



Brent Thrive and Health & Wellbeing News

January 2022

Brent Thrive vision of ***Making Brent Mental Health Friendly***, Invited all sectors in Brent to be part of the Steering Group to pilot the change in mental health conversation and perception in Brent, and begin to take concrete actions towards it.

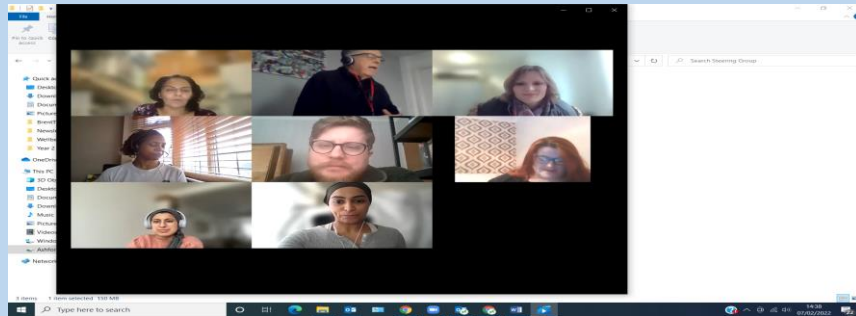
Group's Key themes and/or values

- Co-production
- Equal partnership
- Digital inclusion
- Seamless
- Signposting
- Innovation

The group is made of members from;

Public Sector,
Faith Sector,
Mental Health team,
Volunteer Sector,
Brent Thrive members and
Consultant Psychiatrist.

First meeting **Monday the 18th January** successful with passion and willingness to participate and take real action for change



Working together for a mental health-friendly Brent: Members of Brent Thrive are busy encouraging and coaxing people in Brent to work with them to make Brent a mental health-friendly place. Over the last 18 months, we have been talking about what that could look like and we have come up with a series of topics that we think we need to focus on and progress. If we can get all these completed then we will be well on our way. Of course, all our contributions to the cause will be vital to a successful outcome so please check in with us if you want to help or just to be updated. Use the below link

BRENT THRIVE

COMMUNITY LED CHANGE



Working Together for A Mental Health Friendly Brent



**Tell us your thoughts by
clicking on this short **SURVEY****

Music for Mental Health

Royal Philharmonic Orchestra

returned this January on Friday 28th for a 9-month long project to create music, specially designed for adults experiencing mental health challenges. The musicians will join us on Friday the 25th February





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. Walking for wellbeing Wednesday's and Friday's mid-day, continues to be very popular and we encouraging clients to join in order to maintain physical and mental wellbeing.

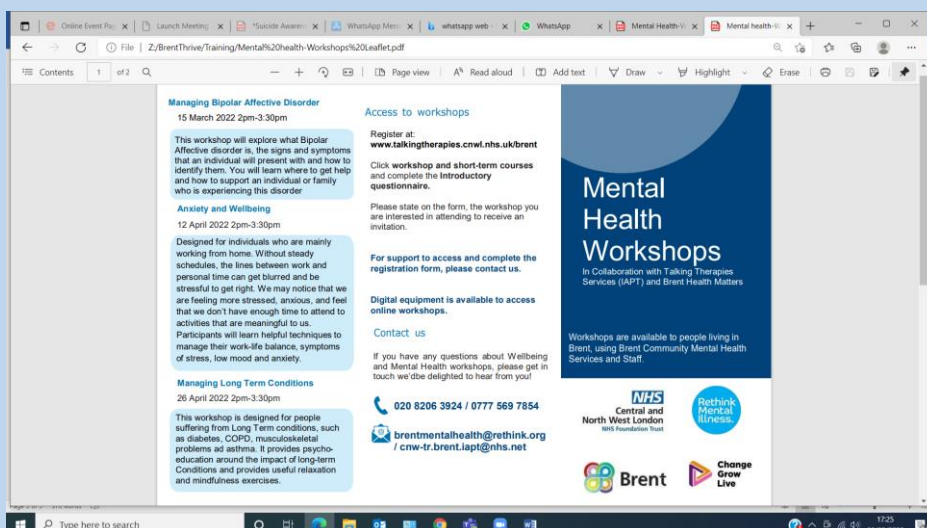
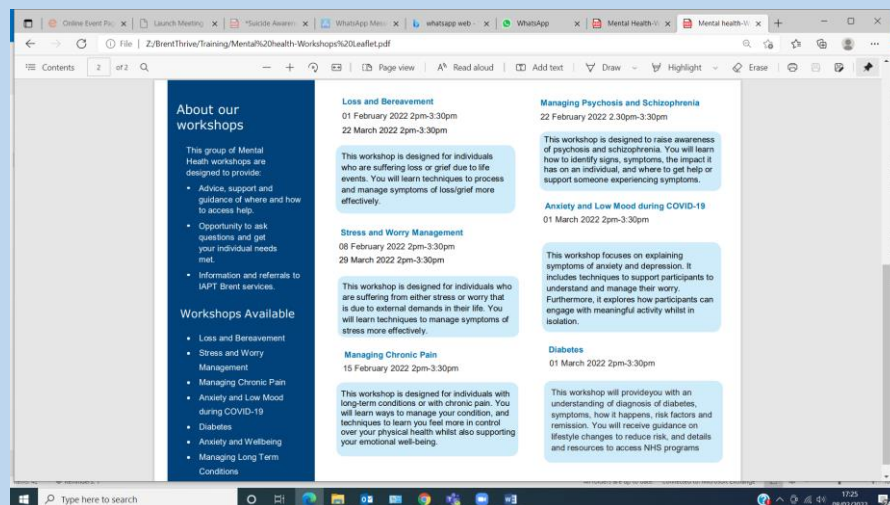


Please email Blerina on Blerina.meca@ashfordplace.org.uk for more info.





Brent Thrive Team has been invited to be part of the *Steering Group for NW London Suicide Prevention Program and Rethink*. They are offering funding (which we have applied for, fingers crossed) and trainings, to the wider community. Please see below and book the one that interests you more.



THANK YOU