

Brent Health Matters Adults Team

Health and Wellbeing events

December 2025

Brent Health Matters – Health and Wellbeing Events for December 2025

Date/Time	Location	Event Theme / Information	Lead/Support	Comms
Monday 1 December Time: 11:30am – 1pm	Cricklewood Library 152 Olive Road NW2 6UY Locality: Willesden	Crickle Clubbers Aim/Focus: To deliver a health and wellbeing event for people attending Crickle Clubbers 50+ Club. Target Audience: Expected 15 people, age range 60+ and ethnicity mainly Irish and White European. Voiced health challenges are, Diabetes, Cardiovascular disease, Bowel cancer and mental health. Health checks: BP + Glucose check followed by consultation Health promotion: Mental health and healthy eating	Lead Officer: Francesca Caporiccio francesca.caporiccio@brent.gov.uk	Open Event
Monday 1 December Time: 3pm - 6pm	Peel Plaza Canterbury Road, South Kilburn, NW6 5HH Locality: Kilburn	South Kilburn Winter Fair 2025 Aim/Focus: Kilburn locality team will support a festive event for local residents to break social isolation, encourage community cohesion and enjoy an afternoon filled with Free Food & Drinks, Live Music, Crafts & Festive Cheer Target Audience: Generic south Kilburn community – All ages, ethnicities and genders, Numbers Exected:100-200 Health checks: NO Health promotion: BHM generic programme offer-to provide information and raise awareness of physical and emotional wellbeing support	Lead Officer: Alexia Benjamin alexia.benjamin@brent.gov.uk	Open Event
Tuesday 2 December Time 11:15 am - 12:15 am	Tavistock Centre Harlesden NW10 4ND Locality: Harlesden	NHS Bowel Cancer Screening Presentation for Diabetes peer support group Aim/Focus: The presentation will Covers: Live demonstration of new Bowel Cancer (BC) FIT Kit and its eligibility criteria. BC and its symptoms . facts and risks factor. and	Lead Officer: Diana Collymore Diana.Collymore@brentheps.co.uk	Closed Event

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Wednesday 3 December Time: 2pm-3pm	Wembley Learning Zone Wembley Park Boulevard, Wembley Park, Wembley HA9 0WS Locality: Wembley	Diabetes Talk with Alzheimer's Café Deliver a talk to residents attending the café on Diabetes	Lead Officer: Sandhya Thacker Sandhya.Thacker@brent.gov.uk	Closed event
Friday 5 December Time: 11am – 2pm	Ealing Road Library Coronet Parade Ealing Road Wembley HA0 4BA Locality: Wembley	Regular Drop-in sessions at the Ealing Road Library Aim/Focus: Emotional and wellbeing support session Target Audience: HUB users Health Checks: No Health Promotion: Engage with the elderly population experiencing social isolation.	Lead Officer: Sunita Patel sunita.patel11@nhs.net	Open Event

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<p>Saturday 6 December</p> <p>Time: 11am-4pm</p>	<p>Brent Civic Centre & Wembley Library Engineers Way Wembley HA9 0FJ</p> <p>Locality: Wembley</p>	<p>In-Reach Launch Event NWL HWB event in partnership with BHM</p> <p>Aim/Focus: In-Reach Community Launch Event improve Black Health Outcomes, build trust, Demonstrate prevention in action, offering health checks and pathways to follow-up care, showcase the holistic hub model, combining clinical, social, and wellbeing support under one roof, engage and empower residents Target Audience: all communities Health Checks: height/weight/BMI, BP, sugar checks / Kidney checks, AAA and Diabetes eye screening Health Promotion: diet/nutrition/diabetes, physical activity, stop smoking, women's health, cancer prevention, immunisation, general health & wellbeing advice. Fun activities for children, market stalls, physical activity taster sessions and talks by clinicians & those with lived experience</p>	<p>Lead Officer: Sandhya Thacker Sandhya.Thacker@brent.gov.uk</p>	<p>Open event</p>
<p>Sunday 7 December</p> <p>Time 1pm – 6pm</p>	<p>Chalkhill Community Centre 113 Chalkhill Road, Wembley Park, Wembley HA9 9FX</p> <p>Locality: lead by Harlesden (event in K&K)</p>	<p>Healthy Families Event – Somali event</p> <p>Aim/Focus: To empower and educate the Somali community by providing information and resources addressing children's health special focus on SEN, Autism, Learning disabilities and Vaccinations. (60- 65 expected to come) Target Audience: Somali Community Health Checks: No – To possibly offer blood pressure checks? Health Promotion: Mental health support, family's health eating</p>	<p>Lead Officer: Ahmed Abukar ahmed.abukar@brent.gov.uk</p>	<p>Open event</p>

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Tuesday 9 December Time: 12:30pm-3:00pm	Brent Foodbank - Neasden Centre Vestry Hall, 21 Neasden Lane, NW10 2TS Locality: Harlesden	Health and Wellbeing Event with Brent Foodbank Aim/Focus: Supporting the Church End foodbank users to get health checks and better their health literacy on diabetes and hypertension and obesity Target Audience: Foodbank users – mixed ethnicity Health checks: Full health checks Health Promotion: support with Diet and Diabetes information Hypertension information, Mental Health awareness CNWL	Lead Officer: Ahmed Abukar ahmed.abukar@brent.gov.uk	Closed event
Wednesday 10 December Time: 11 – 2pm	St James Church 32 Stanley Avenue Wembley HA0 4JB Locality: Wembley	Regular Drop-in sessions at St James Church Aim/Focus: Emotional and wellbeing support session Target Audience: HUB users Health Checks: No Health Promotion: Engage with the elderly population experiencing social isolation.	Lead Officer: Sunita Patel sunita.patel11@nhs.net	Open event
Thursday 11 December Time: 10am – 1pm	Address to not be shared on the events schedule for confidentiality reasons. Locality: Willesden	Health & Wellbeing event Hestia Aim/focus: To deliver a health and wellbeing event with women with a history of domestic violence. Target Audience: Hestia Clients Health checks: Mini Health Check (BP / Glucose check followed by consultation) Health promotion: Mental Health, Housing, Substance Abuse, CYP Team.	Lead Officer: Francesca Caporiccio francesca.caporiccio@brent.gov.uk	Closed event

Brent Health Matters – Health and Wellbeing Events for December 2025

Date/Time	Location	Event Theme / Information	Lead/Support	Comms
Friday 12 December Time: 11am -5pm	Holiday Inn, Empire Way, Wembley HA9 8DS Locality: Wembley	Health and Wellbeing Day with AS/Refugees Aim/Focus: Health promotion/prevention information stalls together with other wellbeing stalls with health checks targeted at Refugees and Asylum Seekers Health Checks: Clinical conversations with Nurse and Pharmacist Target Audience: Refugees/Asylum seekers from 2 hotels in Wembley – all communities Health Promotion: diet/nutrition/diabetes, physical activity, stop smoking, women's health, cancer prevention, Immunisation, general health Advice, other signposting stalls	Lead Officer: Sandhya Thacker Sandhya.Thacker@brent.gov.uk	Closed Event
Friday 12 December Time: 12 noon - 3pm	Brent Hubs Kilburn Hornbill House, 2 Rudolph Road, Kilburn NW6 5GG Locality: Kilburn	BHM at Kilburn Hub Friday Coffee Club Christmas Celebration Aim/Focus: Emotional wellbeing support; breaking isolation; sign-posting and referral; encouraging physical exercise BHM programme promotion Target Audience: S.Kilburn residents living local to the Hub Health Checks: NO Health Promotion: Emotional Wellbeing; physical activity;	Lead Officer: Alexia Benjamin alexia.benjamin@brent.gov.uk	Open Event

Brent Health Matters – Health and Wellbeing Events for **December 2025**

Date/Time	Location	Event Theme / Information	Lead/Support	Comms
<p>Friday 12th December</p> <p>Time 3:00pm –4:00pm</p>	<p>The Church of the Ascension. The Avenue, Barnhill, HA9 9QL</p> <p>Locality: Kingsbury and Kenton</p>	<p>NHS app information sessions</p> <p>Aim/Focus: The sessions will help residents to register and use the NHS App confidently to Manage prescriptions /Order Repeat prescriptions . Access health records and their care records .Book appointments</p> <p>Target Audience: 5-20 retired adults , 70 plus yrs</p> <p>Health Checks: No</p>	<p>Lead Officer: Nazia Ali Nazia.Ali@brent.gov.uk</p>	<p>Closed event</p>
<p>Saturday 13 December</p> <p>Time: 10:00am-4:00pm</p>	<p>Brent Civic Centre and Wembley Library Engineers Way Wembley Middx HA9 0FJ</p> <p>Locality: Wembley</p>	<p>Health and wellbeing Event with Health Checks: Filipino Community</p> <p>Aim/Focus: Engage with the community on health and wellbeing</p> <p>Target Audience: families from Filipino and all other communities</p> <p>Health Checks: Height/weight/BMI, BP, Sugar checks followed by consultation with the clinical team</p> <p>Health Promotion: diet/nutrition/diabetes, physical activity, stop smoking, women's health, cancer prevention, Immunisation, general health Advice. Fun activities for children, market stalls, carol singing</p>	<p>Lead Officer: Sandhya Thacker Sandhya.Thacker@brent.gov.uk</p>	<p>Open event</p>

Brent Health Matters – Health and Wellbeing Events for **December 2025**

Date/Time	Location	Event Theme / Information	Lead/Support	Comms
Wednesday 17 December Time 1:00pm – 4:00 pm	The Lounge Café Chalkhill Community Centre , Chalkhill Rd, Barnhill HA9 9FX Locality: Kingsbury and Kenton	Emotional well-being and Housing Support session <i>(Third Wednesday of each month)</i> Aim/Focus: Emotional and Mental Health support Housing Support Employment Support Target Audience: Residents visiting the Chalk hill centre and the café Health Checks: No	Lead Officer: Nazia Ali Nazia.Ali@brent.gov.uk	Open Event
Wednesday 17 December Time: 1:00pm – 3:00pm	Lindsay Baptist Church- Food bank The Mall, Kenton HA3 9TG Locality: Kingsbury and Kenton	Regular Drop in session for Emotional Well being support <i>(Last Wednesday of each month)</i> Aim/Focus: Confidential one to one consultations. Practical stress management techniques . Carer Support. Brent Services Information and access to the CNWL Recovery & Wellbeing College. Target Audience: OPEN TO ALL Health Checks: No	Lead Officer: Nazia Ali Nazia.Ali@brent.gov.uk	Open Event

Brent Health Matters Children and Young People

Health and Wellbeing events

December 2025

Brent Health Matters – Health and Wellbeing Events for CYP - December 2025

Date/Time	Location	Event Theme / Information	Lead/Support	Comms
<p>Monday 1st December 8th December 15th December 22nd December</p> <p>Time: 9am to 4pm</p>	<p>Kilburn Hub Hornbill House, 2 Rudolph Road, NW6 5GG</p> <p>Locality: Kilburn</p>	<p>Immunisation drop ins (alongside SAAFI)</p> <p>Aim/focus: To build up a presence in Kilburn in a regular community space to engage with the community around childhood imms, especially MMR. Answering questions & sharing information with families.</p> <p>Target Audience: Parents/carers in South Kilburn</p> <p>Health checks: n/a</p> <p>Health promotion: childhood immunisations, child health & signposting.</p>	<p>Lead: Grace Farodoye grace.farodoye1@nhs.net</p>	<p>Open event</p>

Brent Council Public Health

Health and Wellbeing events

December 2025

Public Health – Health and Wellbeing Events for December 2025

Date/Time	Location	Event Theme / Information	Lead/Support	Comms
Monday 1 December Time: 9:00am-3:00pm	Shree Swaminarayan Mandir Kingsbury 211 Kingsbury Road Kingsbury NW9 8AQ Locality: Kingsbury	Junior Citizen Scheme (JCS) workshop on Oral Health	Lead Officer: Anna-Maria Thorpe anna-maria.thorpe@brent.gov.uk	Open Event
Monday 1 December Time: 9:00am-3:00pm	Shree Swaminarayan Mandir Kingsbury 211 Kingsbury Road Kingsbury NW9 8AQ Locality: Kingsbury	Junior Citizen Scheme (JCS) workshop on Healthy Eating	Lead Officer: Anna-Maria Thorpe anna-maria.thorpe@brent.gov.uk	Open Event
Monday 1 December Time 10:30am - 4pm	Wembley Library (Civic Centre) 32 Engineers Way Wembley Park Wembley HA9 8TS Locality: Wembley	Covid-19 Autumn Booster & Flu Vaccination Campaign with NHS Roving team – Onsite Aim/Focus: Vaccinate vulnerable residents, eligible for immunisation and with engage around HWB. Target Audience: those who meet eligibility criteria Health Promotion: Immunisation, general health advice	Lead Officer: Sandhya Thacker Sandhya.Thacker@brent.gov.uk	Open Event

Public Health – Health and Wellbeing Events for December 2025

Date/Time	Location	Event Theme / Information	Lead/Support	Comms
Tuesday 2 December Time: 9:00am-3:00pm	Shree Swaminarayan Mandir Kingsbury 211 Kingsbury Road Kingsbury NW9 8AQ Locality: Kingsbury	Junior Citizen Scheme (JCS) workshop on Oral Health	Lead Officer: Anna-Maria Thorpe anna-maria.thorpe@brent.gov.uk	Open Event
Tuesday 2 December Time: 9:00am-3:00pm	Shree Swaminarayan Mandir Kingsbury 211 Kingsbury Road Kingsbury NW9 8AQ Locality: Kingsbury	Junior Citizen Scheme (JCS) workshop on Healthy Eating	Lead Officer: Anna-Maria Thorpe anna-maria.thorpe@brent.gov.uk	Open Event
Wednesday 3 December Time: 9:00am-3:00pm	Shree Swaminarayan Mandir Kingsbury 211 Kingsbury Road Kingsbury NW9 8AQ Locality: Kingsbury	Junior Citizen Scheme (JCS) workshop on Oral Health	Lead Officer: Anna-Maria Thorpe anna-maria.thorpe@brent.gov.uk	Open Event

Public Health – Health and Wellbeing Events for December 2025

Date/Time	Location	Event Theme / Information	Lead/Support	Comms
Wednesday 3 December Time: 9:00am-3:00pm	Shree Swaminarayan Mandir Kingsbury 211 Kingsbury Road Kingsbury NW9 8AQ Locality: Kingsbury	Junior Citizen Scheme (JCS) workshop on Healthy Eating	Lead Officer: Anna-Maria Thorpe anna-maria.thorpe@brent.gov.uk	Open Event
Thursday 4 December Time: 9:00am-3:00pm	Shree Swaminarayan Mandir Kingsbury 211 Kingsbury Road Kingsbury NW9 8AQ Locality: Kingsbury	Junior Citizen Scheme (JCS) workshop on Oral Health	Lead Officer: Anna-Maria Thorpe anna-maria.thorpe@brent.gov.uk	Open Event
Thursday 4 December Time: 9:00am-3:00pm	Shree Swaminarayan Mandir Kingsbury 211 Kingsbury Road Kingsbury NW9 8AQ Locality: Kingsbury	Junior Citizen Scheme (JCS) workshop on Healthy Eating	Lead Officer: Anna-Maria Thorpe anna-maria.thorpe@brent.gov.uk	Open Event
Friday 5 December Time: 9:00am-3:00pm	Shree Swaminarayan Mandir Kingsbury 211 Kingsbury Road Kingsbury NW9 8AQ Locality: Kingsbury	Junior Citizen Scheme (JCS) workshop on Oral Health	Lead Officer: Anna-Maria Thorpe anna-maria.thorpe@brent.gov.uk	Open Event

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Date/Time	Location	Event Theme / Information	Lead/Support	Comms
Friday 5 December Time: 9:00am-3:00pm	Shree Swaminarayan Mandir Kingsbury 211 Kingsbury Road Kingsbury NW9 8AQ Locality: Kingsbury	Junior Citizen Scheme (JCS) workshop on Healthy Eating	Lead Officer: Anna-Maria Thorpe anna-maria.thorpe@brent.gov.uk	Open Event
Monday 8 December Time 10:30am - 4pm	Wembley Library (Civic Centre) 32 Engineers Way Wembley Park Wembley HA9 8TS Locality: Wembley	Covid-19 Autumn Booster & Flu Vaccination Campaign with NHS Roving team Aim/Focus: Vaccinate vulnerable residents, eligible for immunisation and with engage around HWB. Target Audience: those who meet eligibility criteria Health Promotion: Immunisation, general health advice	Lead Officer: Sandhya Thacker Sandhya.Thacker@brent.gov.uk	Open Event
Friday 12 December Time 10:30am - 4pm	Ealing Road Library Coronet Parade, Ealing Rd Wembley HA0 4BA Locality: Wembley	Covid-19 Autumn Booster & Flu Vaccination Campaign with NHS Roving team Aim/Focus: Vaccinate vulnerable residents, eligible for immunisation and with engage around HWB. Target Audience: those who meet eligibility criteria Health Promotion: Immunisation, general health advice	Lead Officer: Sandhya Thacker Sandhya.Thacker@brent.gov.uk	Open Event

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Date/Time	Location	Event Theme / Information	Lead/Support	Comms
Saturday 13 December Time 3pm-6	Marks Church, All Souls Avenue, Kensal Rise, London NW10 5AL Locality: Kilburn	Monthly C Word Project focused on cancer with African, Caribbean community	Lead Officer: Sandhya Thacker Sandhya.Thacker@brent.gov.uk	Open Event
Saturday 13 December Time: 11:00 am-4:00pm	The Library at Willesden Green 95 High Rd, London NW10 2SF Locality: Willesden	Health and wellbeing Community Fun Day Aim/Focus: Engage with families on health and wellbeing Target Audience: families from all communities Health Promotion: diet/nutrition/diabetes, physical activity, stop smoking, women's health, cancer prevention, Immunisation, general health advice	Lead Officer: Sandhya Thacker Sandhya.Thacker@brent.gov.uk	Open Event
Monday 15 December Time 10:30am - 4pm	Wembley Library (Civic Centre) 32 Engineers Way Wembley Park Wembley HA9 8TS Locality: Wembley	Covid-19 Autumn Booster & Flu Vaccination Campaign with NHS Roving team Aim/Focus: Vaccinate vulnerable residents, eligible for immunisation and with engage around HWB. Target Audience: those who meet eligibility criteria Health Promotion: Immunisation, general health advice	Lead Officer: Sandhya Thacker Sandhya.Thacker@brent.gov.uk	Open Event