

Monday

Curzon & Fawood Wellbeing Centre timetable

20 July – 21 August 2026

Session	Date	Time	Age group	Booking details
Story and Rhymes at Fawood	Weekly	10:30am - 12pm	Families	Book a space online
Midwifery services at Curzon	Weekly	9am - 4pm	Expectant Mums	By appointments only
Health review checks at Curzon	Weekly	9am - 4pm	1 - 2 years	By appointments from Health Visitors
Brent Youth Futures at Curzon Employment Support and Advice	Weekly	12pm - 4pm	16 -19-years or up to 25 years with disability	Call centre to book an appointment
MMR+ Clinic at Curzon	Weekly	10am -3pm	Parents/Carers	Call centre on 0208 4596813 for more details
Family Fun Day at Curzon	20 July	10am - 12pm	0 - 5 years	Call centre on 0208 4596813 for more details
Family Fun Day at Fawood	20 July	10am - 12pm	0 - 5 year	Call centre on 0208 4596813 for more details
Family trip	TBC	TBC	Families	Book a space online
Family trip - Hen Corner from Curzon	03 August	TBC	Families	Call centre on 0208 4596813 for more details
Learn to ride at Curzon	10, 11, 12 and 13 August	9:30am - 2pm	3 to 6 years	Book a space online
Pop-up arcade at Fawood	10 August	11am - 1pm (TBC)	8 years and above	Book a space online
Mindful music, arts & crafts at Fawood	10 August	1pm - 3pm	Families	Book a space online
Brent Health 4 Life Minis 1:1 clinic at Fawood	Weekly	9:30am - 12pm	2 - 5 years	By appointments only - call centre on 0208 4596813 to book an appointment



Session	Date(s)	Time	Age group	Booking details
MMR+ Clinic at Fawood	Weekly	9:30-3:30pm	parent/carers	Call centre on 0208 4596813 for more details
Cook and eat at Fawood	Weekly	10:30am - 12pm	Families	Book a space online
Baby clinic and breastfeeding advice at Fawood	Weekly	1pm - 3pm	0 - 5 years	Drop-in session
Boss your scene at Curzon	4, 5, 6 and 7 August	12pm - 3pm	8 years and above	Book a space online
Improve your cycle skills at Fawood	4, 5, 6 and 7 August	10am - 4:30pm	Families of children aged 6 and above	Book a space online
Mindful Soca Zumba at Fawood	11 August	1pm - 3pm	TBC	Book a space online

Wednesday

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Session	Date(s)	Time	Age group	Booking details
Health review checks at Curzon	Weekly	9am - 4pm	1 - 2 years	By appointments from Health Visitors
Citizen Advice Brent at Curzon Independent advice in all legal matters	Weekly	9:30am - 3:30pm	Families	Call centre on 0208 4596813 to book an appointment
Tummy Time at Fawood	Weekly	1pm - 2:30pm	0 - 15 months	Book a space online
Build a bike at Fawood	22, 23, 24 July	TBC	10 years and above	TBC

Thursday

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Session	Date(s)	Time	Age group	Booking details
Let's get moving at Park	Weekly	10:30am - 12pm	Families	Book a space online

Session	Date(s)	Time	Age group	Booking details
Midwifery services at Curzon	Weekly	9am - 4pm	Postnatal clinic	By appointments only
Arts & Crafts at Curzon	Weekly	10:30am - 12pm	Whole Family	Book a space online
Health4Life 1:1 clinic at Curzon	Weekly	1 - 4pm		By appointments only

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