

The Brent Magazine

Issue no.146

Winter 2015/2016

Free for people who live and work in Brent

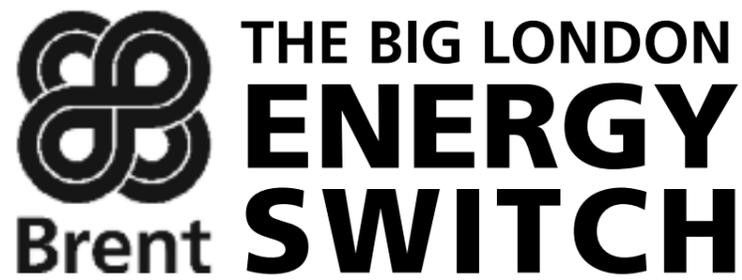
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The Brent Magazine produced for
people with visual impairment.

If you have comments on how
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please contact **020 8937 1062**.



Brent

www.brent.gov.uk



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1 February
2016**

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*“ I know times are hard for many families in Brent.
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– Brent Council leader, Muhammed Butt*

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The Brent Magazine

Issue 146

Winter 2015/2016

Large print edition

Published by the London Borough of Brent, Brent Civic Centre,
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Brent united

December is a time when we tend to reflect upon the past twelve months and look forward to a new year with much excitement and hope.

Just in the past few weeks, our Hindu, Sikh, Buddhist and Jain communities have celebrated Diwali, our Jewish community has enjoyed Hanukkah and now our Christian community is looking forward to celebrating the birth of Jesus.

Most of us will be happily spending time over the Christmas and New Year holidays with family and friends – and not forgetting to look out for our neighbours who may be lonely.

It is this diversity of the borough and the qualities of respect, consideration and tolerance shown by the different communities here in Brent which make this such a great place to live.

Recent atrocities committed by extremists in France and elsewhere however have shown us that there are others who do not share these British values. We've also had our own cause for sadness closer to home this year, with two young lives lost in senseless killings.

This is why now more than ever, we need everyone in our community – of any religion or none, old and young, gay and straight, men and women – to come together.

May I take this opportunity to wish you all a happy Christmas and a peaceful and prosperous New Year.

Councillor Muhammed Butt
Leader of Brent Council

News Update

New community space opens up in Wembley

An exciting new social space for Wembley Park has opened up next to Wembley Stadium offering two versatile and informal spaces for local groups.

The 'Yellow Pavilion' is part of developer Quintain's plans to support the community in Wembley Park and is the ideal venue for anything from regular fitness classes to informal gatherings and art and craft events, such as the beat box workshop for young people, pictured.

Quintain engaged artists to adapt this temporary building which has been upcycled from Quintain's former site at Greenwich into a flexible space which celebrates Wembley Park's spectacular heritage.

Michael Stuart, Wembley Park's Community Engagement Manager, said: "As well as welcoming existing groups, we're keen to hear from those with new ideas. Priority will be given to activities which are open to all and which support the local community. If you've always wanted to set up a group, now is the time to come forward."

The Yellow Pavilion is a not-for-profit facility which can be booked for groups of anything from five to 120, seven days a week, at low cost. It has free WiFi, toilets and refreshment-making facilities as well as external seating and an outside ping pong table.

For more information, email yellowpavilion@wembleypark.com

HS2 vent shaft discussed

A joint event held by Brent Council and HS2 Limited in October provided residents the opportunity to talk to project officers about the proposed HS2 plans and the location of the vent shaft at Canterbury Works in South Kilburn.

Since then, HS2 has consulted residents on the proposed works and how any impact on the surrounding area could be mitigated.

If the new High Speed railway is given the go-ahead by the government, Brent will continue to work with HS2, local residents and schools to ensure that any negative impacts of the works are kept to a minimum.

For more information about HS2 visit www.gov.uk/hs2

Tributes paid to late Kensal Green councillor

Warm tributes have been paid to the late Kensal Green councillor, Dan Filson, following his sudden death.

Cllr Dan Filson represented Kensal Green ward and had been a councillor in neighbouring Hammersmith and Fulham for 12 years where he also served as Mayor.

He was first elected to Brent Council in May 2014 and a year later was elected as chairman of the council's scrutiny committee.

Cllr Muhammed Butt, Leader of Brent Council, led the tributes to the respected councillor. He said: "Dan was an outstanding servant to his community serving for a long time in neighbouring Hammersmith and Fulham and most recently as Chair of Brent Council's Scrutiny Committee.

"He had an inquisitive mind and had a renowned attention to detail which made him a formidable councillor and one of the stalwarts here at Brent. He will be truly missed by all of his friends, fellow councillors and council colleagues."

Brent Council has announced that a by-election is to be held in Kensal Green ward on Thursday 17 December 2015.

An announcement of the result will be made on the council's website the following day.

Children to take over the streets

A new scheme making it much easier for local communities to convert their streets into car-free play areas for their children, usually for one afternoon a month has been given the green light.

To get the 'Play Streets' scheme started, the council will cover costs linked with closing the road and will cover the public liability insurance needed.

This new scheme follows the success of a pilot in the south of the borough earlier this year, where Kempe Road was closed to create a temporary playground and allow the children who live there to play outside, quite literally on their doorstep.

Cllr Eleanor Southwood, Brent Council's Cabinet Member for the Environment, said:

"Parents are always keen for somewhere safe and convenient for their kids to play, so this is a wonderful idea. This is a great example of the council making life easier by taking away the hassle and cost of the legal requirements and promoting healthy, active lifestyle opportunities for young people."

£9.40 changes lives

Students from Ark Academy joined forces with Cllr Roxanne Mashari, Brent Council's Cabinet Member for Employment and Skills on a walk last month to help raise awareness of the new £9.40 London Living Wage.

The walk, which had been organised by Brent Council and Citizens UK as part of Living Wage Week, began at the school on Forty Avenue and made its way through Wembley to the London Designer Outlet, before finishing at Brent Civic Centre.

Employers paying the Living Wage were congratulated by the pupils, who then gave them a gold chocolate coin as an award for their support of the wage.

The Living Wage is calculated as the minimum hourly pay a person needs to afford a basic standard of living.

New park for South Kilburn

An new urban park with play equipment and an accessible modern design with new tree species is on track to open to the public by spring 2016.

Cllr Margaret McLennan, Brent Council's Cabinet Member for Housing and Development said:

"The final proposals look great and I am thrilled to see Ground Control Ltd on site beginning to turn this space in to a fantastic new park for Kilburn residents."

Have your say – register to vote

A fresh campaign to encourage all eligible voters to register to vote, with canvassers visiting homes across the borough that have not returned their annual registration form, has been launched by Brent Council.

Since Parliament changed the law in 2014, the way that people register to vote has changed – instead of one person being able to register everyone in their household, now each eligible resident has to apply individually.

Although you currently have to be 18 to vote in England, young people aged 16 or 17 should fill in the form now, so that they automatically get a vote at the first election as soon as they turn 18.

The next scheduled elections across Brent are next May, when voters go to the polls to choose the Mayor of London and the Greater London Assembly members.

Anyone wanting to register can do so online at

www.gov.uk/registertovote or telephone 020 8937 1372.

Dollis Hill scoops bloom award

A group of green-fingered Dollis Hill residents made their way to Wembley for a reception with the Mayor of Brent in October, having scooped a prestigious community and gardening award.

Led by construction worker Bernard Fitzpatrick, the residents of Campbell Gordon Way pulled together to improve the appearance of their neighbourhood, which in turn, has helped to improve relationships within the local community.

Their efforts have now been recognised by judges at the 2015 London in Bloom competition, which handed the group a maximum of five stars in the "It's Your Neighbourhood award" setting them out as the best neighbourhood in Brent.

Bernard Fitzpatrick said: "Ours is a very diverse community as we have people here from all over the world. We all get involved from May until September in planting flowers and looking after them.

"It's great to see everyone getting involved, the kids love it too. They have little wheel barrows and shovels. I feel very proud as this award is a great achievement."

The success of the residents of Campbell Gordon Way completes an impressive year for Brent at the

awards, with Roundwood Park in Willesden and Mapesbury Dell Park in Cricklewood both scooping 'gold' awards, Fryent Country Park and the Walled Garden in Roe Green Park both winning 'silver gilt' awards and Brent as a borough overall being handed a 'silver gilt' award.

Brent Basketballer shoots for the top

A local sportsman is aiming to make the team for the next European championships.

Will Saunders, 24, plays professionally in Italy after growing up in Brent and benefitting from free use of the facilities at Vale Farm Sports Centre as part of Sport England's Talented Athlete Scheme.

Will's long term aim is to help Great Britain qualify for the 2020 Olympic Games in Tokyo, after the team missed out on qualification for Rio 2016.

Will said: "It's a great sport to play. You only need a ball and a hoop to get started and you can even play by yourself. We have the potential to be one of the best teams in Europe".

To find out more about the Talented Athlete Scheme contact Vale Farm Sports Centre on **020 8908 6545** or visit **www.everyoneactive.com**

19 local heroes honoured

Nineteen local residents were handed Community Champion Awards last month.

The 19 were nominated by the community as people who go above and beyond the call of duty in their voluntary work.

The winners gathered for a glittering awards ceremony at Brent Civic Centre, and were surrounded by their family and friends as their achievements were listed, before they were each called to the stage to receive their hard-earned award.

Pictured here receiving their awards from the Mayor of Brent are Andres Crespo and Gayle Morris – hard working Foster Carers, who have provided supportive family homes to children most in need.

The Mayor of Brent, Councillor Lesley Jones MBE said: “These 19 Community Champions have dedicated hundreds of years of voluntary service to their communities. Whether that has been in campaigning for libraries or championing athletics, cricket and football; supporting their neighbourhoods or raising awareness of dementia; or helping young people with sport or education – they have one thing in common: they have all changed lives for the better. I was so proud as Mayor to say a huge thank you on behalf of the people of Brent.”

Flytipper ordered to pay £3,000

A 30-year-old waste carrier from Willesden has been ordered to pay nearly £3,000 by a court and told to carry out 250 hours of unpaid community work, after he was found guilty of flytipping in Brent.

Michael Corcoran, of Ilex Road, Willesden, was sentenced at Hendon Magistrates Court after it was proven he illegally dumped waste at Fryent Country Park in June 2014.

Earlier this year, Patrick Ward, of Lynton Close in Neasden, was ordered to pay over £1,000 for a similar offence in the park, which also took place in June 2014.

Wembley welcomes India's PM

55,000 people headed to Wembley Stadium last month to see Narendra Modi on his first visit to the UK since becoming Indian Prime Minister.

Many people travelled from all over the UK for the event which included a number of performances from a host of Indian entertainers, while others protested peacefully outside the stadium.

Heavy rain didn't dampen spirits in what was one of the largest ever gatherings for a foreign leader.

NHS changes slammed in report

After controversial national changes to the NHS, Brent contributed to a major independent review led by top lawyer Michael Mansfield QC.

The Independent Healthcare Commission for North West London, led by Mr Mansfield, spoke to lots of residents and considered hundreds of pages of evidence and the final report has now been published.

The main findings are highly critical of the process of reorganising NHS services across North West London, including closing down Accident and Emergency centres at Hammersmith and Central Middlesex hospitals, and concentrating more services in other hospitals, including Northwick Park.

Cllr Krupesh Hirani, Brent's Cabinet Member for Adults, Health and Wellbeing, said: “This report shows how wrong it was to shut these centres before it had first improved other services designed to relieve pressure on Accident and Emergency services. I'm also concerned that there isn't a proper recognition of how quickly the population is growing, and how much NHS provision we really need. It's important now that we learn those lessons, and focus on supporting Northwick Park and

other NHS services in helping local people remain healthy. In future, any such changes need to be designed in greater collaboration with local councils.”

Your new look Brent Magazine

We asked all of our readers in the summer edition of The Brent Magazine to tell us what they liked and disliked about the magazine – resulting in its first revamp in over a decade.

Nine in 10 residents told us that they liked the general news round up and the 'What's On' listings and wanted more arts and culture content to be included – leading to a new dedicated four-page section, which you can find on page 32 of this extended 40 page new-look edition.

We're keen to find out what you think, so if you have any comments or suggestions, please email: tbm@brent.gov.uk

The Brent Magazine is delivered to over 100,000 households and a number of community venues in the borough, making it by far the largest letterbox dropped publication in Brent.

If you would like to advertise in the Brent Magazine, please call **020 8937 1097** or email advertising@brent.gov.uk

Three reasons not to feed the birds

Nature-lovers in the borough who enjoy feeding the birds are being encouraged not to do so, as the food that is intended for the birds is in fact being eaten by rats.

Leaving bread and other household food waste in parks and open spaces for local birds carries a fine of up to £80 and the droppings from the birds who have over-eaten is also causing harm to the local environment.

Rob Anderton, Head of Public Realm at Brent Council, said: "Birds are wild animals and can find their own food. Feeding them makes them rely on humans and even become aggressive when they see people with food.

"Leaving out food also makes the area dirty as it decays and then attracts flies and rats. This, together with bird droppings from the overfed animals, creates health issues for other park users and local wildlife, as well as damaging public seating, buildings and even pavements."

Cllr Eleanor Southwood, Brent Council's Cabinet Member for the Environment, said "Our priority is for Brent to be a great place to live and we are rightly proud of our wonderful parks and green spaces.

"However, the small minority of people feeding birds is causing a

problem in some of our parks and open spaces. I urge everyone who cares about our open spaces to not leave food out for birds and help us to make Brent a cleaner and greener borough."

Council-funded homes to be built

A programme to build seven new affordable homes on former garage sites in Brent by June 2016, has got underway in Wembley.

The two three-bedroom family-sized homes Eskdale Close, North Wembley, will be the first in three decades that the council has built with its own funding. The other five homes will be built at Slough Lane in Kingsbury, and Runbury Circle, Welsh Harp.

Patricia O'Reilly, Chair of Eskdale Close Residents' Association said: "I think it's positive that Brent Housing Partnership (BHP) and Brent Council are building new family homes which will benefit people in housing need. I believe everyone deserves a roof over their head and it's encouraging to see BHP and the council making a real difference in the community."

2014-15 was a bumper year for housing in the borough with 1,693 new homes completed, including 773 new affordable homes, of which 499 were available for social rent.

Ofsted praise for Brent centre

The Ade Adepitan Short Breaks Centre has been rated as outstanding by Ofsted for its excellence in improving the lives of children and young people who have profound learning and physical disabilities, as well as providing support to their families.

Young people stay at the centre for anything from a few hours to a few nights, giving them the opportunity to take part in sports, music and other activities they choose which help to make them more confident and independent in their everyday lives. Their short stays at the centre give their families a break from caring.

Cllr Ruth Moher, Brent Council's Cabinet Member for Children and Young People, said: "The Ade Adepitan centre and its staff are improving the life chances and improving the independence and wellbeing of some of disabled young people and that's something of which we should all be very proud."

Children's road safety put first

Extra road safety measures have been introduced in Wembley for the pupils of Lycée International de Londres Winston Churchill.

New yellow zig-zag road markings, school road signs in Kings Drive and a new crossing patrol have been installed at the school. There will also be enhanced road markings to deter illegal turns and a new yellow box to help keep the pedestrian crossing clear and smooth traffic flow.

Trustees from the Wembley Educational Charitable Trust, the charity that set up the school, said: "We are delighted that the council have responded to our request so quickly and are already discussing with us their future plans for improvements near the school."

The council will spend around £400,000 over the next few years in improving the nearby junction and the route from Wembley Park Station for pedestrians and cyclists as the school grows.

Diwali lights up Neasden

Thousands gathered at Neasden Temple to enjoy delicious food and a stunning fireworks display, as Brent celebrated Diwali.

The Mandir, which celebrated its twentieth year in Brent this year, continues to hold the largest Diwali and Hindu New Year celebrations in the country.

Open to one and all, the celebrations are an opportunity for everyone in the borough to enjoy the traditions, colours and rich culture of the Hindu faith.

Former Premier League star returns to Stonebridge

Former Premier League footballer Jason Roberts MBE returned home to Stonebridge this autumn to mark the announcement of a £150,000 grant for his charity, to help deliver a sports programme for young people in Brent.

The Sports England grant to the Jason Roberts Foundation will help fund a sports project to provide young people in Brent with the chance to play sports they wouldn't ordinarily have had the opportunity to get involved with.

The former footballer, who played for Wigan, Blackburn Rovers and Reading in the Premier League, told The Brent Magazine: "It's quite humbling to be part of a programme that is giving back to the area and the neighbourhood where I'm from. It just doesn't get any better than that.

"Sport can equip kids with discipline, pride and confidence, all skills which they can carry from the pitch right through to adult life.

"I just hope that being able to branch out into different sports, whether that be tennis, rugby or golf, will give young people the chance to participate in sports that maybe they would not usually have the opportunity to."

www.JasonRobertsFoundation.com

Willesden woman who illegally dumped rubbish fined

A Willesden woman has been ordered to pay £220 by a court, after she was convicted of illegally dumping waste on a street in Brent.

Willesden Magistrates Court heard how in March of this year, 26-year-old Zaida Correia, of Cobbold Road, dumped a cardboard box and a black bin bag of waste on the street outside of her home.

Waste enforcement officers at Brent Council investigated the flytipping that had taken place, leading them to Ms Correia, who was found guilty by the court, leaving her with a criminal record and £220 to pay.

Cllr Eleanor Southwood, Brent Council's Cabinet Member for the Environment, said: "Through the work of council and Veolia investigation officers, the use of CCTV and the help of residents providing evidence, we will always take strong action against flytippers in Brent, however large or small the offence is."

NEWS IN BRIEF

Budget news

Budget proposals and longer-term budget options will be considered by Brent's Cabinet at its meeting on 14 December 2015, before the proposals are opened up for consultation.

Once feedback from that consultation has been received, decisions on council spending for 2016/17 will be taken at a Cabinet meeting and then a Full Council meeting, both in February 2016.

Keep an eye on Brent's website and the YourBrent newsletter for further updates.

Nigeria ties celebrated

The 55th anniversary of Nigerian independence was celebrated at Brent Civic Centre in October.

Organised by Cllr Ernest Ezeajughi, the Mayor of Brent Cllr Lesley Jones welcomed Ms Nkechi Amanze from the Nigerian High Commission, as well as a number of Nigerian staff and residents for an evening of talks which celebrated the close ties of Nigeria and Brent.

Website speaks 100 languages

Brent Council's website has been fitted with a new speech, reading and translation facility, which helps those with dyslexia, lower levels of literacy, mild visual impairments and those with English as a second language to access information about local services more easily.

A BrowseAloud icon is present on each council web page and when it is clicked it displays simple translation options.

WORLD SKILLS UK THE SKILLS SHOW EXPERIENCE



PARK ROYAL BUSINESS GROUP

Park Royal Skills and Apprenticeship Fair

Wednesday 10 February 2016 12noon-7pm

Your opportunity to find out about apprenticeship and job opportunities Businesses opportunity to promote vacancies and apprenticeships to a wide audience

Contact Charlotte on:

charlotte.barrett@brent.gov.uk

School admissions in Brent is changing



Is your child starting primary school in September 2016?

If they are, make sure you know about important admissions changes before you send in your application.

Don't miss the **15 January 2016** deadline to apply.

Find out more online at www.brent.gov.uk/admissionschanges or email school.admissions@brent.gov.uk

We also want your views on proposed school admissions arrangements for 2017/18. Take part in our consultation at www.brent.gov.uk/admissionsconsultation

Value for money

#OurDay 2015

#OurDay is an annual tweetathon in November to give you a look into the work of local government on a typical day. Get an insight into just some of the people behind the scenes, working hard to keep services in the borough running smoothly.

@Brent Council

Velma, a Care Assessor, is off to perform an assessment at a potential service user's home #OurDay

@Brent Council

We maintain 504km of roads and 847km of pavements across the borough #OurDay

@Brent Council

Have you spoken to one of our staff? The contact centre has answered 126,862 calls between Apr-Oct this year #OurDay

@Brent Council

Look at those flowers! Gardening at the John Billan Resource Centre #OurDay

@Brent Council

Jon's a busy boy: Trading Standards on the hunt for off licences selling fake or contraband vodka #OurDay

@Brent Council

Our Chief Operating Officer was up early getting an update from our CCTV officers #OurDay

@Brent Council

After a blustery night, the street cleaning and sweeping of leaves started early this morning #OurDay

@carolyndowns8

#OurDay @Brent_Council regenerating Wembley

@cllrjdenselow

A look at how Brent residents use the @Brent_Council website

@Brent Council

Our Chief Exec has had a busy morning taking photos for #OurDay and now we have one of her

@Brent Council

Another Healthier Catering award handed out. Find out more about the scheme: ow.ly/UNaeP #OurDay

@Brent Council

Alison 1 of our road safety officers is preparing to deliver the junior citizen programme to Year 6 children #OurDay

@Brent Culture

At Kingsbury Library we're sharing magical adventures in books with our young library readers #OurDay

@Brent Council

Look out for Frankenpigeon designed by @Sam_Mire coming to a billboard and park near you soon! #OurDay

@Brent Council

If you're in or around the Civic Centre at lunch time, pop in and try the wok station at the Melting Pot #OurDay

@Brent Council

Our crews have been out and about since 7am. Here's some stats about how much they collect #OurDay

@Brent Council

We're replacing street lights with LED luminaries to save £750K a year in costs and reduce carbon emissions #OurDay

@Brent Council

Tonight we'll be out with outreach workers from @mungosbroadway between 11pm & 4am to help rough sleepers #OurDay

Advertisement

My Account

Brent Council's new online portal

Login to view it, pay it, anywhere, anytime

Did you know you can:

- View your Council Tax details, set up a direct debit, make payments, apply for discounts and amend address details.
- Housing Benefit and Council Tax Support – make a claim, tell us about changes in your circumstances or view your claim and payment details.

Creating an account is easy and takes just a couple of minutes, all you need is an email address to get started.

www.brent.gov.uk/MyAccount

Environment

Community spirit cleans up Brent

Residents have been helping to make Brent a cleaner and greener place to live by organising local 'days of action' to tackle illegal rubbish dumping and littering.

The Brent Magazine caught up with two local community groups in the borough, Keep Wembley Tidy and NorthWestTwo, to find out more

No one wants to live in an area where there is rubbish all over the streets," says 23-year-old Sonia Shah, of Keep Wembley Tidy. "That's why we came together to take some positive action by organising the day of action in Wembley."

Involving 40 volunteers from the local community, the Keep Wembley Tidy volunteers litter-picked several roads in Wembley Central and knocked on more than 500 doors to raise awareness of littering issues in the area and what can be done in response.

"There was a real sense of community spirit on the day," said Sonia. "We had a great turnout of people to help out, regardless of the bad weather and there was a real sense of achievement too. We had all come together and said that we are going to make a difference.

Eager to help

"Two teenage girls happened to bump into us as we made our way around and said that they had seen our poster and that they wanted to help, and so joined us right there and then. It's not something you would expect of young people today. That eagerness to help was amazing to see."

Nearly 50 bags of litter were collected by the volunteers who are planning at least one day of action every month in 2016, and Sonia also called for landlords to do more to combat the tenants who litter – a point echoed by Marie Hancock, secretary of the NorthWestTwo residents association, who recently organised a day of action in Cricklewood.

Marie said: "We found that the two biggest issues in Cricklewood

were residents dumping stuff on the pavement and people filling their bins with the wrong stuff, as the population here is so transient.

"It's an educational issue. People aren't aware of how to recycle, what free collection services are available and what community sites such as Freecycle are available. I think that if people used Brent's free collection service for bulky goods and its Cleaner Streets app, that would solve a lot of problems.

"It's so important to take pride and responsibility for where you live. It makes the area feel more safe and life more pleasant for everyone who lives in the area. It is after all an area that we all share with our neighbours."

Around 20 residents joined Marie in the day of action, which she said was "easy" to organise. "We approached Veolia for gloves, litter picking claws and bags to be provided on the day and for a collection to be arranged to take away the rubbish that was collected.

"We also contacted Volunteering Brent to ask if they could help with providing any volunteers and they managed to get some help and we also promoted the clean-up on StreetLife and had a Mum and her child turn up from Neasden, as well as staff volunteers from McDonalds.

"My advice for anyone looking to do something similar would simply be just go ahead and do it. It is easier than you think to organise. Of course, it can be difficult to generate interest in things like this, but my advice would be to just do it no matter how few people get involved. See if you can build from there, get an extra person or two for the next clean up event and see how it goes."

If you want to arrange or take part in a clean up event in your area, please email

recyclemore@brent.gov.uk

For more information on NorthWestTwo, please visit www.northwesttwo.org.uk For more information on Keep Wembley Tidy, please visit www.keepwembleytidy.co.uk

Environment

Keeping Brent tidy this Christmas

The festive season is a time when households across the borough produce more waste than usual, leaving many residents wondering how to get rid of it all

Dumping waste illegally, be it dropping a bag of waste by a tree, or dumping an old mattress, furniture or appliance down an alley or on the pavement is a serious criminal offence which leaves offenders facing up to five years in prison or a £75,000 fine.

By using CCTV and with residents working more closely with the council in giving evidence to help bring about prosecutions, more and more people in Brent are finding themselves with criminal records and large fines to pay.

Here, The Brent Magazine has pulled together a quick guide to help you get rid of your waste over the festive period in a way which is good for the environment and won't get you into trouble with the law.

As a general rule, remember that unless rubbish is disposed of properly in a bin, you could end up in trouble.

Take note of waste collection times

With three bank holidays over the festive period, there will be some slight changes to the days on which your recycling and waste bins are collected.

There will be no collections on Friday 25 December, Monday 28 December or Friday 1 January.

Find out your collection day over the Christmas period by taking a look at the handy cut-out-and-keep table below or visit:

www.brent.gov.uk/recycling

**DON'T
RISK 5 YEARS
IN PRISON
OR A £75,000
FINE!**

IF YOUR BIN IS DUE TO BE COLLECTED ON...	IT WILL INSTEAD BE COLLECTED ON...
Friday 25 December →	Sunday 27 December
Monday 28 December →	Tuesday 29 December
Tuesday 29 December →	Wednesday 30 December
Wednesday 30 December →	Thursday 31 December
Thursday 31 December →	Saturday 2 January
Friday 1 January →	Sunday 3 January

REPORT IT WITH THE CLEANER BRENT APP

The Cleaner Brent app is the easiest way to report litter, flytipping, graffiti and other problems in your area direct to us from your smartphone. Once a report is made, you will receive a message and an update when it is cleared.

Download the app here:

www.brent.gov.uk/cleanerbrentapp

YOUR JUNK IS SOMEONE ELSE'S TREASURE

The old saying goes that 'one person's junk is another person's treasure' and this is true also for the things that you want to get rid of. Community sites and email groups such as Freecycle and Freegle provide a way to offer the items that you want to get rid of, to someone else locally who may have use for it. From old furniture, electrical items, even half-used cans of paint – whatever it may be, the chances are that someone out there

wants it. You'll be able to get rid of something quickly and for free, while knowing that you have done a good deed in helping someone out. A classic win-win situation.

www.freecycle.org

SUPPORT CHARITY

More and more charity shops need donations that include not just clothes, but old furniture and electrical items too. The Charity Retail Association can direct you to your nearest charity shop to see if they are interested in your items.

Simply visit www.charityretail.org.uk and click 'Find a Shop'.

BULKY WASTE COLLECTION SERVICE

If you have something large to get rid of and there are no takers for it on the likes of Freecycle or Freegle, then call Brent's Bulky Waste Collection service on **020 8937 5050**. Each household can have up to three special collections this

financial year which ends on 31 March, with up to five separate items collected each time, for free. www.brent.gov.uk/specialcollection

LOVE FOOD HATE WASTE

Winter and Christmas can be a time when a lot of food is wasted, but instead of throwing food away, why not visit

www.lovefoodhatewaste.com for great ideas and tips on storing and freezing different foods and finding different recipes for leftovers? If you can't store or reuse your food, then please use your food waste container to recycle your food waste.

SIGN UP TO THE GARDEN WASTE SERVICE FOR 2016!

From January, sign up for the 2016 Garden Waste Service. For £40, it runs from April 2016 through to March 2017. Last year, 19,500 households in Brent signed up for the service. Those who receive income-related benefits get a 20 per cent discount. For more information and to sign up, please visit www.brent.gov.uk/gardenwaste

HOW TO GET RID OF YOUR REAL CHRISTMAS TREE

Getting rid of your real Christmas tree after the festive season has ended for another year can be a headache for some, but there are a number of ways that it can be done. Simply take it down to the Reuse and Recycling Centre, Abbey Road, NW10 7TJ, or if that is not possible,

then four of our parks – Barham Park, Gladstone Park, Queens Park and Roundwood Park – will have clearly designated drop-off areas for your tree. Every tree collected will be chipped and turned into compost to prevent more waste going to landfill. Residents have from Monday 28 December until Wednesday 13 January to leave their tree at a park. For more information and the exact locations of the drop off points please visit www.brent.gov.uk/recycling

ALTERNATIVELY, GREEN BIN IT!

If you are unable to make it to the Reuse and Recycling Centre or a collection point, then residents who are signed up for the Garden Waste Service can simply cut their tree up into reasonably sized pieces of less than one metre and pop it in their green bin for collection. Collections in winter take place once a month. Visit www.brent.gov.uk/recycling to find your next collection day

*Libraries and culture • Making Brent safer • Public health • Street cleaning
Children, families and schools • Recycling and rubbish collections • Parks
and open spaces • Adult social care • Creating jobs and regeneration*

BRENT CONNECTS

Over the next four years, the money the Government gives Brent Council to provide local services will continue to reduce. This is on top of substantial reductions in funding since 2010. Help us decide the shape of the council's budget going forward by discussing our proposals with the Leader of the Council, Cllr Muhammed Butt, at your local Brent Connects meeting.

ALL MEETINGS START AT 7PM

WEMBLEY

Tuesday, 12 January 2016

Banqueting Hall, Patidar House, 22 London Road, HA9 7EX

KILBURN & KENSAL

Tuesday, 19 January 2016

Queens Park Community School hall, Aylestone Avenue NW6 7BQ

WILLESDEN

Wednesday, 1 February 2016

The Library at Willesden Green, First Floor, Performance Space, 95 High Road, Willesden NW10 2SF

HARLESDEN

Tuesday, 2 February 2016

The Roundwood Youth Centre, Longstone Avenue, Harlesden NW10 3UN

KINGSBURY AND KENTON

Wednesday, 3 February 2016

Main hall, Kingsbury High School, Princes Avenue, Kingsbury NW9 9JRParks

020 8937 1073

brent.connects@brent.gov.uk

www.brent.gov.uk/brentconnects



Community

Food for thought

Brent Foodbank is gearing up for one of the busiest times of the year and preparing to help more households

Sadly, there are more residents and families than ever in our borough who without the help of Brent Foodbank would have very little or absolutely nothing to eat at times.

"People who come to us are in financial crisis and sometimes we see people who haven't eaten for days," says Michele Lawrence, manager of Brent Foodbank. "Their benefits may have been stopped or they've had a huge bill which they can't afford to pay. Many of the people we see receive benefits but not all – a lot of them are people in low-paid jobs."

Brent Foodbank, which opened in 2011 and is run by the Trussell Trust charity, is preparing for what could be its busiest time of the year. "The reality is that some people have to choose between heating their home and eating and that becomes particularly difficult for some people in the winter months when big energy bills have landed, so we're expecting to see more people," adds Michele.

Social care

The food bank, based at St Mary's Church Vestry Hall in Willesden, sees 40 to 60 households a week – anyone from single people to families of ten. It provides food to those who have been referred to them by health and social care professionals who feel that this kind of help is required.

Volunteers welcome clients who are given a cup of tea or free hot snack whilst waiting for their parcel of food, which is then handed over in supermarket bags to prevent social stigma. The volunteers are key to the work of the foodbank – especially for the supermarket collections.

"We were collecting in a supermarket once when a man came up to me with a donation. He'd been to us the year before and said that 'you helped me out when I needed it so now I'm returning the favour'," added Michele.

Brent Foodbank operates Tuesdays 1-4pm and Thursdays 1-4pm at St Mary's Church Willesden, Neasden Lane, Willesden, NW10 2TS and will be launching a new centre at the Lindsay Park Baptist Church in Kingsbury in January 2016.

Food can be donated to the foodbank during opening hours.

**ARE YOU ABLE TO HELP
VOLUNTEER AT BRENT
FOODBANK?**

Visit
www.volunteeringbrent.org.uk
email
enquiry@volunteeringbrent.org.uk
or call 0300 365 9920 for more
information.

Jobs and skills

Unemployed? Try the Brent Start way back into work

Having been unemployed for four years, 36-year-old Willesden resident Suzanne Roche decided she wanted to make a change in her life. She contacted the adult skills and employment programme 'Brent Start' and got the qualifications to get her back into work

I wanted to better myself and get back into employment," says Suzanne. "But I really wanted to do something that I enjoyed, rather than just do the first job I could find. That's when I came across Brent Start."

Brent Start is a programme of adult education courses across Brent, helping residents like Suzanne fulfil their potential. The courses are for anyone who wants to learn new skills to get into work, find a better job or just improve themselves and many of the courses lead to nationally recognised qualifications.

Suzanne said: "I heard about Health and Social Care sector training course opening up near to where I live and decided to enrol. It was brilliant. I learned the practical skills of caring; including some

things I'd never thought of before, such as manual handling, including the best way to pick things up without injuring my back."

"The course really helped to boost my confidence too, I made some new friends while studying and it gave me new skills and a really valuable experience. It cemented my desire to go into social care."

Suzanne successfully completed her course in Health and Social Care, which is run in partnership with charity LIFT, in August of this year and just three weeks later had secured a new job as a care assistant.

"I absolutely love it!" said Suzanne. "I've worked with Home Care in Golders Green for a few months now and look forward to work each day, caring for elderly people in their own homes.

Advertisement

REGISTERING TO VOTE TAKES LESS THAN FIVE MINUTES

Any questions?

electoral.services@brent.gov.uk or call 020 8937 1372

www.brent.gov.uk/register

**YOUR VOTE
MATTERS
MAKE SURE
YOU'RE IN**



“The job involves helping the elderly with everyday tasks such as making breakfast, washing, and sometimes just providing a friendly presence.

“Many of these people don’t have any friends or family, so it’s nice for them just to have some company. It’s a rewarding job, as well as something I find really enjoyable and interesting.

Better yourself

“I would really recommend doing a Brent Start course, especially if it will lead you into work. You should always take an opportunity to better yourself, get new qualifications and make a brand new start.”

Cllr Roxanne Mashari, Brent Council’s Cabinet Member for Employment and Skills said:

“We want everyone in Brent to have the best opportunities in life and by providing access to a wide range of courses, Brent Start gives residents the chance to fulfil their potential and improve their skills, their employment prospects and their lives.

“This is why the programme is so important and I would encourage others in the borough who are looking for a new job or at getting back into work to take a closer look at Brent Start to see how it could help you take a step up the career ladder.”

Enrol now for Brent Start’s January courses!

IF LIKE SUZANNE you are looking for the first steps into employment and finding a job you love, then Brent Start’s January courses are now open for enrolment!

Whether you’re looking to bridge a skill gap, get back into work, change your career or simply try something new, Brent Start is the place for you.

The courses take place at various times and locations, making sure they meet everyone’s needs and include Health and Social Care Diplomas, Caring for Children and AAT Accredited courses in Bookkeeping.

Brent Council has also just launched its new Apprenticeships service, so if you are aged between 16 and 25 and interested in Apprenticeships, there is a wide range of possibilities available for you.

Make it your New Year’s resolution to create a fresh start in your life.

The full list of courses can be found at www.brent.gov.uk/brentstart or call the Brent Start team for more information on **020 8937 3950**.

Health

Killing you sweetly

Consuming too much sugar leads to a number of health problems such as obesity, heart disease, poor oral health and Type 2 diabetes, but how much is too much?

Aiming to make Brent a healthier borough, Brent Council has launched a new ‘Slash Sugar’ campaign to raise awareness of the sugar content in the foods that we eat and what the recommended levels of sugar consumption are.

Launching the campaign, Cllr Krupesh Hirani, Brent Council’s Cabinet Member for Adults, Health and Wellbeing, said:

“Our sugar campaign is crucial in a borough with some of the worst statistics on child oral health and some of the highest rates of Type 2 diabetes in the whole country.

“We are committed to supporting people to change their eating behaviour through a series of programmes such as our free healthy eating workshops, the Healthier Catering Commitment for takeaways and our Diabetes Champions.”

Did you Know?

- One in five residents are overweight
- The borough has the second highest rate of Type 2 diabetes in London

- One in four eleven-year-olds are obese
- Nearly one in five five-year-olds in the borough are reported to have had a decayed, missing or filled tooth in 2012
- A 330ml can of cola has nine teaspoons of sugar in it, so drinking just one can a day means you have exceeded your daily allowance of sugar.

Beware the hidden sugars

Some foods that many of us think are healthy, sadly are not. Many cereals, breakfast bars, low-fat yoghurts and sauces including ketchup have very high amounts of sugar in them. Take a look at the nutrition information on the packaging of your food to see how much sugar it contains.

Any food which has more than 22.5g of sugar per 100g is considered a high sugar food, so best to try and keep these to a minimum. Remember to check this information before you buy food at the supermarket.

#SugarFreeTuesday and Sugar Swaps

Dropping sugar from your diet completely for just one day a week can have a positive impact on your health, so as part of the Slash Sugar campaign, Brent is calling on residents and businesses to take part in 'Sugar-free Tuesdays.'

The idea is simple: swap foods that contain added sugar for those that don't every Tuesday and have one day of the week that is sugar-free. Starbucks in Brent Civic Centre have become the first business in the borough to get on board with the

campaign by offering a 50p discount on products that do not contain sugar and more businesses in Brent are expected to join in.

Get involved and Slash Sugar

Tweet us your sugar swaps using the hashtag #SugarFreeTuesday

If you are a business, a school, community group, sports club, scout or brownie group or any workplace, a free toolkit is available to help spread the word on the dangers of excess sugar consumption. You can find it online at

www.brent.gov.uk/healthyliving

Why not give Sugar Free Tuesdays a go for yourself?

Here are some sugar swaps you could do:

Breakfast	Bran flakes	X	Eggs on wholemeal toast	✓
Mid-morning snack	Cereal bar	X	Breadsticks and hummus	✓
Mid-afternoon snack	Chocolate	X	Plain popcorn	✓
After dinner pudding	Ice-cream	X	Cheese and crackers	✓
Drinks	Blackcurrant drink	X	Water	✓

Advertisement

How much sugar should we be eating?

1 sugar cube = 1 level teaspoon = 4g of sugar.
As the table shows, adults shouldn't have more than seven teaspoons of sugar a day.

AGE	RECOMMENDED MAXIMUM ADDED SUGAR INTAKE	SUGAR CUBES
4-6 yrs	no more than 19 grams a day	5 cubes
7-10 yrs	no more than 24 grams a day	6 cubes
From 11 yrs	no more than 30 grams a day	7 cubes

Girls on the move

Have a great idea for your own women only physical activity programme?

Funding available!

We're looking for community organisations with innovative ideas and experience in organising and running physical activity programmes for inactive women and girls.

We can help with funding to make your ideas come alive!

Email us at healthyliving@brent.gov.uk for further information. (Write 'Inactive Women and Girls' in the subject title).
Closing date 12 February 2016.

www.brent.gov.uk/activenewyou



Listen up landlords

Can you help?

London Strategic Housing Association is looking for properties in and around the London area.

Please call our professional & friendly Acquisitions Team to find out more.

- **Guaranteed rental income***
- **No management fee or commission**

Working in partnership with the following local authorities:

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* See website for terms and conditions

 **020 8459 9214**

www.lsh4landlords.org.uk

London Strategic Housing Limited is part of Network Group
Registered and correspondence address:
Olympic Office Centre, 8 Fulton Road,
Wembley, Middlesex HA9 0NU

- A charitable Industrial & Provident Society no. 29044R
- Registered provider no. L4347

LONDON STRATEGIC HOUSING



Young people

Help a child in need

Retired Kingsbury resident Patrice Thomas has fostered children for over 30 years and says that there is no better way to help a child in need

I used to babysit a lot for friends and others in the community, but it was a teacher at my daughter's school who suggested I would be a good foster parent," says Patrice, who until retiring, combined her role as a foster carer with that of a single mum-of-two and a career as a legal secretary at a City law firm.

155 children

"I then saw the Brent advert calling for more foster carers, called them up for more information and it went from there. 31 years and 155 children later, I honestly feel blessed to have been able to help so many children and to still be foster caring today.

"How long you foster a child for ranges in time. It can be an emergency placement where a child in need is placed with you for a night or over a weekend, or it can be much longer, over a period of weeks, months or even years.

"One of my foster children arrived with me when she was 12 and stayed with me until she was 18. We have a great relationship and keep

in touch now. She says that I am like a mother to her. For my own two children too, they enjoyed growing up with extra siblings.

"Over the past few years I have looked after a lot of children who have arrived in Brent on their own, fleeing war or trouble abroad, but before that, I took a lot of children whose parents had problems, such as alcohol or drug addiction and domestic violence.

Children in need

"These children are children in need. They need care and a safe place to live and there is no better way to help, than to be a foster parent and provide the home and the care that they need.

"Anyone can do it, you just need to be understanding and tolerant and have empathy, sympathy and patience.

"It is an incredibly rewarding experience. The foster children become part of your family. For instance, Christmas Day is just around the corner and for lunch I will be taking my two foster

children who are with me at the moment over to my daughter's in Willesden, although I will have already done most of the cooking in my own kitchen and brought it with me!

"I am a parent to my own children as I am to my foster children and just like your own children, you build close relationships that last long after they have flown the nest.

"To anyone who has given fostering even half a thought I would say make the call and get some more information. For these children, there is simply no better way to help than fostering."

For more information, please contact our Fostering Team on **020 8937 4538** or email fostering@brent.gov.uk
www.brent.gov.uk/fostering

Too old to be adopted?

Brent receives a lot of interest from people looking to adopt a baby or toddler - often overlooking the fact that there are small sibling groups and children over the age of four, who are also looking for somewhere permanent to call home.

That's when Sonya – whose real name has been changed here to protect the identities of her adopted children – stepped forward. Aged 40, single and harnessing a desire to have a family, Sonya contacted Brent Adoption Service.

"I had imagined myself with a single child but because my social worker knew me so well, she thought I would be ideal for this sibling group; a girl aged four and boy aged three" said Sonya. "As soon as I saw their pictures I immediately fell in love with them!

"There are many rewards and challenges throughout this journey. Challenges such as being a single mum and managing two very lively children who like to test boundaries now and then. However, the rewards are too many to mention!

"The children are great company for each other and they are growing up to be lovely, healthy, happy children. I am so delighted I took this route; we have a lovely life together. I received huge support from Brent and would definitely recommend this experience to anyone who is thinking about adoption."

For more information on adopting in Brent, please contact Brent Adoption Service on **020 8937 4525** or visit

www.brent.gov.uk/adoption

Information Evenings

Brent organises regular fostering and adoption information events at Brent Civic Centre, Wembley every month:

- Thursday 4 February 2016, 5.45pm
- Thursday 3 March 2016, 5.45pm

More information is available at www.brent.gov.uk/fostering

What is Private Fostering

Have you, or someone you know made an arrangement to look after someone else's child for more than a month?

If so, you could be fostering privately!

Brent Council has a responsibility to ensure that all children in Brent are being cared for properly and that carers are supported.

If you know of, or are caring for a child who is being privately fostered please let us know.

Call 020 8937 2749

www.brent.gov.uk/privatefostering



Leading the fight against Alzheimers

Alzheimer's Society

If your life is affected by dementia, Alzheimer's Society in Brent is here for you.

Our Information Worker service in Brent can offer you information about dementia and signpost to a range of support services within the borough.

These services provide practical and emotional support and the opportunity to meet others in a similar situation.

We can contact you by phone, email and post or provide information in community venues. For more information please contact:

T: 01923 824 329 E: brent@alzheimers.org.uk

www.alzheimers.org.uk

Registered charity no. 296645

BRENT CARERS CENTRE

Do you Look After Someone without pay who cannot manage without your help?

The person you look after may be your partner, a family member, a friend or neighbour.

If you look after someone who has ill health, is frail, has a disability, a medical condition, mental health problem or suffers from substance misuse, then YOU are a CARER!

Brent Carers Centre can help and support you, whether you are a young carer or an adult carer, as a Carer you have certain rights and are entitled to information, advice and support.

Brent Carers Centre provides:

- **Information & Advice**
On the rights of carers & assistance to access support
- **Money & Benefits Advice**
Advice, checks & form filling
- **Advocacy & Representation**
Help to challenge decisions
- **Access to Work & Training**
Volunteering, re-skill training & employment advice
- **Caring Support & Training**
To improve your caring skills & knowledge
- **Support Groups & Activities**
Monthly or weekly support & fun respite activities
- **Whole Family Support**
Including the views & needs of the whole family
- **Support to Access Grants**
For respite, equipment or training etc.
- **Carers Counselling Service**
A confidential space for emotional support
- **Young Carers Support & Activities**
Peer support & fun activities

BRENT CARERS CENTRE

Wembley Centre for Health & Care 116 Chaplin Road,
Wembley, Middx, HA0 4UZ

Opening Times:

Mon to Fri: 9.00am – 5.30pm
Every Third Wednesday: 9.00am – 8pm
Every last Saturday: 10am – 2pm
Drop-In Every Thursday: 10am - 4pm

Call for telephone advice or to arrange an Appointment!

Tel: 020 8795 6240

Fax: 020 8795 6250

E: email@brentcarerscentre.org.uk

[Twitter.com/brentcarer](https://twitter.com/brentcarer)

W: www.brentcarerscentre.org.uk

[Facebook.com/brentcarers](https://www.facebook.com/brentcarers)

[Facebook.com/brent.youngcarers](https://www.facebook.com/brent.youngcarers)

Charity No: 1066691

Limited Co. No. 3354038

PARK LANE CHILDREN'S HOME

in Wembley

require a **RESIDENTIAL CARE MANAGER**
preferably with 2 years experience up to level V

Phone for more information:

020 8903 8891

smtparklane@hotmail.com

YOUR HEALTH

Dianne's story: how to live with dementia

Brent resident Dianne Campbell explains how she's supporting others to live well with dementia

About four years ago a significant event happened in Dianne's life – she left a pan of food on the stove for too long and within minutes her kitchen was filled with smoke.

What may sound like a minor domestic accident indicated to Dianne that something was wrong with her health. "I had been struggling with my memory for a while," she recalls. "I was also tired a lot of the time and feeling anxious. When the smoke alarm started ringing, I realised I couldn't remember anything about putting on the pan."

It was a warning sign that something was not right. She saw her GP and other medical professionals and eventually was diagnosed as having vascular dementia.

"Many people associate dementia with older people who are quite frail and with grey hair, but the condition can also affect many younger people like me," she explains.

"Life goes on"

Today Dianne is supporting other people with dementia and their family and carers as well as raising great awareness and understanding about the condition. She has worked for the NHS as a peer support worker and helps to train up professionals.

"I worked with people with an early diagnosis. I would always say, 'it's not so scary'. You can learn to cope – it is a struggle, but life goes on. The key is to look after yourself; eat healthily, take moderate exercise and seek out support."

This year Dianne joined Community Action on Dementia Brent, a charity set up to help communities and individuals in the borough to live well with the condition and to help make the borough more dementia friendly.

She has organised a sponsored walk and advises on the group's work to support people and their families. "There is a stigma about dementia," she adds. "But if you or somebody you know is having

problems with their memory, it's important to talk about it an early stage and get support from your GP. As a borough we have to be able to talk more about it."

You can find out more about Community Action on Dementia Brent by telephoning **020 8208 8590**, visiting the website at www.brent.gov.uk/dementia or by emailing danny.maher@ashfordplace.org.uk

To make a donation for Dianne's sponsored walk, visit www.justgiving.com/diannecampbellcad

Dianne was presented with a Brent Community Champions Award for her work last month.

Advertisement

HOLOCAUST AND GENOCIDE MEMORIAL DAY

DON'T STAND BY: The Holocaust and subsequent genocides took place because the local populations allowed persecution to take place and did not speak out.

Join us for an evening of reflection with speakers and communities who have been affected by the Holocaust and other Genocides

around the world including Bosnia, Cambodia, Darfur and Rwanda. The programme will also include music performances, memorial prayer and refreshments.

A selection of books on genocides around the world will be available from our library.

Wednesday 27 January 2016

7-9pm, doors open at 6.45pm

Grand Hall, Brent Civic Centre, Engineers Way, HA9 0FJ

www.brent.gov.uk/hmd

Brent Keep Warm & Healthy

Keep warm this winter

With winter on the doorstep, most of us have now turned the heating on and our homes are nice and cosy. For some however the reality is very different, with this time of year bringing worry about paying energy bills and staying warm enough, reports Matthew Sheen of local charity Energy Solutions.

On behalf of Brent Council, Energy Solutions runs Brent Keep Warm & Healthy, an advice and support service for residents that provides a range of guidance on staying warm, making your home more energy efficient and managing energy bills. From top tips for being energy efficient, switching energy suppliers, signposting to grants and support for heating and insulation or dealing with energy debts. The Free phone helpline is open to all Brent residents whilst more vulnerable residents may qualify for extra support. This can include home visits to provide emergency heating, keep warm packs carry out energy checks as well as in depth support to cope with fuel debts and help accessing grants for heating and insulation work.

Lead member for housing at Brent Cllr Margaret McLennan said: "Anyone with questions or

concerns about energy costs over the winter, or concerns about staying warm, should make the most of our free advice service and call the Keep Warm & Healthy team today."

Anyone can call the service but you are likely qualify for a home visit you if you over 75, on qualifying benefits or you have a disability or specific long term chronic health condition.

The Cold & Damp—Your Health

Living in cold or damp homes can have a significant impact a person's health and well being. People over 65, families with young children and people with long term physical and mental health problems are particularly vulnerable.

Helping people stay warm over winter can help prevent serious illness such as pneumonia, heart attacks, stroke, and depression.

Councillor McLennan added: "None of our residents should have to suffer cold and damp homes this winter. If you know someone who may be vulnerable during the cold weather, please help them get the advice and support they need by contacting Brent & Keep Warm Healthy."

Community Spirit - What can you do

No one should have to suffer in a cold and damp home this winter. You can help by looking out for people such as relatives, friends or neighbours who may be vulnerable to the cold and damp and who need support.

Call round to check if their heating system is working correctly and is set to come on at the right times.

If there are problems, ask if they want an engineer to service it or get them to call Keep Warm & Healthy, they may qualify for support for heating and insulation grants.

During really cold spells, check they have enough food and medication for the duration of the cold period if not you can offer to help with shopping or clear paths from snow

Helping someone stay warm and cosy this winter is a priceless seasonal gift for all the community.

The Joys of Central Heating

In partnership with Brent Council, local charity Energy Solutions has secured funding to install free central heating in qualifying homes this winter.

Matthew Sheen Director of Energy Solutions said: "Most of us take it for granted that our homes now have central heating but there are still some households in Brent without it. For those without, it typically means living in cold damp homes with very expensive plugin electrical heating. This can have a negative effective on people's health and in extreme cases result in hospitalization and even death"

Homes without central heating are often heated with portable electrical room heaters. These are very expensive to run, meaning low income households have less money to spend on other essentials like food. They are also a more carbon intensive way of heating. So switching to gas central heating ensures a warmer home, saves money and is better for the environment.

Councillor McLennan added: "We are delighted to have secured this funding and to be working with energy solutions to offer support to some of our most vulnerable residents this winter. Having central heating installed can make a huge difference to peoples lives"

If you who don't qualify for the central heating fund but are in receipt of qualifying benefits there maybe alternative support for heating and insulation grants.

Free Central Heating

Energy Solutions has funding to install **Free Central Heating** for households in Brent.

Who can apply?

The funding is available to install first time central heating in fuel poor households this winter. Its open to home owners, private rented and social housing properties but to qualify the house must not have central heating installed already. It cannot be used to replace or repair existing boilers or replace broken storage heaters.

Households also need to be on qualifying benefits or be classed as fuel poor.

Call the Keep Warm & Healthy helpline to see you qualify.

Top Tips for winter..

- Keep the living room at 21° and bedrooms at 18° - slightly warmer if you have health problems.
- Maintain even heating during the day and reduce it slightly at night.
- Keep active to keep warm. Sitting still slows the heart rate and lowers your body temperature.
- Have regular hot meals that contain carbohydrates, such as potatoes, pasta, bread and rice.
- Wear several thin layers of clothing to trap air closer to the body rather than a few thick ones, use wool, cotton or fleece.
- Keep windows and internal doors closed to keep the heat inside the house and in rooms where you need it most.

Priority Services Register

If you are elderly, have a disability or long term chronic health condition, you can get extra support with your energy supply by signing up to the Priority Services Register. Free gas safety checks, and priority reconnection in the event of a power cut are just some of the benefits. To register call **0800 169 9970** or call your energy supplier and ask them to register you.

energy solutions

fighting fuel poverty • informing design • driving change

Help Someone Keep Warm & Healthy This Winter.

Call: 0800 169 56 93

Arts & Culture

>> Theatre >> Music >> Dance >> Comedy >> Exhibitions
>> Cinema >> Talks >> Tours

CHRISTMAS EVENTS

LEXI CINEMA ROOF-TOP CHRISTMAS TREE!

Lexi Cinema, 194b Chamberlayne Road, NW10 3JU From Tuesday 1 December, Free.

ALL AGE CAROL SERVICE

with special guest 'Bayleaf' the donkey from Spitalfields City Farm. Everyone welcome to celebrate Christmas with all the family and a real live nativity.

St Gabriel's, Walm Lane, NW2 4RX
Sunday 20 December, 3pm. Free, www.st-gabriels.org or tel **020 8830 6626**

ANNUAL CHRISTMAS CAROL SERVICE

Ace Cafe London, Ace Corner, North Circular Road, Stonebridge, NW10 7UD Sunday 20 December 7-10.30pm Free. **020 8961 1000** www.ace-cafe-london.com

BRENT SYMPHONY ORCHESTRA CHRISTMAS CONCERT

(including Tchaikovsky's *Nutcracker*, *Polovtsian Dances* by Borodin and of course *Sleigh Ride* and carols).
St Martin's Church,

Mortimer Road, NW10 5SN
Saturday 12 December 6pm
Adults: £10, Concessions: £8, Family Ticket £30 (for 4, max 2 adults) available online at www.brentso.org.uk or call **07530 904584**. Also available on the door. brentsymphony-orchestra@gmail.com

CAROL CONCERT

Sudbury Methodist Church, 809 Harrow Road, Wembley, HA0 2LP
Wednesday 16 December 2 pm. Free, followed by coffee/tea and mince pies, **020 8908 1220**

CAROLS BY CANDLE LIGHT

Cricklewood Baptist Church
Sneyd Road, Cricklewood NW2 6AN
Thursday 24 December 11.15pm
Free, scottishbigmac@hotmail.com **07718 286 653**

JACK AND THE BEANSTALK, THE PANTOMINE

The Theatre at Claremont, Claremont Academy, Kenton, HA3 0UH 7-10 January 2016 From £10-£14.50 Concessions avail. The Chameleons Amateur Dramatic Society, **020 8123 6443**.

**ROCKIN' NEW YEAR'S EVE PARTY
WITH LEWIS CHAMBERLAIN + THE
CONVERTERS + DJ FLAT TOP
DAVE.**

All the usual festivities, party
poppers, plus a hot supper!
Ace Cafe London, Ace Corner,
North Circular Road, Stonebridge,
NW10 7UD Thursday 31 December
9pm-2am Entry £12 (Advance) £15
(Door). Sorry no under 18s
020 8961 1000
www.ace-cafe-london.com

ART

**ART CLASSES (DRAWING /
PAINTING STEP BY STEP)**

Sudbury Neighbourhood Centre,
809 Harrow Road, Wembley, HA0
2LP Weekly classes on Tuesdays 1.30-
3.30pm, £5 per lesson **020 8908 1220**

AUDITIONS

UK UNSIGNED BRENT AUDITIONS

UK Unsigned Brent is a platform for
Brent based singers & musicians to
showcase their talent. We are
looking for artists for our new
recording label as well as
performers for our 2016 showcases
across Brent and London. We will be
holding auditions for local artists
who may be interested in this
opportunity. We are happy to
audition performers of any genre

from aged 16 plus (no maximum
age) Saturday 12 December, 7pm
The Grange, Neasden Roundabout,
Neasden Lane, London, NW10 1QB
Free. info@ukunsigned.net
020 8776 6776

**BRENT COMMUNITY RADIO.ORG
NEW PRESENTERS REGISTRATION
EVENT**

This is a registration event to recruit
new radio presenters and
programme producers for Brent
Community Radio.org. We are
looking for people with an interest
in music and in their local Brent
community. Enthusiasm is more
important than past experience
The Grange, Neasden Roundabout,
Neasden Lane, London, NW10 1QB
Saturday 12 December from 7pm
Free.
info@brentcommunityradio.org
020 8776 6776

ORIGIN OPEN SHOOT

Calling all Local Film Stars
ORIGIN is a new online community
TV channel and we are having an
open shoot day where you can be
an actor, cameraman, presenter,
director or editor for a day.
On 3rd Floor, Origin Studio,
Chesterfield House, Park Lane,
Wembley, Middx. HA9 7RH.
Saturday 19 December 12-5pm
For further details email:
origintv.uk@gmail.com or
telephone: **07772 170 439**.

CINEMA

**STAR WARS: THE FORCE
AWAKENS**

from Thursday 17 December,
midnight gala opening at 00:01 on
17 December Lexi Cinema 17
December-1 January 2016 For ticket
prices go to:
<https://thelexicinema.co.uk/>

CONCERTS

**CLASSICAL MUSIC CONCERT:
BACH BY CANDLELIGHT**

A special, candlelit concert from
renowned violinist Tamsin Waley-
Cohen and friends, guaranteed to
get you in the festive mood!
Tricycle Theatre,
269 Kilburn High Road, NW6 7JR
Sunday 20 December 7pm
Tickets from £8-£16
www.tricycle.co.uk
020 7328 1000

FUNDRAISING CONCERT

with light opera, jazz, light music
and much more.
Sudbury Methodist Church,
809 Harrow Road, Wembley, HA0 2LP
Saturday 30 January 2-3.30 pm
followed by tea/coffee/cake from
3.30-5pm
£6 per person, children under 16
years of age free entry
Call: **020 8908 1220**

DANCE

TEA DANCE

Grand Hall, Brent Civic Centre every
Monday from 1.30pm to 4.30pm
except Monday 21 December and
Monday 28 December £5 at the
door or £2.50 on presenting a car
parking ticket for the civic centre
car park. www.brent.gov.uk

ADELES DANCE SCHOOL

A fun and friendly dance school
offering dance to all ages and
abilities. Styles include: Ballet, Jazz,
Street dance, tap for ages 2 yrs
upwards. Contact us for a free trial.
The Library at Willesden Green
Mondays 4-7pm, Saturdays 10-
12.30pm £95 per term (45min class)
£85 term (30min class)
info@adelesdanceschool.com
www.adelesdanceschool.com

BALLET FOR YOU!

Ballet courses for Adults
(2 courses: Beginners 2 and
Pre-Improvers+Pointe)
Charteris Sports & Community
Centre, 24-30 Charteris Rd,
Queen's Park, London, NW6 7ET
Wednesdays, 14 January-25 March
6.30pm from £120 for 10 weeks;
enrolment opens in Nov
mail@balletforyou.co.uk
www.balletforyou.co.uk

GET ACTIVE WITH SALSA!

Heritage Inn, Caribbean Rhum Bar & Restaurant, 301 Cricklewood Broadway, NW2 6PG.

Beg classes 7.30-8.30pm, Improvers & Intermediate classes 8.45pm to 9.45pm. Price £7 or £10 for two classes. For more information visit www.cubanvibes.com or call 07904 082 080.

EXHIBITIONS

OLD STORIES FOR NEW TIMES: INSPIRATIONS FOR LIVING SUSTAINABLY

The Library at Willesden Green, 95 High Road, Willesden NW10 2SF
14 December 2015 at 9am-8pm - Mon to Fri, 10am-5pm - Sat to Sun to 24 January 2016 at 12am Free
020 8937 3600 or email museum.archives@brent.gov.uk

GIGS

FLYCATFLY + CURSE OF LONO + ARCADE FORTRESS + BRUNT-POETRY

Peace In The City presents a night of indie rock, alt rock & experimental with live music from 8-11pm + a free jukebox after till 2am.
The Good Ship, 289 Kilburn High Road, London NW6 7JR.
Thursday 17 December Doors 7.30pm. £5 entry. 07949 008 253
john@thegoodship.co.uk

LAST CHARADE

+ Impossible Things + NNB + Old Man Of The Woods + Natalie Evans
Peace In The City presents a night of rock, alt rock & indie with live music from 8 til 11.30pm + DJs after until 4am. The Good Ship, 289 Kilburn High Road, London NW6 7JR.
Saturday 19 December Doors 730pm. £5 entry. 07949 008 253
john@thegoodship.co.uk

MUSIC

STEEL PAN FOR CHILDREN AND YOUNG PEOPLE AGED 8-18 YEARS

St Michael & All Angel's, Stonebridge NW10 8LB
When: Every Saturday: 8.45am to 12pm & Every Tuesday 5pm to 6.45pm Free.
Patrick Mckay: 07837 019 620 or email smyplondon@gmail.com
Full details can be found on our website: www.smyplondon.org

ADULT STEEL PAN

St Michael & All Angel's, Stonebridge NW10 8LB Every Wednesday 5-7.30pm, £5.00
Patrick Mckay: 07837 019 620 or email smyplondon@gmail.com
Full details can be found on our website: www.smyplondon.org

OPERA

MET OPERA, NEW YORK, LIVE PERFORMANCES OF LES PECHEURS DE PERLES (BIZET)

Lexi Cinema 15 January, 5.55pm
For ticket prices go to: <https://thelexicinema.co.uk>

TURANDOT (PUCCINI)

Lexi Cinema 30 January, 5.55pm
For ticket prices go to: <https://thelexicinema.co.uk>

THEATRE

BEN HUR

Tricycle Theatre
19 November-9 January 2016
Tickets from £10. Special discounts apply for Brent residents
www.tricycle.co.uk
020 7328 1000

THE MOTHER

Tricycle Theatre
21 January-5 March 2016
Tickets from £14 www.tricycle.co.uk
020 7328 1000

NT LIVE: LES LIAISONS DANGEREUSES (12A)

National Theatre Live brings the Donmar Warehouse's highly anticipated new production of *Les Liaisons Dangereuses* to the Tricycle Cinema, Tricycle Theatre Thursday 28 January. 7pm Tickets from £13.50
www.tricycle.co.uk 020 7328 1000

TALKS

PUBLIC ART DISCUSSION

Join us for a workshop to discuss and progress proposals for a community artwork which will relate to the current exhibition on sustainability in our neighbourhood 'Old stories for new times: Inspirations for living sustainably'. Your participation and input is extremely important so that together we can create a visual legacy from this stimulating temporary exhibition.

Education Room, The Library at Willesden Green Thursday 14 January 6.30-7.30pm 020 8937 3600 or email museum.

archives@brent.gov.uk

WILLESDEN LOCAL HISTORY SOCIETY

Talk by Dick Weindling, Local Historian, about the State Kilburn and other local Cinemas.
On Wednesday 20 January, 2016, at 7.30pm, in St. Mary's Parish Centre, Neasden Lane, NW10 2TS
Entry free for members, £1 for visitors. All welcome.

STADIUM

CAPITAL ONE CUP FINAL

28 February 2016, Time TBC, Wembley Stadium The Capital One Cup Final comes to Wembley Stadium on Sunday 28 February 2016.

SSE ARENA EVENTS

Def Leppard + Whitesnake

18 December, 6.45pm

For ticket prices please visit
<http://www.ssearena.co.uk/>

Nightwish + Guests

18+ 19 December, 6.50pm

For ticket prices please visit
<http://www.ssearena.co.uk/>

Andre Rieu

22+23 December, 8pm

For ticket prices please visit
<http://www.ssearena.co.uk/>

Kevin Hart

23 January, 6pm +9.30pm

For ticket prices please visit
<http://www.ssearena.co.uk/>

TNA Impact Wrestling

30 January, 7pm

For ticket prices please visit
<http://www.ssearena.co.uk/>

Super 6's National indoor hockey finals

31 January, 11am

For ticket prices please visit
<http://www.ssearena.co.uk/>

Black Stone Cherry, Shinedown and Halestorm + Highly Suspect

4 February, 5pm

For ticket prices please visit
<http://www.ssearena.co.uk/>

Strictly Come Dancing The Tour

11 + 12 February, 7.30pm

For ticket prices please visit
<http://www.ssearena.co.uk/>

VENUES

THE LIBRARY AT WILLESDEN GREEN

95 High Road, Willesden

London, NW10 2SF

020 8937 3400

LEXI CINEMA

194B Chamberlayne Rd,

London NW10 3JU

Tel: 020 3011 5523

<https://thelexicinema.co.uk>

TRICYCLE THEATRE

269 Kilburn High Rd,

London NW6 7JR

Tel: 020 7328 1000

<http://www.tricycle.co.uk>

SSE ARENA

Arena Square, Engineers Way,

London HA9 0AA

020 8782 5566

www.ssearena.co.uk

WEMBLEY STADIUM

Wembley, London HA9 0WS

0844 980 8001

www.wembleystadium.com

WILLESDEN SPORTS CENTRE

Donnington Road,

London NW10 3QX

020 8955 1120

<http://www.1life.co.uk/london-boroughof-brent/willesden-sports-centre/home/>

Arts and Culture

PATRICK BARLOW

Actor, director, producer and award-winning playwright Patrick Barlow is a familiar face on British TV and theatre with appearances that include *Nanny McPhee*, *Absolutely Fabulous*, *Shakespeare in Love* and *Bridget Jones*. His latest collaboration with the Tricycle theatre is a reworking of *Ben Hur*, based on Lew Wallace's book of the same name.

"The story is a classic that touches on themes of loyalty and betrayal, friendship, compassion and looks at the beginning of Christianity" says Patrick. "Themes that are all very fitting for the festive season!"

Patrick was inspired to make his own version of the story after watching the 1959 film '*Ben Hur*' which stars Charlton Heston.

He said: "I was an 11-year old boy when I first saw the film and I became obsessed by it and wanted to recreate it somehow, but I knew I couldn't make another film as it would cost millions."

Unable to recreate the film, Patrick has been able to assemble a cast of four to recreate '*Ben Hur*' for the Tricycle theatre. Patrick said: "This version of *Ben Hur* is full of chariot races, sea battles and epic, Roman fun. It is not a traditional Christmas panto but it does contain a lot of laughter, audience participation and gripping action. With a cast of only four, it will certainly present many comical costume changes and disguises. This is the fifth time that Patrick has worked with Brent's flagship theatre and he encourages everyone to visit.

Patrick added: "The Tricycle is doing such great work for a range of audiences both old and new – it's constantly evolving and it's brilliant to be part of its programme."

Ben Hur is on at the Tricycle from 19 November to 9 January 2016. Tickets prices range from £14-£28, with concession price tickets for Brent residents on every performance.

Competition

To win a pair of tickets to see *Ben Hur* (offer includes a programme, plus an interval drinks package). Answer the question below:

Who wrote the 1880 novel, Ben Hur?

1. General Blue Wallace
2. General "Lew" Wallace
3. Lieutenant Charlton Heston

Please send your answer, full name and contact number to competition@tricycle.co.uk, writing 'TBM Competition' in the subject line. The deadline for entrants is **Friday 18 December** and terms and conditions apply.

* Terms and Conditions: Non refundable and non exchangeable. Tickets valid for evening performance Wednesday 6 January only. Not to be used in conjunction with any other offer. Subject to availability. The winner must agree to having their photo taken and used for publicity by either The Tricycle or Brent Council.

Advertisement

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HOUNSLOW • BARNET

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Harrow

Kenton

Sudbury

Email: info@goldestate.co.uk

www.goldestate.co.uk

Your guide to what's on in Brent during

Winter 2015/2016

To get your event listed for free on this page, email tbm@brent.gov.uk with 'What's On' in the subject box. In no more than 50 words, tell us what your event is, where and when it takes place and if there is a cost or not. Please also include a picture or your event if you have one (maximum file size 1Mb).

CHILDREN

FATHER CHRISTMAS VISITS BRENT LIBRARIES

Come along to our special under 5s story and rhyme time session. Various Brent libraries 14 December-18 December, 10-10.30am Free. For more information please visit: www.brent.gov.uk

BOOK VILLAINS AND HEROES

Craft event for children. Create a book villain who wants to eat all the books. Various Brent libraries 17-18 February 2016, 2.30-3.30pm Free. For more information please visit: www.brent.gov.uk

DANIEL'S DEN

A local, friendly parent and toddler group, St Michael's Church, Hillside, Stonebridge NW10 8LB, Tuesday mornings during term-time: 1st session 9.30-11; 2nd session 11.30-1 £2 per family, and 50p for each extra child. Contact: Joan Herbert
020 8965 7443 / 07903 291 709

CRAFTS

QUILT, EMBROIDER, KNIT OR INTERESTED IN CRAFTS?

Sudbury Methodist Church, Sudbury Town, Wembley Held every 3rd Monday once a month. £2.50 Contact: Wendy 07791 502 354 for more information.

STITCH AMAZINGLY

A series of sewing workshops for beginners to intermediate levels. St Mary Magdalen Catholic Church, Peter Avenue, Willesden Green, NW10 2DD. Tuesdays 7-8.30pm, Saturdays 2.30-4pm.

INTRODUCTION TO SEWING AND DRESSMAKING

Sewing: £90 for six 90 minutes workshops. Dressmaking: £108 for six 90 minutes workshops private tuition: £20 per hour info@stitchamazingly.co.uk or info@glendaluke.co.uk or 07739 707 564

COMMUNITY

MUSICAL CHRISTMAS BRING AND SHARE

Bring food or drink to share with six people. We also welcome anyone who attends who would like to perform, sing, dance, recite, etc Chalkhill Community Centre, Chalkhill Road HA9 9FX (behind ASDA Wembley) Friday 11 December, 3-6pm theraunchyrocker@gmail.com 07894 034 747

OPEN KITCHEN

Providing a free three-course meal to the community. Sufra NW10 160 Pitfield Way, Stonebridge, London, NW10 0PW Friday evening from 6.30- 9pm. No registration needed. Just turn up. 020 3441 1335 admin@sufra-nwlondon.org.uk

DEMENTIA CAFE

Cricklewood Weekly event for people that are living with dementia and their carers. Ashford Place, 60 Ashford Road, Cricklewood, NW2 Tuesdays, 2-4pm, Free. danny.maher@ashfordplace.org.uk or call 07595 631 167

BRENT COMMUNITY LAW CENTRE FREE LEGAL ADVICE SESSION

Brent Community Law Centre 389 High Road, NW10 2JR Thursday 17 December 2015, 7-8pm, Free, 020 8451 1122 ian.kane@brentlaw.org.uk

NATIONAL LIBRARIES DAY

Brent Libraries celebrates libraries, books and reading with the spotlight on local Brent authors. The Library at Willesden Green Saturday 6 February 2016, 2.30pm to 4.30pm, Free. www.brent.gov.uk

FREE HR SERVICES

JPCHR Consulting provides free Human Resources advice for community groups, sole traders and SMEs. Services include policies, recruitment, DBS checks and training. Contact us on 020 8200 2333 www.jpchrconsulting.co.uk

WILLESDEN & BRENT CHESS CLUB

Willesden Working Men's Club, 202 Villiers Rd, NW2 5PU (Dollis Hill tube) Mondays Juniors: 6.15pm Adults: 7.30pm First session free. Contact: Anthony Fulton 07974 238 357 fulton790@aol.com www.willesdenchess.co.uk

CHESS FOR CHILDREN

(Children from 8 years old only) The Unity Centre 103 Church Road, Harlesden, NW10 Thursdays 4.30-6.30pm Free. Contact: Richard Weekes 07538 035 896 <http://chessforchildren.influencer.biz>

LOVE WORK WEDNESDAYS CO-WORKING DAY

South Kilburn Trust 2A Canterbury Rd Kilburn, NW6 5SW Wednesdays, 10-5pm 20 workspaces per week for people who live locally or work locally. Free. 020 7328 1199

COOKERY

FOOD ACADEMY FOR YOUNG PEOPLE

Aged 12-20 years old. A six-week accredited course in healthy cooking Sufra NW London, 160 Pitfield Way, Stonebridge, NW10 0PW 30 January-5 March 2016 Free To book, Call 020 3441 1335 or email admin@sufraNWlondon.org.uk

ENVIRONMENT

THE GARDENING TEAM

10 -12 Hoveden Road, Mapesbury Dell, off Cricklewood Broadway London NW2 3XD. Mondays 10.30-11.30am, Free. Contact: Jill Rixon - jill.rixon@mapesbury-dell.org. www.mapesbury-dell.org

OVER 50s

CROCHET

Please bring crochet hook and a spoon of wool to the classes. Elders Voice 181 Mortimer Road, NW10 5TN. Tuesdays 10.30am-12noon £2.50. 020 8968 8170

YOGA

Elders Voice 181 Mortimer Road, NW10 5TN, Wednesdays, 10.30-11.30am, £3. 020 8968 8170

MOVEMENT TO MUSIC

Elders Voice 181 Mortimer Road, NW10 5TN. Friday, 10.30-12pm, £3. 020 8968 8170 / 020 8206 7509 or johnp@eldersvoice.org.uk

OVER 50'S FITNESS SESSION

A fun and enjoyable circuit training and stretching for over 50s. Charteris Sports Centre 24-30 Charteris Rd, London, NW6 7ET Fridays, 6.30-7.45 pm, Free. Lloyd@charterissports.org 07984 579 011

FREE SWIMMING FOR OVER 60S DURING PUBLIC SWIMMING SESSIONS

Willesden Sports centre Free, 020 8955 1120 willesden@1life.co.uk swimwillesden@1life.co.uk

SPORTS

CONNIE HENRY'S TRACK ACADEMY

The Track Academy Athletics Training for children age 11 plus and young adults. Willesden Sports Centre, Donnington Road, NW10 3QX. www.trackacademy.co.uk Tuesdays 5-6.30pm, Thursdays 5-6.30pm and Saturdays 11am-12.30pm Training session once a week - £25 every three month Training sessions twice or three times a week - £45 every three months. admin@trackacademy.co.uk or 07956 715 052

ACADEMY INDOOR SPRINT CHALLENGE 2015

Track Academy's Official Indoor Athletics Competition Returns To Willesden Sports Centre, Donnington Road, NW10 3QX Timetable:
* 11am - Indoor Warm Up
* 12pm - 60m Round 1 - All Age Group
* 1.30pm - 60m Hurdles - U15/U20/Senior Only
* 2pm - 60m Round 2
Willesden Sports Centre, Donnington Road, London NW10 3QX Saturday 19 December, 12pm-3pm Desk Opens at 10am, Entry Fee - £5 Per Event Track Academy WLAN Club Members - £3 Per Event Registration closes 30 minutes before each event start time. Deadline for online entries is 9pm on Thursday 17 December otherwise enter and pay on the day. www.trackacademy.co.uk
Facebook - Track Academy
Twitter - @TrackAcademy
Victor.nutakor@trackacademy.co.uk or 07956 715 052

STONEBRIDGE BOXING CLUB

Stonebridge Boxing Club, 2nd floor 37-41 Kassinga House, Winchelsea Rd, NW10 8UN Classes and sessions all week. See www.stonebridgeboxingclub.org for details and times. Aamir Ali 07951 425 804

FREE OUTDOOR GYMS IN BRENT PARKS

Chalkhill Park, Gibbons Recreational Ground, Roe Green Park, King Edward VII Park, Gladstone Park, Tiverton Park, 7 days a week Free, Instructor-led sessions are also available. For more info call 020 8937 3707

PILATES MAT CLASSES WITH ANA

Charteris Sports Centre 24-30 Charteris RD NW6 7ET Sundays 9.45-11am £10 or 6 sessions for £50 Lloyd@charterissports.org 07984 579 011

CIRCUIT CLASSES

Improve your fitness with Maurice circuits. Charteris sports Centre 24-30 Charteris Rd NW6 7ET Mondays 6.15-7.15 pm Thursday 7-8 pm £6 per sessions Lloyd@charterissports.org or 07984 579 011

YOGA - ALL LEVELS

Charteris Sports Centre 24-30 Charteris RD NW6 7ET Mondays. 7.45-9pm £10 or 6 sessions for £50. Lloyd@charterissports.org 07984 579 011

ZUMBA

Charteris sportscentre 24-30 Charteris RD NW6 7ET Tuesdays 7.30-8.30pm Saturday 10.30-11.30am £7 for 1 class or £50 for 10. Lloyd@charterissports.org or 07984 579 011

PARK RUN, GLADSTONE PARK

Free, 5km run around marked course every Saturday morning in Gladstone Park. Age range from 7 upwards (under 11s MUST run with an adult at all times) Register (for free) and we send you your time and position after the event and there are weekly results posted online. Saturdays – 9am, runners briefing 8.50am. Print out the barcodes issued by the site.
www.parkrun.org.uk/gladstone/

SELF –DEVELOPMENT

SELF DEFENCE COURSE FOR WOMEN 16 TO 25

Wembley Youth Club, London Road, Wembley, HA9 7EU.
19 December 2015, 12-2pm
This is a 10 session personal safety / self-defence course specially designed for women.

YOUNG PEOPLE

GRANVILLE PLUS YOUTH ARTS CENTRE

Free creative learning programmes for young people aged 11–24yrs, No booking or pre-registration is required – all activities are open for anyone to join at any time.
Granville Plus Youth Arts Centre: 80 Granville Road, Kilburn, NW6 5RA.
Every Monday, Tuesday and Friday: 6-9pm, Free.
tina.ramdeen@brent.gov.uk
020 8937 3612 / 07867 189 706
www.bmyvoice.org.uk/granville

WEMBLEY STADIUM

All times to be confirmed and may be changed.

Capital One Cup Final

Now in its 55th year of existence, the League Cup has crowned 23 different winners since Aston Villa first lifted the trophy in 1961

Sunday 28 February 2016

It is not always possible to include every major event taking place. For a full list of events, visit www.wembleystadium.com

VENUES

BRENT ARCHIVES

George Furness House
2-12 Grange Road
Willesden NW10 2QY
020 8937 3541
archives@brent.gov.uk

THE DRUM

Brent Civic Centre
Engineers Way
Wembley HA9 0FJ
020 8937 4340

TRICYCLE THEATRE CINEMA AND GALLERY

269 Kilburn High Road
London NW6
Theatre Box Office
020 7328 1000
Cinema 020 7328 1900
Disabled access to auditorium and cafe, induction loop in auditorium
Minicom 020 7625 5105

LIBRARIES

EALING ROAD LIBRARY

Coronet Parade, Ealing Road
Wembley HA0 4BA
020 8937 3560
ealingroadlibrary@brent.gov.uk

HARLESDEN LIBRARY

Craven Park Road
Harlesden, NW10 8SE
020 8937 3570
harlesdenlibrary@brent.gov.uk

KILBURN LIBRARY

42 Salusbury Road
Kilburn NW6 6NN
020 8937 3530
kilburnlibrary@brent.gov.uk

KINGSBURY LIBRARY PLUS

522-524 Kingsbury Road
Kingsbury NW9 9HE
020 8937 3520
kingsburylibrary@brent.gov.uk

WEMBLEY LIBRARY

Brent Civic Centre
Engineers Way
Wembley HA9 0FJ
020 8937 3500
wembleylibrary@brent.gov.uk

THE LIBRARY AT WILLESDEN GREEN

95 High Road, Willesden, NW10 2SF
020 8937 3400
willesdengreenlibrary@brent.gov.uk

ICE-SKATING AT WEMBLEY PARK

London Designer Outlet, Wembley Park HA9 0QL

ICE RINK OPENING HOURS

20 Nov 2015–3 Jan 2016
Monday–Sunday: 11am–8pm (last skate) – close 9pm
Christmas Day – CLOSED

BOX OFFICE OPENING HOURS

Monday–Sunday: 10:30am–9pm

ICE RINK TICKET PRICES

Peak: Adults: £12 | Students, Children 15 & under, OAPs, Jobseekers' concession: £10.50 | Children 12 & under (minimum 3 years old): £8.50 | Family ticket: £37

OFF PEAK PRICES AVAILABLE

www.iceskatingatwembleypark.co.uk

SPECIAL SKATING OFFER FOR TBM READERS!

TBM in conjunction with Wembley ice rink are offering our readers an exclusive 2-for-1 deal on tickets! So get your skates on and book online at www.iceskatingatwembleypark.co.uk using the code 'BRENT241'. The offer is only valid online. Full T&Cs can be found at www.iceskatingatwembleypark.co.uk

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MARKET RENT SCHEME

- Yearly contracts
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