

# Monday

## Preston Park Best Start Family Hub timetable

September – December 2026

| Session                            | Date(s)                                                                               | Time             | Suitable for      | Booking details                     |
|------------------------------------|---------------------------------------------------------------------------------------|------------------|-------------------|-------------------------------------|
| <b>Citizen Advice Bureau (CAB)</b> | Weekly                                                                                | 9am - 3pm        | Families          | Call centre for appointment         |
| <b>Midwifery Clinic</b>            | Weekly                                                                                | 9am - 4:30pm     | Expectant mothers | By appointment only from midwives   |
| <b>Housing Surgery</b>             | 28 September                                                                          | 9:30am - 12:30pm | Families          | Appointment only                    |
| <b>Baby Time</b>                   | 7 September - 14 December                                                             | 9:45am - 10:45am | 0 - 12 months     | <a href="#">Book a space online</a> |
| <b>Busy Feet</b>                   | 7 September - 14 December                                                             | 1pm - 2pm        | 2 - 3.5 years     | <a href="#">Book a space online</a> |
| <b>Healthy Lifestyle Clinic</b>    | 14 September<br>28 September<br>12 October<br>9 November<br>23 November<br>7 December | 2pm - 5pm        | 1 - 5 years       | <a href="#">Book a space online</a> |

| Session                                            | Date(s)                   | Time              | Suitable for      | Booking details                     |
|----------------------------------------------------|---------------------------|-------------------|-------------------|-------------------------------------|
| Midwifery Clinic                                   | Weekly                    | 9am - 4:30pm      | Expectant mothers | By appointments only from midwives  |
| Registration Clinic (drop-in)                      | Weekly                    | 9am - 2pm         | Families          | Drop-in session                     |
| Brent (PAIRS) Parent & Infant Relationship Service | Fornightly                | 9:30am - 2pm      | 0 - 5 years       | By referral only                    |
| Sport in Mind Mum & Baby                           | 8 September - 15 December | 10:30am – 11:30am | 6 weeks - 1 year  | <a href="#">Book a space online</a> |
| Felix Project                                      | Weekly                    | 10:30am - 2pm     | Families          | Drop-in session                     |
| Rhythm & Rhyme                                     | 8 September - 15 December | 1pm - 2pm         | 0 - 5 years       | <a href="#">Book a space online</a> |

# Wednesday

## Preston Park Best Start Family Hub timetable September – December 2026

| Session                         | Date(s)                                                                                                                            | Time          | Suitable for              | Booking details                      |
|---------------------------------|------------------------------------------------------------------------------------------------------------------------------------|---------------|---------------------------|--------------------------------------|
| Health Visiting Clinic          | Weekly                                                                                                                             | 9am - 3pm     | 1- & 2-year health checks | By appointments from Health Visitors |
| Breastfeeding Support Clinic    | 2 September<br>16 September<br>30 September<br>14 October<br>28 October<br>11 November<br>25 November<br>9 December<br>16 December | 9:30am - 1pm  | Breast feeding mums       | Drop in session                      |
| Employment Support              | Weekly                                                                                                                             | 9:30am - 4pm  | Parents                   | Appointment only                     |
| Potty Training<br>4-week course | 4 - 25 November                                                                                                                    | 10am - 12pm   | 18 months - 3 years       | <a href="#">Book a space online</a>  |
| Baby Massage<br>4-week course   | 16 September - 7 October                                                                                                           | 10am - 12pm   | 2 months - 6 months       | <a href="#">Book a space online</a>  |
| Introduction to Solids          | 23 September<br>21 October<br>25 November<br>16 December                                                                           | 12:30pm - 2pm | 5 months +                | <a href="#">Book a space online</a>  |
| Let's Talk                      | 9 September – 16 December                                                                                                          | 1pm - 2pm     | 14 months to 3 ½ years    | <a href="#">Book a space online</a>  |

# Thursday

## Preston Park Best Start Family Hub timetable

September – December 2026

| Session                                  | Date(s)                                | Time            | Suitable for               | Booking details                           |
|------------------------------------------|----------------------------------------|-----------------|----------------------------|-------------------------------------------|
| Health Visiting Clinic                   | Weekly                                 | 9am - 1pm       | 1- & 2-years health checks | By appointments only from health visitors |
| Sensory Play                             | Weekly from 10 September - 17 December | 10am - 11am     | 16 months - 3 years        | <a href="#">Book a space online</a>       |
| Building Blocks - Mega, Jenga, Lego      | Weekly from 10 September - 17 December | 1pm - 2pm       | 16 months - 3 years        | <a href="#">Book a space online</a>       |
| ANSAR Youth Project (Girls 8 - 17 years) | Weekly (Term time only)                | 4pm - 5:30pm    | 8-12 years                 | By referral only or enquire at Centre     |
| ANSAR Youth Project (YMC 13 - 17 years)  | Weekly (Term time only)                | 5.30pm - 7:30pm | 13 -17 years               | By referral only or enquire at Centre     |

| Session                                                          | Date(s)                                                 | Time              | Suitable for                                                           | Booking details                                 |
|------------------------------------------------------------------|---------------------------------------------------------|-------------------|------------------------------------------------------------------------|-------------------------------------------------|
| Health Visiting Clinic                                           | Weekly                                                  | 9am - 3pm         | 1- & 2-year health checks                                              | By appointments only from health visitor        |
| Dad Matters                                                      | 11 September<br>9 October<br>13 November<br>11 December | 10:30am - 11:30am | Dads                                                                   | <a href="#">Book a space online</a>             |
| Special Educational Needs & Disabilities - Stay and Play session | Weekly from 11th September - 18th December              | 11am - 12pm       | 18 months - 4 years                                                    | <a href="#">Book a space online</a>             |
| Toy Library                                                      | Term time only                                          | 2pm - 4pm         | Families                                                               | Call the centre or come in for more information |
| Prospects/Brent Connexions Careers Advice Session                | Weekly                                                  | 1pm - 4pm         | 16 - 19 years (up to 25 years with disabilities not in school/college) | By referral only                                |
| ANSAR Youth Project (Mixed 8 - 17 years)                         | Weekly (Term time only)                                 | 4pm - 5:30pm      | 8-12 years                                                             | By referral only or enquire at Centre           |
| ANSAR Youth Project (Mixed 13 - 17 years)                        | Weekly (Term time only)                                 | 5.30pm - 7:30pm   | 13 -17 years                                                           | By referral only or enquire at Centre           |

# Saturday

## Preston Park Best Start Family Hub timetable

September – December 2026

| Session                                       | Date(s)                                    | Time               | Suitable for                    | Booking details                     |
|-----------------------------------------------|--------------------------------------------|--------------------|---------------------------------|-------------------------------------|
| Dad's/Father's/Male Carers session            | 12 September                               | 10am to 11:30am    | Dads, fathers and male carers   | <a href="#">Book a space online</a> |
| Infant Feeding Support Group (drop-in clinic) | 12 September<br>26 September<br>24 October | 9.30 - 12.30       | Parents/carers with babies      | Drop-in                             |
| Stay and play                                 | 19 September<br>26 September               | 9:45am to 11:15am  | 0 to 5 years                    | <a href="#">Book a space online</a> |
| Baby massage                                  | 19 September<br>26 September               | 11:30am to 12:30pm | Babies                          | <a href="#">Book a space online</a> |
| SEND families session                         | 3 October<br>24 October                    | 10am to 11:30am    | Families with a child with SEND | <a href="#">Book a space online</a> |
| Stay and play                                 | 10 October<br>17 October                   | 9:30am to 10:45am  | 0 to 5 years                    | <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 centre offers short term support to families to access both universal and targeted services. Complete online registration at end complete survey (Getting to know you form) or drop into your nearest Best Start Family Hub.

## 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 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.

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

Provides information and activities for young people.



### [Preston Park Best Start Family Hub](#)

College Road (same entrance/site as Preston Park

Primary school)

Phone: 0208 937 5980

Email: [prestonpark.FWC@brent.gov.uk](mailto:prestonpark.FWC@brent.gov.uk)

