

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
Cook & Eat at Curzon	10:30am - 1pm	16 February	Families of children age 6 and above	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
Cook & Eat at Curzon	2pm - 4:30pm	16 February	11 years and above	Book a space online



Session	Time	Date(s)	Age group	Booking details
Let's Talk at Curzon	10am - 11am	17 February	Whole family	Book a space online
Boss Your Scene at Curzon	12:30pm - 4:30pm	17 February	11 years and above	Book a space online



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Health review checks at Curzon	9am - 4pm	Weekly	1 - 2 years	By appointments from Health Visitors
Introduction to solids at Curzon Weaning advice from health team	9:30am - 11am	3rd Wednesday of every month 18 February	6 months	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 Curzon	1pm - 2:30pm	18 February	0 - 15 months	Book a space online
Boss Your Scene at Curzon	12:30pm - 4:30pm	18 February	11 years and above	Book a space online



Session	Time	Date(s)	Age group	Booking details
Family trip from Curzon: Theatre Puppet Barge - The Insect Circus	10:45am - 2:30pm	19 February	Families of children age 3-10 years	Book a space online
Boss Your Scene at Curzon	12:30pm - 4:30pm	19 February	11 years and above	Book a space online
Salisbury World at Curzon Advice and advocacy session for refugees and asylum seekers	9am - 4pm	Weekly	Adults	By appointments only



Session	Time	Date(s)	Age group	Booking details
Clay Workshop at Curzon	10:30am - 12pm	20 February	Whole Family	Book a space online
Pop Up Arcade	1pm - 3pm	20 February	8+ years	Book a space online
Midwifery services at Curzon	9am - 4pm	Weekly	Postnatal clinic	By appointments only



Session	Time	Date(s)	Age group	Booking details
Strengthening Families and Strengthening Communities at Curzon	10am - 1pm	14 February to 28 March	Parents/carers	Book a space online



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

