



Brent Thrive and Health & Wellbeing News

February 2022

Brent Thrive campaign of *Making Brent Mental Health Friendly*, kicked off the Mental Health Awareness with an open event at Wembley Library on the 1st of February.

We met with different members of public and invited them to share their experiences with the mental health services in the Brent.

We aim to continue with these open drop in events and learn from anyone with lived experience.





Ashford Place / Silver Jubilee Park Charitable Foundation

Activities Programme 2022 – 23 “Active Brent”

The Active Brent programme aims to improve the public health of 240 disadvantaged residents of Brent through the provision of physical health activities such as yoga, walking, and dance. It will particularly focus upon groups who are known to be physically inactive such as women and people with poor mental health.

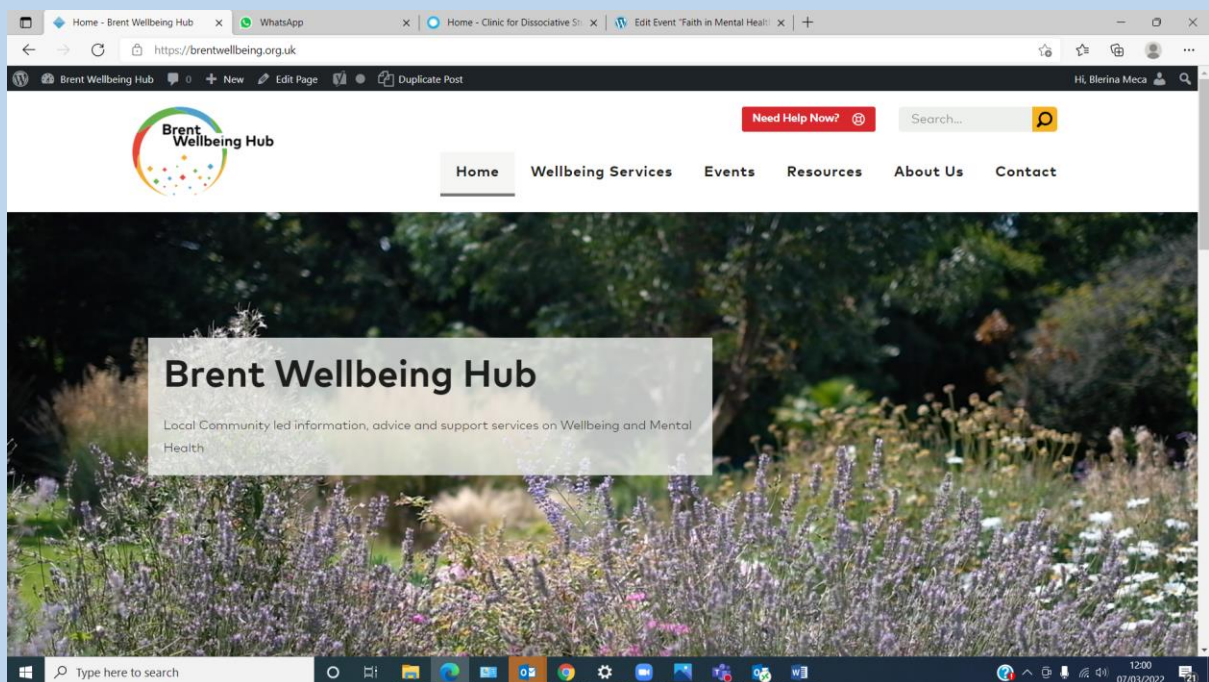
Brent Thrive and **Silver Jubilee Park Charitable Foundation** will work together to deliver this Project, look out for group announcements.





Brent Thrive is delighted to share the [Brent Wellbeing](#) website with you, courtesy of funding from [Brent Health Matters](#). The content of the website will be a fluid and ever changing as new information on mental health services, events and resources comes in.

Look it up and let us know what you think.



BRENT THRIVE

COMMUNITY LED CHANGE



Music for Mental Health

Royal Philharmonic Orchestra continues to bring music and harmony at Ashford Place, we met again this February on Friday 25th and created sweet music, the musicians will join us on **Friday the 25th March**.

Please get in touch with us if you wish to take part.

Blerina.meca@ashfordplace.org.uk





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**.

Other groups involve;

Walking for wellbeing

Creative writing group etc.

Enjoy the poem below courtesy of one of our clients:



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.

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



Brent Thrive Team has been approached by **Rethink Mental Health** for possible collaboration at bringing creative groups to **Ashford Place**.

Watch this space for more updates



Working together for a mental health friendly Brent:

Don't forget to have your say below



THANK YOU