

Brent

Happy and Healthy

Kids Guide



**For families with children.
Packed with smart ideas to help your child
stay healthy, happy and safe!**



Healthy Heroes!

Ways to look after your body and stay super healthy.



Scan to find out more

Find a GP (Family Doctor)

Every child should be registered with a GP. They help with check-ups, sickness, and health advice. If you're not registered, it's easy and free to do so.

Free Eye Tests

Children can get a free eye test at the optician. If your child is squinting, getting headaches, or struggling to see, it's time to check their eyes.

Find an NHS Dentist

NHS dental care is free for children. Regular check-ups help keep teeth strong and healthy and should happen 1-2 times a year. Book a visit, even if your child's teeth look fine!

Emergency Dentist Help

If you have an urgent dental problem call 111 for an NHS emergency dentist, even at night or weekends.



Hearing Checks

If you're worried your child isn't hearing well, talk to your GP. Hearing problems can affect learning and speech.

Childhood Vaccines

Vaccinations are very safe and important way to protect against infectious diseases that can be dangerous. If in doubt speak to your GP.

Flu Vaccine at School

The flu vaccine is free for children in primary school. It's a quick nose spray that helps stop them (and others) from getting very unwell.

Is My Child Too Unwell for School?

It's not always easy to decide. This guide helps you work out when to keep your child at home.



Caring for a Sick Child

Worried about a cough, rash, or fever? This website and app helps you tell if it's something minor-or something more serious that needs help.

I really like the Healthier Together website! It has easy advice about common illnesses in children — like coughs, colds, and rashes. It helps you know what to do, and when to get help. I even use it for my own baby! The best part? You can change the words into lots of different languages with just one click!
- Dr Amina, GP



Top 3 tips for preventing tooth decay

British Society of Paediatric Dentistry



1 Reduce the amount and frequency of foods and drinks that contain sugars.



2 Brush teeth twice daily with fluoride toothpaste (1350-1500ppm), last thing at night and at least one other occasion. After brushing, spit don't rinse.



3 Take your child to the dentist when the first tooth erupts, at about 6 months and then on a regular basis.

Parents/carers should brush/supervise tooth brushing until their child is at least 7.

Under 3s should use a smear of toothpaste.

0-3



3 to 6 year olds should use a pea sized amount.

3-6



Children and young people 7 years and older should continue brushing with a fluoride paste.

7+



Adapted from Health Matters: child dental health - GOV.UK (www.gov.uk) with permission.

www.bspd.co.uk

Breathe Easy!

Helping lungs stay strong - all about asthma and breathing well.

Asthma Advice for Families

Want to learn more about asthma? These are some great resources in different languages.



Supporting families and children with asthma



Videos about asthma in different languages



Booklets on asthma care in different languages

Scan to find out more

Talk to someone about asthma

Asthma + Lung UK have lots of helpful advice for you and your family.

Email: helpline@asthmaandlung.org.uk

Whatsapp: **07999 377 775**

Phone: **0300 222 5800**

If English is not your first language you can ask for an interpreter. They have specialist nurses on the telephone and whatsapp line who can help guide you to videos, help you use your inhalers, and can send you information.

How to Use an Inhaler

Not sure if you're using the inhaler the right way? There are easy videos to show you how to use it step-by-step.



Download the app

The Digital Health Passport

The Digital Health Passport is a mobile app for children, young people and their grown-ups.

It helps you to:

- Carry your asthma plan with you
- Know what to do in an attack
- Remind yourself to take your medicines
- Get alerts for pollen and pollution where you are

Air pollution

This website has good tips on what you can do to reduce and avoid air pollution. You can sign up for safe air pollution alerts to come to a mobile phone. www.cleanairhub.org.uk



Does Your Home Affect Your Child's Asthma?

Damp, mould, and dust can make asthma worse. There's helpful advice about how to make your home healthier for your child.



If you have damp and mould at home:

Private tenants: Report it to your landlord. If the landlord fails to respond within 28 days, you can report it to Brent Council's Private Housing Team who will support with enforcement action.

Brent council tenants:

Email dampandmould@brent.gov.uk or call **020 8937 2400**

Housing association tenants:

Contact your housing association provider.

You can contact the Brent Health Matters Adult Link Worker (brenthealthmatters@brent.gov.uk) for help with issues related to housing.



Visit the MECC Website



Download the Smoke Free App

Want to Quit Smoking or Chewing Tobacco?

Smoking, shisha, and chewing tobacco can make asthma and breathing problems worse. There's support in Brent to help you stop.

Or call the free Smokefree National Helpline on **0300 1231 044**.

Asthma Friendly schools

Is your school asthma-friendly? The school should:

- Know you have asthma and have a copy of your asthma / wheeze plan
- Know where your emergency inhaler and spacer are, and how to use them.
- Know who to tell if they are worried about your child
- Know when it's an emergency

Speak to the school if you are not sure.

Asthma can be serious, so it's really important to keep it under control. Make sure you visit your GP surgery at least once a year for an asthma check-up. It's also important to know how to use all your inhalers correctly and to have a written asthma plan. If you ever feel confused about your asthma, ask your GP – we are here to help! – **Dr Amina, GP**



Healthy Choices, Happy Bodies

Healthy food and fun moves to keep your body strong and healthy.



Beezee Bodies Family Programmes

These workshops are fun and include physical exercise and activities and learning about healthy eating and cooking. The family can join in and it is totally free. Fill the form online or call **0330 8186 308**.

Scan to find
out more

Healthy Start for Pregnant Moms & Little Ones

If you're more than 10 weeks pregnant or have a child under 4, you may be entitled to get help to buy healthy food and milk.



Brent's Holiday Activities & Food Programme

Free activities and meals for kids during the holidays! Stay active and eat well.

Eating well

Information and guidance about eating a healthy balanced diet.



Sufra's Community Kitchens

Free freshly-cooked meals. No booking needed. Enjoy great food and company in a welcoming community setting. Call **0203 4411 335**.

Granville Community Kitchen

Get a weekly delivery of fresh veggies (and fruit if you would like) delivered to a community based pick up point ready for you to pick up. Different payment plans are available.



Kids Need 60 Minutes of Exercise a day

At least 60 minutes of play every day helps kids stay healthy.

Get Active!

Find local fun activities like free swimming in the holidays at Willesden and Vale Farm or join the Gladstone Park Parkrun for a family-friendly run!



I did the Beezee Bodies programme with my own kids, and we all had a great time! Each week, we did fun activities about healthy eating. We got to try tasty healthy snacks, cook simple meals, and learn new sports and exercises. It was a lot of fun for the whole family, and it helped us all feel healthier!

- Dr Amina, GP



Parent Power!



Scan to find
out more

Or call the Children
and Family information
services team on
0208 9373 010

Brent Parenting Service

Get help with parenting programmes, courses, and workshops. These are great for learning ways to support your child and family.

Call **02089374417** or
email parentingprogramme@brent.gov.uk.

Brent Family Wellbeing Centres

These centres offer lots of free health, education, and welfare services for families. They support you from pregnancy all the way through to your child's 18th birthday (or 25 if your child has special educational needs). Services include:

- Homework clubs for all ages
- Library and family learning sessions for 6-11 year olds
- Help with moving from primary to secondary school

Brent Family Solutions

If you need help with anything like financial worries, supporting a family member with a disability or illness, or children not going to school, the Family Solutions team can offer confidential support.

Brent Local Offer

Find out about all the available support for children and families with special educational needs or disabilities. Check out the local resources.



Brent Parent/Carer Forum

This parent-led group supports parents and carers of children with special educational needs or disabilities (SEND), aged 0-25. It's a place to connect and get advice.

Call **0730 5145 167** Tuesday-Thursday term time.



Brent's Family Wellbeing Centres



Alpertons

Ealing Road
Wembley
HA0 4PW



Church Lane

Fryent Primary School
Church Lane
Kingsbury
NW9 8JD



Granville Plus

142 Carlton Vale
Kilburn
NW6 5HE



Curzon Crescent and Fawood

Curzon Crescent
Harlesden
NW10 9SD
London



Preston Park

College Road
Wembley
HA9 8RJ



Three Trees

Tiverton Road
Kensal Rise
NW10 3HL



St Raphael's

Rainsborough Close
St Raphael's Estate
NW10 0TS



Willow SEND

Barnhill Road
Wembley
HA9 9DF

Being a parent isn't always easy. Kids don't come with an instruction manual! Doing a parenting course helped me to learn some tips and tricks that really worked.

- Dr Amina, GP



Happy and Healthy Minds

Worried about your child's mental health?

Talk to their school or GP for advice and support.



Support in Brent:

Lots of different services and organisations in Brent offer support for young people. This page contains information about all of the different ways to get support.

Scan to find out more



Screen Time Tips:

Too much screen time can affect health. Make sure to balance screen time with other activities!



Sleep Tips:

A good sleep routine is important for your child's health and happiness.

Brent Wellbeing & Emotional Support Team (WEST):

WEST help children with anxiety, low mood, and behavioural challenges. Parents can get advice and children can join group or individual support. Referrals can be made by young people, parents, schools and professionals. The young person must be a Brent resident and attend a Brent school/college.



02089372141 or
west@brent.gov.uk

Place 2 Be:

In some Brent schools, Place 2 Be offers emotional support for students, including a drop-in service for worries and parental advice on mental health. Referrals can be made by contacting the school.



Bullying Help:

If your child is being bullied, talk to them and get support from the school or services.



0808 8025 544
Mon-Fri 9.30-4pm

Young Minds:

Young Minds offers a free, confidential helpline for parents who are concerned about their child's mental health and lots of resources on their website.



Supporting Autistic Children:

Learn ways to better understand and support young autistic people.



ADHD & ASD Support:

The Centre for ADHD & ASD offers workshops and support for families with ADHD or Autism.

0208 4291 552 or
enquiries@adhdandautism.org

Taking care of our kids mental health is just as important as their physical health. If you're ever unsure or need support, reaching out is a sign of strength, not weakness. There are so many services and people ready to listen and help- you are not alone.

- Dr Amina, GP



Our Community, Our Support

GP Social Prescribers

Your GP surgery may have a social prescriber who you can talk to for help with money worries, housing and accessing community services- ask your GP receptionists to book in.

Brent Libraries for Kids

Fun events, family learning and great books!

Scan to find
out more



Brent Hubs

Brent Hubs provides FREE advice and support on housing, council tax, housing benefit, employment support, money management, welfare benefits, food aid access and building your digital confidence. Contact Brent Hubs on 020 8937 6792 from Monday to Friday 11am-3pm.

Cost of Living Support

Information about all the different sources of help, benefits, grants and money saving discounts.



Household Support Fund

Help for Brent families who need extra support with essentials.

Foodbanks in Brent

Free emergency food and support for local families Brent hubs food aid and fuel support **0208 9376 792**.



**Sufra NW
London**



**Brent
Foodbank**



**National resources to help your family with
money, essentials & enjoying life.**

Brent Housing Help

Got questions about housing or need advice? If you are at risk of being homeless call **0208 9372 000 option 3**.



Damp & Mould Help

Worried about damp or mould at home?

Private tenants:

Report it to your landlord. If the landlord fails to respond within 28 days, you can report it to Brent Council's Private Housing Team who will support with enforcement action.

Brent council tenants:

Email **dampandmould@brent.gov.uk** or call **020 8937 2400**

Housing association tenants:

Contact your housing association provider.



**MECC
website
advice**



**Damp
and mould
leaflet**

Our Community, Our Support

The MECC website has lots of information about services related to safety, homelessness, housing, cost of living and more.

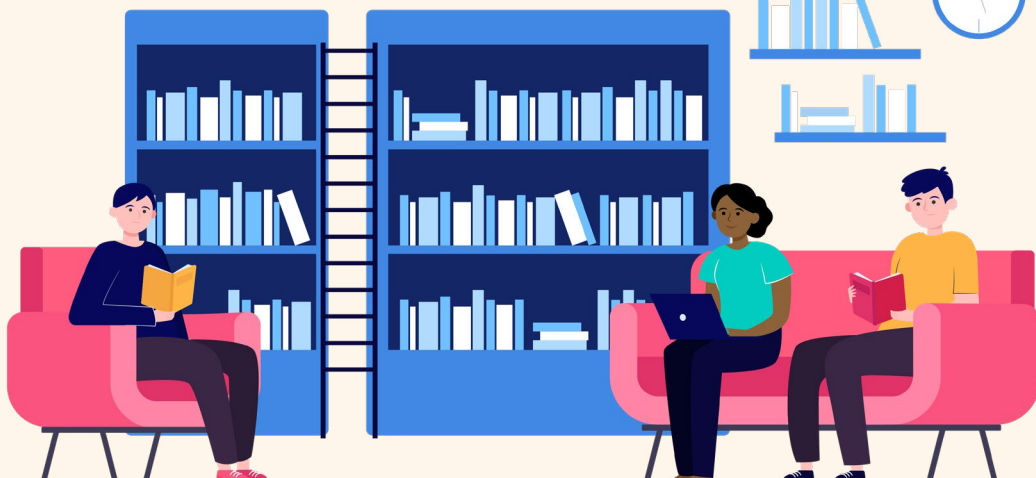


Brent Health Matters Advice Line

Call 020 3114 7185 (Mon–Fri, 9–5) for friendly help with housing, health or social care questions – they'll guide you to the right support.

If you're struggling with things like money, housing or just finding the right support, you don't have to do it alone. Find out if your GP surgery has a social prescriber and book an appointment with them. They are really useful and here to help.

- Dr Amina, GP



BRENT HUBS TIMETABLE

Brent Hubs Wembley (Ealing Road)

Ealing Road Library
Coronet Parade, Ealing Rd, Wembley, HA0 4BA

Friday: 9:30am–5pm

Brent Hubs Willesden

Willesden Green Library
95 High Rd, Willesden, London, NW10 2SF

Monday: 9:30am–5pm

Tuesday: 9:30am–5pm

Brent Hubs Harlesden

Harlesden Library
Craven Park Rd, Harlesden, London NW10 8SE

Monday: 9:30am–5pm

Wednesday: 9:30am–5pm

Brent Hubs Kilburn

Hornbill House
2 Rudolph Road, London, NW6 5GG

Wednesday: 9:30am–5pm

Thursday: 9:30am–5pm

Brent Hubs Kingsbury

Kingsbury Library
Kingsbury Road, Kingsbury, NW9 9HE

Thursday: 10:30am–5pm

The Living Room

Next to 65 - 80 Besant Way
London, NW10 0TY

Tuesday: 9:30am–5pm

Thursday: 9:30am–5pm

Brent Hubs Civic Centre

Engineers Ways
Wembley Park, Wembley, HA9 0FJ

Monday–Thursday: 9–5pm

Friday: 9–2pm

For Food Aid support please call Brent Hubs on 020 8937 6792



Staying safe

Emergency – Call 999

Always call 999 if someone is in danger. If you can't speak, press 55 when asked – the call will go to the police. Use 101 if it's not an emergency, but you still need help from the police.

Brent Domestic Abuse Support

Help for anyone facing abuse at home

National Domestic Violence Helplines

For women: **0808 200 0247**

For men: **0808 801 0327**



Scan to find
out more

Brent family front door

If a child is in danger, **call 999**.

If you are worried that a child or young person is at risk or is being abused, contact the Brent Family Front door as soon as possible to discuss your concerns:

Office hours (Mon – Fri 9am - 5pm):

Call **020 8937 4300 (option 1)**

Outside office hours:

Call our emergency duty team on **020 8863 5250**



Early Help for Families

Get support for children aged 0–18 (or up to 25 with extra needs). Help with parenting, behaviour, and more.

Childline – Free & Confidential

Kids can call **0800 1111** to talk about anything that is worrying them.



More Family Help in Brent

Find all services for children, young people and families here.

HOME SHOULD BE A HAPPY PLACE



Whatever you're feeling,
Childline can help.
We're free, and you don't
have to tell us your name.

childline

ONLINE, ON THE PHONE, ANYTIME
childline.org.uk/kids | 0800 1111

Childline is a service provided by the NSPCC, National Society for the Prevention of Cruelty to Children (NSPCC) (0121 7624550). Registered charity (England and Wales: 263012, Scotland: SC037733) and Jersey: 3631. Incorporated by James Heath, 2002/00001.

