

Brent Health Matters Brent Council Public Health & NHS

Health and Wellbeing events

Schedule November 2025

Key



Public Health



BHM/ Health Checks



Health Promotion



Brent Health Matters – Health and Wellbeing Events for November 2025

Date/Time	Location	Event Theme / Information	Lead/Support	Comms
Wednesday 5 November Time: 10:30am – 5:00pm	Charlie Bigham Coriander House 2 McNicol Drive London NW10 7AW Park Royal Locality: Harlesden	Charlie Bigham Big Health Check and Emotional Wellbeing Staff event Aim/Focus: Target Audience: Mixed age/gender mainly from the Indian community will need help with Gujarati-speaking staff. (expected 75 people) Health Checks: mini health checks Health Promotion: To offer advice/information on men's health, diabetes, emotional wellbeing and guidance on healthy lifestyle.	Lead Officer: Sonya Stewart sonya.stewart@nhs.net	Open event
Wednesday 5 November Time: 11:00am-2:30pm	Young at Heart 50plus club The Marion Centre 1 Stafford Road Kilburn NW6 5SR Locality: Kilburn	Young at Heart 50 plus Club Health and Wellbeing event for Seniors Aim/Focus: To assist Brent’s over 50+ residents to live happier healthier longer lives by promoting and supporting these targeted communities with their :- Emotional Well Being/Psychological support, Diabetes, Blood Pressure, Poor sleep, Anxiety/Stress, Depression, Physical activity Target Audience: Mixed ethnicity and gender, age 50 plus. Expected number of people 80-100 Health Checks: Full health checks Health Promotion: Advice and information on general physical health and emotional wellbeing and mental health. Advice on diet/nutrition, physical health activity, substance misuse tobacco use, awareness of prevalent health conditions for Seniors and the ageing population.	Lead Officer: Alexia Benjamin Alexia.benjamin@brent.gov.uk	Open event

Brent Health Matters – Health and Wellbeing Events for November 2025

Date/Time	Location	Event Theme / Information	Lead/Support	Comms
Friday 7 November Time 10:00am – 2:00pm	St Andrews Church, 956 Harrow Rd, Wembley HA0 2QA Locality - Wembley	HWB Event with St Andrews Church Aim/ Focus: Engage with and offer health checks to residents attending memory café and their carers as well as other local residents Target Audience: Mixed age range, gender and ethnicity. Africans and Caribbeans. Number of people expected 60. Health checks: Full health checks Health promotion: To offer advice/information on general health and wellbeing, diabetes advice and information on emotional wellbeing, guidance for a good balance diet and healthy life style /Be active	Lead Officer: Nilesh Kumar Nileshkumar.Christian@brent.gov.uk	Open event
Saturday 8 November Time: 1:00pm-6:30pm	Methodist Church Harlesden 25 High St, London NW10 4NE Locality: Harlesden	East African Wellbeing Aim/Focus: Empower and educate Eritrean community providing health checks, information and resources about health special. Target Audience: Eritrean community. Expected people 60-80 people Health checks: Full health checks Health promotion: provide information on mental wellbeing and healthy lifestyle.	Lead Officer: Ahmed Abukar ahmed.abukar@brent.gov.uk	Open event

Brent Health Matters – Health and Wellbeing Events for November 2025

Date/Time	Location	Event Theme / Information	Lead/Support	Comms
Wednesday 12 November Time: 11:00am – 9:00pm	Metroline Cricklewood Garage Comfort Delgro House 329 Edgware Road London NW2 6JP Locality: Willesden	BHM Health and Wellbeing Event For Metroline Cricklewood Bus Drivers Aim/Focus: To provide physical health checks for all Metroline staff team. Team to be equipped and prepared to provide the requested health checks offering a wide range of self help resources, information, support and advice for staff. To sign post to relevant services offering mental health and physical health support help and advice. Target Audience: Mixed community of bus drivers, male and female of different ages. Expected 80-100-employees Health Checks: Full health checks Health Promotion: Advice and information on general physical health and emotional wellbeing. Advise on diet/nutrition, physical activity offer, tobacco use, awareness of prevalent health conditions in ethnic minority groups.	Lead Officer: Francesca Caporiccio Francesca.caporiccio@brent.gov.uk	Open event
Wednesday 19 November 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

Brent Health Matters – Health and Wellbeing Events for November 2025

Date/Time	Location	Event Theme / Information	Lead/Support	Comms
Wednesday 19 November Time: 10am-5pm	Church End and Roundwood Unity Centre 103 Church Rd, London NW10 9EG Locality: Harlesden	ASC Community Assessment Day Aim/Focus: to provide Care Act assessed residents on ASC waiting list the opportunity to get a review and speak to a range of related services. Target Audience: targeting ASC clients on waiting list for assessment and reviews Health Checks: Full health checks Health Promotion: advice, information, and resources to help individuals link with essential services and support systems	Lead Officer: Sandhya Thacker sandhya.thacker@brent.gov.uk	Open event
Thursday 20 November Time: 10am-4pm	Ashford Place 60 Ashford Rd, London NW2 6TU Locality: Willesden	Carers Rights Day Aim/Focus: Engage with Carers to inform them about their rights, services on offer with the offer of health checks and immunisation Target Audience: Carers from all communities Health Checks: Full health checks by BHM clinical team and Covid autumn booster and flu vaccination will be provided by NHS NWL Roving team Health Promotion: Diet/nutrition/managing diabetes, physical activities, emotional wellbeing, carers assessment, other relevant information	Lead Officer: Sandhya Thacker sandhya.thacker@brent.gov.uk	Open event

Brent Health Matters – Health and Wellbeing Events for November 2025

Date/Time	Location	Event Theme / Information	Lead/Support	Comms
<p>Sunday 23 November</p> <p>Time: 12:00pm – 3:00pm</p>	<p>Roman Catholic Church of English Martyrs Wembley Park, Chalkhill Road, HA9 9EW</p> <p>Locality: Kingsbury & Kenton</p>	<p>Health and Wellbeing with Barnhill Church</p> <p>Aim/Focus: To actively engage with the church members and conduct a comprehensive full health check, one of the big challenges the church is struggling with is supporting its members who suffer from diabetes and other health issues. Some members work night shifts, making it difficult for them to visit their GP.</p> <p>Target Audience: A diverse range of ages exists within multicultural communities, including European, African, Afro-Caribbean, and South Asian populations. Number of expected people is 300.</p> <p>Health Checks: Full health checks</p> <p>Health Promotion: Emotional well-being, Breast and Prostate Cancer.</p>	<p>Lead Officer: Zubeyda Hussein Zubeyda.Hussein@nhs.net</p>	<p>Open event</p>
<p>Wednesday 26 November</p> <p>Time: 11:00am – 5:00pm</p>	<p>Harlesden Jobcentre Plus 161 High Street. Harlesden. London NW10 4TL - Harlesden</p> <p>Locality: Harlesden</p>	<p>DWP-Brent Big Health check and Emotional Well-being Staff Event-Neasden</p> <p>Aim/Focus: Aims to focus on the health and wellbeing of all staff working in the Harlesden/Neasden Job Centre Plus-DWP.</p> <p>Target Audience: Various age range- Adults ,Mixed gender Mix of all ethnicity, Asians, Europeans, Africans and Caribbeans. Expected number of people 60 staff</p> <p>Health Checks: Full health checks</p> <p>Health Promotion: To offer advice/information on men’s health, diabetes advice and information, emotional</p>	<p>Lead Officer: Sonya Stewart Sonya.Stewart@nhs.net</p>	<p>Open event</p>

Brent Health Matters – Health and Wellbeing Events for November 2025

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<p>Tuesday 25 November</p> <p>To take place 1st Sunday of each month and Fourth Tuesday of each month</p> <p>Time: 10:30am – 1:30pm</p>	<p>SDA Church Willesden Glebe Avenue Willesden London NW10 2JD</p> <p>Locality: Willesden</p>	<p>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</p>	<p>Lead Officer: Moji Ojikutu <u>Mojisola.Ojikutu@nhs.net</u></p>	<p>Open event</p>

Bret Council Public Health

Health and Wellbeing events
November 2025

Public Health – Health and Wellbeing Events for November 2025

Date/Time	Location	Event Theme / Information	Lead/Support	Comms
Tuesday 4 November 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
Monday 10 November Time: 10:30am - 4pm	Harlesden Library Craven Park Rd, London NW10 8SE Locality: Harlesden	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
Monday 10 November Time: 9:30am-3:00pm	Brent Hub Community Enterprise Centre 6 Hillside, NW10 8BN Locality: Harlesden	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 November 2025

Date/Time	Location	Event Theme / Information	Lead/Support	Comms
Tuesday 11 November Time: 9:00am-3:00pm	Brent Hub Community Enterprise Centre 6 Hillside, NW10 8BN Locality: Harlesden	Junior Citizen Scheme (JCS) workshop on Oral Health	Lead Officer: Anna-Maria Thorpe anna-maria.thorpe@brent.gov.uk	Open event
Tuesday 11 November Time: 9:00am-3:00pm	Brent Hub Community Enterprise Centre 6 Hillside, NW10 8BN Locality: Harlesden	Junior Citizen Scheme (JCS) workshop on Oral Health	Lead Officer: Anna-Maria Thorpe anna-maria.thorpe@brent.gov.uk	Open event
Wednesday 12 November Time: 9:00am-3:00pm	Brent Hub Community Enterprise Centre 6 Hillside, NW10 8BN Locality: Harlesden	Junior Citizen Scheme (JCS) workshop on Oral Health	Lead Officer: Anna-Maria Thorpe anna-maria.thorpe@brent.gov.uk	Open event
Thursday 13 November Time: 9:00am-3:00pm	Brent Hub Community Enterprise Centre 6 Hillside, NW10 8BN Locality: Harlesden	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 November 2025

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Friday 14 November Time: 9:00am-3:00pm	Brent Hub Community Enterprise Centre 6 Hillside, NW10 8BN Locality: Harlesden	Junior Citizen Scheme (JCS) workshop on Oral Health	Lead Officer: Anna-Maria Thorpe anna-maria.thorpe@brent.gov.uk	Open event
Friday 14 November Time 11:00am - 3pm	Central Mosque of Brent 41 Station Parade, London NW2 4PU Locality: Willesden	Covid-19 Autumn Booster & Flu Vaccination Campaign with NHS Roving team – Onsite Confirmed 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 Need to email Mosque	Lead Officer: Sandhya Thacker sandhya.thacker@brent.gov.uk	Open event
Monday 17 November Time: 9:00am-3:00pm	Brent Hub Community Enterprise Centre 6 Hillside, NW10 8BN Locality: Harlesden	Junior Citizen Scheme (JCS) workshop on Oral Health	Lead Officer: Anna-Maria Thorpe anna-maria.thorpe@brent.gov.uk	Open event
Tuesday 18 November Time: 9:00am-3:00pm	Brent Hub Community Enterprise Centre 6 Hillside, NW10 8BN Locality: Harlesden	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 November 2025

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Wednesday 19 November Time: 9:00am-3:00pm	Brent Hub Community Enterprise Centre 6 Hillside, NW10 8BN Locality: Harlesden	Junior Citizen Scheme (JCS) workshop on Oral Health	Lead Officer: Anna-Maria Thorpe anna-maria.thorpe@brent.gov.uk	Open event
Thursday 20 November Time: 9:00am-3:00pm	Brent Hub Community Enterprise Centre 6 Hillside, NW10 8BN Locality: Harlesden	Junior Citizen Scheme (JCS) workshop on Oral Health	Lead Officer: Anna-Maria Thorpe anna-maria.thorpe@brent.gov.uk	Open event
Friday 21 November Time: 9:00am-3:00pm	Brent Hub Community Enterprise Centre 6 Hillside, NW10 8BN Locality: Harlesden	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 November 2025

Date/Time	Location	Event Theme / Information	Lead/Support	Comms
Thursday 20 November Time 10:30am - 4pm	Ashford Place Community Centre 60 Ashford Rd London NW2 6TU Locality: Willesden	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
Thursday 27 November Time 10:30am - 4pm	The Library at Willesden Green 95 High Rd London NW10 2SF Locality: Willesden	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

Brent Health Matters

Children and Young People

Health and Wellbeing events
November 2025

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

Date/Time	Location	Event Theme / Information	Lead/Support	Comms
Monday 3 November Monday 10 November Monday 17 November Monday 24 November Time: 9am to 4pm	Kilburn Hub , Hornbill House, 2 Rudolph Road, NW6 5GG Locality: Kilburn	Immunisation drop ins (alongside SAAFI) 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. Target Audience: Parents/carers in South Kilburn Health checks: n/a Health promotion: childhood immunisations, child health & signposting.	Lead Officer: Grace Farodoye grace.farodoye1@nhs.net	Open event
Wednesday 5 November Time: 10am to 1pm	Training Room 3, Brent Civic Centre , Engineers Way, Wembley Park, HA9 0FJ Locality: Wembley	BHM Asthma Community Coaches Training Session Aim/Focus: To train up community members to become Asthma Community Coaches. Target Audience: Community members, anyone supporting CYP in the community. Health Checks: n/a Health Promotion: Training session on asthma (includes other wider determinants and signposting)	Lead Officer: Makita Mott Makita.mott@brent.gov.uk	Open event
Monday 10 November Time: 1:30pm to 4:30pm	27-29 Fairlight Avenue , Harlesden, NW10 8AL Locality: Harlesden	BHM Asthma Community Coaches Training Session Aim/Focus: To train up community members to become Asthma Community Coaches. Target Audience: Community members, anyone supporting CYP in the community. Health Checks: n/a Health Promotion: Training session on asthma (includes other wider determinants and signposting)	Lead Officer: Makita Mott Makita.mott@brent.gov.uk	Open event