

# Brent Children's Centres Programme 2019 – 2020

**Brent Children's Centres are a great place for you and your children to come and stay, play, learn, and make new friends.**

We have 16 Centres across the borough, divided into four areas: Central Cluster, Grange Cluster, Stadium Cluster and Curzon.

Please note  
that all centres  
will be closed on  
**23 January**  
for a staff  
development  
day.

## [View this Term's Timetables](#)

### **At every centre, you will find:**

- **Early Years workers:** offer advice and support for your child's learning and development and, if required, signpost your child to speech and language sessions.
- **Family Support Team:** offer practical parenting support and, if required, signpost you to parenting programmes, or help you to complete nursery or school applications.
- **Busy and varied timetable of activities including:** Stay and Play, Messy Play, support sessions on topics such as breast feeding and healthy eating, sessions for children with Special Educational Needs and Disabilities (SEND), for Childminders and their children and for dad's and granddads.

### **Our services and work with partners at the centres includes:**

- Midwifery and Health Visiting
- Information and support about breast-feeding, baby feeding and healthy eating
- Children's Speech and Language Therapy
- Parenting Programmes and Family Support, including:
  - 1:1 advice and Family Learning Courses, help to find jobs and training opportunities, Citizen's Advice appointments
  - Volunteering opportunities, including working with children, gardening and administrative tasks
  - Stay, Play and Learn sessions, and other activities for you and your children to enjoy together
  - Information about childminders, day care providers, playgroups, nurseries, schools and other services in the local area.



In partnership with



Curzon Crescent & Fawood Children's Centres Partnership  
Incorporating  
Challenge House  
Children's Centre





# Centre details

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## Central Cluster

### Alperton CC

Ealing Road,  
Wembley, HA0 4PW  
020 8937 3860

### Harmony CC

38 Bridge Road,  
London, NW10 9BX  
020 8451 4180

### St Raphael's CC

The Community Centre,  
Rainborough Close,  
St Raphael's Estate,  
London, NW10 0TS  
020 8937 3620

### Barham Park Building

Harrow Road,  
Sudbury, HA0 2HB  
020 8903 9541

### Welcome CC

116 Chaplin Road,  
Wembley, HA0 4UZ  
020 8903 9541

### The Freeman Family Centre

57 Longstone Avenue,  
Harlesden,  
London, NW10 3UN  
020 8965 3977

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## Grange Cluster

### Granville Plus CC

Carlton Vale, Kilburn,  
London, NW6 5HE  
020 8937 6581

### Three Trees CC

Tiverton Road,  
Kensal Rise,  
London, NW10 3HL  
020 8459 4385

### Treetops CC

Doyle Gardens, Willesden,  
London, NW10 3SQ  
020 8937 5960

### Willesden Green Library

95 High Road, Willesden,  
London, NW10 2SF  
020 8937 3400

### Wykeham CC

Annesley Close, Neasden,  
London, NW10 0ES  
020 8937 5960

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## Stadium Cluster

### Church Lane CC

Fryent Primary School,  
Church Lane, Kingsbury,  
London, NW9 8JD  
020 8937 3890

### Mount Stewart CC

Mount Stewart Infants  
School, Carlisle Gardens,  
Kenton, HA3 0JX  
020 8937 5970

### Preston Park CC

College Road,  
Wembley, HA9 8RJ  
020 8937 5980

### Wembley Primary CC

East Lane,  
Wembley, HA9 7NW  
020 8937 5590

### The Willow CC

Barnhill Road,  
Wembley, HA9 9YP  
020 8937 6562

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## The Curzon Crescent and Fawood Children's Centres' Partnership

### Curzon Crescent CC

Curzon Crescent,  
Willesden  
London, NW10 9SD  
020 8459 6813  
[www.curzoncrescent.org.uk](http://www.curzoncrescent.org.uk)

### Fawood CC

35 Fawood Avenue,  
Harlesden,  
London, NW10 8DX  
020 8965 9334  
[www.fawood.org.uk](http://www.fawood.org.uk)



# Reach map



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# Activity Directory

## [View this Term's Timetables](#)

We also run some evening and weekend sessions for parents and carers that work during the week. Please ask at your local centre for details.

## Drop In sessions

### Stay, Play and Learn

We run a range of sessions to support your child's development. Allow them to explore their developing senses and creativity in a fun and safe environment:

- **Stay, Play and Learn with Messy Play:**  
Please dress your child (and yourself) in old clothes, as they will get messy!
- **Stay, Play and Learn: Little Explorers (0-12 months)**
- **Stay, Play and Learn with Sensory Play (0-18 months)**
- **Stay, Play and Learn for 0-3 years**
- **Stay, Play and Learn for 0-5 years with additional needs**

### Bumps2Babies/Understanding Your Baby's Development

Support and advice group for expectant parents and parents with babies 0-12 months.

### Busy Feet

Fun, interactive sessions for parents and children to support healthy lifestyles.

### Parent's Voice

An opportunity for parents and carers to give feedback to staff and help develop their children's centre.

### Special Educational Needs

#### **BUSS Group (Brent Under Five Sensory Support)**

For children with a hearing impairment and their parents/carers. Play, talk and get advice from Brent Deaf and Hearing Impairment Service. Snacks and drinks provided. Call 07467 335 392.

### My Special Time

Fun activities to support children's individual and special needs.

### Portage Stay and Play

Stay and Play session for children with additional needs. Run by Brent Portage, only during term time.

### Speech and Language

#### **Let's Talk**

Fun and interactive session to talk, play and sing with your child. Get advice to support your child from the Speech and Language team.

#### **Additional Speech and Language sessions include:**

- Small Talk (booking required)
- Play and interaction

### Library Session: Stories, Songs and Playtime

Sing and play with your child at your local library.

### Childminders' Sessions

#### [\(See separate timetable for full Childminders' programme\)](#)

A structured group for registered childminders and their children to learn and play together.

### Dads in Brent

#### [\(See separate timetable for full Dads' programme\)](#)

Stay and Play sessions for dads, granddads, male carers and their 0-8 year-olds. Led by the Children's Centre Fathers' Worker.



# Activity Directory

## Pre-booked Activities

### Family Learning

Brent Start Adult Education Courses: Magic Numbers, English Classes and more. Call your centre for details.

### Community Learning

English Conversation, Numeracy, Literacy, ESOL, Sewing, Computers and more. Call your centre for details.

### Healthy Lifestyles

Breast-feeding (Drop in session)  
Baby Massage (Small fee may apply)  
Mother and Baby Yoga (Small fee may apply)  
Walk and Talk  
Exercise Classes, including Zumba, Stretch and Relax and Yoga.

### Health services

Note that some of the following offer walk-in services too. Please ask for details.

- **Midwifery Antenatal & Postnatal Clinic:** Midwife-led antenatal clinic. To book call Northwick Park Hospital: 020 8235 4252 or Imperial: 020 3312 6650
- **1 & 2 year Development Reviews**
- **Health Visitors' Reviews and Baby Clinic:** To discuss call: 020 8102 4900
- **Perinatal Clinic**
- **Dor Therapy:** One-to-one counselling sessions.

### Citizens Advice Brent

Free legal advice on housing, debt, employment, benefits, immigration and much more. For expectant parents and parents with a child under five.

### Parenting

#### Family Focus

Weekly support sessions looking at challenges faced by families, including potty training, fussy eating and behaviour management. Call centre for information.

### Parenting Programmes

Strengthening Families, Strengthening Communities (13 weeks)  
Solihull Approach (13 weeks)  
Incredible Years (10 weeks)  
Made of Money (6 weeks)  
Stepping Stones (10 weeks)  
Cynet Programme

### One-off workshops available on topics such as:

- Introduction to solids
- Hassle-free shopping
- Dealing with disobedience
- Understanding your child
- Developing good bedtime routines



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# Walk-in and Urgent Care Centres

NHS Walk-in Centres (WCCs) and Urgent Care Centres (UCCs) are an alternative to Accident and Emergency (A&E) departments. They are centres that treat minor illnesses and injuries, and you do not need an appointment. Just walk in and you will be seen by an experienced nurse or a GP.

**What conditions do they treat?** Common illnesses and injuries that require urgent treatment, including: Minor illnesses, cuts and grazes, minor scalds and burns, strains and sprains, bites and stings, minor broken bones, minor head injuries, ear and throat infections, minor skin infections/rashes, minor eye conditions/infections, stomach pains and suspected fractures.

On arrival, you will be assessed and then treated in order of the priority of your condition. The following WICs and UCCs are located in and near to Brent:

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## **Brent Urgent Care Centre Central Middlesex Hospital**

Acton Lane,  
London, NW10 7NS  
Open 24 hrs, 7 days p/w  
0333 999 2575

## **Cricklewood Walk-in Centre Britannia Business Village**

2 Cricklewood Lane, Barnet,  
London, NW2 1DZ  
Open 8am – 7pm, 7 days p/w  
03000 334335

## **Edgware NHS Walk-in Centre Edgware Community Hospital**

Burnt Oak Broadway,  
Edgware, HA8 OAD  
Open 7am – 10pm, 7 days p/w  
020 8732 6459

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## **Northwick Park Hospital Urgent Care Centre**

Watford Road  
Harrow, HA1 3UJ  
Open 24 hrs, 7 days p/w  
020 8864 3232

## **St Mary's Hospital Urgent Care Centre, St Mary's Hospital**

Praed Street,  
London, W2 1NY  
Open 24 hrs, 7 days p/w  
020 3312 6666

## **St Charles NHS Urgent Care Centre, St Charles Hospital**

Exmoor Street,  
London, W10 6DZ  
Open 8am – 9pm, 7 days p/w  
020 8969 2488



# Useful numbers

## **Brent Children and Families Information Service (CFIS)**

**0208 937 3001**

Provides information for 0 to 19 (or 25 for children with SEND) free, accurate, up to date advice on a range of services for children and families, to enable families to make informed choices. Our service is led by the needs of children, parents, carers, employers and childcare providers.

## **Brent Family Front Door**

**0208 937 4300**

Support, advice and help if you have any concerns about a child being harmed or at risk.

## **Brent Family Solutions Team**

**0208 937 2711**

Support for families with children 0–18 years old (up to 19 for young people with disabilities) on a range of issues including mental health, parenting support, money, drug or alcohol worries.

## **Brent Health Visiting Service and Breastfeeding Support**

**0208 102 4900**

NHS advice and support during the first five years of a child's life to promote mental and physical health, development and well-being.

## **Northwick Park and St Marks' Hospital Community Midwives**

**0208 869 2871**

NHS antenatal and postnatal care for pregnant women booked at Northwick Park and St Marks' Hospital. Maternity care is provided at various local children's centres.

## **Shelter**

**0808 800 4444**

Housing advice for tenants and those at risk of homelessness.

## **National Domestic Violence**

**0808 2000 247**

24 hour confidential advice, information and support for women affected by Domestic Violence or family, friends, colleagues and others calling on their behalf. Translation facilities for callers whose first language is not English, and a service for callers who are deaf or hard of hearing are available.

## **Mind Infoline**

**0300 123 3393**

Information on a range of Mental Health issues including: types of mental health problem, where to get help, medication and alternative treatments and advocacy.



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