

Monday

St Raphael's Best Start Family Hub timetable

September – December 2026

Session	Date(s)	Time	Suitable for	Booking details
Employment support and advice	Weekly Term time only	9am - 2pm	Over 18's	Call Centre to book an appointment
PAIRS - Parents and infant relationship service	Weekly	9am - 3pm	0 - 2 years	Appointment only
Stay & Play Child Talk	Weekly	9:30am - 11am	0 - 5 years	Book a space online
CAMHS	Weekly	9:30am - 12:30pm	0 - 5 years	Appointment only
Stay & Play Baby Talk	Weekly	1pm - 2.30pm	0 - 12 months	Book a space online
Toy library Families can come to borrow toys from the FWC toy library.	Weekly	2.30pm - 4pm	0 - 18 years	Drop-in session
Homework club	Weekly Term time only	5pm - 6:30pm	5 - 11 years	Book a space online

Tuesday

St Raphael's Best Start Family Hub timetable

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Session	Date(s)	Time	Suitable for	Booking details
Health team midwifery pre and postnatal checks	Weekly	9am - 4pm	Newborn Babies	Appointment only
Brent PAIRS	Weekly	9am-3pm	Adults	Appointment only
Welcome Session Advice to support your child	Weekly	9:30am - 10:30am	Age 12 months to 3 years	Invite only
Welcome Assessment Speech & language screening assessments	Weekly	11am - 12pm and 1pm - 2.30pm	Age 12 months to 3 years	Invite only
Triage drop-in Triage officer can support you and your family to access short term support and access to services such as nursery and school application.	Weekly	1pm - 2:30pm	Adults	Drop-in session
Stay play and Weigh Sunshine Group Pregnant parents and families can come and get advice from the health visiting team	Monthly drop-ins: 29 September 27 October 24 November 15 December	1:30pm - 2:30pm	0 - 5 years old	Drop-in session
Toy Library Subscription fee required	Weekly	2:30pm - 4pm	Families	Drop-in session
Sports In Mind Multi-sports football and basketball	Start date to be confirmed Weekly Term time only	4.30pm - 5:30pm	10 - 14 years old	Book a space online
Dealing With Disobedience Support for parents with 1 - 12-year-old children	One day session - 27 October	10am - 12:30pm	1-12 years old	Book a space online



Wednesday

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Session	Date(s)	Time	Suitable for	Booking details
Stay & Play Toddler Talk	Weekly Starting 16 September	9:30 - 11am	1 - 2 years	Book a space online
Health review checks	Weekly	9am - 4pm	1 - 2 years	By appointments from Health Visitors
Citizen's Advice Brent (CAB) Independent advice in all legal matters.	Weekly	9:30am - 3.30pm	Adults	Call Centre to book an appointment
Zumba	Weekly	10am - 11am	Adults	Book a space online
Free vitamin collection	Weekly	12pm - 2:30pm	0 - 4 years	Drop-in session
Potty Training	4-week programme: 16 September 23 September 30 September 7 October	1pm - 2pm	18 months - 4 years	Book a space online
Transitions	4-week programme: 14 October 4 November 11 November 18 November	1pm - 2pm	18 months - 4 years	Book a space online
Dance Workshop (Hillside Performing Arts)	Weekly Term time only	4:30pm - 5:30pm	6 - 14 years old	Book a space online

Thursday

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Sewing Club	Weekly	9:30am - 11:30am		Book a space online
Health team midwifery pre and postnatal checks	Weekly	9am - 4pm	Newborn Babies	Appointment only
Childminders only	Weekly Term time only	9:30am - 11:30am	0-5 years	Book a space online
Baby drop-in Introduction solids	First Thursday of the month	12:30pm - 2pm	Babies from 6 months	Drop-in session
Brent Minis nutrition group	5 weeks programme: 17 September 24 September 1 October 8 October 15 October	12:30pm - 2pm	1 - 5years	Book a space online
Fun Fit Families	Weekly Term time only	12pm - 1pm	10 - 18 years	Book a space online
Art club	Weekly Term time only	4pm - 5:30pm	7 - 16 years	Book a space online
Good Bedtime Routine Support for parents with 1 - 12-year-old children	One day session - 29 October	10am - 12:30am	1-12 years old	Book a space online

Friday

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Session	Date(s)	Time	Suitable for	Booking details
Henry Parenting Programme	9-week programme starting 9 October	10am -12:30pm	0 - 5 years	Book a space online
Health review checks	Weekly	9am - 4pm	1 - 2 years	By appointments from Health Visitors
Mum and Baby Gentle Movement Mum and baby - movement and wellbeing	Weekly Starting 11 September Term Time only	9:30am - 10:30am	From 6 months	Drop-in session
Triage drop-in Triage officer can support you and your family to access short term support and access to services such as nursery and school application.	Weekly	10am -12pm	Adults	Drop-in session
Developmental Centred Parenting & Family Wellbeing	6 November 13 November 20 November 27 November	1:30pm - 2:30pm	Families	Book a space online
Registration drop-in Come and get help to register with the Family Wellbeing Centre.	Weekly	1pm - 2pm	Adults	Drop-in session



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](#)

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.



[St Raphael's Best Start Family Hub](#)

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