

Monday

Alpertown Best Start Family Hub timetable

September – December 2026

Sessions	Date(s)	Time	Age group	Booking details
Health Review Checks	Weekly	9am - 5pm	1 - 2 years	By appointments from Health Visitors
Family Financial Resilience Independent advice in all legal matters	Weekly	9:30am – 3:30pm	Families with Children under 18 years (with additional needs up to 25 years)	Call centre to book an appointment
Toddler Talk	Weekly	10am - 11am	18 months to 3 years	Book a space online
Let's Talk		1:30pm – 2:30pm	14 months to 3.5 years	
Toddler talk with oral health	28 September 2026	10am – 11:30am	18 months - 3 years	Book a space online
Employment support and advice	Weekly	10am - 3:30pm	Over 18's	Call centre to book an appointment
Breastfeeding support session	Weekly	1pm - 3pm	Babies	Drop-in session
Registration drop-in Come and get help to register with the Family Wellbeing Centres	Weekly	2pm - 4pm	Families, children and young people	Drop-in session
Toy library	Weekly	3pm – 4:30pm	0 - 5 years	Drop-in session

Sessions	Date(s)	Time	Age group	Booking details
Health review checks	Weekly	9am - 5pm	1 - 2 years	By appointments from Health Visitors
SEND - Family Group	Weekly	1:30pm – 2:30pm	0 - 5 years	Book a space online

Session	Date(s)	Time	Age group	Booking details
Housing Surgery	16 Sept 2026	9:30am 12:30pm	Families	Call centre to book an appointment
Baby sensory	Weekly	10am - 10:45 am	0 - 12 months	Book a space online
Children & Families Information Service - CFIS	Weekly	10am - 3pm	Families	Call centre to book an appointment
Registration drop-in Come and get help to register with the Family Wellbeing Centres	Weekly	11:30am -1pm	All ages	Drop-in session
Brent Wellbeing Team	Weekly	1pm - 5pm	5 - 18 years	By referrals
Art club - TBC	Weekly - term time only	4pm – 5:15pm	8 - 14 years	Book a space online
Young carers	1st Weds of the month	4:30pm - 6pm	8 years plus	By referrals

Thursday

Alpertown Best Start Family Hub timetable

September – December 2026

Session	Date(s)	Time	Age group	Booking details
Citizen's Advice Brent Independent advice in all legal matters	Weekly	9:30am – 3:30pm	Families with children under 18 years (with additional needs up to 25 years)	Call centre to book an appointment
Story and Rhymes	Weekly	10am - 11am	0 - 5 years	Book a space online
Story and Rhymes with childcare and library event	17 December 2026	10am – 11:30am	0 - 5 years	Book a space online
Toy library Borrow toys	Weekly	9:30am – 11:30am	0 - 5 years	Drop-in session
Introduction to solids	2nd Thursday of the month	1pm – 2:30pm	4 to 8 months (babies)	Book a space online
Brent - PAIRS	Weekly	1:30pm - 5pm	0 - 2 years (A bonding session between mother and child)	By appointments / referrals
Henry Programme	Weekly - for 9 weeks	12pm – 2:30pm	0 - 5 years	Book a space online

Friday

Alperton Best Start Family Hub timetable

September – December 2026

Session	Date(s)	Time	Age group	Booking details
Health review checks	Weekly	9am - 5pm	1 - 2 years	By appointments from Health Visitors
Potty Training	2 October to 23 October 2026 (4 weeks)	10am - 11am	18 months - 3 years	Book a space online
Raising Early Attainment in Literacy (REAL)	6 November to 27 November 2026 (4 weeks)	10am - 11am	18 months plus	Book a space online
Parents As First Teachers - The Family Wellbeing Sessions	11 September to 2 October 2026 (4 Weeks)	12:30pm – 2:30pm	0 - 5 years	Book a space online
Prospects	Weekly	1pm - 5pm	Families with children under 18 years (with additional needs up to 25 years)	By appointments / referrals

Centre information

- Free vitamins are available at the centre for all pregnant women and children under 4 years old
- Triage Service available if you need help to access services in the FWC's and the community

Useful links

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>

Children and Family Information Service (CFIS) - <https://www.brent.gov.uk/children-young-people-and-families>

Provides information and advice on a range of services for families, including childcare and early education.

Brent Start For Life - <https://www.brent.gov.uk/startforlife>

Find information and advice about pregnancy, birth and children under 5, along with local support to help you give your child the best start in life.

Brent Youth Zone - <https://www.brentyouthzone.org.uk/>



[Alperton Best Start Family Hub timetable](#)

Alperton

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