



Brent Thrive and Health & Wellbeing News

Brent Thrive members have come together to regroup, recharge and move forward with our mission.

Our meeting on **Friday the 8th October** brought together current and new members who are keen to bring new ideas and a breath of fresh air to the project.



We are aiming to meet regularly to brainstorm and make sure everyone's ideas are heard and welcomed which is why we invite anyone with lived experience living in Brent to join us and together lets **"Change the conversation about mental health in Brent"**

Next meeting **22nd October 1pm @Ashford Place**, together we will create and share planning for the next move.

- ***Look out for the next **Brent Community Road Show** coming up at Ashford Place , a collaboration between BT and CVSBrent***



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Brent MH Partnership

You may know that Danny (CEO at Ashford Place), chairs the Brent Mental Health Partnership that has been in existence since beginning of Covid. It was set up to improve connections between various mental health providers.

Brent Thrive is a key partner where members use their lived experience to share ideas on how to improve mental health services for everyone in terms of quality and equal access for all. BT members are keen to co-design and co-deliver mental health services and this is an ongoing conversation with our statutory and voluntary sector partners. Please let me know if you wish to join this monthly meeting. It is vital that your voice is heard.

Danny also attends another meeting with statutory mental health providers that is planning the mental health transformation in Brent, and again your involvement is crucial to ensuring good quality, easy to access services at a local level.

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Health and Wellbeing

*We continue to encourage health and wellbeing for all of our users and offer the **Wellbeing café groups** that create a safe place, a warming approach and inclusiveness for all.*

Below is a list of some of the groups but please visit our website for more information:

Creative Writing

Walking for Wellbeing

Wellbeing Café

Singing for wellbeing

Baking etc.



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Music for Mental Health

Music can have a positive effect on mental health, and working with others on creative pursuits is one of the **Five Ways to Wellbeing** championed by the World Health Organisation. Join musicians from the **Royal Philharmonic Orchestra** for fun, creative music sessions at **Ashford Place**, specially designed for adults experiencing mental health challenges to listen to and create music alongside professional musicians, providing respite and improving mood.



You will get the chance to meet professional musicians and a professional workshop leader, work together with other participants to create brand new pieces of music and song. **No prior musical experience is required to take part** and all genres or types of music are welcome. **Instruments will be provided**, but feel free to bring your own if you already play.

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Role Description Patient Involvement Forum / Carers' Council

We are looking for members to join our Patient Involvement Forum or Carers' Council.

This will involve:

- Joining a group of 10-15 people, including CNWL staff, other patients or carers, and colleagues from local voluntary services and charities. The group will work together to help make CNWL services better.
- We will be meeting about 6 times a year at Trust HQ (see below) or via Zoom, for two hours at a time. There may also be occasional (optional) work between meetings.
- Induction, training and support will be provided, along with a welcome pack and the offer of a 'buddy' to help welcome you to the group.

Taking part can help you develop more skills, enhance your CV, build your confidence and build new relationships. We also offer reasonable travel fees and a session fee of £10 per hour. **If you are interesting in discussing this a bit more do contact Blerina. Blerina.meca@ashfordplace.org.uk**

Thank you!

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