

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
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
MMR Clinic at Curzon	TBC	TBC	Parents/Carers	Please contact Centre on 0208 4596813 for more details
Art Club	4 - 5:30pm	Weekly	8 years plus	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	9:30am - 2:30pm	Weekly	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
Mixed Martial Arts at Fawood	4pm - 6pm	Weekly	8 years plus	Book a space online
One Stop Shop at Curzon	9:30-12:30pm	Weekly		Please contact Centre on 0208 4596813 for more details



Session	Time	Date(s)	Age group	Booking details
Health review checks at Curzon	9am - 4pm	Weekly	1 - 2 years	By appointments from Health Visitors
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
Baby Yoga & Massage	10am - 11am	Weekly from 29 th April	0-12 months	Book a space online
Emotional Health & Wellbeing Workshop at Fawood	10am - 12pm	Weekly from 29 th April	Parents/carers	Book a space online
Tummy Time at Fawood	1pm - 2:30pm	Weekly	0 - 15 months	Book a space online
Introduction to solids Weaning advice from health team.	9:30am - 11am	3rd Wednesday of every month 15 April 20 May 17 June	6 months	Book a space online



Session	Time	Date(s)	Age group	Booking details
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
HENRY at Fawood	9:15pm - 11:45pm	Weekly from 7 th May	Parents/carers	Book a space online



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 Call 0208 4596813 to book an appointment
Children & Families Information Service at Curzon	9:30am - 4:30pm	Fortnightly from 16th January	Parents/Carers	Drop-in Session
Family Financial Resilience Partnership - CAB at Fawood	9:30am - 3:30pm	Weekly	Families	Contact reception on 0208 4596813 for more details
STAR at Fawood Supporting the assessment route	12pm - 2pm		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.



[Curon & 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

