

Monday

Preston Park Best Start Family Hub timetable

September – December 2026

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

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	Book a space online
Felix Project	Weekly	10:30am - 2pm	Families	Drop-in session
Rhythm & Rhyme	8 September - 15 December	1pm - 2pm	0 - 5 years	Book a space online

Wednesday

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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 16 September 30 September 14 October 28 October 11 November 25 November 9 December 16 December	9:30am - 1pm	Breast feeding mums	Drop in session
Employment Support	Weekly	9:30am - 4pm	Parents	Appointment only
Potty Training 4-week course	4 - 25 November	10am - 12pm	18 months - 3 years	Book a space online
Baby Massage 4-week course	16 September - 7 October	10am - 12pm	2 months - 6 months	Book a space online
Introduction to Solids	23 September 21 October 25 November 16 December	12:30pm - 2pm	5 months +	Book a space online
Let's Talk	9 September – 16 December	1pm - 2pm	14 months to 3 ½ years	Book a space online

Thursday

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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	14 months - 3 years	Book a space online
Building Blocks - Mega, Jenga, Lego	Weekly from 10 September - 17 December	1pm - 2pm	16 months - 3 years	Book a space online
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 9 October 13 November 11 December	10:30am - 11:30am	Dads	Book a space online
Special Educational Needs & Disabilities - Stay and Play session	Weekly from 11th September - 18th December	11am - 12pm	15 months - 3 years	Book a space online
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

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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	Book a space online
Infant Feeding Support Group (drop-in clinic)	12 September 26 September 24 October	9.30 - 12.30	Parents/carers with babies	Drop-in
Stay and play	19 September 26 September	9:45am to 11:15am	0 to 5 years	Book a space online
Baby massage	19 September 26 September	11:30am to 12:30pm	Babies	Book a space online
SEND families session	3 October 24 October	10am to 11:30am	Families with a child with SEND	Book a space online
Stay and play	10 October 17 October	9:30am to 10:45am	0 to 5 years	Book a space online

Centre information

- 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

