




# Public Health Brent Health Matters NHS

## Health and Wellbeing events

### Pop-up Schedule February 2025

#### Key

-  Brent Health Matters Clinical Checks
-  Health Promotion
-  Children and Young People



# Health Awareness Campaigns: February 2025

- **LGBT + History Month**
- **National HIV Testing Week (3 – 9 February 2025)**
- **Children's Mental Health Week (3 – 9 February 2025)**
- **World Cancer Day (4 February 2025)**
- **Time to Talk Day (7 February 2025)**
- **Eating Disorder Awareness Week (28 February – 6 March 2025)**

## Brent Health Matters – Health and Wellbeing Events for February 2025

Date/Time	Location	Event Theme / Information	Lead/Contact	Open to public/ closed
<p style="text-align: center;"><b>Saturday 1st February</b></p> <p style="text-align: center;"><b>Time: 12:00pm –3 pm</b></p> <p style="text-align: center;"><b>Set up by 11:30</b></p>	<p><b>Shree Swaminarayan Mandir, Kingsbury</b> 211 Kingsbury Rd, London NW9 8AQ</p> <p><b>Locality:</b> K&amp;K</p>	<p style="text-align: center;"><b>Health Promotion Event</b></p> <p><b>Aim/Focus:</b> To reach to a volleyball event which is likely to have about 150 players and their colleagues who have come to view.</p> <p><b>Target Audience:</b> South Asian men age 44-55 yrs</p> <p><b>Health Promotion:</b></p> <ul style="list-style-type: none"> <li>- Cancer awareness campaign</li> <li>- Healthy eating</li> <li>- Emotional Well being</li> <li>- Clinical consultation</li> </ul>	<p><b>Lead officer:</b> Nazia Ali</p> <p><b>Contact:</b> <a href="mailto:Nazia.ali@brent.gov.uk">Nazia.ali@brent.gov.uk</a></p>	<p style="text-align: center;"><b>Closed group</b></p>
<p style="text-align: center;"><b>Wednesday 5th February</b></p> <p style="text-align: center;"><b>12:00pm-1:30pm</b></p> <p style="text-align: center;"><b>Setup 11:30am</b></p>	<p><b>Free the Forgotten</b> 220 Church Rd, NW10 9NP</p> <p><b>Locality:</b> Harlesden</p>	<p style="text-align: center;"><b>World Cancer Day Campaign Health Promotion and NHS Bowel Cancer Screening Presentation</b></p> <p><b>Aim/Focus:</b> To reach men who attuned morning coffee morning Mainly above 50yrs of age, ethnic majority expected Somali and some North African men.</p> <p><b>Target Audience:</b> men above age of 50</p>	<p><b>Lead officer:</b> Ahmed Abukar Nazia Ali</p> <p><b>Contact:</b> ahmed.abukar@brent.gov.uk <a href="mailto:Nazia.ali@brent.gov.uk">Nazia.ali@brent.gov.uk</a></p>	<p style="text-align: center;"><b>Closed group</b></p>

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<p style="text-align: center;"><b>Friday 7th February</b></p> <p style="text-align: center;"><b>Time: 1:30pm–2:30pm</b></p>	<p style="text-align: center;"><b>Central Mosque of Brent</b></p> <p>41 Station Parade, London NW2 4PU</p> <p><b>Locality:</b> Willesden</p>	<p style="text-align: center;"><b>World Cancer Day Campaign NHS Bowel Cancer Screening Presentation on</b></p> <ul style="list-style-type: none"> <li>• BC and its symptoms</li> <li>• Facts and Risks factors</li> <li>• Barriers and Prevention</li> <li>• New FIT kit and Eligibility Criteria</li> </ul> <p><b>Target Audience:</b> Mosque attendees and residents attending community kitchen on Fridays</p>	<p><b>Lead officer:</b> Nazia Ali Nilam Kaylan Francesca Caporiccio</p> <p><b>Contact:</b> <a href="mailto:Nazia.ali@brent.gov.uk">Nazia.ali@brent.gov.uk</a> <a href="mailto:nilam.kalyan@nhs.net">nilam.kalyan@nhs.net</a> <a href="mailto:Francesca.Caporiccio@brent.gov.uk">Francesca.Caporiccio@brent.gov.uk</a></p>	<p style="text-align: center;"><b>Open to public</b></p>
<p style="text-align: center;"><b>Monday 10th February</b></p> <p style="text-align: center;"><b>Time: 10:00 am-1:00pm</b></p>	<p style="text-align: center;"><b>The Kiln Theatre</b></p> <p>The Kiln Theatre, 269 Kilburn High Rd, London NW6 7JR</p> <p><b>Locality:</b> Kilburn</p>	<p style="text-align: center;"><b>Kiln Winter Warm Spaces</b></p> <p><b>Aim/Focus:</b> BHM Kilburn locality team at The Kiln Warm, providing health awareness, management and emotional wellbeing support for local residents</p> <p><b>Target Audience:</b> vulnerable members of the community experiencing financial hardship; heating and food poverty during the winter period.</p>	<p><b>Lead officer:</b> Alexia Benjamin</p> <p><b>Contact:</b> <a href="mailto:alexia.benjamin@brent.gov.uk">alexia.benjamin@brent.gov.uk</a></p>	<p style="text-align: center;"><b>Open to public</b></p>

## Brent Health Matters – Health and Wellbeing Events for February 2025

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<p><b>Wednesday 12th February</b></p> <p><b>Time: 10:00 am– 2 pm</b></p>	<p><b>The Lounge Café</b></p> <p>Chalkhill Community Centre , Chalkhill Rd, Barnhill HA9 9FX</p> <p><b>Locality:</b> K&amp;K</p>	<p><b>BHM Pharmacy- medication review clinics (Second Wednesday of each month )</b></p> <p><b>Aim/Focus:</b> To provide a Level 1 Medication Review to community groups within Brent, who suffer from poorly managed long-term health conditions.</p> <p><b>Target Audience:</b> Brent residents</p> <ul style="list-style-type: none"> <li>• Suffering from a long-term health condition e.g. diabetes, hypertension, cardio-renal disease</li> <li>• Complex, problematic polypharmacy</li> <li>• Concerns/issues with medications</li> <li>• Not had a structured medication review in the last 12 months</li> </ul>	<p><b>Lead officer:</b> Nazia Ali Nilam Kaylan</p> <p><b>Contact:</b> <a href="mailto:Nazia.ali@brent.gov.uk">Nazia.ali@brent.gov.uk</a> <a href="mailto:nilam.kalyan@nhs.net">nilam.kalyan@nhs.net</a></p>	<p><b>Open to public</b></p>
<p><b>Tuesday 18<sup>th</sup> February</b></p> <p><b>Time: 12-3pm</b></p> <p><b>Set up at 11</b></p>	<p>Roundwood School &amp; Community Centre, 49 Longstone Ave, NW10 3UN</p> <p><b>Locality:</b> Harlesden</p>	<p><b><u>Health and Wellbeing Event for CYP with asthma</u></b></p> <p><b>Aim/focus:</b> To improve the overall health and wellbeing of individuals suffering from asthma and their families, particularly those living in high areas of deprivation.</p> <p><b>Target audience:</b> CYP in Brent with asthma and their families.</p> <p><b>Health checks: No.</b></p> <p><b>Health promotion:</b> Asthma management, healthy weight and nutrition, smoking cessation, mental health and emotional wellbeing support, immunisations, air quality, financial support, housing.</p>	<p><b>Lead officer:</b> Makita Mott Bethan Almeida Sonam Dattani</p> <p><b>Contact:</b> <a href="mailto:Makita.mott@brent.gov.uk">Makita.mott@brent.gov.uk</a> <a href="mailto:bethan.almeida@nhs.net">bethan.almeida@nhs.net</a> <a href="mailto:sonamdattani@nhs.net">sonamdattani@nhs.net</a></p>	<p><b>Open to public</b></p>

## Brent Health Matters – Health and Wellbeing Events for February 2025

Date/Time	Location	Event Theme / Information	Lead/Contact	Open to public/ closed
<p><b>Wednesday 19th February</b></p> <p><b>Time 1pm - 4pm</b></p>	<p><b>The Lounge Café</b></p> <p>Chalkhill Community Centre , Chalkhill Rd, Barnhill HA9 9FX</p> <p><b>Locality:</b> K&amp;K</p>	<p><b>Emotional well-being and Housing Support session</b> <i>( Third Wednesday of each month )</i></p> <p><b>Aim/Focus:</b></p> <ul style="list-style-type: none"> <li>· Emotional and Mental Health support</li> <li>· Housing Support</li> <li>· Employment Support</li> </ul> <p><b>Target Audience:</b> Residents visiting the Chalk hill centre and the café</p> <p><b>Health Checks: No</b></p>	<p><b>Lead officer:</b> Nazia Ali</p> <p><b>Contact:</b> <a href="mailto:Nazia.ali@brent.gov.uk">Nazia.ali@brent.gov.uk</a></p>	<p><b>Open to public</b></p>
<p><b>Wednesday 19th February</b></p> <p><b>Time: 3:00 pm– 4 pm</b></p>	<p><a href="#"><u>Woodcock Court</u></a> (Retirement housing complex )</p> <p>258-266 Woodcock Ct, Kenton HA3 0PN</p> <p><b>Locality:</b> K&amp;K</p>	<p><b>Dementia Awareness Workshop by Brent Memory Clinic and Community Action on Dementia</b></p> <p><b>Aim/Focus:</b> Create awareness about Dementia and services related to it</p> <p><b>Target Audience:</b> Residents aged 60-80 yrs , 20-30 numbers</p> <p><b>Health Checks: No</b></p> <p><b>Health Promotion:</b>Engage with the elderly population</p>	<p><b>Lead officer:</b> Nazia Ali</p> <p><b>Contact:</b> <a href="mailto:Nazia.ali@brent.gov.uk">Nazia.ali@brent.gov.uk</a></p>	<p><b>Closed group</b></p>

## Brent Health Matters – Health and Wellbeing Events for February 2025

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<p><b>Friday 21<sup>st</sup> February</b></p> <p><b>Time:</b> <b>11:00 am– 4 pm</b></p>	<p><b>Kumon Centre,</b> 2 Curtis Lane, Wembley, England, HA0 4FW</p> <p><b>Locality:</b> Wembley</p>	<p><b><u>Family Health &amp; Wellbeing event &amp; Centre Open Day</u></b></p> <p><b>Aim/focus:</b> To engage with families around child and adult health and wellbeing.</p> <p><b>Target audience:</b> Families attending Kumon Learning Centre, Diu &amp; Sri Lankan communities and the Wembley locality (40-60 people)</p> <p><b>Health checks:</b> Yes.</p> <p><b>Health promotion:</b> Child health priorities – asthma, immunisations and mental health. Blood pressure, diabetes, healthy eating.</p>	<p><b>Lead officer:</b> Makita Mott Nilesh Kumar</p> <p><b>Contact:</b> <a href="mailto:makita.mott@brent.gov.uk">makita.mott@brent.gov.uk</a> <a href="mailto:nileshkumar.christian@brent.gov.uk">nileshkumar.christian@brent.gov.uk</a></p>	<p><b>Open to public</b></p>
<p><b>Saturday 22<sup>nd</sup> February</b></p> <p><b>Time: 10:30am-6pm</b></p>	<p><b>Harlesden Library,</b> Craven Park Rd, London NW10 8SE</p> <p><b>Locality: Harlesden</b></p>	<p><b>Carnival Theme event focusing on Health and Wellbeing PH/BHM in partnership with Harlesden Library</b></p> <p><b>Aim/Focus:</b> Health and wellbeing event with mini health checks (BP and sugar checks); focused on Brazilian and Portuguese community. This will be a family fun health day</p> <p><b>Target Audience:</b> Brazilian, Portuguese, Open to all communities</p> <p><b>Health Checks:</b> Blood pressure and sugar level</p> <p><b>Health Promotion:</b> Diet/nutrition, physical activity offer, emotional wellbeing, tobacco advise, information on managing hypertension, cancers screening awareness, The event will include children and adults fun activities, i.e art &amp; craft, face painting, dance and workshops</p>	<p><b>Lead Officer:</b> Gabriela Ramos</p> <p><b>Contact:</b> Gabriela.ramos@brent.gov.uk</p>	<p><b>Open to public</b></p>

## Brent Health Matters – Health and Wellbeing Events for February 2025

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<p><b>Wednesday 26th February</b></p> <p><b>Time:</b>  <b>12:00 pm– 1:30pm</b></p>	<p><b>Free the Forgotten</b> 220 Church Rd, NW10 9NP <b>Locality:</b> Harlesden</p>	<p style="text-align: center;"><b><u>HWB Event: Nutrition and health</u></b></p> <p><b>Aim/Focus:</b> to raise awareness of BP, diet, nutrition, general signposting information <b>Target Audience:</b> all communities <b>Health Promotion:</b> Diet and links to Hypertension and Diabetes information Expected 15-20</p>	<p><b>Lead officer:</b> Ahmed Abukar</p> <p><b>Contact:</b> ahmed.abukar@brent.gov.uk</p>	<p><b>Closed group</b></p>
<p><b>Wednesday 26th February</b></p> <p><b>Time:</b>  <b>1:00 pm– 3 pm</b></p>	<p><b>Lindsay Baptist Church- Food bank</b> The Mall, Kenton HA3 9TG  <b>Locality:</b> K &amp; K</p>	<p style="text-align: center;"><b>Emotional well-being and Housing Support session</b> <i>( Last Wednesday of each month )</i></p> <p><b>Aim/Focus:</b></p> <ul style="list-style-type: none"> <li>· Emotional and Mental Health support</li> <li>· Housing Support</li> <li>· Employment Support</li> </ul> <p><b>Target Audience:</b> Residents visiting the Food bank <b>Health Checks:</b> No</p>	<p><b>Lead officer:</b> Nazia Ali Zubeyda Hussein</p> <p><b>Contact:</b> <a href="mailto:Nazia.ali@brent.gov.uk">Nazia.ali@brent.gov.uk</a> zubeyda.hussein@nhs.net</p>	<p><b>Closed group</b></p>
<p><b>Monday 27th February</b></p> <p><b>Time:</b>  <b>10:00 am-1:00</b></p>	<p><b>The Kiln Theatre</b> The Kiln Theatre, 269 Kilburn High Rd, London NW6 7JR  <b>Locality:</b> Kilburn</p>	<p style="text-align: center;"><b>The Kiln Winter Warm Spaces</b></p> <p><b>Aim/Focus:</b> BHM Kilburn locality team at The Kiln Warm Space, providing health awareness, management and emotional wellbeing support for local residents</p> <p><b>Target Audience:</b> vulnerable members of the community experiencing financial hardship; heating and food poverty during the winter period.</p>	<p><b>Lead officer:</b> Alexia Benjamin</p> <p><b>Contact:</b> <a href="mailto:alexia.benjamin@brent.gov.uk">alexia.benjamin@brent.gov.uk</a></p>	<p><b>Open to public</b></p>