

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
Art Club – J King at Curzon	4pm – 5:30pm	Weekly	8 – 16 years	Book a space online
Brent Connexions at Curzon Employment Support and Advice	12pm – 4pm	Weekly	16 -19-years or up to 25 years with disability	Call centre on 0208 4596813 to book an appointment
Circle of Security Parenting Group	11:30am-1pm	Weekly from 3 February 2025	Parent/carers	Call centre on 0208 4596813
Rhythm & Rhyme	TBC		0 – 3 years	Call centre on 0208 4596813
Brent Health 4 Life Minis at Fawood 5 weeks - Group Session	9am – 10:30am	Weekly	2 – 5 years	Book a space online
Brent Health 4 Life Minis 1:1 clinic at Fawood	10:30am – 12pm	Weekly	2 – 5 years	By appointments only - call centre on 0208 4596813 to book an appointment



Session	Time	Date(s)	Age group	Booking details
Let's Talk at Curzon	10am – 11am	Weekly	14 months – 3.5 years	Book a space online
Small Talk at Curzon 1:1 with SLT	9:30am – 1:30pm	Weekly	14 months – 3.5 years	Appointments Only
Baby Clinic & Breastfeeding Advice at Fawood	1pm – 3pm	Weekly	0 – 5 years	Drop-in Clinic
Mixed Martial Arts at Fawood	4pm – 6pm	Weekly	10 – 18 years	Book a space online
Welcome to Parenthood at Curzon	1pm – 2:30pm		Expectant Parents who have attended their 24-25 week appointment with midwives in Brent	Book a space online



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Health Review Checks at Curzon	9am - 4pm	Weekly	1 - 2 years	By appointments from Health Visitors
Emotional Health & Wellbeing Workshop	11:30am – 1:30pm	Weekly	For parents/carers	Call centre on 0208 4596813 for referrals
Childminder Session at Curzon	9:30am – 11am	Weekly	For registered childminders of children age 0 – 5 years	Book a space online
Citizen Advice Brent at Curzon Independent advice in all legal matters	9:30am – 4pm	Weekly	Adults	Call centre on 0208 4596813 to book an appointment
Tummy Time at Fawood	1pm – 2:30pm	Weekly	0 – 15 months	Book a space online
Introduction to Solid at Fawood Weaning advice from Health team.	9:30am – 11am	3 rd Wednesday of every month 19 February	6 months plus	Book a space online



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Little Gardeners at Curzon	10:30am – 12am	Weekly	0 – 5 years	Book a space online
ESOL at Curzon Develop basic English language skills, speaking, reading and writing	TBC	Weekly	For Parents (Crèche available for 0-5 years)	Call centre on 0208 4596813 to register your interest
Salisbury World at Curzon Advice & advocacy session for refugees and asylum seekers	9am – 4pm	Weekly	Adults	By appointments Only



Session	Time	Date(s)	Age group	Booking details
Midwifery Services at Curzon	9am - 4pm	Weekly	New Mums + Babies	By appointments only
Messy Play at 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 at Curzon	1pm – 4pm	Weekly	2 – 5 years	By appointments Only - Call Centre on 0208 4596813 to book an appointment
STAR drop-in sessions	12 - 2pm	17th Jan & 23rd May	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.
- Local offer for children with Special Educational Needs & Disability, please visit website listed below for more information <https://brent.gov.uk/children-young-people-and-families/send-local-offer>
- 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

