



Brent Thrive Report

Brent Thrive was born out of our collective experiences of Covid -19 and how many people living in Brent living with mental health difficulties felt abandoned and overlooked. We are part of Ashford Place, a local community - based charity in Cricklewood.

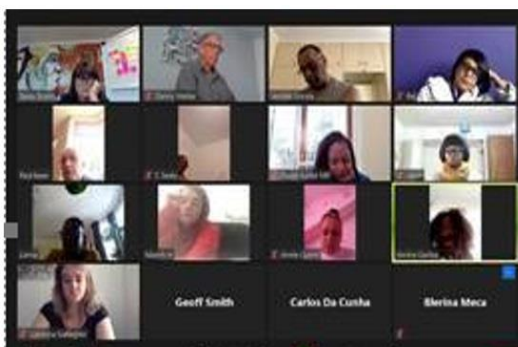
Started in **May 2020**, launched **July 2020**. Brent Thrive officially launched on July 3rd with our first

Community Meeting



In the past 9 months we have held fortnightly Community Meetings with a range of people from Brent attending.

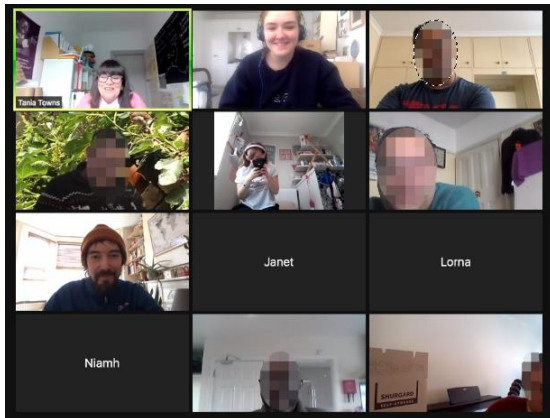
We have held meetings 20 so far!



We have welcomed guests such as MP Dawn Butler on the 18th September!!



We have also welcomed Kris Ho & Nicola Jhumat from CNWL on 11th December, Kathy McElroy & Zoe Dupres from CNWL Brent Patient Participant on 14th January 2021



We have also had representatives from statutory services such as Public Health England, CNWL, General Practice and the charity sector.

The Brent Thrive team is made up of a core group of people of volunteers and part-time workers all of whom have a lived experience of Mental Health difficulties/distress. We would like to take this opportunity to name the people who were instrumental in launching Brent Thrive: Danny Maher, Tania Towns, Catriona Gallagher, Lorna Williams, Sheetal Popat, Niamh Houlihan, and Geoff Smith. Our team has worked over and above to make this a reality.



Thames 21 are a London

based environmental organisation focused on improving waterways and wildlife. We have been working with them since **early 2020**.

Neglected for over thirty years, the River Brent is connected to the River Thames and runs through the heart of the borough. It is our main source of local wildlife and is in desperate need of restoration. Brent Thrive have been working in partnership



with Thames 21 to lead groups in clearing the river of debris and invasive plant species.

In May 2020, our Black Peer Support Group began. Informally titled the 'Friday Group', it has been running on a weekly basis for the last ten months. The group now operates independently. The Friday Group are working on developing their own voice with more specific aims and objectives. We encourage our Black community members to get involved.

Inspired by a conversation from our Community Meeting, our

Survivors' Afternoon Tea

started in **August 2020**. Every month we meet for tea (or coffee or water!) and hold space for what it means to be a survivor. Survivorship takes many forms and having a support group is essential to the healing process.



Contact us with any questions!



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Brent Thrive Football Team





Catriona has been working with Robert Morris, Vice President of Hendon football club, to raise awareness around mental health and gather a team together for Brent Thrive as part of Brent & Central Middlesex League. Our mental wellbeing and our physical health are intrinsically intertwined, being part of a team and getting fit through playing football is just the ticket for improving your mental health. We continue to scout for Brent's best and brightest.



Black History Month in October 2020, we successfully held events, talks and film nights organised by volunteer Lorna Williams



Members of the Friday Group were crucial in the development of **Living Hope**, our non-denominational Bible Study Group starting in **January 2021**. Living Hope is a hugely popular weekly group hosted by Claudette and Corenza.



A recurring theme that Brent Thrive community members report is the lack of services, advice and support for people experiencing complex emotional needs. In September 2020 we were lucky to welcome Geoff Smith into our team. Geoff has extensive professional experience as an independent Mental Health Advocate and is well loved in the borough. Geoff was tasked in advocating for services, help with housing and support for people with complex emotional needs. He has been very busy, particularly in this ongoing pandemic.

Brent is a hugely diverse borough, with a large community of Hindu people.

To celebrate **Diwali**



Brent Thrive partnered with local Mutual Aid Groups and **BAPS Shri Swaminarayan Mandir Temple** to supply deliver over 1200 hot meals and hampers to local residents. We wanted to celebrate and lessen isolation in a year when that has been so hard. The event was a huge success with coverage in the Kilburn Times and Brent Magazine, and was a testament to community co-operation.



In December 2020 we launched



Shakti a South

Asian Peer Support Group. Following the momentum of our Diwali celebrations, we encouraged members with heritage of Indian, Sikh, Punjabi, Pakistani, Sri Lankan and more to connect. Sheetal Popat was instrumental in organising our Diwali celebrations and launching Shakti. She is passionate about raising awareness of Mental Health difficulties in the Asian Community.



When the second official lockdown was

announced over **Christmas 2020**

our team came together and brainstormed ways to make sure people did not feel alone in this particularly trying time. We came up with 'Christmas Crisis Line' a phone banking service between 24th December and 4th January 2021

open to anyone. It was manned by over a dozen people who volunteered their time over the Christmas period. This was made up of volunteers, Ashford Place staff and Brent Thrive team members.

BRENT THRIVE

COMMUNITY LED CHANGE



LOCKDOWN 2021

JANUARY 2021							
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
1 Monitoring Project Peer Support Group 10.30-11.30 Art Group 11am-12pm Mentors Meeting 4.30-5.30	2 Monitoring Project Peer Support Group 10.30-11.30 Art Group 11am-12pm Mentors Meeting 4.30-5.30	3 Monitoring Project Peer Support Group 10.30-11.30 Art Group 11am-12pm Mentors Meeting 4.30-5.30	4 Monitoring Project Peer Support Group 10.30-11.30 Art Group 11am-12pm Mentors Meeting 4.30-5.30	5 Monitoring Project Peer Support Group 10.30-11.30 Art Group 11am-12pm Mentors Meeting 4.30-5.30	6 Monitoring Project Peer Support Group 10.30-11.30 Art Group 11am-12pm Mentors Meeting 4.30-5.30	7 Monitoring Project Peer Support Group 10.30-11.30 Art Group 11am-12pm Mentors Meeting 4.30-5.30	8 Monitoring Project Peer Support Group 10.30-11.30 Art Group 11am-12pm Mentors Meeting 4.30-5.30
9 Monitoring Project Peer Support Group 10.30-11.30 Art Group 11am-12pm Mentors Meeting 4.30-5.30	10 Monitoring Project Peer Support Group 10.30-11.30 Art Group 11am-12pm Mentors Meeting 4.30-5.30	11 Monitoring Project Peer Support Group 10.30-11.30 Art Group 11am-12pm Mentors Meeting 4.30-5.30	12 Monitoring Project Peer Support Group 10.30-11.30 Art Group 11am-12pm Mentors Meeting 4.30-5.30	13 Monitoring Project Peer Support Group 10.30-11.30 Art Group 11am-12pm Mentors Meeting 4.30-5.30	14 Monitoring Project Peer Support Group 10.30-11.30 Art Group 11am-12pm Mentors Meeting 4.30-5.30	15 Monitoring Project Peer Support Group 10.30-11.30 Art Group 11am-12pm Mentors Meeting 4.30-5.30	16 Monitoring Project Peer Support Group 10.30-11.30 Art Group 11am-12pm Mentors Meeting 4.30-5.30
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FEBRUARY						
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When the January lockdown was announced, the Brent Thrive team galvanised into action and put a call out to our community to help put together a timetable of activities to help people stay connected. We drew on our pool of gifted volunteers and their personal expertise to facilitate online groups.

Emilie Carlier, a St Martins Graduate living in Brent, volunteered to run

Art with Emilie as part of the lockdown programme. Emilie hosts a weekly art workshop encouraging creative expression. Our community have really loved the opportunity to engage artistically in a relaxed and fun environment.



YOGA Sheetal worked with Blerina Meca from Ashford Place Wellbeing to co-produce weekly yoga sessions on zoom during lockdown. Nalini, an experienced yoga instructor in the borough is hosting this session on zoom for the community.



Building on her hugely successful Black History film Nights, Lorna introduced.....

Secret Saturday Cinema Club

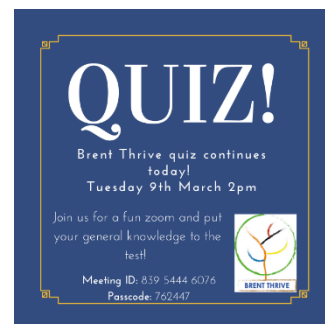
for the Lockdown programme, a fortnightly entertainment evening on zoom. The community watches films suggested and used the chat feature to discuss.



Following on from our Christmas Quiz, we started regular

Brent Thrive Quiz

get together on zoom for a fun general trivia quiz, curated and created by Catriona!



our

We



Brent Wellbeing Fair

22nd - 26th February

featured a host of ways of how we can manage our health and wellbeing. **Our very own Sheetal** hosted a panel of clinicians and

people with lived experience of mental health difficulties talk about identity and mental health. Watch the panel [here!](#)



Brent Thrive Newsletter ^{First}

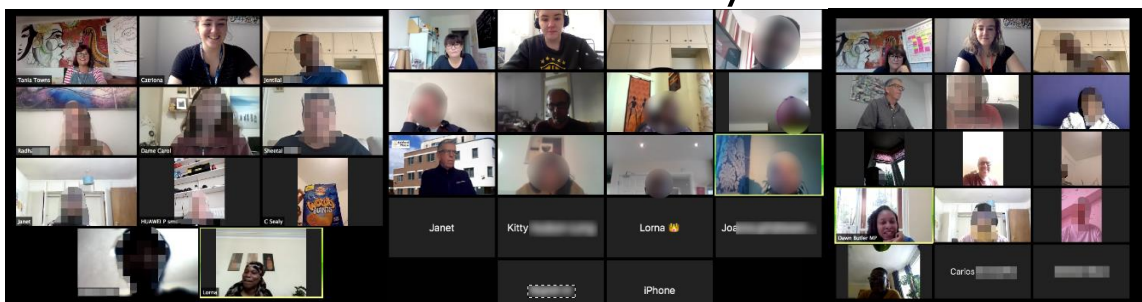
published on 31st July 2020. Catriona has single-handedly been putting together our newsletter ever since. We mail out to almost 300 people but we are always looking to increase our circulation as it really helps keep people informed and feel connected to our community. The newsletter is vital in reminding local services and organisations of Brent Thrives work as we realise it so easily gets overlooked!



Brent Thrive Future Developments

- Delivering a Lived Experience Practitioners Training Programme
- Supporting our MH partners to deliver a MH Transformation plan that has the person with lived experience front and centre of all we do
- Increasing our membership and our community reach

More than anything we are
community





We maintain **active partnerships** with: Ashford Place Mentoring Project, Brent Mencap, Disability Rights and Politics Group, B3, local Mutual Aid Groups, Hendon Football Club, Ashford Place Wellbeing Activities, SAAFI, Free the Forgotten. We are always looking to link with other community groups.



End ☺