Brent Children’s Centres

Autumn/Winter Programme
September – December 2017
This autumn you will discover a wide range of services, help and advice to support families from pregnancy through to a child’s fifth birthday across Brent Children’s Centres.

With baby clinics, postnatal classes, drop-ins, stay and plays, parenting classes, support with speech and language, and training and support getting back to work, plus information about childcare, we aim to cater to the needs of all families with children aged 0-5 years.

This brochure is a guide to all that’s happening at your local children’s centre and across the borough of Brent.

The purple tab, ‘Central’, covers activities and services in the St Raphael’s and Church End part of Harlesden, and around Wembley Central, Sudbury and Alperton.

The green tab, ‘Grange’, covers activities and services in the Kilburn, Queen’s Park, Neasden and Willesden areas.

The blue tab, ‘Stadium’, covers activities and services in the North Wembley, Wembley Park, Kingsbury and Kenton areas.

The yellow tab covers Children’s Centre activities in the Harlesden and Stonebridge areas which are not delivered by Barnardo’s, but by the Harlesden Federation. These are aimed at families living in the Fawood, Curzon Crescent and Challenge House area.

Towards the back of the brochure you will find information about activities and news articles for our Dads in Brent programme, as well as an article about what we are doing to make children’s centres Breastfeeding friendly.

We have a wealth of activities for parents, carers and children, so contact your local children’s centre to find out more and get involved.
# Contents

**Discover what’s Happening at Your Children’s Centre**  ·  3  
**Important Information** ......................................................... 6  
**Central Cluster**  ......................................................... 7  
   Alperton CC ................................................................. 8-10  
   Barham Park Building ............................................... 11  
   Harmony CC ................................................................. 12-14  
   St Raphael’s CC ........................................................... 15-17  
   Welcome CC ................................................................. 18  
   The Freeman Family Centre ........................................... 19  
**Grange Cluster**  ......................................................... 20  
   Braintcroft Primary School ........................................... 21  
   Granville Plus CC .......................................................... 22-24  
   Hope CC ....................................................................... 25-27  
   St Mary & St Andrew Church ......................................... 27  
   Three Trees CC ............................................................. 28-30  
   Treetops CC ................................................................. 31  
   Wykeham CC ................................................................. 32-34  
   Willesden Green Library ............................................... 35  
**Stadium Cluster**  ......................................................... 36  
   Church Lane CC ............................................................. 38-40  
   Mount Stewart CC .......................................................... 41  
   Preston Park CC .............................................................. 42  
   Wembley Primary CC ..................................................... 43-45  
   The Willow CC .............................................................. 46-47  

**The Curzon Crescent and Fawood Children’s Centres’ Partnership (Incorporating Challenge House Children’s Centre)**  ......................................................... 48  
   Curzon Crescent CC ........................................................... 49-52  
   Challenge House CC ......................................................... 53-54  
   Fawood CC ................................................................. 55-56  

**From fathers to dads and more** .............................................. 57  
**Autumn: Dads’ Programme** ................................................. 58-60  
**UNICEF The Baby Friendly Initiative** ....................................... 61  
**Walk-in and Urgent Care Centres** .......................................... 62  
**Some Useful Numbers** .......................................................... 63
Important Information

Charges and Donations at Barnardo’s Children’s Centre’s (Central, Grange and Stadium)

Free Services:
We work in partnership with other organisations to provide a number of fully funded services for Brent families with children from 0 – 5 years such as Citizens Advice Brent appointments, Community Midwifery Services, Parenting Programmes, Speech and Language Services, and Family Support.

Voluntary Contributions:
In order to provide an even wider range of good quality activities for children and families we ask parents/carers for a small voluntary contribution towards some of the running costs, such as refreshments or resources used in Stay, Play and Learn sessions, exercise classes, etc. We have a suggested minimum amount of £1 per session.

Subsidised Activities/Charges:
There are some activities that we charge for, such as Baby Massage, Trips, Baby Yoga and other services where we may need to bring in outside organisations or fund additional resources to provide a service. We will always aim to keep charges affordable and subsidise some of the costs. If contributing towards sessions is preventing you from accessing an activity, please speak to a member of staff. Our aim is to provide inclusive services.

Disclaimer:
The information provided within this brochure may change so please contact your local children’s centre to ensure the sessions and times are still correct, especially during school holidays.
<table>
<thead>
<tr>
<th>Location: Alperton CC</th>
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</thead>
<tbody>
<tr>
<td><strong>Monday</strong></td>
</tr>
</tbody>
</table>
| **Solihull Parenting Programme**  
  10 am – 12 pm  
  13-week parenting programme. Call 020 8837 4417 for more information.  
  11th Sep – 4th Dec  
  Parents/carers call to book |
| **English Conversation**  
  10 am – 11 pm  
  A relaxed conversation group to help boost your confidence and vocabulary. Creche provided – you must call to book your space. Term time only. Starts 4th Sep  
  Parents/carers 0–18 months £1 (voluntary) call to book |
| **Children’s Centre Library (Drop-in)**  
  1 – 4.30 pm  
  Come and make use of our cosy space to look at and read books with your child. Borrow up to four books to enjoy at home. 1st, 2nd and 4th week of every month.  
  Parents/carers 0–5 yrs £1 (voluntary) |
| **Have Your Say While the Children Play**  
  1.45 – 2.45 pm  
  Come and meet with us in a relaxed environment to tell us what you like and let us know your views on what we could improve/develop in the central cluster. 3rd week of the month.  
  Parents/carers 0–5 yrs |
| **Tuesday**           |
| **Stay, Play and Learn**  
  9.30 – 11.00 am  
  A session for children and their parents/carers to come and play together, taking part in a wide range of activities. Snack provided.  
  Parents/carers 0–5 yrs £1 (voluntary) call to book |
| **Sensory Play**  
  11.30 am – 12.30 pm  
  Supporting younger children’s overall development, giving them crucial skills for life.  
  Parents/carers 0–18 months |
| **Messy Play Session**  
  1.45 – 2.45 pm  
  Develop and support your child’s creativity as well as their fine and gross motor skills, through sensory and messy play. Please dress your child in old clothes or be prepared to strip them to their vest, as they will get messy. Also consider what you wear yourself.  
  Parents/carers 0–5 yrs £1 |
| **Children’s Centre Library (Drop-In)**  
  3.30 – 4.45 pm  
  Make use of our small library areas and borrow up to four books a visit.  
  Parents/carers 0–5 yrs |
| **Wednesday**         |
| **Let’s Talk**  
  9.30 – 10.30 am  
  Come along to this fun and interactive session to talk, play and sing with your child. Get helpful tips and advice to support your child from the Speech and Language Team.  
  Parents/carers 0–5 yrs |
| **Young Parents’ Group**  
  1 – 3 pm  
  Covers topics such as understanding your child’s developmental needs, and weaning foods and nutrition. Plus practical advice on managing a family budget, and relationship support and advice. Last Wednesday of the month.  
  Parents under 23 0–5 yrs £1 |
| **Toy Library (Drop-in)**  
  1 – 3 pm  
  Borrow a range of toys to support your child’s current stage of development and interests. Second Wednesday of the month. £1-3, depending on toy borrowed. Starts in October.  
  Parents/carers 0–5 yrs £1-3 |
| **Thursday**          |
| **Well Baby Clinic**  
  9.30 am – 12 pm  
  Health Visitor review for babies and children. By appointment only. To book call: 020 8102 4900  
  Parents/carers 0–5 yrs call to book |
## Central Autumn/Winter Programme
### September – December 2017

#### Alperton CC

<table>
<thead>
<tr>
<th>Day</th>
<th>Event</th>
<th>Time</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Friday</strong></td>
<td><strong>Citizens Advice Brent</strong></td>
<td>9.30 am – 12.30 pm</td>
<td>Free legal advice on housing, debt, employment, benefits, immigration and much more. For expectant parents and parents with a child under 5. By appointment only. To book call: 020 8937 3860.</td>
</tr>
<tr>
<td></td>
<td><strong>Singing &amp; Story Time</strong></td>
<td>9.30 – 10.15 am</td>
<td>Singing songs and reading books gives children a wonderful opportunity to use their imagination, and to encounter new words and vocabulary. 1st and 3rd Friday of the month.</td>
</tr>
<tr>
<td><strong>Saturday</strong></td>
<td><strong>Stay Play &amp; Learn</strong></td>
<td>9.30 am – 12 pm</td>
<td>A session for children and their parents/carers to come and play together, taking part in a wide range of activities. Snack provided.</td>
</tr>
<tr>
<td><strong>Sunday</strong></td>
<td><strong>Sensory Play</strong></td>
<td>11.30 – 12.30 pm</td>
<td>Supporting younger children’s overall development, giving them crucial skills for life.</td>
</tr>
<tr>
<td></td>
<td><strong>Singing &amp; Story Time</strong></td>
<td>9.30 – 10.15 am</td>
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#### Barham Park Building

<table>
<thead>
<tr>
<th>Day</th>
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<th>Time</th>
<th>Description</th>
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</thead>
<tbody>
<tr>
<td><strong>Tuesday</strong></td>
<td><strong>Family Focus</strong></td>
<td>10.00 – 11.30 am</td>
<td>Fortnightly sessions exploring the different challenges faced by families, with a look at healthy lifestyle options including cooking, outings, toilet training, understanding behaviour and lots more. Starts 12th Sep, then fortnightly.</td>
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<tr>
<td></td>
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</tr>
<tr>
<td><strong>Wednesday</strong></td>
<td><strong>Stay Play &amp; Learn</strong></td>
<td>9.30 am – 12 pm</td>
<td>A structured group for registered childminders and their children to meet, learn and play together.</td>
</tr>
<tr>
<td><strong>Thursday</strong></td>
<td><strong>Sensory Play</strong></td>
<td>11.30 – 12.30 pm</td>
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</tr>
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</table>

**Central**

Alperton CC

Barham Park Building
### Monday

<table>
<thead>
<tr>
<th>Stay, Play &amp; Learn</th>
<th>9.30 – 11 am</th>
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</thead>
<tbody>
<tr>
<td>A session for children and their parents/carers to come and play together, taking part in a wide range of activities. Snack provided.</td>
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</table>

*Parents/carers 0–5 yrs*

<table>
<thead>
<tr>
<th>Family Focus</th>
<th>11.30 – 1 pm</th>
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</thead>
<tbody>
<tr>
<td>Weekly sessions exploring the different challenges faced by families, with a look at healthy lifestyle options including cooking, outings, toilet training, understanding behaviour and lots more.</td>
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</table>

*Parents/carers 0–5 yrs*

<table>
<thead>
<tr>
<th>Physical Play Session</th>
<th>1.45 – 2.45 pm</th>
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<tbody>
<tr>
<td>Come and support your child's gross motor skills development with this active and challenging session.</td>
<td></td>
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</table>

*Parents/carers & children walking to 5 yrs*

### Tuesday

<table>
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<tr>
<th>Citizens Advice Brent</th>
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<tbody>
<tr>
<td>Free legal advice on housing, debt, employment, benefits, immigration and much more. For expectant parents and parents with a child under 5. By appointment only (fortnightly appointments). To book call: 020 8451 4180.</td>
<td></td>
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*Parents/carers & parents 0–5 yrs*

<table>
<thead>
<tr>
<th>Made of Money</th>
<th>9.30 am – 11.30 am</th>
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<tbody>
<tr>
<td>6-week course about money, but not as you know it! It’s fun, relaxed and covers things useful to everyone. Call 020 8937 4417 for more information and to book. Crèche provided. 13th Sep – 18th Oct</td>
<td></td>
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</table>

*Parents/carers 0–5 yrs*

### Wednesday

<table>
<thead>
<tr>
<th>Children’s Centre Library (Drop In)</th>
<th>1 – 4.45 pm</th>
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<tbody>
<tr>
<td>Come and make use of our cosy space to look at and read books with your child. Borrow up to four books to enjoy at home.</td>
<td></td>
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</table>

*Parents/carers 0–5 yrs*

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<tr>
<th>Antenatal Midwifery Clinic</th>
<th>9 am – 4.30 pm</th>
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</thead>
<tbody>
<tr>
<td>Midwife-led antenatal clinic. By appointment only. To book call St Mary's Community Midwives on: 020 3312 6605.</td>
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*Expectant parents & parents 0–5 yrs*

### Thursday

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<tr>
<th>Antenatal Midwifery Clinic</th>
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*Expectant parents & parents 0–5 yrs*
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<tr>
<th><strong>Harmony CC</strong></th>
<th><strong>St Raphael’s CC</strong></th>
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<tbody>
<tr>
<td><strong>Thursday</strong></td>
<td><strong>Friday</strong></td>
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</table>
| **Let’s Talk** | **Postnatal Midwifery Clinic**
9 am – 4.30 pm
Midwife-led postnatal clinic. By appointment only. To book call St Mary’s Community Midwives on: 020 3312 1158.
▶️ parents with babies 📞 call to book |
| **Have Your Say While the Children Play**
11 am – 12 pm
Come and meet with us in a relaxed environment to tell us what you like and let us know your views on what we could improve/develop in the Central Cluster. 1st week of the month. Starts in October.
▶️ parents/carers 📦 0 – 5 yrs |
| **After-school Singing & Story Time**
3.30 – 4.30 pm
Singing songs and reading books gives children a wonderful opportunity to use their imagination, and to encounter new words and vocabulary. 2nd and 4th week of the month.
▶️ parents/carers 📦 3 – 6 yrs |
| **Friday**      | **Tuesday**       |
| **Let’s Talk**  | **Hairdressing Course**
9.15 – 11.30 am
Provided by Brent Start. Term 1 of 3. This course is free for those working under 16 hours, however there is a one-off cost for equipment of around £60. Call 020 8937 3620 for more information and to book. Starts 26th Sep
▶️ parents/carers 📦 0 – 5 yrs |
| **Have Your Say While the Children Play**
11 am – 12 pm
Come and meet with us in a relaxed environment to tell us what you like and let us know your views on what we could improve/develop in the Central Cluster. 1st week of the month. Starts in October.
▶️ parents/carers 📦 0 – 5 yrs |
| **After-school Singing & Story Time**
3.30 – 4.30 pm
Singing songs and reading books gives children a wonderful opportunity to use their imagination, and to encounter new words and vocabulary. 2nd and 4th week of the month.
▶️ parents/carers 📦 3 – 6 yrs |
| **Thursday**    | **Wednesday**     |
| **Let’s Talk**  | **Perinatal Clinic**
9 am – 5 pm
This session is by invitation from the Perinatal team only.
▶️ expectant parents & parents 📦 babies |
| **Have Your Say While the Children Play**
11 am – 12 pm
Come and meet with us in a relaxed environment to tell us what you like and let us know your views on what we could improve/develop in the Central Cluster. 1st week of the month. Starts in October.
▶️ parents/carers 📦 0 – 5 yrs |
| **After-school Singing & Story Time**
3.30 – 4.30 pm
Singing songs and reading books gives children a wonderful opportunity to use their imagination, and to encounter new words and vocabulary. 2nd and 4th week of the month.
▶️ parents/carers 📦 3 – 6 yrs |
**St Raphael’s CC**

**Wednesday**

**Messy Play**
1.45 – 2.45 pm
Develop and support your child’s creativity as well as their fine and gross motor skills through sensory and messy play. Please dress your child in old clothes or be prepared to strip them to their vest, as they will get messy. Also consider what you wear yourself.

- **parents/carers**: 0–5 yrs
- £1 (voluntary)

**Thursday**

**Young Parents’ Group**
1 – 3 pm
Covers topics such as understanding your child’s developmental needs, and weaning foods and nutrition, as well as practical advice on managing a family budget, and relationship support and advice. Fortnightly session, please contact the centre for dates.

- **parents/carers**: 0–5 yrs
- **Call to book**

**Perinatal Clinic**
9 am – 12 pm
This session is by invitation from the Perinatal team only.

- **expectant parents & parents**: babies

**Childminders’ Stay, Play & Learn**
10 am – 12 pm
A structured group for registered childminders and their children to meet, learn and play together.

- **childminders**: 0–5 yrs

**Music & Movement**
1.45 – 2.45 pm
A fun session to support children language and physical development through singing, dancing and music.

- **parents/carers**: 0–5 yrs

**Citizens Advice Brent**
1 – 3.30 pm
Free legal advice on housing, debt, employment, benefits, immigration and much more. By appointment only. To book call: 020 8937 3620

- **Call to book**

**Friday**

**Employment Skills Training**
10 am – 12 pm
A 6-week Employment and Life Skills training course, which includes sessions on confidence building, communication and literacy skills. Provided in partnership with the Living Room, so priority given to families living on the St Raphael’s Estate. Call 020 8937 3620 for more information and to book. Crèche provided. 15th Sep – 20th Oct

- **Call to book**

**Saturday**

**Stay, Play and Learn**
10.30 am – 12 pm
A session for children and their parents/carers to come and play together, taking part in a wide range of activities. Snack provided. Third Saturday of the month.

- **Call to book**

- **£1 (voluntary)**
Central Autumn/Winter Programme September – December 2017

Welcome CC

Wednesday

Music & Movement
9.30 – 10.30 am
A fun session to support children's language and physical development through singing, dancing and music.

Citizens Advice Brent
9.30 am – 12.30 pm
Free legal advice on housing, debt, employment, benefits, immigration and much more. For expectant parents and parents with a child under 5. Fortnightly appointments, by appointment only. To book call: 020 8903 9541

Bumps2Babies with Baby Massage
11 am – 12 pm
Group for expectant parents and parents/carers with babies 0-9 months. Opportunity to meet other families, enjoy activities, and gain support and advice on topics relevant to your developing baby.

Let's Talk
1 – 2 pm
Come along to this fun and interactive session to talk, play and sing with your child. Get helpful tips and advice to support your child from the Speech and Language team.

Central

The Freeman Family Centre

Tuesday

Free English Class
6.45 – 7.45 pm
Learn to converse in English in a friendly environment and make new friends.

Free IT Class
6.30 – 7.30 pm
Learn anything from Excel and Word, to PowerPoint and how to email.

Monday

Music & Movement
9.30 – 10.30 am
A fun session to support children's language and physical development through singing, dancing and music.

Bumps2Babies with Baby Massage
11 am – 12 pm
Group for expectant parents and parents/carers with babies 0-9 months. Opportunity to meet other families, enjoy activities, and gain support and advice on topics relevant to your developing baby.

Friday

Let's Talk
1 – 2 pm
Come along to this fun and interactive session to talk, play and sing with your child. Get helpful tips and advice to support your child from the Speech and Language team.

The Freeman Family Centre

Welcome CC
Welcome to the autumn timetable for the Grange Cluster! We provide a range of services for families with children under five, including foster parents and expectant parents, living in Willesden, Neasden, Kilburn, Cricklewood, Kensal Rise and Kensal Green.

As the days get colder, we encourage families to visit a Children’s Centre to enjoy one of the sessions, such as baby massage, parenting programmes, yoga, English classes, First Aid, portage sessions and the popular early years’ sessions.

Is childcare stopping you from attending one of our courses or workshops? Well, we have an onsite crèche for the majority of our courses and well-being classes. Please contact the relevant Children’s Centre to find out how to book a crèche place for your child while you learn something new.

<table>
<thead>
<tr>
<th>Braintcroft Primary School</th>
<th>Three Trees CC</th>
<th>Hope CC</th>
<th>St Mary and St Andrew Church’</th>
</tr>
</thead>
<tbody>
<tr>
<td>Warren Road, London, NW2 7LL</td>
<td>Tiverton Road, Kensal Rise, London, NW10 3HL</td>
<td>228 Walm Lane, London, NW2 3BS</td>
<td>216 Dollis Hill Lane, London, NW2 6HE</td>
</tr>
<tr>
<td>020 8452 2413</td>
<td>020 8459 4385</td>
<td>020 8937 6490</td>
<td>07949 764 986</td>
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<tr>
<th>Granville Plus CC</th>
<th>Willesden Green Library</th>
<th>Wykeham CC</th>
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<tbody>
<tr>
<td>Carlton Vale, Kilburn, London, NW6 5HE</td>
<td>95 High Road, Willesden, London, NW10 2SF</td>
<td>Annesley Close, Neasden, London, NW10 0ES</td>
</tr>
<tr>
<td>020 8937 6581</td>
<td>020 8937 3400</td>
<td>020 8937 5960</td>
</tr>
</tbody>
</table>

**Braintcroft Primary School**

**Wednesday**

**English Conversation**

Time TBC

A relaxed conversation class to help boost your confidence and vocabulary. Crèche provided. To book call: 020 8452 2413.

<table>
<thead>
<tr>
<th>Stay &amp; Play</th>
<th>9 – 10.30 am &amp; 2 – 3 pm</th>
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<tbody>
<tr>
<td>Stay and play run in partnership with the Braintcroft Primary School. Term time only. For more information call 020 8452 2413.</td>
<td>0 – 5 yrs 50p</td>
</tr>
</tbody>
</table>
## Granville Plus CC

### Monday

**Keep Fit**
10 – 11 am
Keep fit and health awareness for women only, with a female instructor. Delivered in partnership with Albahdja. Crèche is provided for children under 5.

**Let’s Talk**
2 – 3 pm
Come along to this fun and interactive session to talk, play and sing with your child. Get helpful tips and advice to support your child from the Speech and Language team.

**Well Baby Clinic**
1.30 – 3.45 pm
Health Visitor review for babies and children. 2nd & 4th Tuesday of the month. By appointment only. To book call: 020 8102 4900.

**Breastfeeding Advice (Drop-In)**
1.30 – 3 pm
One-to-one drop-in support and advice on breastfeeding. Booked appointments are also available by calling: 020 8102 4900.

**Family Focus**
10 – 11.30 am

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### Tuesday

**Postnatal Midwifery Clinic**
9 am – 4 pm

**Well Baby Clinic**
1.30 – 3.45 pm
Health Visitor review for babies and children. 2nd & 4th Tuesday of the month. By appointment only. To book call: 020 8102 4900.

**Well Baby Clinic (Walk-in)**
1.30 – 3 pm
Health Visitor review for babies and children. For more information call 020 8937 6581.

**Family Focus**
10 – 11.30 am

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### Wednesday

**Messy Play**
1.30 – 3 pm
Develop and support your child’s creativity as well as their fine and gross motor skills, through sensory and messy play. Led by the Children’s Centre Early Years team.

**Well Baby Clinic**
9 am – 12.30 pm

**Well Baby Clinic**
9 am – 12.30 pm

**Antenatal Midwifery Clinic**
9 am – 4.20 pm
Midwife-led antenatal clinic. By appointment only. To book call 020 3312 6650.

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### Thursday

**Antenatal Midwifery Clinic**
9 am – 4.20 pm
Midwife-led antenatal clinic. By appointment only. To book call 020 3312 6650.

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**Grange Autumn/Winter Programme**
September – December 2017
<table>
<thead>
<tr>
<th>Location</th>
<th>Day</th>
<th>Events</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Granville Plus CC</strong></td>
<td>Thursday</td>
<td><strong>Parents’ Voice</strong>&lt;br&gt;10 am – 12 pm&lt;br&gt;A meeting for parents/carers to let us know what is working well and to offer suggestions for services. A member of the Children’s Centre team will be at the meeting. Crèche provided. 21st September</td>
</tr>
<tr>
<td></td>
<td>Friday</td>
<td><strong>Antenatal Midwifery Clinic</strong>&lt;br&gt;9 am – 4 pm&lt;br&gt;Midwife-led antenatal clinic. By appointment only. To book call: 020 3312 6650.&lt;br&gt;<strong>Health Visitor&lt;br&gt;1 &amp; 2-year Reviews</strong>&lt;br&gt;Appointments only&lt;br&gt;Health Visitor 1-year and 2-year reviews. By appointment only. To book call: 020 8102 4900.&lt;br&gt;<strong>First Aid</strong>&lt;br&gt;10 am – 2.30 pm&lt;br&gt;4-hour workshop for parents/carers to learn basic First Aid. Crèche provided. To book call: 020 8937 6581. Starts 5th October</td>
</tr>
<tr>
<td><strong>Hope CC</strong></td>
<td>Monday</td>
<td><strong>Speech &amp; Language Appointments</strong>&lt;br&gt;9 am – 1 pm&lt;br&gt;Speech and Language appointments to support the communication development of children under 5. By appointment only. To book call: 020 8937 6490.</td>
</tr>
<tr>
<td></td>
<td>Tuesday</td>
<td><strong>Let’s Talk</strong>&lt;br&gt;9.45 – 10.45 am&lt;br&gt;Come along to this fun and interactive session to talk, play and sing with your child. Get helpful tips and advice to support your child from the Speech and Language team.</td>
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<td><strong>Well Baby Clinic</strong>&lt;br&gt;1.30 – 3.45 pm&lt;br&gt;Health Visitor review for babies and children. 1st &amp; 3rd Tuesday of each month. By appointment only. To book call: 020 8102 4900.</td>
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<td><strong>Stepping Stones Parenting Programme</strong>&lt;br&gt;12.30 – 2.30 pm&lt;br&gt;10-week parenting programme for families whose children have additional needs. Crèche provided. To book call: 020 8937 4417. Starts 19th September</td>
</tr>
</tbody>
</table>
**Hope CC**

**Wednesday**

- **Citizens Advice Brent**
  9.30 am – 12.30 pm
  Free legal advice on housing, debt, employment, benefits, immigration and much more. For expectant parents and parents with a child under 5. By appointment only. To book call: 020 8937 6490/6581.

- **Childminders’ Stay, Play & Learn**
  9.30 – 11.30 am
  A structured group for registered childminders and their children to meet, learn and play together.

- **Stay and Play with Messy Play**
  1.30 – 3 pm
  Sessions to support your baby/child’s development through allowing them to explore their developing senses and creativity in a fun and safe environment. Sessions are led by the Children’s Centre Early Years team.

**Thursday**

- **English Course**
  10 am – 12 pm

- **Health Visitor 1 & 2 year Reviews**
  Appointments only
  Health Visitor 1-year and 2-year reviews. By appointment only. To book call: 020 8102 4900.

- **Breastfeeding Advice**
  1.30 – 3.30 pm
  One-to-one support and advice on breastfeeding. 3rd Thursday of each month.

**Friday**

- **Health Review**
  Appointments only

- **Stay, Play & Learn**
  10.30 – 11.30 am
  A session for children and their parents/carers to support children's development through activities, songs and rhymes. Led by the Children’s Centre Early Years team.

**St Mary & St Andrew Church**

**Wednesday**

- **Rhyme Time**
  10 – 11 am
  Stay and play run in partnership with the St. Mary’s and St Andrew’s Church. Term time only. Call Gifty for more information on: 07949 764986.
**Autumn/Winter Programme**

**Three Trees CC**

**Monday**

**Citizens Advice Brent**
9.30 am – 12.30 pm
Free legal advice regarding housing, debt, employment, benefits, immigration and much more. Expectant parents and parents with a child under 5.

**Messy Play**
10 – 11.30 am
Develop and support your child’s fine and gross motor skills through sensory and messy play. Led by the Children’s Centre Early Years team.

**Bumps2Babies**
1 – 2.30 pm
Group for expectant parents and parents with babies 0-6 months. Opportunity to meet other families, enjoy activities, and gain support and advice on topics relevant to your developing baby. Starts 30th October

**Tuesday**

**Baby Massage**
1.15 – 2.15 pm or 2.30 – 3.30 pm
5-week baby massage course led by a baby massage instructor. 1 hour per week. To book call: 020 8459 4385. 16th Sept to 16th Oct

**Childminders’ Stay and Play**
9.30 – 11.30 am
A structured group for registered childminders and their children to meet, learn and play together.

**Wednesday**

**Health Visitor 2-year Reviews**
1.30 – 2.30 pm
Health Visitor 2-year reviews. 2nd Tuesday of the month. By appointment only. To book call: 020 8102 4900.

**Parent & Baby Yoga**
1.30 – 2.30 pm
Yoga for mothers/female carers and their babies. 5-week course. 31st Oct to 28th Nov

**Thursday**

**Dads’ Stay & Play**
9.30 – 11 am
Stay and play session for dads, grandads, male carers and their 0-5 year olds. Led by the Children's Centre Fathers' Worker. 1st Wednesday of each month.

**Stay, Play & Learn**
10 – 11.30 am
A session for children and their parents/carers to support children’s development through activities, songs and rhymes. Led by the Children’s Centre Early Years team.

**Postnatal Midwifery Clinic**
11 am – 4 pm
Midwife led postnatal clinic. By appointment only. To book call: 020 3312 1158.
**Three Trees CC**

### Friday

**Well Baby Clinic**
9.30 – 11.30 am
Health Visitor review for babies and children. 1st and 3rd Friday of the month. By appointment only. To book call: 020 8102 4900.

- **parents/carers**  0–5 yrs  

**Health Review Clinic**
9.30 am – 12 pm
Health Visitor review for babies and children. 2nd & 4th Friday of the month. By appointment only. To book call: 020 8102 4900.

- **parents/carers**  0–5 yrs  

**First Aid**
10 am – 2.30 pm
4-hour workshop for parents/carers to learn basic First Aid. Crèche provided. To book call: 020 8459 4385. 24th November

- **parents/carers**  £5  
  - **call to book**

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**Treetops CC**

### Wednesday

**Citizens Advice Brent**
4 – 6 pm
Free legal advice on housing, debt, employment, benefits, immigration and much more. For expectant parents and parents with a child under 5. By appointment only. To book call: 020 8937 5960.

- **expectant parents & parents**  0–5 yrs  
  - **call to book**

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### Saturday

**Fun on Saturdays**
**Stay, Play and Learn**
10 – 11.30 am
Stay, play and learn session on alternate Saturdays for parents/carers and children 0-5 years. Priority is given to parents who are working or studying during the week, or have weekend access. Starts 2nd Sept, fortnightly.

- **parents/carers**  0–5 yrs  
  - **£1 (voluntary)**
  - **call to book**

---
Wykeham CC

Monday

Well Baby Clinic
9.30 am – 12.30 pm

Stay, Play and Learn
10 – 11.30 am
A session for children and their parents/carers to support children’s development through activities, songs and rhymes. Led by the Children’s Centre Early Years team.

Breastfeeding Club
10 – 11 am
One-to-one support and advice on breastfeeding. 2nd and 4th Monday of each month. By appointment only. To book call: 020 8102 4900.

Stepping Stones Parenting Programme
12.30 – 2.30 pm
10-week parenting programme for families whose children have additional needs. Crèche provided. To book call: 020 8937 4417. Starts 2nd October

Parents’ Voice
1 – 2.30 pm
A meeting for parents/carers to let us know what is working well and to offer suggestions for services. A member of the Children’s Centre team will be at the meeting. Crèche provided. 25th September

Wykeham CC

Monday

Autumn/Winter Programme
September – December 2017

Tuesday

Antenatal & Postnatal Midwifery Clinic
Appointments only

Childminders’ Stay, Play & Learn
9.30 – 11.30 am
A structured group for registered childminders and their children to meet, learn and play together.

Stretch & Relax with Baby
2 – 3 pm
Provides an opportunity for playful interaction and stimulation of your babies senses, whilst spending special time with them and increasing your flexibility/range of movement. Crèche provided. To book call: 020 8937 5960. 26th Sept to 5th Dec (TBC)

Wednesday

Small Talk
10 – 11 am
Speech and Language Therapist small group activity. By invitation only.

Sewing course
12.30 – 2.30 pm

Thursday

Messy Play
9.45 – 11.15 am
Develop and support your child’s creativity as well as their fine and gross motor skills, through sensory and messy play. Led by the Children’s Centre Early Years team.

parents/carers
0 – 5 yrs

parents
0 – 5 yrs

parents/carers
0 – 5 yrs

parents/carers
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parents/carers
0 – 5 yrs

parents/carers
0 – 5 yrs

parents/carers
0 – 5 yrs

women only
babies
£2

women only
babies
£1

£1 (voluntary)
Wykeham CC

**Thursday**

**Citizens Advice Brent**
9.30 am – 12.30 pm
Free legal advice on housing, debt, employment, benefits, immigration and much more. For expectant parents and parents with a child under 5. By appointment only. To book call: 020 8937 5960.

- expectant parents
- 0–5 yrs

**Let’s Talk**
12.30 – 1.30 pm
Come along to this fun and interactive session to talk, play and sing with your child. Get helpful tips and advice to support your child from the Speech and Language team.

- parents/carers
- 0–5 yrs

**Cardio, Strength & Tone**
2 – 3 pm
A total body workout for women that is suitable for beginners. Cardio and bodyweight circuit class that focuses on improving flexibility, posture, core strength and stability. Crèche provided. To book call: 020 8937 5960. Starts 28th September (TBC)

- women only
- £2 per session

**Friday**

**Antenatal & Postnatal Midwifery Clinic**
9.30 am – 4 pm

- expectant parents & parents
- 0–5 yrs

**Strengthening Families, Strengthening Communities Parenting Programme**
10 am – 1 pm
13-week parenting programme, suitable for parents of children aged 3 years plus. Crèche provided. For more information and to book call: 020 8937 5960. Starts 15th September

- parents/carers

Willesden Green Library

**Friday**

**Songs & Playtime**
10 – 11.30 am (TBC)
Stay and play session with fun activities including time to borrow books for you and your child. In partnership with Willesden Green Library. Facilitated by the Children’s Centre Early Years team.

- parents/carers
- 0–5 yrs
Stadium Cluster

Stadium Cluster Children’s Centres believe that every child is unique, and that special and positive childhood experiences improve outcomes for children. We provide a wide range of services across our centres and in the community to support children and their families.

Facebook
For up-to-date information about what is happening, follow us on the Stadium Cluster Children’s Centre Facebook page.

Bookings
We do not book appointments at the centres for the following Health Services:

- Midwifery Services at Church Lane, Mount Stewart and Preston Park.
- Call Northwick Park Hospital on 020 8235 4252
- Baby Clinic and Development Checks at Church Lane, Mount Stewart and The Willow.
- Call the Health Visitors team on 020 8937 5970

Session Information
The Stay, Play & Learn sessions are very popular. For health and safety reasons, we can only allow a certain number of families into the session. Once a session has started, if a family arrives later than 10 minutes, they may not be permitted into the session.

The Let’s Talk Speech and Language Welcome Sessions on the first Tuesday of the month at The Willow Children’s Centre and on the first Friday of the month at Church Lane Children’s Centre are for new parents only.

<table>
<thead>
<tr>
<th>Centre</th>
<th>Address</th>
<th>Telephone</th>
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<tbody>
<tr>
<td>Church Lane CC</td>
<td>Fryent Primary School, Church Lane, Kingsbury, London, NW9 8JD</td>
<td>020 8937 3890</td>
</tr>
<tr>
<td>Mount Stewart CC</td>
<td>Mount Stewart Infants School, Carlisle Gardens, Kenton, HA3 0JX</td>
<td>020 8937 5970</td>
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<tr>
<td>Preston Park CC</td>
<td>College Road, Wembley, HA9 8RJ</td>
<td>020 8937 5980</td>
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<tr>
<td>Wembley Primary CC</td>
<td>East Lane, Wembley, HA9 7NW</td>
<td>020 8937 5590</td>
</tr>
<tr>
<td>The Willow CC</td>
<td>Barnhill Road, Wembley, HA9 9YP</td>
<td>020 8937 6562</td>
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<tr>
<td>Location</td>
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</table>
| **Church Lane CC** | **Midwifery Postnatal Clinic** 9.30 – 11.30 am  
Midwife-led postnatal clinic. By appointment only. To book call: 020 8235 4252 or 020 8869 2871. |  
Citizens Advice Brent 9.30 am – 12.30 pm  
Free legal advice on housing, debt, employment, benefits, immigration and much more. By appointment only. To book call: 020 8937 3890. |
|                 | Bumps2Babies 1.00 – 2.15 pm  
Group for expectant parents and parents/carers with babies 0-12 months. Opportunity to meet other families, enjoy activities, and gain support and advice on topics relevant to your developing baby. | Antenatal Midwifery Clinic 9.30 am – 3 pm  
Midwife-led antenatal clinic. By appointment only. To book call: 020 8235 4252 or 020 8869 2871. |
|                 |                          | Little Treasures 9.30 – 11 am or 11.30 am – 1 pm  
Weekly play session held at the Welford Centre. Term time only. For more information call: 020 8904 8610. Restarts 27th September. |
|                 |                          | Playgroup 2 – 3 pm  
Weekly play session at Fryent Primary School. Term time only. For more information call: 020 8205 4047. |
|                 |                          | Incredible Years Parenting Programme 12.30 – 2.30 pm  
13-week parenting programme. Learn how to encourage your toddler’s language, social and emotional development, and establish clear and predictable routines, plus much more. Créche provided. To book call Brent Parenting Team 020 8937 4417. Starts 18th September |

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<tr>
<th>Location</th>
<th>Wednesday</th>
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| **Church Lane CC** | **Antenatal Midwifery Clinic** 9.30 am – 3 pm  
|                 |                           | Stay, Play & Learn 1.15 – 2.45 pm  
Stay and play for parents/carers to support their child’s development through activities, songs and rhymes, as well as tips on getting ready for nursery. Led by the Children’s Centre Early Years team. |
|                 |                           | DOR Therapy  
One-to-one counselling sessions. By appointment and referral only. |

| **Well Baby Clinic** | 9.30 – 11.30 am  
Health Visitor review for babies and children. By appointment only. To book call: 020 8102 4900. | |£1.50 per session |

| **DOR Therapy** | One-to-one counselling sessions. By appointment and referral only. |

**September – December 2017**
### Church Lane CC

**Friday**

**Let's Talk**  
9.30 – 10.30 am  
Come along to this fun and interactive session to talk, play and sing with your child. Get helpful tips and advice to support your child from the Speech and Language team.  
- **Location:** Church Lane CC  
- **Price:** £1 (voluntary)  
- **Duration:** 1 hour

**Stay and Play with Story Time**  
10.45 – 11.45 am  
Parent/carer and child play session with story time. Led by the Children’s Centre Early Years team.  
- **Location:** Church Lane CC  
- **Price:** £1 (voluntary)  
- **Duration:** 1 hour

### Mount Stewart CC

**Monday**

**Well Baby Clinic**  
1.30 – 3 pm  
- **Location:** Mount Stewart CC  
- **Price:** £1 (voluntary)  
- **Duration:** 2 hours

**Baby Massage**  
1.30 – 2.30 pm  
5-week course for parents and babies. £12.50 for the whole course payable in advance. Booking required. Call after 1pm: 020 8937 5970.  
- **Location:** Mount Stewart CC  
- **Price:** £12.50  
- **Duration:** 5 weeks

**Wednesday**

**Stay, Play & Learn**  
1.30 – 3 pm  
Stay and play for parents/carers to support their child’s development through activities, songs and rhymes as well as tips on getting ready for nursery. Led by the Children’s Centre Early Years team.  
- **Location:** Mount Stewart CC  
- **Price:** £1 (voluntary)  
- **Duration:** 2 hours

**Thursday**

**Magic Numbers**  
1.15 – 3.15 pm  
6-week course. A fun way to gain knowledge of how children learn Maths and how you can support your child’s learning. Delivered in partnership with Brent Start. Assessment 14th September. Crèche provided. Call after 1pm: 020 8937 5970.  
- **Location:** Mount Stewart CC  
- **Price:** £1 (voluntary)  
- **Duration:** 6 weeks

**Hassle-free Shopping**  
1.15 – 3.15 pm  
Session to explore strategies to make shopping trips enjoyable and hassle-free! Crèche provided. Booking required. Call after 1pm: 020 8937 5970.  
- **Location:** Mount Stewart CC  
- **Price:** £1 (voluntary)  
- **Duration:** 1 hour

**Thursday & Friday**

**Antenatal Midwifery Clinic**  
12.30 – 3 pm  
Antenatal clinic. By appointment only. Call 0208 235 4252 or 030 8869 2871.  
- **Location:** Mount Stewart CC  
- **Price:** Free  
- **Duration:** 2 hours
### Preston Park CC
#### Monday
- **Midwifery Antenatal Clinic**
  - 9.30 am – 3 pm
  - Midwife-led antenatal clinic. By appointment only. To book call: 020 8235 4252 or 020 8869 2871.
  - expectant parents call to book

- **Stay, Play and Learn**
  - 10 – 11.30 am
  - Stay and play for parents/carers to support their child’s development through activities, songs and rhymes as well as tips on getting ready for nursery. Led by the Children’s Centre Early Years team.
  - parents 0 – 5 yrs £1 (voluntary)

- **Parents’ Voice**
  - 10 – 11 am
  - A meeting for parents/carers to let us know what is working well and to offer suggestions for services. Member of the Children’s Centre team will be at the meeting. Crèche provided. 2nd October
  - parents/carers

#### Tuesday
- **Developing Good Bedtime Routines**
  - 12.30 pm – 2.30 pm
  - Session to explore strategies to improve children’s sleep patterns. Crèche provided. To book call: 020 8937 5980. 19th September
  - parents/carers call to book

- **Stay, Play and Learn**
  - 10 – 11.30 am
  - Stay and play for parents/carers to support their child’s development through activities, songs and rhymes as well as tips on getting ready for nursery. Led by the Children’s Centre Early Years team.
  - expectant parents & parents 0 – 5 yr £1 (voluntary)

- **Made of Money**
  - 10 am – 12 pm
  - 6-week course about money, but not as you know it! It’s fun, relaxed and covers things useful to everyone. Crèche provided. To book call: 020 8937 5980. 31st Oct – 5th Dec
  - parents/carers call to book

- **Antenatal Midwifery Clinic**
  - 9.30 am – 3 pm
  - Midwife-led antenatal clinic. By appointment only. To book call: 020 8235 4252 or 020 8869 2871.
  - expectant parents call to book

### Wembley Primary CC
#### Monday
- **English Course**
  - 12 – 3 pm
  - parents/carers call to book

#### Tuesday
- **Citizens Advice Brent**
  - 9.30 am – 12 pm
  - Free legal advice on housing, debt, employment, benefits, immigration and much more. For expectant parents and parents with a child under 5. By appointment only. To book call: 020 8937 5590.
  - expectant parents & parents 0 – 5 yr call to book

- **Stay, Play & Learn**
  - 1.30 – 3 pm
  - Stay and play for parents/carers to support their child’s development through activities, songs and rhymes as well as tips on getting ready for nursery. Led by the Children’s Centre Early Years team.
  - expectant parents & parents 0 – 5 yr £1 (voluntary)

- **English Conversation**
  - 9.30 – 11 am
  - A relaxed conversation group to help boost your confidence and vocabulary. Must have a child 0-5 years. Term time only. Led by a Volunteer. Crèche provided. To book call: 020 8937 5590. 19th Sep – 12th Dec
  - parents/carers call to book

  - parents/carers £1 (voluntary)
Stadium

Autumn/Winter Programme
September – December 2017

Wembley Primary CC

**Wednesday**

**Bumps2Babies**
10 – 11.15 am
Opportunity to meet other families, enjoy activities, and gain support and advice on topics relevant to your developing baby.
- expectant parents & parents
- 0 – 12 months £1 (voluntary)

**1 Voice**
12 – 2 pm
Support group for parents/carers who have a child with special education needs. Advice and signposting to services and facilities.
- expectant parents & parents
- 0 – 5 yrs disabled/special needs children

**My Special Time**
12 – 2 pm
Activities to provide additional support to meet children’s individual needs (Special Education Needs and Disabilities). First Wednesday of the month. For more information call 020 8937 5590.
- parents/carers
- 0 – 5 yrs

**Thursday**

**Let’s Talk**
9.30 – 10.30 am
Come along to this fun and interactive session to talk, play and sing with your child. Get helpful tips and advice to support your child from the Speech and Language team. Booking required. To book call: 020 8937 5590.
- parents/carers
- 0 – 5 yrs

**HENRY Programme**
12.30 – 3 pm
8-week course for parents giving practical information that will help the family to eat healthily and become more active. Crèche provided. Booking required. To book call: 020 8937 5590. Oct TBC
- parents/carers
- 0 – 5 yrs

**Friday**

**Childminders’ Stay, Play & Learn**
9.30 – 11.30 am
A structured group for registered childminders and their children to meet, learn and play together.
- childminders
- 0 – 5 yrs

**Exercise Class**
11.45 – 12.45 am
Tone up and feel fabulous at this weekly exercise class! £20 for 10 weeks, payable in advance. Crèche provided. Booking required. To book call: 020 8937 5590. Starts 15th Sep – 24th Nov
- parents/carers
- £20
The Willow CC

Monday

Dad’s Stay & Play
9.30 – 11 am
Stay and play session for dads, granddads, male carers and their 0-5 year-olds. Led by the Children’s Centre Fathers’ Worker. 1st Monday of each month, starting in October. 2nd October, 6th November, 4th December

Portage Stay & Play
9.30 – 11.30 am
Special education toddlers’ group. Support and information sessions 2nd Tuesday of each month. Term time only. Facilitated by Brent Portage. One-off baby massage session on 12th September.

Move on with Confidence
12 – 2 pm

Tuesday

Health Visitor 2-year Reviews
9.30 am – 12 pm
Health Visitor 2-year reviews. Every 2 weeks. By appointment only. To book call: 020 8102 4900

Let’s Talk
2 – 3 pm
Come along to this fun and interactive session to talk, play and sing with your child. Get helpful tips and advice to support your child from the Speech and Language team.

Wednesday

Stay, Play and Learn
9.30 – 11 am
Stay and play for parents/carers to support their child’s development through activities, songs and rhymes as well as tips on getting ready for nursery. Led by the Children’s Centre Early Years team.

Play & Interaction
10 – 10.30 am
10-10.30 within the Stay and Play session for parents/carers. By Invitation Only. Small group sessions to support the play and interaction of children with speech, language and communication needs to help children access stay and play sessions. Facilitated by the Speech and Language Therapist.

Parents Voice
9.30 – 10.30 am
A meeting for parents/carers to let us know what is working well and to offer suggestions for services. Member of the Children’s Centre team will be at the meeting. Crèche provided. 4th October

Thursday

Bumps2Babies
10 – 11.15 am
Group for expectant parents and parents with babies 0-12 months. Opportunity to meet other families, enjoy activities, and gain support and advice on topics relevant to your developing baby.

Childminders Stay, Play & Learn
9.30 – 11.30 am
A structured group for registered child-minders and their children to meet, learn and play together

Friday

Call to book

The Willow CC
**The Curzon Crescent and Fawood Children’s Centres’ Partnership**
(Incorporating Challenge House Children’s Centre)

The Curzon Crescent and Fawood Children’s Centres’ Partnership consists of three unique and wonderfully resourced children’s centres and two maintained nursery schools within the Harlesden locality.

We offer a variety of stimulating and fun activities to support children’s learning and development from birth to 5 years old. Parents and carers are encouraged to be involved in their child’s play so they can continue to support their learning at home.

We have a variety of opportunities for children to explore – a purpose-built sensory room, a large natural garden and a purposeful indoor/outdoor play environment right in the middle of Harlesden High Street.

Midwifery and health clinics at Curzon Crescent offer antenatal and postnatal support, and a baby clinic.

We also offer adult learning and parenting programmes.

Family support is available at all three Children’s Centres and offers individual, tailored support to the families within our local catchment area.

**Facebook**
Follow us at www.facebook.com/curzonfawoodpartnership

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**Challenge House CC**
1-2 Bank Buildings,
High Street, Harlesden,
London, NW10 4LX
020 8937 4025

**Fawood CC**
35 Fawood Avenue,
Harlesden,
London, NW10 8DX
020 8965 9334

**Curzon Crescent CC**
Curzon Crescent,
Willesden
London, NW10 9SD
020 8459 6813

www.curzoncrescent.org.uk

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**Curzon Crescent CC**

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**Let’s Talk**

- **9.30 – 10.30 am**
- Come along to this fun and interactive session to talk, play and sing with your child. Get helpful tips and advice to support your child from the Speech and Language team.

**Antenatal & Postnatal Midwifery Clinic**

- **9 am – 3 pm**
- Midwife-led antenatal and postnatal clinic. By appointment only.

**Family English Classes**

- **12.45 – 2.45 pm**
- A 10 week course for parents wishing to improve their English skills in speaking and writing. Crèche available.
  
  Starts 19th September.
Curzon Crescent CC

Wednesday

Citizens Advice Brent
9.30 am – 12.30 pm
Free legal advice on housing, debt, employment, benefits, immigration and much more. For expectant parents and parents with a child under 5. By appointment only.

expectant parents & parents
0 – 5 yrs call to book

Childminders’ Stay, Play & Learn
9.45 – 11.30 am
A structured group for registered childminders and their children to meet, learn and play together.

childminders 0 – 5 yrs

Baby Clinic & Breastfeeding Support
1.30 – 3.30 pm
Weekly health review for babies. By appointment only.

parents babies call to book

Baby Massage & Breastfeeding Support
12 – 1 pm
5-week course that helps promote bonding/attachment and healthy child development, stimulates brain development, reduces stress, helps baby’s immune system and helps baby sleep better. It is also relaxing and fun for you and your baby. 13th Sep – 11th Oct

parents 0 – 9 months call to book

Curzon Crescent CC

Wednesday

Stay, Play & Learn
9.30 – 11 am
A group for children and their parents/carers to come and play together, taking part in lots of fun and interactive activities in both indoor and outdoor environments. The grown-ups talk about what the children are doing, so that the children can learn about listening and talking. By playing, children learn early skills that will help them when they go to school, like making choices, taking turns and following routines.

parents 0 – 5 yrs

Have your Say with Breakfast
9.30 – 10.30 am
Meet over breakfast to tell us what you like and what could be improved/developed at the Children’s Centre. Find out about services in your area. Crèche available. 19th October

parents babies call to book

First Aid
9.30 am – 1.30 pm
4-hour workshop for parents/carers to learn basic First Aid. Crèche provided. 28th September

parents/carers call to book

Thursday

Stay, Play & Learn
9.30 – 11 am
A group for children and their parents/carers to come and play together, taking part in lots of fun and interactive activities in both indoor and outdoor environments. The grown-ups talk about what the children are doing, so that the children can learn about listening and talking. By playing, children learn early skills that will help them when they go to school, like making choices, taking turns and following routines.

parents 0 – 5 yrs

Home Safety
12.45 – 2.45 pm
Is your home baby/toddler proof? Do you see what your toddler sees? Advice on how to make your home as safe as possible. Crèche provided. 2nd November

parents/carers call to book

Let’s Get Active
3.30 – 4.30 pm
Fun, interactive physical play and activities for children and their parents/carers.

parents 0 – 5 yrs

Postnatal Midwifery Clinic
1 – 4.30 pm
By appointment only.

parents babies call to book
## Curzon Crescent CC
### Friday

- **Tummy Time**
  10 am – 12 pm
  Tummy time increases babies’ confidence and independence, helping them to become motivated to explore their surroundings as they learn to control their bodies.

- **Antenatal & Postnatal Midwifery Clinic**
  9 am – 3 pm
  Midwife-led antenatal and postnatal clinic. By appointment only.

- **Stay, Play & Learn with Busy Feet & Oral Hygiene**
  3.15 – 4.30 pm
  Parent/carer and child play session with fun activities to promote physical development and dental hygiene.

### Monday

- **Let’s Talk**
  9.30 – 10.30 am
  Come along to this fun and interactive session to talk, play and sing with your child. Get helpful tips and advice to support your child from the Speech and Language team.

### Tuesday

- **Stay, Play and Learn**
  9.30 – 11 am
  A group for children and their parents/carers to come and play together, taking part in lots of fun and interactive activities in both indoor and outdoor environments. The grown-ups talk about what the children are doing, so that the children can learn about listening and talking. By playing, children learn early skills that will help them when they go to school, like making choices, taking turns and following routines.

### Wednesday

- **Young Children’s Support Group**
  3.30 – 5.30 pm
  A supportive group for children to share experiences, and to acknowledge and understand feelings.

### Thursday

- **Childminders’ Stay, Play & Learn**
  9.30 – 11.15 am
  A structured group for registered child-minders and their children to meet, learn and play together.
**Challenge House CC**

**Friday**

**Stay, Play and Learn**
**9.30 – 11 am**
A group for children and their parents/carers to come and play together, taking part in lots of fun and interactive activities in both indoor and outdoor environments. The grown-ups talk about what the children are doing, so that the children can learn about listening and talking. By playing, children learn early skills that will help them when they go to school, like making choices, taking turns and following routines.

**Made of Money**
**12.30 – 2.30 pm**
6-week course supporting families on how to make their money go further. Crèche available.

**Fawood CC**

**Friday**

**Healthy Family Focus, including Cook & Eat**
**12.30 – 2.30 pm**
Weekly sessions exploring different ways to enjoy a healthy lifestyle, including dental hygiene, cooking healthy and nutritious snacks, and foods for all the family.

**Understanding Your Child’s Behaviour**
**11.30 am – 1.30 pm**
Monthly workshops looking at the typical developmental stages your child goes through and how to support them. Help your child to deal with their emotions/temper tantrums, and manage your child’s increasing struggle for independence. Crèche available.

**Fawood CC**

**Monday**

**Sensory Play and Exploration**
**9.30 am – 12.30 pm**
Through exploration in our wonderful, well-equipped sensory room, this group helps babies to learn early social, communication and physical skills through looking, feeling, touching, smelling, moving, listening and hearing.

**Tuesday**

**Sewing Classes**
**9.15 – 11.45 am**
30 week course to learn how to use a sewing machine & develop skills in various techniques e.g. Sewing seams, putting in zips and necklines, lay and cut out patterns. Starts 26th Sep.

**Wednesday**

**“Triple P” — Parenting Programme**
**9.15 – 11.30 pm**
8-weeks evidence-based parenting programme providing positive strategies to improve the quality of the parent-child relationship. Helps parents to develop effective, practical strategies for managing behavioral and developmental issues. Crèche provided.

**Call to book**
Fawood CC

Thursday

Stay, Play & Learn with Busy Feet & Oral Hygiene
1.30 – 2.45 pm
Parent/carer and child play session with fun activities to promote physical development and dental hygiene.

| parents | 0 – 5 yrs | call to book |

Singing & Signing with Babies
3.30 – 4.30 pm
A weekly session to support your baby’s learning in a fun way, using actions and signing to develop non-verbal communication and social skills.

| parents/carers | 0 – 15 months |

Friday

Citizens Advice Brent
9.30 am – 12.30 pm
Free legal advice on housing, debt, employment, benefits, immigration and much more. For expectant parents and parents with a child under 5. By appointment only.

| parents | 0 – 5 yrs | call to book |

We are changing the name and some of the services for dads and male carers in the Children’s Centres. Firstly, the name. We have been called Fathers in Brent (FiB) – maybe not the best acronym, but it has worked until now. But children don’t call their dads ‘fathers’, they call them ‘Dad’ and for me this was reinforced by one of the children in the run-up to Fathers’ Day asking his mum: “My dad is my father, isn’t he?” So now we are Dads in Brent (DiB), so no more FiBs and we are also expanding the programme. Some things are staying the same though:

Dads’ Friday Family Fun on the first Friday of the month at Willesden Sports Centre stays the same, however we are enforcing the no dad, no entry rule. This is a dads’ programme, not an open play session, so dad needs to be there.

Saturday morning sessions are continuing on the first three Saturdays of each month. These sessions are now called ‘Play with Dad’, as they are going to focus on opportunities for dads and children to play together. One session each month will be for dads with children under 12 months and will include baby massage and yoga, and talks about new babies and their development. These sessions move from centre to centre, so you need to check each week.

Events: Fathers’ Day celebrations, the Christmas party and Men’s Health day will continue as before. We hope to continue to have an August trip, but funding is difficult. Watch out for flyers for more details.

New: Two weekday sessions each month for dads who can’t make the Saturday sessions or who want more. They are the first Monday morning of the month at The Willow Children’s Centre in Chalkhill and the first Wednesday of the month at Three Trees Children’s Centre in Kensal Rise. Both sessions run from 9.30 – 11am.

Introducing Curious Dads. This is for dads and male carers who want to learn more about their child, their development and lots of other useful stuff. These sessions will run on the fourth Saturday of the month at Harmony Children’s Centre, starting in October. There will be crèches at each event.

Stay in contact: If you want more up-to-date information, ask at your local Children’s Centre, or email: fathersinbrent@barnardos.org.uk and I will add you to my fortnightly email updates.

Peter Firkin
Fathers’ Worker
Autumn: Dads’ Programme

September 2017

Friday 1st
Dads’ Family Fun
6 – 8 pm
An evening of activity at the Willesden Sports Centre. Dad must be present. No entry after 7 pm.
📍Willesden NW10 3QX

Saturday 2nd
Cook, Eat & Play
10 – 11.30 am
Dads only and children up to 8.
📍Church Lane Children’s Centre

Saturday 9th
Football Fun with Little Foxes
10 – 11.30 am
Dads only and children up to 8.
📍Harmony Children’s Centre

Saturday 16th
Baby Massage & Play
10 – 11.30 am
Dads only and babies up to 12 months. Booking required.
📍Three Trees Children’s Centre

October 2017

Friday 6th
Dads’ Family Fun
6 – 8 pm
An evening of activity at the Willesden Sports Centre. Dad must be present. No entry after 7 pm.
📍Willesden NW10 3QX

Saturday 7th
Baby Massage & Play
10 – 11.30 am
Dads only and babies up to 12 months. Booking required.
📍The Willow Children’s Centre

Saturday 14th
Stay & Play – Messy Play
10 – 11.30 am
Dads only and children up to 8.
📍Wykeham Children’s Centre

Saturday 21st
Baby Massage & Play
10 – 11.30 am
Dads only and children up to 8.
📍Alperton Children’s Centre

Saturday 28th
Talking Dads
10 – 11 am
See flyer.
📍Harmony Children’s Centre

November 2017

Friday 3rd
Dads’ Family Fun
6 – 8 pm
An evening of activity at the Willesden Sports Centre. Dad must be present. No entry after 7 pm.
📍Willesden NW10 3QX

Tuesday 7th
Baby Massage & Play
10 – 11.30 am
Dads only and babies up to 12 months. Booking required.
📍The Willow Children’s Centre

Tuesday 14th
Stay & Play – Messy Play
10 – 11.30 am
Dads only and children up to 8.
📍Wykeham Children’s Centre

Tuesday 21st
Baby Massage & Play
10 – 11.30 am
Dads only and children up to 8.
📍Alperton Children’s Centre

Tuesday 28th
Talking Dads
10 – 11 am
See flyer.
📍Harmony Children’s Centre

Wednesday 1st
Weekday Sessions
9.30 – 11 am
📍Three Trees Children’s Centre

Monday 6th
Weekday Sessions
9.30 – 11 am
📍The Willow Children’s Centre

Saturday 2nd
Cook, Eat & Play
10 – 11.30 am
Dads only and children up to 8.
📍Church Lane Children’s Centre

Saturday 9th
Football Fun with Little Foxes
10 – 11.30 am
Dads only and children up to 8.
📍Harmony Children’s Centre

Saturday 16th
Baby Massage & Play
10 – 11.30 am
Dads only and babies up to 12 months. Booking required.
📍Three Trees Children’s Centre

Saturday 23rd
Cook, Eat & Play
10 – 11.30 am
Dads only and children up to 8.
📍Wykeham Children’s Centre

Saturday 30th
Baby Massage & Play
10 – 11.30 am
Dads only and babies up to 12 months. Booking required.
📍Alperton Children’s Centre

September 2017

Friday 1st
Dads’ Family Fun
6 – 8 pm
An evening of activity at the Willesden Sports Centre. Dad must be present. No entry after 7 pm.
📍Willesden NW10 3QX

Saturday 2nd
Cook, Eat & Play
10 – 11.30 am
Dads only and children up to 8.
📍Church Lane Children’s Centre

Saturday 9th
Football Fun with Little Foxes
10 – 11.30 am
Dads only and children up to 8.
📍Harmony Children’s Centre

Saturday 16th
Baby Massage & Play
10 – 11.30 am
Dads only and babies up to 12 months. Booking required.
📍Three Trees Children’s Centre

October 2017

Friday 6th
Dads’ Family Fun
6 – 8 pm
An evening of activity at the Willesden Sports Centre. Dad must be present. No entry after 7 pm.
📍Willesden NW10 3QX

Saturday 7th
Baby Massage & Play
10 – 11.30 am
Dads only and babies up to 12 months. Booking required.
📍The Willow Children’s Centre

Saturday 14th
Stay & Play – Messy Play
10 – 11.30 am
Dads only and children up to 8.
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10 – 11 am
See flyer.
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See flyer.
📍Harmony Children’s Centre

Wednesday 1st
Weekday Sessions
9.30 – 11 am
📍Three Trees Children’s Centre

Monday 6th
Weekday Sessions
9.30 – 11 am
📍The Willow Children’s Centre

To book please email to fathersinbrent@barnardos.org.uk.
The booking must be made by the father or male carer attending.

To contact us about the fathers’ programme’ either email the address, to the left or call/text 07556 741480
Brent Children’s Centres are involved in the Unicef Baby Friendly Initiative and have achieved Stage 1 Accreditation. This initiative is designed to support breastfeeding and parent-infant relationships, by ensuring high standards of care in settings. It is the first ever national intervention to have a positive effect on breastfeeding rates in the UK.

We are developing all of our environments to make mothers feel as welcome and comfortable as possible to breastfeed in all of our Children’s Centres. Hopefully, you will see an increase in baby-friendly resources across our Centres.

If you have any further ideas of how we can make breastfeeding more comfortable for you, please speak to a member of the Children’s Centre Staff.

To book please email to fathersinbrent@barnardos.org.uk. The booking must be made by the father or male carer attending

To contact us about the fathers’ programme, either email the address, to the left or call/text 07506 741480

### December 2017

#### Friday 1st

**Dads’ Family Fun**  
6 – 8 pm
An evening of activity at the Willesden Sports Centre. Dad must be present. No entry after 7 pm.  
📍 Willesden NW10 3QX

#### Saturday 2nd

**Cook, Eat & Play**  
10 – 11.30 am
Dads only and children up to 8.  
📍 Church Lane Children’s Centre

#### Saturday 9th

**Stay & Play – Messy Play**  
10 – 11.30 am
Dads only and children up to 8.  
📍 Wykeham Children’s Centre

#### Saturday 16th

**Dads’ Christmas Party**  
11 am – 2 pm
Booking required. See flyer.  
📍 Harmony Children’s Centre

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**Autumn/Winter Programme**  
September – December 2017
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:

- **Brent GP Access Walk-in Centre Wembley Centre for Health and Care**
  116 Chaplin Road, Wembley, HA0 4UZ
  Open 8am – 8pm, 7 days p/w
  020 8900 6020

- **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 0AD
  Open 7am – 10pm, 7 days p/w
  020 8732 6459

- **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

Some Useful Numbers

<table>
<thead>
<tr>
<th>Service</th>
<th>Contact Information</th>
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<tbody>
<tr>
<td>Brent Children and Families Information Service (CFIS)</td>
<td>0208 937 3001</td>
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<tr>
<td>Provides information for 0 to 19 (or 25 for children with SEND)</td>
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<td>free, accurate, up to date advice</td>
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<tr>
<td>on a range of services for children and families, to enable families to make informed choices.</td>
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<tr>
<td>Our service is led by the needs of children, parents, carers, employers and childcare providers.</td>
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<tr>
<td>Brent Family Front Door</td>
<td>0208 937 4300</td>
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<tr>
<td>Support, advice and help if you have any concerns about a child being harmed or at risk.</td>
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<tr>
<td>Brent Family Solutions Team</td>
<td>0208 937 2711</td>
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<tr>
<td>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.</td>
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<tr>
<td>Brent Health Visiting Service</td>
<td>0208 102 4900</td>
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<tr>
<td>NHS advice and support during the first five years of a child’s life to promote mental and physical health, development and well-being.</td>
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<tr>
<td>Mind Infoline</td>
<td>0300 123 3393</td>
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<tr>
<td>Information on a range of Mental Health issues including: types of mental health problems, where to get help, medication and alternative treatments and advocacy.</td>
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<tr>
<td>Northwick Park and St Marks’ Hospital Community Midwives</td>
<td>0208 869 2871</td>
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<tr>
<td>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.</td>
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<tr>
<td>Shelter</td>
<td>0808 800 4444</td>
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<td>Housing advice for tenants and those at risk of homelessness.</td>
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<tr>
<td>National Domestic Violence</td>
<td>0808 2000 247</td>
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<tr>
<td>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.</td>
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