



Brent Thrive and Heath & Wellbeing News

November 21

"Changing the conversation about mental health in Brent"

In recent meetings @Ashford Place Brent Thrive - BT –Members have been planning priority actions that will be part of the journey towards a mental health friendly Brent. Meetings are held biweekly.

(If you wish to see the Minutes of the meeting please let us know)

Members:

Emilie	Ronald
Blake	Danny
Sarah	Blerina
Katie	Turanem
Carol	Montse
Hazel	

Thames 21 is a long-term partner of Brent Thrive and we aim to keep this partnership alive and productive. We normally attend their events such as London Rivers Week, which included a wild life survey and a river clean up. It was great to learn about how trees provide fantastic habitats for fish and other wildlife. (please visit their website for more info)

<https://www.thames21.org.uk/event/london-rivers-week-fish-live-in-trees/>

The latest event was on the 27th October and 17th November Please see below and thank you to those who attended.





A Mental Health Friendly Brent

We are committed to rethinking the conversation about Mental Health and work towards a mental health friendly Brent. Please tell us your thoughts on what constitutes a mental health friendly borough by following the link and have your say!



<https://forms.office.com/Pages/ResponsePage.aspx?id=cx6KvJdJBUp2ckLRD9qMsLwbcgw1xVBvluB-TkSS1xUQTVPU0FYMzRBR1pEWDIwVFFVMEVOSUlyMi4u>





Health and Wellbeing with Brent Thrive:

We continue to encourage our clients to engage in health and wellbeing activities and maintain a good healthy balance. Our activities include;

Weekly walks, baking, singing and writing, the latter helping us to express our talents in a safe welcoming space.

Our Wellbeing café + (for older people with lived experience of mental health challenges) project is going well with new members every week.

<i>Creative Writing</i>
<i>Walking for Wellbeing</i>
<i>Wellbeing Café</i>
<i>Singing for wellbeing</i>
<i>Baking</i>
<i>Art group etc.</i>

Below is a poem from one of our members, Katie, we are so proud of the amazing work you do and your commitment to the creative writing group:

*The wolf, she lingers, ever present,
Her eyes watchful as a well-trained hawk.
She guards me through the night, lets me sleep.
In the day she's as swift as an arrow
To protect me, at any sign of danger.*

*My wolf, she howls, she cries, she learns When we all come together
The pack is a howling thing.
She wants to belong
But she is ever lonely.*

*Running, running, she yearns
Swift as an arrow, to bite
Sometimes the hand that feeds.
Untamed, she's but a spirit of the night, my talisman.*

BRENT THRIVE

COMMUNITY LED CHANGE



We arranged a Day Trip to **Welsh Harp** with our **Wellbeing café for over 55's** during the half term. This group runs every Thursday between 2pm and 4pm . Our usual catch ups are fun too with some music played by members of the group.





Music for Mental Health

Join musicians from the **Royal Philharmonic Orchestra** for the second session on Friday the 10th of December for the next fun, creative music, specially designed for adults experiencing mental health challenges. The feedback so far has been great and clients cannot wait for this next session.





In November, *Brent Thrive* in partnership with CVSBrent held a mental health roadshow at Ashford Place. The Roadshows, led by CVS Brent are covering a range of topics such as young people, older people, food access, advice etc. Our event was an important step in continuing the conversation about wellbeing and mental health in Brent, particularly from the perspective of the person with lived experience. Our goal is to create a mental health friendly borough and invite all our partners and residents to join us in our journey for the benefit of all of us. We were delighted to welcome CVSBrent, Brent Multi Faith Forum, BAME partner agencies, NHS and Brent Council colleagues and residents and plan for more events like this to keep us on track to achieve our vision.

The event was an excellent example of organisations and individuals sharing their views, ideas and experiences and learning about other`s work. There was a strong sense of enthusiasm to begin working closer together in order to raise awareness of mental health and identify ways to make the necessary changes that lead to world class mental health support systems in Brent.



Phew.... What a busy month☺

Please brace yourselves for even busier December 2021 with many events already booked and of course the end of year and Christmas activities.

You are invited to our launch of
Working Towards a Mental Health Friendly Brent

When: Wednesday the 8th of December

Time: 13:00 to 14:30

Location: Brent Civic Centre Room: TBC

THANK YOU SO MUCH FOR YOUR SUPPORT ☺