



Brent Thrive and Health & Wellbeing News *December*

"Together for a Mental Health Friendly Brent"

8th Of December Re-launch

*We had a very successful re-launch of the 8th December at the Brent Civic Centre. The Event, hosted by **Ashford Place** and the **Brent Thrive** team was well attended.*

We want to thank you all Brent Thrive members who took center stage and organised, designed and fronted the event from opening the event to presentation, reciting to drawing and so much more.

The event welcomed a collection of different organisation and community stakeholders including Mental Health Brent, Brent Multi-Faith Forum, Jubilee Park (Foundation) charity as well as Sarah NYANDORO ,Head of Mental Health & Learning Disabilities, NHS NWL CCG, and Phil Porter Director of Strategy - Community Wellbeing Brent, to mention a few.





[Make a Pledge](#)

We are committed to rethink the conversation about Mental Health and make Brent a Mental Health Friendly borough, Please fill out the Make a Pledge form and tell us What does Mental Health Friendly means to you.

Make your pledge

FILL OUT FORM

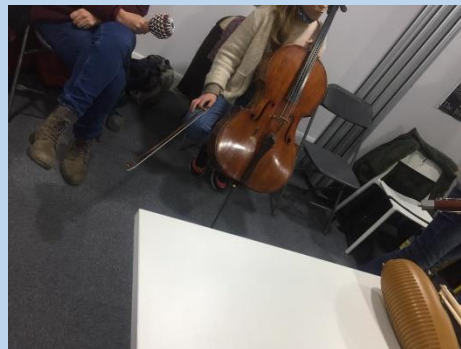




Music for Mental Health

After the second successful session on the 10th December 2021, **Royal Philharmonic**

Orchestra will return from January 2022 for a 9-month long project to create music, specially designed for adults experiencing mental health challenges.





Health and Wellbeing with Brent Thrive:

As part of the **Health & Wellbeing services at Ashford Place**, we continue to welcome new referrals to join some of our current groups such as the **Wellbeing Café for over 55 years of age**. Games, discussions and quizzes are on the offer.

Please email Blerina on Blerina.meca@ashfordplace.org.uk for more info.

Emotional Wellbeing during Christmas

Tuesday the 14th of December CNWL Talking Therapies Service Brent offered a free workshop with the below description:

Festive period can be a difficult time for many for various different reasons. The workshop focused on emotional wellbeing during this time. It entailed techniques and strategies to aid overall wellbeing.

Finally, we would like to take this opportunity and thank you all **Brent Thrive** members for being part of this important project and our partners for supporting us with our mission of **"Together Making Brent Mental Health Friendly"**.

WISHING YOU ALL A VERY HAPPY CHRISTMAS

