

Monday

Church Lane Best Start Family Hub timetable

September – December 2026

Session	Date(s)	Time	Age group	Booking details
Midwifery services	Weekly	9am - 4pm	Expectant mums	By appointment from Midwifery Team
Let's Talk	Weekly	9:30 - 10:30am	14 months - 3.5 years	Book a space online
Housing Surgery	12 October	9:30am - 12:00pm (by appointment) 1:30pm - 4:30pm (drop-in)	Parents/Carers	Call Centre to book an appointment
Pregnancy yoga	Weekly	11am - 12pm	14 weeks to birth expectant parents	Book a space online
Introduction to solids	3 rd Monday of every month	11am - 12:30pm	4 - 6 months	Book a space online
Baby Yoga	Weekly	12:15 - 13:15pm	3 -10 months	Book a space online
Busy Feet	Weekly	2pm - 3pm	2 - 5 years	Book a space online
Felix food donation Food parcel support for families in need of food.	Weekly	2:30pm- 4:30pm	Families	Drop-in session

Session	Date(s)	Time	Age group	Booking details
Citizen's Advice Brent Independent advice in all legal matters.	Weekly	9am - 3pm	Families	Call Centre to book an appointment
Health visiting review checks	Weekly	9am - 4pm	As per appointment	By appointments from Health Visitors
Brent Health 4 Life Mini Nutrition Workshops	5 weeks starting 15 September	10am - 11am	1 - 5 years	Book a space online
Homestart Bump to Baby Workshops	4 weeks starting 22 September	2pm - 3pm	Expectant parents and new parents	Book a space online

Wednesday

Church Lane Best Start Family Hub timetable

September - December 2026

Session	Date(s)	Time	Age group	Booking details
Midwifery service	Weekly	9am - 4pm	Expectant mothers	By appointment only from midwives
Mini Nutrition 121 Clinic	Fortnightly	9am - 12pm	8 months - 5 years	For appointment, email: clcht.brent4life@nhs.net
Breast Feeding Support Clinic	Fortnightly	9am - 12pm	Babies	For appointment, email: clcht.brent4life@nhs.net
Story and Rhyme Time	Weekly Except: 30 September and, 16 September - Oral Childminding network 18 November - Oral Health	10am - 11am	0 - 5 years	Book a space online
Sewing Club with Brent Start	10-week course starting 23 Sept	1 - 3pm	Parents/Carers only	Book a space online
Homework Club	Weekly	4pm - 5:30pm	8 -11 years	Book a space online



Thursday

Church Lane 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	9am - 3pm	Families	Call Centre to book an appointment
Health visiting review checks	Weekly	9am - 4pm	As per appointment	By appointments from Health Visitors
Messy Play	Weekly Not available 1 st and 3 rd Thursday of the month Term time	10am - 11am	13 Months - 4 years	Book a space online
Parenting Matters	1 st Thursday of every month	10am - 12pm	Adults	Call Centre to book an appointment
Portage session	1 st and 3 rd Thursday of the month Term time	10am - 1:30pm	Families	By appointments from Portage Team
Toddler Talk	Weekly	2pm - 3pm	18 months - 3 years	Book a space online

Friday

Church Lane Best Start Family Hub timetable

September – December 2026

Session	Date(s)	Time	Age group	Booking details
Midwifery services	Weekly	9am - 4pm	Expectant mums	By appointment only from Midwives
Registration drop-in Come and get help to register with the Family Wellbeing Centres.	Weekly	10am 11am and 3pm - 4pm	Parents/Carers	Drop-in session
Employment Support	Weekly	10am - 3pm	Appointment only	
Baby Time	Weekly	1:30 - 2:30pm	0 - 12 months	Book a space online

Centre information

- **Weekend offer** - Saturday sessions are delivered at the Best Start Family Hub during term time, please contact the hub for more information.
- **Free vitamins** are available at the Best Start Family Hub for all pregnant women and children under 4 years old. [Find out if you are eligible.](#)
- **Triage Services** – The hub offers short term support to families to access both universal and targeted services. Book via Brent 'My Account'.

Useful Links

The Local Offer - <https://www.brent.gov.uk/localoffer>

Provides information and advice for Children with Special Educational Needs and Disabilities (SEND)

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

Provides information and activities for young people.

Children and Family Information Service (CFIS) - <https://www.brent.gov.uk/cyp>

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.



[Church Lane Best Start Family](#)

Fryent School

Church Lane, Kingsbury

NW9 8JD

Phone: 0208 937 3890

Email: Churchlane.FWC@brent.gov.uk

