, 4/6, 1/6

1.00-2.00pm
REGISTRATION DROP IN
Come and get help to register with all Brents FWC's.
www.brent.gov.uk/familywellbeingcentres

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16.00-17.30PM
ART CLUB
7 to 16 years old
JK Arts offers fun and creative afterschool workshops for ages 7+, where young people can explore art, develop new skills, and enjoy healthy snacks in a supportive space.

Booking Required
(Term Time only)



16.00 -18.00pm
MIXED MARTIAL ARTS
10-18 years old
Booking Required
(Term Time only)

6.00pm – 8.00pm
Parenting Programme
Family Transitions
Referrals only via
ParentingProgramme@bre.nt.gov.uk.

1.00-4.00pm
MIDWIFERY CLINIC
Appointment only



12.30 -2.30pm
ESOL

English Conversation
Develop basic English language skills, speaking reading writing.
Crèche Provided
Booking Required
(Term Time only)

1.00-2.00pm
REGISTRATION DROP IN
Come and get help to register with all Brents FWC's.
www.brent.gov.uk/familywellbeingcentres

LITTLE VILLAGE
0-5yrs
Community Donation Drive
Donate children equipment Buggy's, cots, beds clothing shoes and toys/books.
(Term Time only)

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>

Brent Youth Zone information:
Brent Youth Zone has links to information, advice and activities for young people.
<https://www.brentyouthzone.org.uk/>

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.
Contact CFIS Team:
Monday to Friday between 9am and 5pm
Phone: 0208 937 3010
Email: cfis@brent.gov.uk
<https://www.brent.gov.uk/children-young-people-and-families>