

Monday

Three Trees Best Start Family Hub timetable

September – December 2026

Sessions	Date(s)	Time	Suitable for	Booking details
Health Review Checks	Weekly	9am - 5pm	1 - 2 years	By appointments from Health Visitors
ESOL – English Class Level 1 English language for Parents Carers (women only) Creche provided	Weekly - term time only	10am - 12pm	Refugee and asylum seekers	Call or ask at reception
ESOL – English Class Level 2 English language for Parents Carers (women only) Creche provided	Weekly - term time only	1pm - 3pm	Refugee and asylum seekers	Call or ask at reception
Art Club	Weekly - term time only	4pm - 5:15pm	5 - 11 years	Book a space online
Teen Space - Football Refreshments provided	Weekly - term time only	5pm - 6:30pm	11 plus	Book a space online

Tuesday

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Sessions	Date(s)	Time	Suitable for	Booking details
Health Review Checks	Weekly	9am - 5pm	1 - 2 years	By appointments from Health Visitors
Perinatal sessions Parent and Infant relationship service (PAIRS)	Weekly	9am - 5pm	Mums and expectant mums	By referral only
Stay, Play and Learn	Weekly	9:45 - 10:45am	1 year plus	Book a space online
Health Visiting Service - Sunshine Group An opportunity to have baby weighed and get advice from the HV team	29 September 27 October 24 November 22 December	10am - 11:30am	Babies / Toddlers	Book a space online
ESOL – English Class Level 1 English language for Parents Carers (women only) Creche provided	Weekly Term time only	1:30am - 3pm	Refugee and asylum seekers	Call or ask at reception

Session	Date(s)	Time	Suitable for	Booking details
Midwifery Teams	Weekly	9:30am - 3:30pm	Post-natal parents	Appointment only by Midwifery Team
Family Community Work Coach	Weekly Term time only	9am - 2:30pm	Over 18's	Call Centre to book an appointment
Mum and Baby Yoga Run by Sport in Mind – Mental Health Charity	Weekly - term time only	10am - 11am	6 weeks – 1 year	Book a space online or drop-in
Messy Play	Weekly	11:30am - 12:30am	18 months plus	Book a space online
Perinatal sessions Parent and Infant relationship service (PAIRS)	Weekly	1pm - 4pm	Mums and expectant mums	By referral only
Introduction to Solids	9 September 14 October 11 November 9 December	3pm - 4:30pm	6 months plus	Book a space online
Brent Young Carers Group	3rd Wednesday of the month	4:30pm - 7pm	Young carers	Referral only

Thursday

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Midwifery Teams	Weekly	9:30am - 3:30pm	Post-natal parents	Appointment only by Midwifery Team
Citizen's Advice Brent Independent advice in all legal matters.	Weekly	9:30am – 4pm	Adults	Call Centre to book an appointment
Solihull 11-week parenting programme Creche available	Starting 17 September Term time only	12pm – 2pm	Parents	Book a space online
Girls Group Building and improving social skills	Weekly - term time only	4:30pm – 6pm	10 -16 years	By Referral

Friday

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Health Review Checks	Weekly	9am - 5pm	1 - 2 years	By appointments from Health Visitors
Children and Families Information Service (CFIS) appointments	Weekly	9:30am – 3:30pm	Parent	Call to book
M.O.M Club (Mentally overloaded mums) 6-week programme Creche available	11th Sept-16th Oct	9:30am – 11:30am	Mothers / Female carers	Book a space online
Toy Library Service Subscription fee required	Weekly	10am – 2pm	Families	Call or ask at reception
Baby Time	Weekly Term Time only	11:45am – 1:15pm	Under 1's	Book a space online
Perinatal workshops	4 September - Stress Anxiety and Sleep 11 September - Mum and Baby Mindfulness 18 September - Low Mood 25 September - Adjusting To Motherhood	1:15am – 2:15pm	Under 1's	Book a space online

Saturday

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Session	Date(s)	Time	Suitable for	Booking details
Citizen's Advice Brent (CAB) Independent advice in all legal matters.	12 September – 24 October	9:30am – 12:30pm	Adults	Call Centre to book an appointment
SEND Family session	24 October	10am – 11:30am	For families who have a child with SEND	Book a space online
Stay, play & learn Fun and interactive stay & play session	12 September 19 September 26 September	10am - 11:30am	0 - 5 years	Book a space online
Stay, play & learn	3 October 17 October	9:45am – 11:15am	0 - 5 years	Book a space online
Dad's stay and play	10 October	10am – 11:30am	0 - 5 years	Book a space online
Baby Massage	3 October 17 October	11:30am – 12:30pm	For babies 2-6 months	Book a space online

Centre information

- Free vitamins are available at the centre for all pregnant women and children under 4 years old
- Triage Service available if you need help to access services in the FWC's and the community

Useful links

The Local Offer for Children with Special Educational Needs and Disabilities (SEND)
<https://www.brent.gov.uk/children-young-people-and-families/send-local-offer>

Children and Family Information Service (CFIS) - <https://www.brent.gov.uk/children-young-people-and-families>
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.

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



[Three Trees Family Wellbeing Centre](#)

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