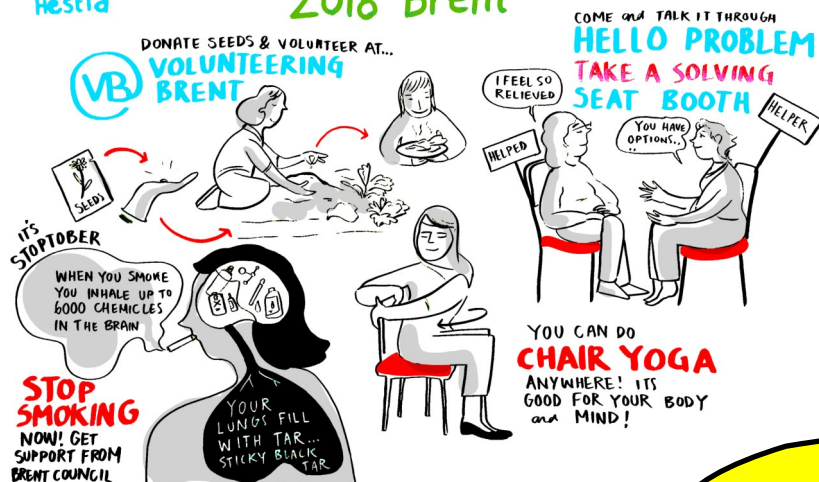


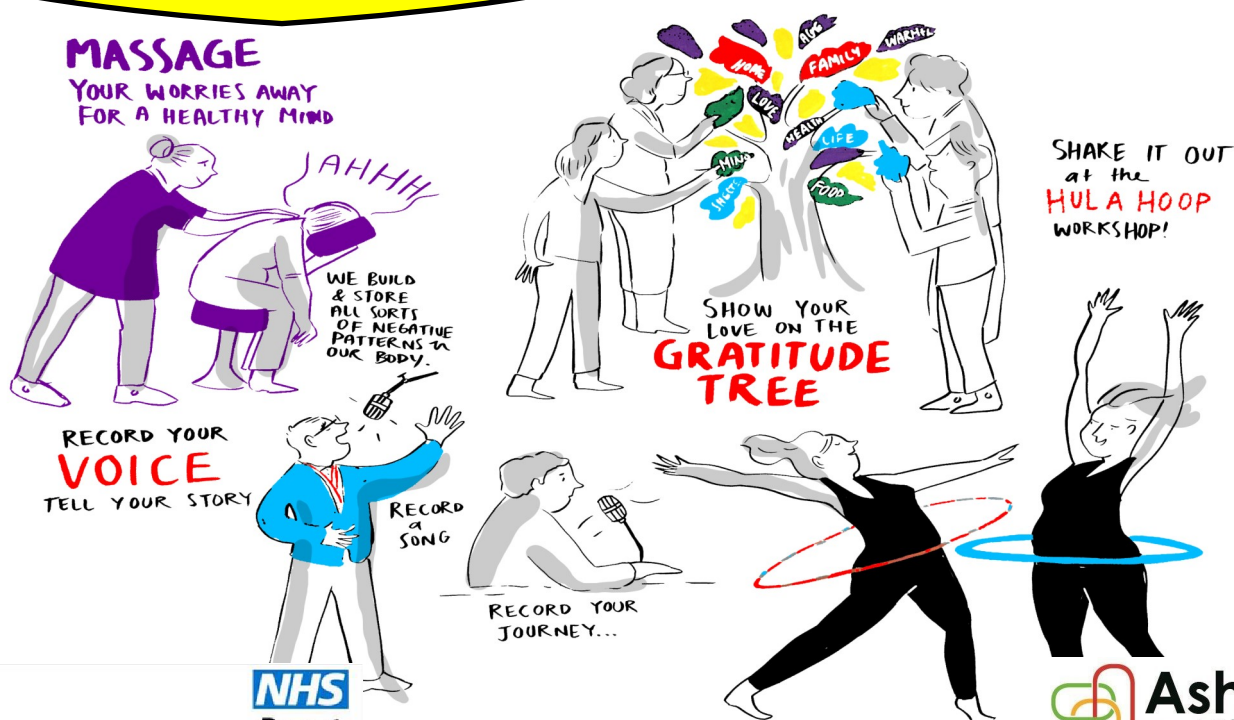


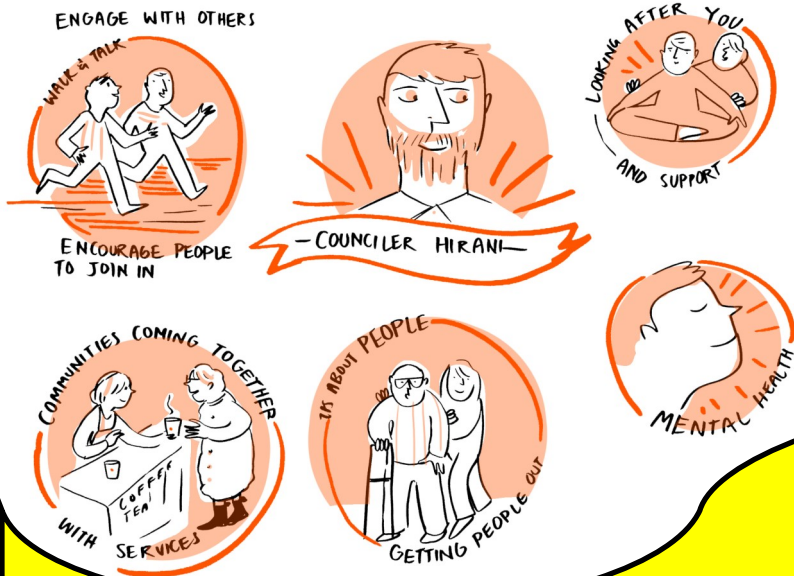
# World Mental Health Day 2018 Brent



Over 100 people came together at The Brent Hub in Stonebridge to celebrate WMHD

This year's theme was 'Young People and Mental Health in a Changing World'. Although Hestia Brent and Ashford Place are commissioned to work with adults, we recognise that our young people are our future adult population and that many young people's mental health can be affected by a family members' mental health journey. We deliberately chose to run our event at The Hub Stonebridge and have it run afterschool hours to be as inclusive as possible. We invited all mental health & wellbeing partners plus additional experts including Brook, Brent Young People Thrive Project, Sport at the Heart and a Spoken Word with Music producer. Councillor Hirani delighted the crowd with a heart felt speech and then sat in deep discussion with a group in the recording studio.





Thank you for organising such a vibrant and successful WMHD event. It was great working with your clients yesterday, I left feeling so inspired!

Workshops included creative writing, sensory experience, mood boards, seed bombs, lavender bags, boxing skills, dance, hoola-hoop, spoken word & song and chair yoga. Massage was available all day, as was the PSB (Problem Solving Booth) and Peer Support Group. Partners came from SIBI, Volunteer Brent, Terrence Higgins Trust and of course our amazing food from SUFRA. The atmosphere was warm, lively and enquiring. People took home new skills, resources, a feeling of wellbeing and a sense of community. This time last year Engagement Brent were 'new kids on the block,' we held an event at the Pakistan Centre, people came not really knowing too much about us. This year we have worked incredibly hard; forging new and fruitful relationships across the borough, and pan London. We have offered services to hundreds of people and have begun to co-create a real and impactful discussion around mental health & wellbeing in this community.

Thanks for inviting Brent Young People Thrive to be part of today, we made lots of positive connections with the organisations and session facilitators which will I hope help promote this project and MH anti-stigma

