

Public Health Brent Health Matters NHS

Health and Wellbeing events

Pop-up Schedule January 2025



Key

-  Public Health
-  BHM/ Health Checks
-  Health Promotion
-  Event TBC



Health Awareness Campaigns: January 2025

- **Dry January**
- **STI Awareness Day (14 January)**
- **Samaritans Brew Monday (20th January)**
- **Cervical Cancer Prevention Week (20 -26 January)**
- **Great Mental Health Day (31 January)**

Brent Health Matters – Health and Wellbeing Events for January 2025

Date/Time	Location	Event Theme / Information	Lead/Contact	Open to public/ closed
<p>Sunday 5th January</p> <p>Time: 10:30 – 13:30</p>	<p>SDA Church Willesden Glebe Road NW10 2JD</p> <p>Locality: Willesden</p>	<p style="text-align: center;">SDA Drop in Session</p> <p style="text-align: center;">Aim/Focus: Health Promotion, Emotional Wellbeing.</p> <p>Target Audience: many are users of food banks and have mental health needs.</p> <p>Health Checks: none</p> <p>Health Promotion: Health promotion, emotional wellbeing and signposting</p>	<p>Lead officer: Jenny Lanyero</p> <p>Contact: jlanyero@nhs.net</p>	<p>Open to public</p>
<p>Wednesday 8th January</p> <p>Time: 10am - 2pm</p>	<p style="text-align: center;">The Lounge Café</p> <p>Chalkhill Community Centre , Chalkhill Rd, Barnhill HA9 9FX</p> <p>Locality: K&K</p>	<p style="text-align: center;"><u>BHM Pharmacy- medication review clinics</u> <u>(Second Wednesday of each month)</u></p> <p>Aim/Focus: To provide a Level 1 Medication Review to community groups within Brent, who suffer from poorly managed long-term health conditions.</p> <p>Target Audience: Brent residents</p> <ul style="list-style-type: none"> • Suffering from a long-term health condition e.g. diabetes, hypertension, cardio-renal disease • Complex, problematic polypharmacy • Concerns/issues with medications • Not had a structured medication review in the last 12 months 	<p>Lead officer: Nazia Ali Nilam Kaylan</p> <p>Contact: Nazia.ali@brent.gov.uk nilam.kalyan@nhs.net</p>	<p>Open to public</p>

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<p>Tuesday 14th January</p> <p>Time: Daytime but TBC</p>	<p>Kolak Snack Foods Ltd 308-310 Elveden Road London NW10 7ST</p> <p>Locality: Harlesden</p>	<p>Health and Wellbeing Event to mark World MH Day Kolak Snack Foods Ltd</p> <p>Aim/Focus: Target Audience: Health Checks: Health Promotion:</p>	<p>Lead officer: Sandhya Thacker</p> <p>Contact: sandhya.thacker@brent.gov.uk</p>	<p>Closed group</p>
<p>Wednesday 15th January</p> <p>Time 1pm - 4pm</p>	<p>The Lounge Café</p> <p>Chalkhill Community Centre , Chalkhill Rd, Barnhill HA9 9FX</p> <p>Locality: K&K</p>	<p><u>Emotional well-being and Housing Support session</u> <i>(Third Wednesday of each month)</i></p> <p>Aim/Focus:</p> <ul style="list-style-type: none"> · Emotional and Mental Health support · Housing Support · Employment Support <p>Target Audience: Residents visiting the Chalk hill centre and the café</p> <p>Health Checks: No</p>	<p>Lead officer: Nazia Ali</p> <p>Contact: Nazia.ali@brent.gov.uk</p>	<p>Open to public</p>

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Date/Time	Location	Event Theme / Information	Lead/Contact	Open to public/ closed
<p style="text-align: center;">Thursday 23rd January</p> <p style="text-align: center;">Time: 11:00 am– 12 pm</p>	<p style="text-align: center;">Chalkhill Community Centre</p> <p>Chalkhill Rd, Barnhill HA9 9FX</p> <p>Locality: K&K</p>	<p style="text-align: center;"><u>Talk on malnutrition/undernutrition by TAI</u> <u>Diabetes group by GLORIA</u></p> <p>Aim/Focus: Awareness Talk on Malnutrition and Undernutrition, especially in the elderly population which increases the risk of illness and infection, delayed wound healing, increased risk of falls, reduced muscle strength and mobility. Target Audience: Elderly Irish population Health Checks: No Health Promotion:</p>	<p>Lead officer: Nazia Ali</p> <p>Contact: Nazia.ali@brent.gov.uk</p>	<p style="text-align: center;">Closed group</p>
<p style="text-align: center;">Tuesday 28th January</p> <p style="text-align: center;">Time: 10:30 – 13:30</p>	<p style="text-align: center;">SDA Church Willesden</p> <p>Glebe Road NW10 2JD</p> <p>Locality: Willesden</p>	<p style="text-align: center;">SDA Drop in Session</p> <p>Aim/Focus: Health Promotion, Emotional Wellbeing. Target Audience: many are users of food banks and have mental health needs. Health Checks: none Health Promotion: Health promotion, emotional wellbeing and signposting</p>	<p>Lead officer: Jenny Lanyero</p> <p>Contact: jlanyero@nhs.net</p>	<p style="text-align: center;">Open to public</p>

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Date/Time	Location	Event Theme / Information	Lead/Contact	Open to public/ closed
<p>Wednesday 29th January</p> <p>Time:</p> <p>1:00 pm– 3 pm</p>	<p>Lindsay Baptist Church- Food bank</p> <p>The Mall Kenton HA3 9TG</p> <p>Locality: K & K</p>	<p><u>Emotional well-being and Housing Support session</u></p> <p><i>(Fourth Wednesday of each month)</i></p> <p>Aim/Focus:</p> <ul style="list-style-type: none"> · Emotional and Mental Health support · Housing Support · Employment Support <p>Target Audience: Residents visiting the Chalk hill centre and the café</p> <p>Health Checks: No</p>	<p>Lead officer: Nazia Ali Zubeyda Hussein</p> <p>Contact: Nazia.ali@brent.gov.uk zubeyda.hussein@nhs.net</p>	<p>Closed group</p>
<p>Wednesday 29th January</p> <p>Time:</p> <p>10:00 pm– 1 pm</p>	<p>Silver Jubilee Park</p> <p>Townsend Ln, Welsh Harp NW9 7NE</p> <p>Locality: K & K</p>	<p><u>Talk on malnutrition/undernutrition by TAI</u></p> <p>Aim/Focus: Awareness Talk on Malnutrition and Undernutrition, especially in the elderly population which increases the risk of illness and infection, delayed wound healing, increased risk of falls, reduced muscle strength and mobility.</p> <p>Target Audience: Elderly Irish population</p> <p>Health Checks: No</p> <p>Health Promotion:</p>	<p>Lead officer: Nazia Ali</p> <p>Contact: Nazia.ali@brent.gov.uk</p>	<p>Open to public</p>