

Session	Location	Time	Date(s)	Age group	Booking details
Midwifery Services	Curzon	9am - 4pm	Weekly	Expectant Mums	By appointments Only
Health Review Checks	Curzon	9am - 4pm	Weekly	1 - 2 years	By appointments from Health Visitors
Brent Health 4 Life Minis 5 weeks - Group Session	Fawood	9am – 10:30am	Weekly	2 – 5 years	Book a space online
Let's Get Moving	Curzon	9:30am - 11am	Weekly	0 – 5 years	Book a space online
Brent Health 4 Life Minis 1:1 clinic	Fawood	10:30am – 12pm	Weekly	2 – 5 years	By appointments only - call centre on 0208 4596813 to book an appointment
Parent as First Teachers (PAFT)	Curzon	11:30am – 1:30pm	Weekly for 4 weeks	0 – 5 years	Book a space online
Brent Connexions Employment Support and Advice	Curzon	12pm – 4:00pm	Weekly	16 -19-years or up to 25 years with disability	Call Centre to book an appointment



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Midwifery Services	Curzon	9am - 4pm	Weekly	Expectant Mums	By appointments Only
Small Talk 1:1 with SLT	Curzon	9:30am – 1:30pm	Weekly	14 months – 3.5 years	Appointments Only
SEND Coffee Morning	Curzon	9:45am – 11:45am	24 September 8 October 5 November	For parents of children with SEND needs	Drop-in session
Let's Talk	Curzon	10am – 11am	Weekly	14 months – 3.5 years	Book a space online
Baby Clinic & Breastfeeding Advice	Fawood	1pm – 3pm	Weekly	0 – 5 years	Drop-in Clinic
Welcome to Parenthood	Curzon	1pm – 2:30pm	8 October 12 November	Expectant Parents who have attended their 24-25 week appointment with midwives in Brent	Book a space online
Art Club – J King	Curzon	4pm – 5:30pm	Weekly	8 – 16 years	Book a space online
Mixed Martial Arts	Fawood	4pm – 6pm	Weekly	10 – 18 years	Book a space online



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Midwifery Services	Curzon	9am - 4pm	Weekly	Expectant Mums	By appointments Only
Health Review Checks	Curzon	9am - 4pm	Weekly	1 - 2 years	By appointments from Health Visitors
Childminder Session	Curzon	9:30am – 11am	Weekly	For registered childminders of children age 0 – 5 years	Book a space online
Introduction to Solid Weaning advice from Health team.	Fawood	9:30am – 11am	3 rd Wednesday of every month 18 September 16 October	6 months plus	Book a space online
Citizen Advice Brent Independent advice in all legal matters	Curzon	9:30am – 4pm	Weekly	Adults	Call centre on 0208 4596813 to book an appointment
Strengthening Families Strengthening Communities (SFSC)	Curzon	10am – 12pm	Weekly	For parents/carers	Call centre on 0208 4596813 for referrals
Tummy Time at Fawood	Fawood	1pm – 2:30pm	Weekly	0 – 15 months	Book a space online



Session	Location	Time	Date(s)	Age group	Booking details
Salisbury World Advice & advocacy session for refugees and asylum seekers	Curzon	9am – 4pm	Weekly	Adults	By appointments Only
Little Gardeners	Curzon	10:30am – 12am	Weekly	0 – 5 years	Book a space online
ESOL Develop basic English language skills, speaking, reading and writing	Curzon	12:45pm – 2:45pm	Weekly	For Parents (Crèche available for 0-5 years)	Book a space online
Basic IT Learn range of digital skills from the very basic to Microsoft office, email & internet	Curzon	12:45pm – 2:45pm	Weekly	For Parents (Crèche available for 0-5 years)	Book a space online



Session	Location	Time	Date(s)	Age group	Booking details
Messy Play	Curzon	9:30am – 11am	Weekly session starts date TBC	3 months to active crawling	Contact reception on 0208 4596813 for more details
Brent Health 4 Life Minis 1:1 clinic	Curzon	1pm – 4pm	Weekly	2 – 5 years	By appointments Only - Call Centre on 0208 4596813 to book an appointment
Street Dance	Fawood	5pm - 6pm	Weekly session starts date TBC	8 – 16 years	Book a space online
Toy Library (Subscription fee required)	Fawood	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.
- [Local offer for children with Special Educational Needs & Disability](#)
- Foodbank vouchers – please contact reception if you need help with food, nappies, toiletries etc.



[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

