

| Session | Time | Date(s) | Age group | Booking details |
|---|----------------|--|---|---|
| Midwifery services at Curzon | 9am - 4pm | Weekly | Expectant Mums | By appointments only |
| Health review checks at Curzon | 9am - 4pm | Weekly | 1 - 2 years | By appointments from Health Visitors |
| Let's Get Moving at Curzon | 9:30am - 11am | Weekly | 0 - 5 years | Book a space online |
| Parents as First Teachers at Curzon Crèche available | 12:30 - 2:30pm | 12 January - 02 February (4 sessions) | 0 - 5 years | Book a space online |
| Brent Youth Futures at Curzon Employment support and advice | 12pm - 4pm | Weekly | 16 -19-years or up to 25 years with disability | Call Centre to book an appointment |
| Two & Terrific at Curzon Crèche available | 1pm - 2:30pm | 02 March - 23 March (4 sessions) | 2 years old | Book a space online |
| Brent Health 4 Life Minis 1:1 clinic at Fawood | 9:30am - 12pm | Weekly | 2 - 5 years | By appointments only - call centre on 0208 4596813 to book an appointment |



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|--|------------------|-------------------------|---|--|
| Let's Talk at Fawood | 10am - 11am | Weekly | 0 - 5 years | Book a space online |
| MMR Clinic at Fawood | TBC | TBC | Parents/carers | Please contact Centre on 0208 4596813 for more details |
| Baby Clinic and breastfeeding advice at Fawood | 1pm - 3pm | Weekly | 0 - 5 years | Drop-in session |
| SEND coffee morning at Curon | 9:45am - 11:45am | Once a month - Date TBC | For parents of children with SEND needs | Drop-in session |
| Mixed Martial Arts at Fawood | 4pm - 6pm | Weekly | 8 years plus | Book a space online |



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| Health review checks at Curzon | 9am - 4pm | Weekly | 1 - 2 years | By appointments from Health Visitors |
| Cygnnet Parenting Programme at Curzon Crèche available for 0-5 years | 10am - 1pm | 21 January - 11 March (7 sessions) | Parents/Carers | Book a space online |
| Childminder session at Curzon | 1:45pm - 3:15pm | Weekly | For registered childminders of children age 0 - 5 years | Book a space online |
| Citizen Advice Brent at Curzon Independent advice in all legal matters | 9:30am - 3:30pm | Weekly | Adults | Call centre on 0208 4596813 to book an appointment |
| Tummy Time at Fawood | 1pm - 2:30pm | Weekly | 0 - 15 months | Book a space online |
| Introduction to solids at Fawood Weaning advice from health team | 9:30am - 11am | 3rd Wednesday of every month 21 January 18 February | 6 months | Book a space online |



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|---|------------------|---------|-------------|----------------------|
| ESOL at Curzon Develop basic English language skills, speaking, reading and writing Crèche available for 0-5 years | 12:45pm - 2:45pm | Weekly | For Parents | By referral only |
| Salisbury World at Curzon Advice and advocacy session for refugees and asylum seekers | 9am - 4pm | Weekly | Adults | By appointments only |
| PAIRS (Parent Infant Relationship Service) at Fawood | 9:30am - 4:30pm | Weekly | | By appointments only |



| Session | Time | Date(s) | Age group | Booking details |
|--|-----------------|--------------------------------|------------------|--|
| Midwifery services at Curzon | 9am - 4pm | Weekly | Postnatal clinic | By appointments only |
| Messy play at Curzon | 9:30am - 11am | Weekly session starts date TBC | 0 - 5 years | Book a space online |
| Brent Health 4 Life Minis 1:1 clinic at Curzon | 1pm - 4pm | Weekly | 2 - 5 years | By appointments only C to book an appointment |
| Children & Families Information Service at Curzon | 9:30am - 4:30pm | Fortnightly | Parents/Carers | Drop-in Session |
| MMR Clinic | TBC | TBC | Parents/Carers | Please contact Centre on 0208 4596813 for more details |
| STAR at Fawood Supporting the assessment route | 12pm - 2pm | 16 January 2026 | Families | Book a space online |
| Toy library at Fawood (Subscription fee required) | TBC | TBC | | Contact reception on 0208 4596813 for more details |



Centre information

- Free vitamins are available at the Centre for all pregnant women and children under 5 years old.
- Foodbank vouchers – please contact reception if you need help with food, nappies, toiletries etc.

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.



[Curzon & Fawood Family Wellbeing Centre](#)

[Curzon](#) – Curzon Crescent, NW10 9SD - 0208 459 6813

[Fawood](#) – 35 Fawood Avenue, NW10 8DX – 0208 965 9334

Email: admin@curzon.brent.sch.uk



[Barnardo's & Brent out of hours Family Support Helpline](#)

Telephone: 0800 158 2358

Opening times:

Mon, Weds, Friday 6pm – 10pm

Saturday and Sunday 10am – 5pm

