

# Monday

## Granville Plus Best Start Family Hub timetable

September – December 2026

| Session                                                                  | Time                                      | Date(s)         | Suitable for                                  | Booking details                       |
|--------------------------------------------------------------------------|-------------------------------------------|-----------------|-----------------------------------------------|---------------------------------------|
| <b>Health visiting review checks</b>                                     | Weekly                                    | 9am - 3pm       | As per appointment                            | By appointments from Health Visitors  |
| <b>Citizen's Advice Brent</b><br>Independent advice in all legal matters | Weekly                                    | 9:30am - 2:30pm | Families                                      | Call Centre to book an appointment    |
| <b>Housing homelessness prevention</b>                                   | 7 December                                | 9.30am - 3.30pm | Only for families at the risk of homelessness | Call Centre to book an appointment    |
| <b>Baby tummy time with Sensory play</b>                                 | Weekly                                    | 10am - 11am     | 0 -10 months                                  | <a href="#">Book a space online</a>   |
| <b>Being with your baby</b>                                              | 28 September<br>5 October<br>12 October   | 10am - 11am     | 0 -10 months                                  | <a href="#">Book a space online</a>   |
| <b>CFIS - Children and families information guidance</b>                 | Biweekly                                  | 10am - 3pm      | Families                                      | Call Centre to book an appointment    |
| <b>Being with your baby</b>                                              | 28 September<br>5 October<br>12 October   | 10am - 11am     | 0 -10 months                                  | <a href="#">Book a space online</a>   |
| <b>Let's Talk</b>                                                        | Weekly                                    | 2pm - 3pm       | 14mths- 3.5yrs                                | <a href="#">Book a space online</a>   |
| <b>After school tuition by Global Skills</b>                             | Weekly                                    | 4:30pm - 6:30pm | 8 years +                                     | By referrals only                     |
| <b>Mixed Martial Arts (MMA)</b>                                          | Start date TBC<br>Weekly - term time only | 5pm - 7pm       | Ages 11+                                      |                                       |
| <b>Divine Purpose Youth Club at Vale Community Centre</b>                | Weekly                                    | 5pm - 8pm       | ages 8 - 16years                              | Call 07901762889 for more information |

| Session                                          | Time                                           | Date(s)         | Suitable for                                  | Booking details                         |
|--------------------------------------------------|------------------------------------------------|-----------------|-----------------------------------------------|-----------------------------------------|
| Midwifery service                                | Weekly                                         | 9am - 4pm       | Expectant mothers                             | By appointments only from midwives      |
| Breastfeeding support                            | Weekly                                         | 9am - 1pm       | Mothers/babies                                | By appointment only from Health Visitor |
| ESOL by Salusbury World                          | Starts 22 September<br>Weekly - term time only | 10am -12pm      | Women only                                    | By referrals only                       |
| CAMHS support                                    | Weekly                                         | 9am - 5pm       | Under 5s'                                     | By referrals only                       |
| Housing homelessness prevention                  | 20 October                                     | 9.30am - 3.30pm | Only for families at the risk of homelessness | Call Centre to book an appointment      |
| Brent and Harrow Perinatal mental health service | Weekly                                         | 1pm - 5pm       | Parents                                       | By appointment only from midwife        |
| Toddler messy play                               | Weekly                                         | 2pm - 3pm       | 14 months - 36 months                         | <a href="#">Book a space online</a>     |
| Christmas Celebrations with MR Ruffles           | 22 December                                    | 1:30 - 3:30     | 3yrs - 10yrs                                  | By referrals only                       |
| After school tuition by Global Skills            | Weekly - term time only                        | 4:30pm - 6:30pm | 8 years +                                     | By referrals only                       |

# Wednesday

**Granville Plus Best Start Family Hub timetable**  
September – December 2026

| Session                                          | Time                                              | Date(s)         | Suitable for            | Booking details                      |
|--------------------------------------------------|---------------------------------------------------|-----------------|-------------------------|--------------------------------------|
| Midwifery service                                | Weekly                                            | 9am - 4pm       | Expectant mothers       | By appointments only from midwives   |
| Health visiting review checks                    | Weekly                                            | 9am - 3pm       | As per HV booking       | By appointments from Health Visitors |
| Brent and Harrow Perinatal mental health service | Weekly                                            | 9am - 5pm       | Parents                 | By appointment only from Midwife     |
| Childminder session                              | Weekly                                            | 10am - 12pm     | Registered Childminders | Drop-in session                      |
| MOM Club - restore her space                     | Start date 23 September<br>Weekly, term time only | 10am -12pm      | Women only              | <a href="#">Book a space online</a>  |
| Little explorers                                 | Weekly (except last Wednesday of the month)       | 2pm - 3pm       | 12 months- 3 years      | <a href="#">Book a space online</a>  |
| Emotions and routines                            | Last Wednesday of each month                      | 2pm - 3pm       | 12 months - 3 years     | <a href="#">Book a space online</a>  |
| After school tuition by Global Skills            | Weekly - term time only                           | 4:30pm - 6:30pm | 8 years +               | By referrals only                    |

# Thursday

## Granville Plus Best Start Family Hub timetable September – December 2026

| Session                                      | Time                                      | Date(s)           | Suitable for                                  | Booking details                     |
|----------------------------------------------|-------------------------------------------|-------------------|-----------------------------------------------|-------------------------------------|
| Midwifery service                            | Weekly                                    | 9am - 4pm         | Expectant mothers                             | By appointments only from midwives  |
| Housing homelessness prevention              | 19 November 2026<br>28 January 2027       | 9.30am - 3.30pm   | Only for families at the risk of homelessness | Call Centre to book an appointment  |
| Shakers and movers with sensory play         | Weekly                                    | 10am - 11am       | 10 -18 months                                 | <a href="#">Book a space online</a> |
| Family community work coach                  | Weekly - term time only                   | 10am - 2pm        | Parents/carers/young people                   | Call centre to book an appointment  |
| English conversation by Global Skills        | Start date TBC<br>Weekly - term time only | 10:15am – 12:15pm | Parents/carers/young people                   | Call Centre for more information    |
| Own her life                                 | 16 October – 18 December                  | 10am- 12pm        | Women only                                    | By referrals only                   |
| Busy feet                                    | Weekly                                    | 2pm - 3pm         | 14 months - 4 years                           | <a href="#">Book a space online</a> |
| Parent and infant Relationship service PAIRS | Weekly                                    | 1pm - 5pm         | Families                                      | By appointment only                 |
| Art Club with H                              | Date tbc<br>Weekly                        | 4pm - 5:30pm      | 8 years +                                     | <a href="#">Book a space online</a> |
| After school tuition by Global Skills        | Weekly -term time only                    | 4:30pm - 6:30pm   | 8 years +                                     | By referrals only                   |

| Session                      | Venue                                             | Date(s)    | Suitable for      | Booking details                     |
|------------------------------|---------------------------------------------------|------------|-------------------|-------------------------------------|
| Midwifery service            | Weekly                                            | 9am - 4pm  | Expectant mothers | By appointments only from midwives  |
| CAMHS support                | Weekly                                            | 9am - 5pm  | Under 5s'         | By referrals only                   |
| MOM Club - restore her space | Start date 23 September<br>Weekly, term time only | 10am -12pm | Women only        | <a href="#">Book a space online</a> |

# Centre information

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- Free vitamins are available at the Best Start Family Hub for all pregnant women and children under 5 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 appointment 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)

**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.

**Holidays Activities and Food Programme** - <https://www.brent.gov.uk/haf>

Provides free access to activities and healthy meals to eligible children during school holidays.

**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/>

Provides information and activities for young people.



[Granville Plus Best Start Family Hub](#)

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