



Brent Health Matters Annual Report 2024/2025

December 2025

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1. Foreword

Cllr Neil Nerva, Cabinet Member for Adult Social Care, Public Health and Leisure

Ruth du Plessis, Interim Director of Public Health and Leisure

Robyn Doran, Brent ICP Director/Partnership Chair



Foreword

Given the wide diversity in life experiences and opportunities, it will come as no surprise that the health and wellbeing of our residents **varies greatly across the borough.** That's why it's so important that **everyone can be confident** about timely access to health advice, check ups and vaccinations

The Brent Health Matters (BHM) programme is working with our communities to ensure residents whose access to health services is limited by knowledge, language, time and other issues have their needs met where they are and **in collaboration with organisations they know and trust.** They support residents and communities to empower them to improve self-care and self management.

The programme works with a range of community organisations to **bridge the gap with mainstream services,** so that those residents who have limited contact still have their health and care needs met.

Not only does the programme frequently reach residents with unrecognised health and care needs, **it also helps inform the local health and care system to adapt and improve.**



Councillor Neil Nerva

Cabinet Member for Adult Social Care, Public Health and Leisure

Foreword

The Brent Health Matters (BHM) programme has been up and running for over five years now and has many of the principles at its heart that the new ten-year plan for the NHS promotes.

The three main aims of that plan – to shift care from hospital to community, from analogue to digital and from sickness to prevention – align keenly with the remit of BHM and the work the team is doing on the ground in our communities.

As a central principle of the programme, we take health services out into the community, working with hundreds of locally based community organisations to access people who may be missed by mainstream services.

We run training sessions and grant-fund various schemes to help people become more digitally savvy, for example using the NHS App or getting onto the diabetes pathway online.

And we are fundamentally a preventative programme, helping residents identify conditions and gain the support they need to properly manage their health.

Brent ICP recognises the importance of addressing health inequalities and building a greater understanding of the barriers faced by different communities. We believe by committing to this approach not only can we meet people's health and care needs where they are, but that we can also build a more flexible, more responsive and more equal health system for the future.

BHM is central to our ambitions and those of the NHS more widely and this report highlights just how important it is to the future of health in Brent.



Ruth du Plessis
Interim Director of Public
Health and Leisure



Robyn Doran
Brent ICP
Director/Partnership
Chair

2. Overview

An overview of the role and approach of Brent Health Matters in supporting residents; our impact in numbers; our spending; and challenges faced in 2024/2025.



Key achievements from 2024/25

94
Events Held

3,796
Health Checks

4,070
Event Attendees

1,734
Event Emotional Wellbeing Consultations

709
Patients Escalated

314
Potential Hypertensives Found

94
Potential Diabetics Found

£420k
Grants Awarded to Community Orgs

“Staff were really friendly and explained everything clearly.”

“The BMI and waist check was a wake-up call. I needed this push.”

“It was very helpful to have health checks done at work. I wouldn't have made time otherwise.”

“I didn't realise how much sugar I was eating until today's talk. I'm definitely going to cut down.”

“Great to see support for smoking – I've been thinking about quitting for a while.”

Note: Feedback from Bakkavor Factory Staff



Background to health inequalities

Population

339,800
Brent population

▲9%
Increase
2011-21

5th
largest borough
population

Population
density
7,859
people
per km²

14th highest
in England &
Wales

Deprivation


Index of Multiple Deprivation (IMD)
Brent is the most deprived borough
in NWL with an IMD rank of **49**,
compared to the borough with the
highest rank in NWL, which is **199**.


COVID-19

The underlying inequality that was present in the community has been exacerbated by Covid-19.

Brent had the **highest overall Covid-19 mortality** rate in England (March to June 2020) at a rate of **216.6 deaths per 100,000 people**

Language


34% 
1 in 3 Brent residents*
use a main language
other than English, the
2nd highest rate in
England & Wales

8% 
of residents have
poor proficiency in
spoken English – the
3rd highest rate
nationally

20% of households
have no-one who
uses English as their
main language, the
highest rate nationally

Ethnicity & Country of Birth

65% 
of residents from
Black, Asian &
minority ethnic groups
▲2nd highest rate in
England & Wales

56% 
of Brent
residents born
outside the UK
– the highest
rate in England
& Wales

Cardiovascular Disease

In 2023, Brent's mortality rate from all cardiovascular disease (for all ages) was **243.2 deaths per 100,000 people**
2023 London rate was 218.0 deaths per 100,000 people
2023 England rate was 232.4 deaths per 100,000 people



Around **90** different languages spoken in Brent

Life Expectancy

Female
Variation of **12**
years between
Stonebridge
and Kingsbury
West MSOAs

Male
Variation of **14** years
between
Stonebridge and
Preston Park &
East Lane MSOAs

Life Expectancy at Birth in Brent (ONS 2016 - 2020)

GP Recorded Prevalence – 2024/25

Mental Health
Brent – **1.0%**
London – 1.2%
England – 1.0%



Hypertension
Brent - **10.8%**
London - 11.3%
England – 15.2%



Diabetes
Brent – **8.1%**
London – 7.2%
England – 7.9%



Prediabetes
Brent – **9.4%**
London – 8.1%
England – 9.2%



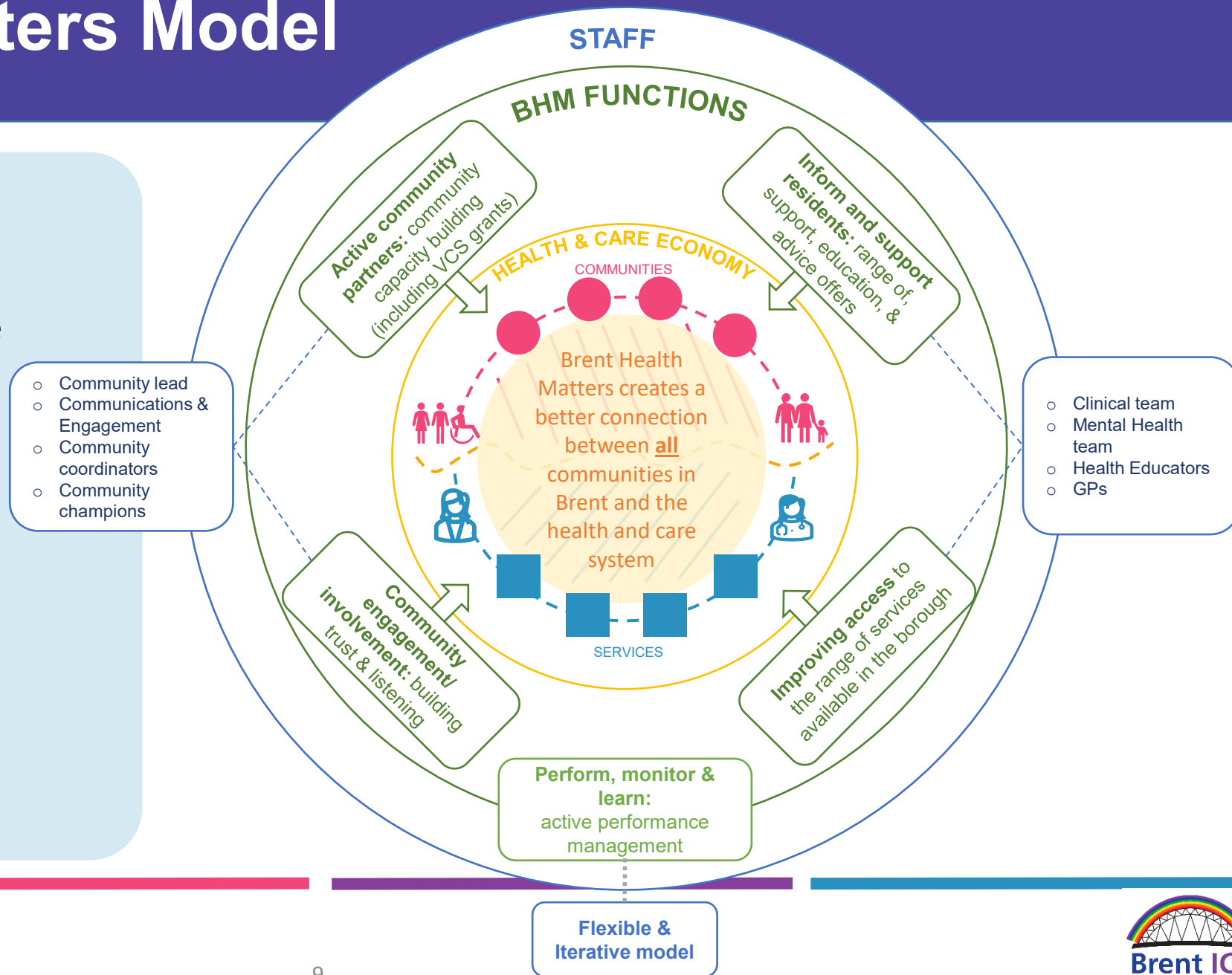
North West London
Integrated Care System



Brent ICP
Integrated Care Partnership

Brent Health Matters Model

- Brent Health Matters is both a model to tackle inequalities and a team supporting that model.
- The model recognises that very often the way in which we provide health and care services and engage with our residents, does not make it easy for people to access the care they need, or encourage the behaviours that would support healthier happier lives.
- Brent Health Matters is a partnership across all stakeholders in Brent setup in 2020 to understand the barriers faced by some communities and people who are seldom heard from and support them to improve the management of long-term conditions and quality of life.



Brent Health Matters - Workstreams

Brent Health Matters works to tackle health inequalities in Brent.

We work with residents and local organisations from diverse communities who don't normally access health and care services.

For example, specific BAME communities, homeless people, emerging communities, people with disabilities, people with mental health issues, deprived areas, and night shift workers.

Demand for our services is growing – largely because we have increased our visibility and presence in the community.

Our approach seeks to understand residents' needs and challenges around health and care, and to work with them to improve their health and wellbeing.

Support offered via Brent Health Matters includes developing localised action plans with communities, health checks and mental health support in the community, health education and awareness (on Diabetes, Bowel Cancer screening and Hypertension), supporting people to register with a GP, Diabetes digital inclusion classes, Diabetes peer support groups, and linking the community with Council and NHS services.

We learn as we deliver and adapt our approach.

We've started running smaller events and activities in target areas which has increased uptake of our offer in specific communities. We're providing more one-to-one support to our community grants recipients.

Brent Health Matters plays an integral part in realising the Council and Brent ICP's ambitions to build a healthier Brent.

Community
engagement/
involvement

Inform and support
residents

Improve access to
services

Active community
partners

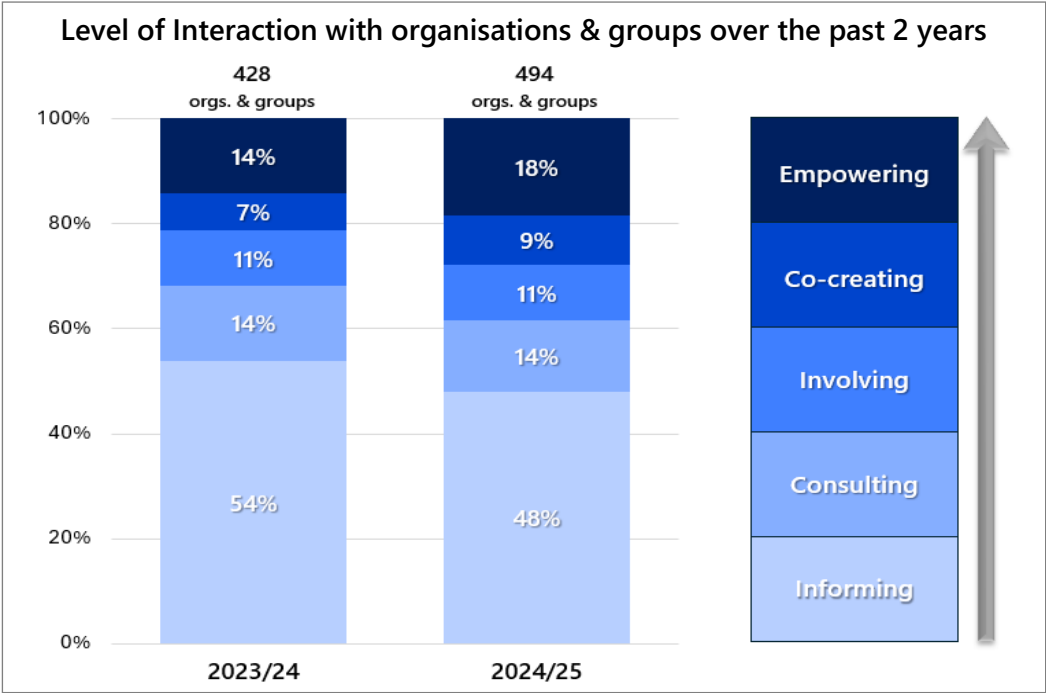
Perform, monitor and
learn

Brent Health Matters - The Community Approach

We build and maintain networks of community contacts focussing on communities we haven't engaged with as much

Our community engagement staff have built connections with 66 additional organisations and groups this year to co-produce action plans and events, which increased our reach to various communities.

We gradually build relationships with residents and communities, often progressing from informing to consulting, involving, co-creating and empowering levels of interaction. We linked with 494 organisations and groups in 2024/25. The graph below highlights the levels of participation we achieved in 2024/25 in comparison to 2023/24.



We linked with 137 organisations and groups at high levels of participation in 2024/25 (empowering and co-creating), in comparison to 91 organisations and groups last year. This is a 50.5% increase in one year.

Our relationship with VCS providers in 2024/25

We have built and maintained relationships with local voluntary organisations

- **We co-created health and wellbeing events with organisations and groups across various venues in the community** – from foodbanks and factories to libraries and community hubs. More health promotion events were held this year, which covered talks and outreach such as bowel cancer screening awareness, medication talks, blood pressure checks and mental health promotion. We also held 94 health check events and carried out 3,797 health checks.
- **We brought services out into the community with us** – more services wanted to join our outreach approach to reach different communities. For example, we worked with Brent’s Adult Social Care (ASC) team to hold two community assessment days for residents on their waiting list. Attendees were able to get their ASC assessment, and a health check as well as information to support their health and social care needs.
- **We awarded community grants funding to deliver 43 health inequalities projects via community organisations** – a higher proportion of projects reached children and young people or focused on physical activity programmes. Our community engagement staff supported many grassroots organisations to apply. As a result of this, we registered 24 community organisations on to the council’s supplier database, which opens more funding opportunities in the future.
- **We launched a community cohesion forum** – this provided an open space for organisations to meet and discuss solutions to different themes such as communications and the use of community spaces. We are pleased to have two community co-chairs to lead discussions, launch a community noticeboard, and a WhatsApp group for regular communication.

Community Grants Scheme



43 community organisations benefited from BHM community grants funding

- **We awarded £420k to local community organisations** to set up or continue delivering services to tackle health inequalities in the community.
- This year, we were keen to support smaller grassroots organisations. As a result of this, **we registered 24 new organisations** onto the council’s supplier database, so that they can have better access to funding from the council in the long-term.
- Most **attendees** at health and wellbeing sessions (run by grant funded community organisations) reported **an extremely positive impact on their health awareness, fitness level, social interaction, or personal development.**
- **50% of respondents reported a great deal of improvement** and 36% experienced a fair amount of improvement due to the service they accessed.

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In 2023/24 Citizens Advice Brent was awarded £10,000 to support residents in Brent to access free, confidential and impartial information and advice.

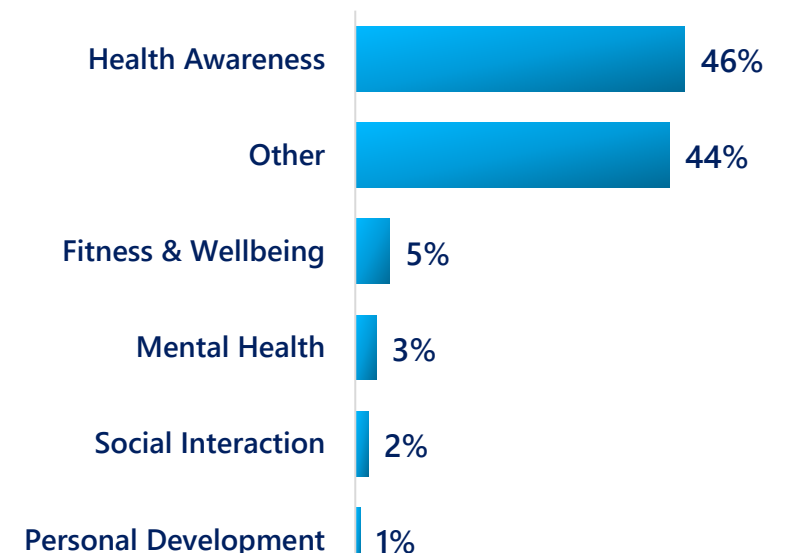
“The grant has made a significant and tangible difference to our service and the community we support,” said Chief Executive Officer, Raj Kapoor. *“It allowed us to recruit and train seven full-time volunteers who provide triage support and information on various issues, which has greatly increased our capacity to respond to growing demand.”*

“Thanks to this additional resource, we’ve been able to assist many more residents in accessing vital support — from energy grants and warm home discounts to discretionary local authority funds, cost-of-living payments, and charitable applications for essential household items and school clothing. This has had a real, immediate impact on the lives of local people facing financial hardship.”

“We’re extremely grateful for this opportunity from BHM, which has helped us deliver meaningful, lasting outcomes for those most in need. BHM staff have been a joy to work with.”

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Reasons why adults attended these sessions



Note: 272 responses

Community Health Pods

We launched three self-service health pods in community spaces across Brent

In January 2025, we launched three self-service health pods in Harlesden Library, Pakistan Community Centre and Chalkhill Community Centre. These provide an accessible and free option for people to check their blood pressure, body mass index (height and weight), and heart rate readings, as well as other health screenings and signposting information such as mental health, smoking, drugs and alcohol. The pods were used 465 times between January and March 2025. These pods can be linked up with GP practices to directly transfer patient data to their records.

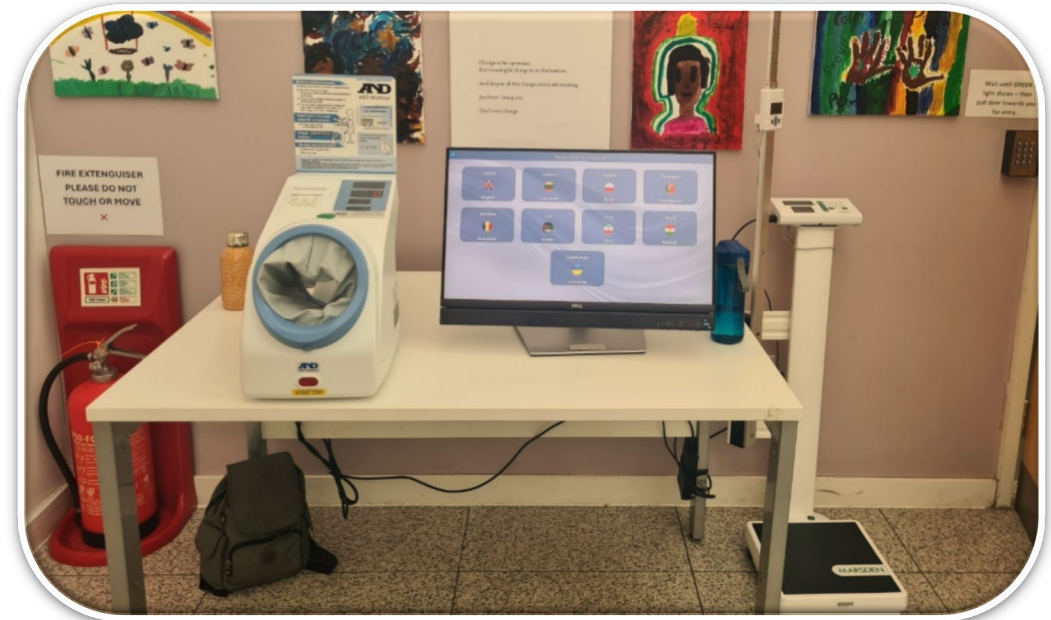
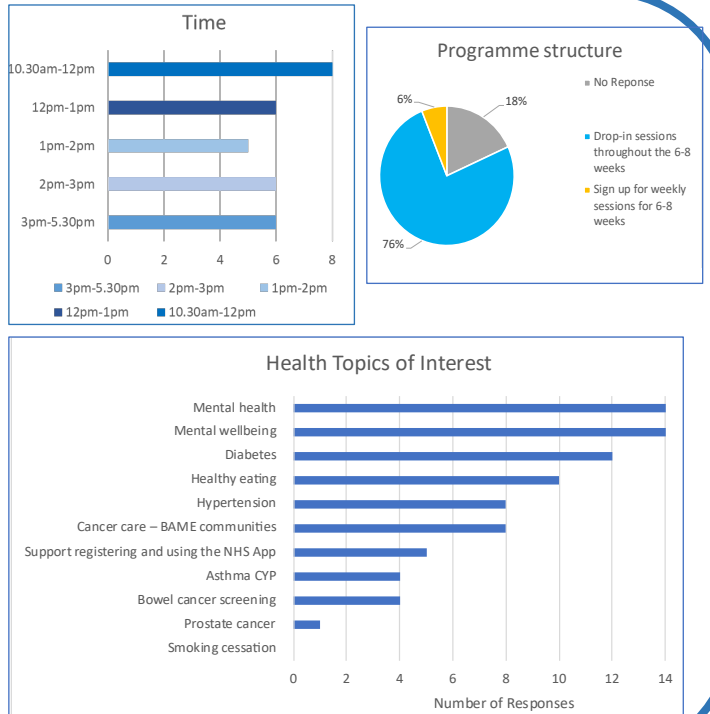
Community Health Pod use

Readings/screenings	Number of times used in 2024/25
Blood pressure	267
BMI	161
Smoking	54
Mental Health	46
Alcohol Use	38
Total	465



To encourage people to use the health pod at Harlesden Library, we consulted with 32 residents on Harlesden High Street to understand their interests in attending a health awareness and physical activity, and suitable times during the week that would attract them to attend the programme (findings are included in the graphs on the right).

We used the findings to develop a six-week programme covering topics that mattered, such as mental health and emotional wellbeing, and cancer awareness. Sessions were attended by residents and library staff, which increased their awareness about the health pod, health and wellbeing, and where to access services in Brent.



Bowel cancer screening awareness

We delivered 21 talks to 623 people in the community to increase uptake of bowel cancer screening in target communities

Our Community Coordinator, Nazia Ali, has been visiting various communities, predominantly over 60-year-olds from minority ethnic backgrounds, as they have low uptake of bowel cancer screening in Brent. Her informative and engaging sessions included details about the national screening programme, why it's important to take up the test, how people can order the test kit themselves, a Q&A segment, and demonstration of the FIT kit (Faecal Immunochemical Test).

Nazia ordered 62 FIT kits for people on the spot, for residents who were eligible and had not responded in the past.



“

Meet Saeeda Mahmood, a 68-year-old Willesden resident, who recently attended a women's group talk on bowel cancer at the Pakistani Community Centre.

Saeeda told us, *"I attended because I was interested in the awareness session and we don't talk about this in our community, especially the women."*

Nazia, the Community Coordinator who delivered the talk, explained, *"The group asked a variety of questions including how to order the kit and how to make practical changes to their diet."*

"The fact that we could deliver the session in Urdu was incredibly effective in building trust and ensuring the information was both accessible and relevant."

Saeeda reflected, *"I found the talk to be incredibly important, beneficial, and helpful. We gained confidence because Nazia demonstrated that it wasn't difficult. Not difficult at all to take the test and it was very easy to understand."*

"I will pass this on to my family, and I think it has also inspired others to take action. It has made a significant difference, especially since some of us had struggled to convince our relatives or even struggled to take the test ourselves due to a lack of knowledge."

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Brent Health Matters: The Mental Health Approach

The programme's mental health approach involves assertive outreach with residents and people with lived experience to improve residents' outcomes, experiences and access to mental health and emotional wellbeing services.

We recognise the importance of listening to and learning from the community to inform and shape services we provide or source. The team co-produce meaningful interventions that are culturally sensitive to suit the diverse needs of the communities we work with.

We have open and relatable conversations about mental health and emotional wellbeing with people in the community. This is tackling the stigma around mental health.

We've held forums, information sessions, co-facilitated events, training sessions, and co-produced mental and physical health workshops, such as loneliness workshops and mental health first aid training.

We have made great progress with certain communities such as the Somali community, and have had important conversations with others such as refugees, asylum seekers, homeless people, and foodbank users.

We engaged with 5,404 people to raise awareness of mental health and the support that they can access.

We provided one-to-one mental health consultations with 1,290 people and signposted 1,108 people to mental health services.

We held 23 mental health workshops in 2024/25, 35% of these were co-produced with communities.

Mental Health Case Study

Our mental health team organise activities to improve people's mental health and wellbeing



Keiko Taimuri, 73, discovered new friendships, confidence, and joy through a local sewing club organised by BHM and Brent Start after her husband passed away.

“When I saw an advert promoting the sewing class on the Brent Council website it caught my eye. I have wanted to learn how to repair some of my mother’s old kimonos, so it felt like a good opportunity to try something new.”

“I have made a lot of amazing friends from different backgrounds. The club gives me something to look forward to and has improved my confidence,” Keiko added.

“I really appreciate the staff who have helped me, who listen to us, are who are kind, patient, caring and encouraging.”

“Thanks to the classes I have lots of information about how to support myself and others. Learning a new skill, having a routine, meeting a friend, going on a walk all benefit our emotional wellbeing.”

“I would encourage anyone to join us, rather than staying home alone. In the community we need to look after one another.”

We organise or signpost people to free exercise classes or group activities available in Brent, based on what’s accessible and enjoyable for them.

We encourage people to improve their wellbeing through the 5+1 ways to wellbeing.

The sewing club was set up to provide a support space for local women experiencing social isolation and bereavement, offering classes for all abilities.

Guest speakers regularly attend the sessions to speak about, and share advice on, important topics such as emotional wellbeing and women’s health.



Brent Health Matters: The Clinical Approach

The programme's clinical approach supports people to re-engage with healthcare services to manage their health.

The clinical service follows the ethos of taking healthcare to communities, supporting communities to improve awareness and case finding, for example identifying people with hypertension and diabetes who aren't accessing healthcare services. The team also works with people from different ethnicities and areas of high deprivation to improve health outcomes, for example cancer screening and improving uptake of vaccinations.

Our clinical priorities continue to evolve over time. This year, we supported patients living in the most deprived areas in Brent (quintiles 1 and 2) to:

- Reach out to patients from GP lists who have not responded to an invite for bowel cancer screening
- Support 2,060 identified diagnosed hypertensives from Black ethnic background, who have not had any blood pressure recorded in the GP notes in the last 12 months
- Reach out to patients with learning disabilities who have poorly controlled diabetes, to support them to reduce their blood sugar levels.

In 2024/25:

- We provided blood pressure reviews for 41 patients known to have high blood pressure from Black ethnic backgrounds.
- We supported 39 people with learning disabilities who have poorly controlled diabetes, to reduce their blood sugar levels.
- We successfully contacted and ordered bowel cancer screening test kits for 488 patients from priority groups. 310 people completed their screening following this.

Health checks at community events

We carried out 3,796 health checks at 94 community events in 2024/25

Our health checks at outreach events consists of:

- Height, weight and Body Mass Index (BMI)
- Blood sugar level
- Blood pressure
- Heart rate
- Diabetes risk assessment

These readings are communicated with patients' own GPs and documented on the same system as Brent GPs, with escalations as needed. In 2024/25, 20% of Brent residents that attended were escalated to their GP. 306 people were escalated to their GP for high blood pressure, and 343 people were escalated to their GP for having high blood sugar levels.

In 2024/25, we aimed to reach more of our target communities, including people living in more deprived areas. 28.7% of people who had health checks live in areas of high deprivation (IMD 1 and 2).

We also reached other communities who struggle to access traditional health and care services. We provided health checks to **909 bus drivers, 971 factory workers, 238 parents/staff at schools and 93 homeless people.** 24% of our health checks were provided to the Black community, 6% to other White ethnic groups and 4% to Brazilian groups.



Mehdi Avarideh, 61, attended an event for the homeless in the borough.

He said, *"Today's event was really good. The BHM team listened to me and was understanding. I wish every service worked like this. In my experience, I always found obstacles in accessing any health service, and little explanation as to why. It usually feels like I'm bothering them, or that they pity me, which is also not nice. I have felt a lot of inequality. I believe services should make life easier for people, but the system doesn't work and it makes me angry and frustrated. Today was different. I had a great experience."*

Brent Health Matters: Health Educator Service

Our Health Educators play an integral role equipping residents to better prevent and manage long term health conditions, and access the range of services, support, education and advice available in Brent.

Our consortium of voluntary and community sector providers (Brent Carers Centre, SAAFI, Community Barnet, PLIAS and Brent Mencap) deliver this service. Like many of the programme's staff, Health Educators are recruited locally to reflect the diverse cultures and languages in Brent. This allows them to have conversations with people on streets, shops and community centres. They had conversations about healthy eating with 11,411 people in 2024/25 alone. They also support people to register with a GP if needed.

Some residents were keen to get their health back on track after meeting our Health Educators, whether that's someone with a health condition such as diabetes or hypertension, or someone who's at risk of developing health conditions. A personalised approach is taken with individuals to support them to achieve their healthy eating and lifestyle goals in three months. Health Educators case managed 71 people in 2024/25.

The six-week diabetes peer support programme has been creating a safe space for people with or at risk of developing diabetes to better manage their health together.

Participants complete the programme feeling equipped with information, advice, and peers that motivates them to improve their physical health and emotional wellbeing. 45 people completed the programme in 2024/25.

The six-week diabetes digital inclusion programme has been equipping people with diabetes with the skills and confidence to manage their condition online.

Participants are supported to create an email address and ask their GPs to update their records with this information. They get registered onto the Know Diabetes website and learn how to sign up and use online resources and support groups. Six people completed the programme in 2024/25.

Gujarati Community Diabetes Programme

We piloted culturally competent community diabetes programmes

Our Health Educator, Toral Patel, and Community Coordinator, Nazia Ali, partnered with the Gujarati Arya Association to co-produce an eight-week diabetes programme. twenty people attended the programme, which included a one-hour health education talk, followed by a yoga class, and ended with a healthy recipe demonstration and tasting session, all delivered in Gujarati language.

We tailored talks and food demonstrations to the Gujarati community by showcasing healthy vegetarian meals with ingredients widely used in Indian cuisines. A WhatsApp group was used to share recipes with the group, which also encouraged all participants to share their progress through photos of meals they've tried to make.



Image: Buckwheat and quinoa biriyani, rainbow buddha bowl with avocado/cashew chutney, and courgette chaat with red pepper chutney.



Pravina Vandra, 75, from Wembley, first moved to Brent in 1972. Now retired, Pravina formerly owned a supermarket at Wembley Triangle, as well as a career working as a Clerical and Administrative Officer at Northwick Park Hospital.

Pravina was diagnosed with diabetes in 2005 after experiencing frequent thirst and fatigue. After living as a diabetic for more than 20 years, she decided to sign up to a Brent Health Matters diabetes Peer Support Programme after reading about the sessions in the council's Your Brent Magazine. Pravina has managed to reverse her diabetes since completing the programme after taking up walking and new dietary habits.

“

“I wanted to learn, work hard and feel healthier. At the programme I learned about diabetes and how it affects your body, but also how to manage the condition with diet and exercise.”

“I am from an Indian culture, with our own foods, fruits, and vegetables – and it was amazing to get advice that was relevant to my culture. So I could hold on to my traditions and way of life but still control my diabetes.”

“My GP has actually taken me off Metformin, a medication I was taking for 20 years. It means everything to me. I feel on top of the world.”

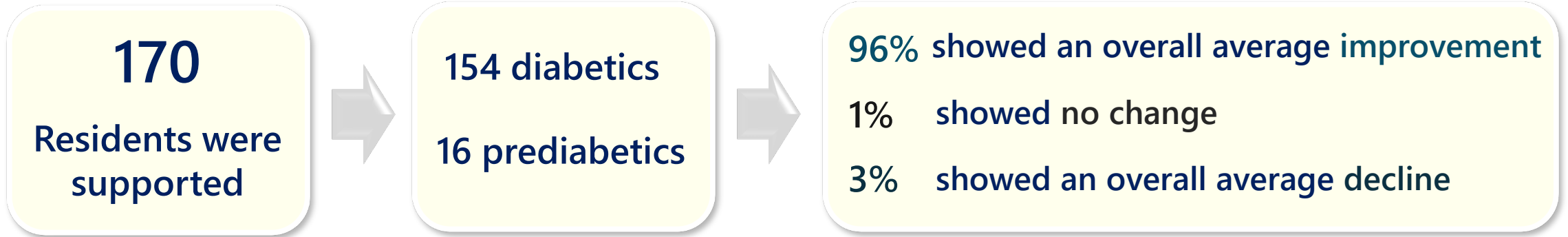
“The BHM Diabetes Support Programme showed me that I am not alone, and that diabetes is not the end of your life. I can't thank the staff enough.”

“I would recommend this programme to any diabetic or to someone who wants to support someone with the condition. Be confident and go for it.”

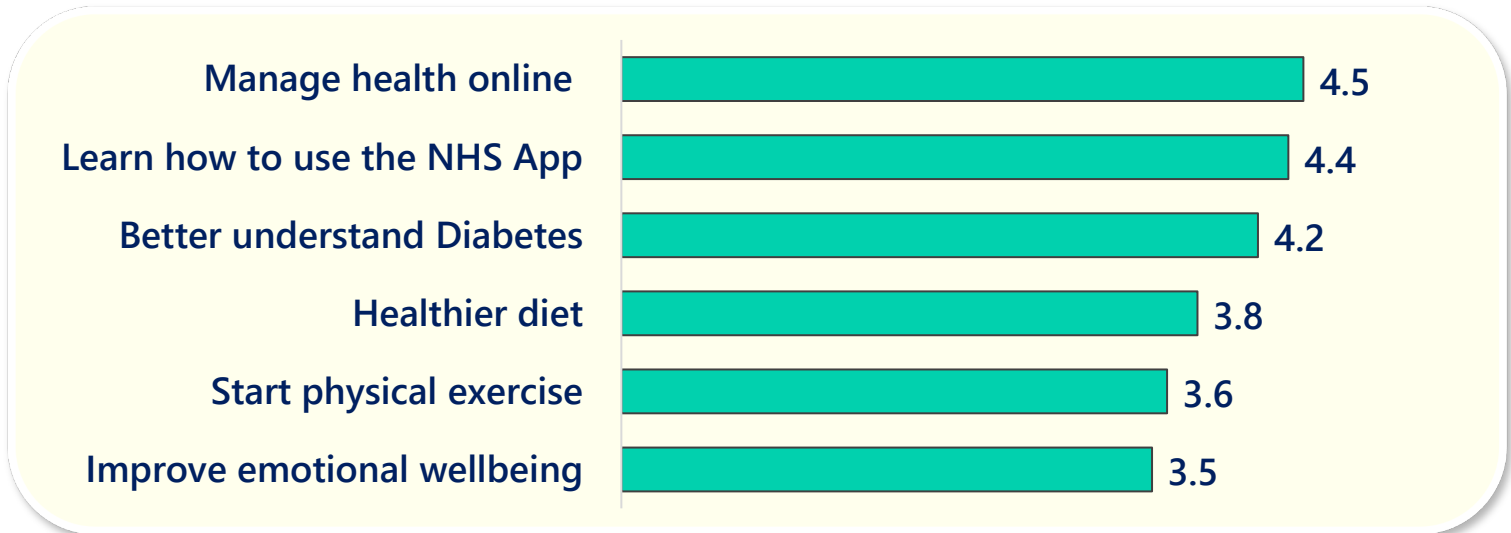
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Health Educator Case Management Summary (July 2024 to June 2025)

Brent Health Educators provide one-to-one case management support for up to 3 months, to residents who are prediabetic or have Type 2 diabetes



Average difference between goal scores at the start and end of the support (0-10). This is based on a questionnaire before and after the service completed by the service user.



On average, there was improvement shown for all of the goals of the patients, with 'Managing Health Online' having the most improvement

3. Achievements

A summary of the programme's achievements over 2024/25, including our successes, and our areas for improvement.



Brent Health Matters 2024/25: in numbers



We held 94 events attended by 4,070 people and carried out 3,797 health checks.



We linked in with 494 community organisations and groups.



Identified 343 people with high blood pressure who were not known hypertensives at events



Identified 97 people with non-diabetic hyperglycaemia



We engaged with 5,404 people about mental health and emotional wellbeing at events



We supported 6 digitally excluded people with Diabetes or at risk of developing Diabetes to create an email address and use the Know Diabetes platform.



Supported 93 people to register with a GP practice at events and supported 63 people during outreach



Supported 182 people to access Housing, Adult Social Care and Employment services to resolve their social issues.



Supported 96 Diabetic/pre-Diabetic people to implement healthier eating and lifestyle changes to prevent or manage their condition.



Awarded grant funding to 43 health inequalities projects via community organisations, and co-production funding to 11 organisations.

Brent Health Matters 2024/25: outcomes and impact



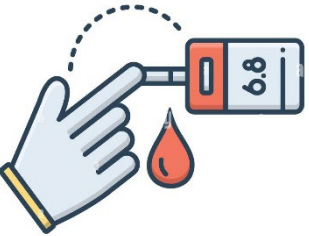
Closed inequality in bowel cancer screening uptake gap by **3.4%** in 2 years

Brent’s data indicates that the programme’s proactive approach to increase uptake of bowel cancer screening through awareness talks and calls to patients is starting to close the gap in uptake between the most and least deprived areas in Brent.



Reduced the no. of hypertension patients who had no blood pressure reading in the last 12 months by **4.34%**

BHM’s work was a part of Brent’s focus on hypertension and diabetes management across all health partners.



Increased diabetes patients’ uptake of the 9 Key Care Processes over the last 4 years through awareness raising activities.

		Key Care Process in last 15 months
Sept – 2022	32,744	47.70%
Sept – 2023	34,214	57.89%
Sept – 2024	35,496	68.4%
Sept - 2025	36,380	70.32%

Brent Health Matters 2024/25: our feedback

We are always seeking feedback from the community to continually improve our approach. With this in mind, we collect feedback forms from people who have had a health check at our events, and people who complete our peer support group and digital course. We also keep an open dialogue with our stakeholders such as factories and VCS organisations, which has helped us know what to keep doing, what to stop, and what we can do differently.

We are proud of the positive feedback that we hear from those we serve

All our teams have received positive feedback from residents and service users – their efforts have made a real impact and we are proud to recognise that...

Feedback on BHM's Dietician from **a female resident from the Pakistani community**

I was amazed to see a dietician come at home to visit me as I have difficulties going outside. She was caring, answered all my questions, gave me a lot of information. She is different from other dieticians I've seen because she said I could eat all the Asian foods and be healthy and lose weight. Amazing service.

Feedback from a **bus driver at Cricklewood Bus Garage**, 49-year-old Carlos Silva de Sousa

It's an excellent idea for health services to visit us at work. This job can be challenging – long hours, sitting for a long period, traffic...We don't have time to visit the NHS and even with a day off it's hard to get a GP appointment. I had a health check, and it gave me a better knowledge of my own health.

Feedback from 60-year-old **Kilburn resident** Zaitun Said, at a **CYP event at Chalkhill Community Centre**

I learned a lot from the different organisations about how families can get help in Brent and the most important things to look after a child's health and development. I am proud to be Somali, and I am happy that the council and NHS are thinking about our community.

Feedback from **a resident**, who attended a grant funded session organised by **Laurence's Larder**

Talking to others about how they manage pain was useful. Things were explained well.

Feedback from Florina Bila, **Romanian resident attending event held in partnership The Romanian and Eastern European Hub**

I have recently been diagnosed with type 2 diabetes and the professionals at the event gave me individual support and explained the test results I received. I am so thankful two Romanian-speaking professionals attended the event, as they helped with the language barrier.

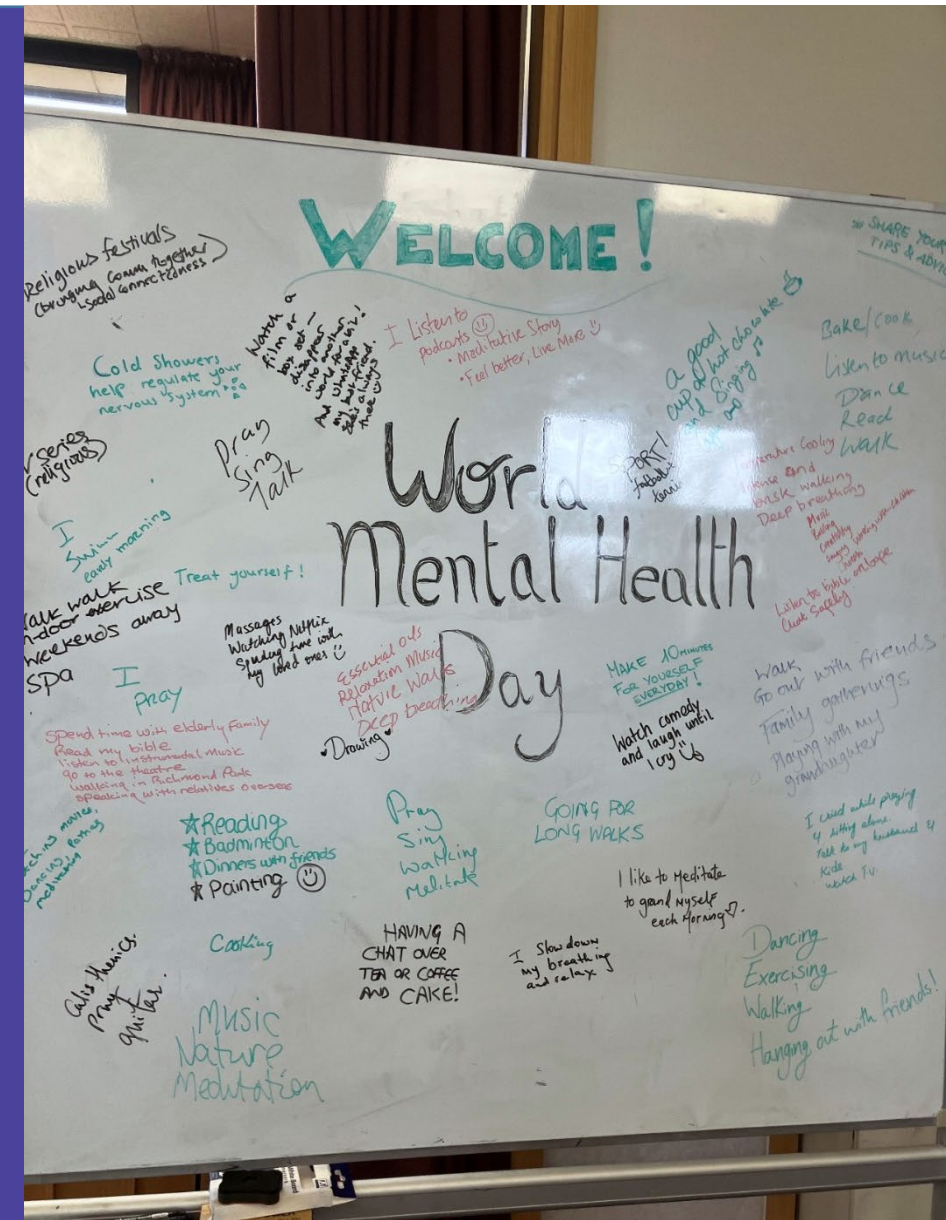
Brent Health Matters 2024/25: areas for improvement

- Our events need to focus more on untapped and emerging communities, as well as the communities that face the highest health inequalities.
- We have had limited success in incorporating the Brent Health Matters model with wider health and care services to make tackling health inequalities business as usual.
- Due to contractual restrictions of staff working hours and primary care engagement, we have not been able to support a high number of residents in our clinical work.
- Need to focus further on demonstrating our impact



4. Priorities

A summary of the programme's way forward for 2025/26



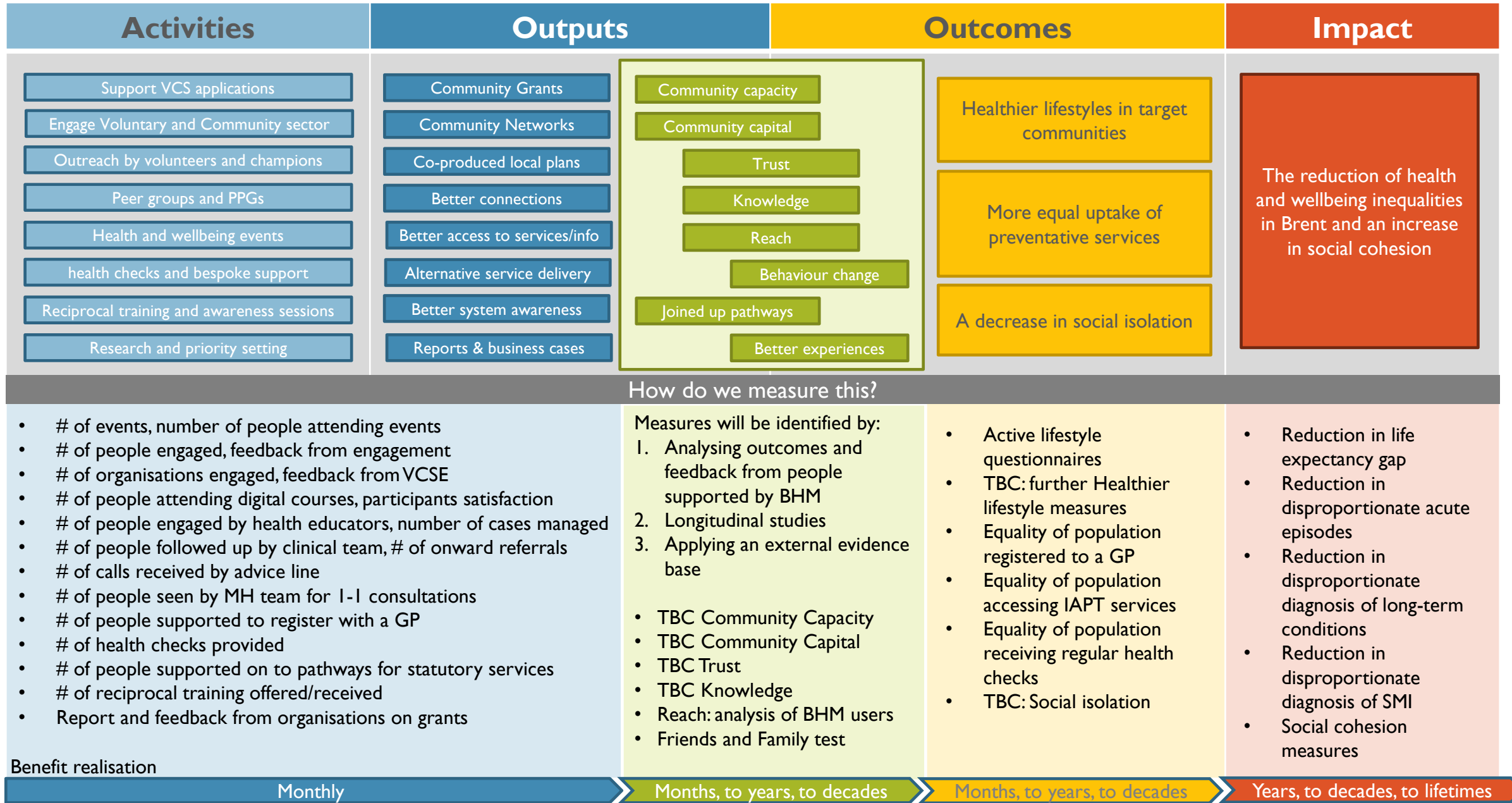
Brent Health Matters 2025/26: moving forward

Priorities for 2025/26:

- **Align our work to neighbourhood working, which is a new NHS priority.**
- **Deliver more culturally competent community diabetes programmes to communities facing language barriers e.g. Somali.**
- **Target health checks to underserved communities including Bangladeshi, Gypsy or Irish Travellers, and people living in the 20% most deprived areas in Brent.**
- **Link the health pods with GP practices in Brent, so that they can be notified when their patient had a high blood pressure or low BMI reading.**
- **Support people to register onto and use the NHS App.**
- **Award community grants to local organisations to tackle health inequalities in specific communities and support them to monitor impact and be more sustainable.**



Appendix A: Our Theory Of Change



Appendix B: Grant funded organisations 2024/25

Org Name	Project Summary
Afghanistan and Central Asian Association (ACAA)	Weekly football sessions empowering girls to stay active and improve their physical and mental health.
Alrida Foundation	Community activities fostering engagement and skill development for Arab youth aged 15-18.
BANG Edutainment Ltd	Inclusive activities like boxing, dance, and healthy eating to support families' well-being.
BAPS Charities	Holistic NESS (nutrition, exercise, stress, sleep) sessions for South Asian adults.
Brent Centre for Young People	Personalised one-to-one counselling for young people aged 14-21 to enhance mental health.
Brent Chinese Association	Health and wellness support tailored for Southeast Asian and Chinese community needs.
Brent Indian Association	Programmes addressing health, exercise, and social isolation for Asian families.
Brent Mencap	Support and activities for individuals with disabilities and long-term conditions.
Brent, Wandsworth, and Westminster Mind	Accessible counselling services for young people dealing with mental health challenges.
Building Bridges Careers Services & Workshops	Physical activity and boxing sessions targeting young people aged 11-18.
Career Camp	Skills development, CV writing, and ambassador training for 16-18-year-olds.
Carib and Co	Well-being brunches for the Black community to promote health and social engagement.
Chalkhill Community Centre	Programmes engaging BAME youth aged 11-16 through creative and physical activities.
Citizens Advice Brent	Targeted support for LGBTQ+ and homeless individuals addressing early health determinants.
Clube dos Brasileirinhos	Empathy and ethics-focused activities fostering community understanding and wellness.
Deaf Ethnic Women's Association	Emotional well-being workshops for BSL-using women aged 18-30.
Filmscope CIC	Creative workshops designed for deaf youth to improve skills and social interaction.
Free The Forgotten	Confidence-building and life skills sessions for disadvantaged youth aged 16-24.
Gujarati Ayra	Health awareness and education sessions promoting better practices for Gujarati communities.
Hestia	Emotional support services for vulnerable youth, focusing on mental health improvement.
Hilltop Circle	Football training fostering teamwork and fitness for local youth.

Organisation Name	Project summary
Hilltop Circle	Football training fostering teamwork and fitness for local youth.
Laurence's Larder	Exercise sessions and healthy lifestyle guidance for adults aged 65+.
Lindsay Park Baptist Church	Skills training and ESOL sessions to support community integration and development.
NOV Way	Weekly running club and youth-focused engagement activities to build fitness and networks.
Platform Cricket	Sports and cricket coaching sessions designed to engage and empower young people.
PLIAS	One-to-one support and health workshops improving well-being and skills.
Royal Deaf	BSL advice sessions on housing, debt, and emergency support.
Silver Jubilee Park Foundation	Inclusive sports coaching for physical and educational needs.
Society for the Advancement of Black Arts	Podcasts and talks on health topics, including sickle cell awareness.
Sport at the Heart	Weekly sports activities promoting women's health and fitness.
St Luke's Hospice	Physical and emotional well-being support for end-of-life patients and their carers.
Stonebridge Boxing Club	Women-only boxing fitness sessions promoting health and confidence.
The Angels Initiative	Dance and fitness classes for children and teens aged 7-16.
The Maze CIC	Emotional regulation mentoring and workshops for children and young people.
The Romanian and Eastern European Hub	Outreach services and community resource management for Eastern European residents.
The Sherriff Centre	Soft play sessions for children with additional needs.
The Space	Cooking and physical activities with peer support for youth aged 12-18.
Track Academy	Outreach and relationship-building initiatives for youth.
Unique Community	Creative arts and crafts sessions for young people.
Wembley Football	Sports sessions for ages 9-14 with a parent workshop.
Young Brent Foundation Café	Café space for parents and children to build community connections.
Zest of Mind	Health and well-being sessions for young people aged 9-20.