

# The Brent Magazine

Issue no.147

Spring 2016

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Free for people who live and work in Brent

This is the large print edition of  
The Brent Magazine produced for  
people with visual impairment.

If you have comments on how  
it could be improved, or if you  
would like a copy on audio tape  
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**Brent**

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One free kids meal  
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Whilst stocks last. Subject to availability.  
One free 'Just for kids' meal with any  
adult meal over £3.99, from 3pm everyday.  
See full T&Cs in our café.



## In this issue

<b>News</b>	<b>6</b>	<b>Love where you live</b>	<b>31</b>
A round up of the latest news in Brent		Putting the pride into Brent	
<b>Healthy living</b>	<b>15</b>	<b>The council budget</b>	<b>37</b>
Residents and schools join the health drive		Council tax changes and charges explained	
<b>Play Streets</b>	<b>24</b>	<b>Getting back into work</b>	<b>40</b>
Turn your street into a happy place		Brent Start helps another resident to get a job	
<b>Welsh Harp</b>	<b>26</b>	<b>In the zone</b>	<b>42</b>
Brent and Thames21 bring the education centre back to life		Isn't it time we redraw the boundaries?	
<b>Landlord licensing</b>	<b>29</b>	<b>Arts and culture</b>	<b>46</b>
Rogue landlords prey on the needy - watch out for the signs		Theatre, opera, music and more in your local borough	
		<b>What's on</b>	<b>54</b>
		Classes, events and opportunities near you	

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## Large print edition

Published by the London Borough of Brent, Brent Civic Centre,  
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# Why your council tax will rise

We've frozen Council Tax bills for residents for six years now while, at the same time, we cut council spending by £117million as our Government funding fell year after year.

Now, in the face of yet more real-terms cuts in the money coming from the Government ahead, Councillors have decided to increase our share of Council Tax bills by just under 4%. This will mean an 'average' Band D household being asked to pay an extra 45p a week.

Putting up your bills for the first time in seven years isn't something we do lightly – we know that many families in Brent have been struggling with their own finances.

We've decided to do this now though as it will bring in around £4 million extra. That is a relatively small amount when compared to the £117 million we've had to cut since 2010, but it's still a lot of money, and will help us continue to look after our most vulnerable

children and elderly residents, making sure the bins are collected and maintaining our parks and roads, along with many other important services.

Over recent years, we have taken out waste and inefficiency wherever we found it. We are a far leaner organisation than we once were. More services are going online. We are increasingly delivering services with the voluntary sector and other councils.

However, we can only shift a service online or sell a building once. You cannot further reduce a back office support service, which was cut by 40 per cent last year alone, without affecting the frontline services you receive every day. Our services are working at full capacity for you.

**Councillor Muhammed Butt**  
*Leader of Brent Council*

# News Update

## Hit songwriter gives voice to Brent's talent

A chart-topping songwriter, who grew up in Harlesden, is launching a programme to help young women break into the entertainment industry.

Carla Marie Williams, who has written nine UK top-tens to date for artists including Girls Aloud and Beyoncé, has set up Girls I Rate, which aims to develop young women interested in all areas of the entertainment industry.

She said: "I come from Brent and know the amount of talent that there is. I'm excited about working with young women and helping them to see that they have so much potential regardless of their backgrounds."

A former employee of Brent Music Service, where she taught vocal skills and song writing in the borough's schools, Carla wrote Beyoncé's recent hit 'Runnin'. Carla has vivid memories of her childhood in Brent: "Growing up in Harlesden was a lot of fun, it was a very creative area. Radio stations would invite the youngsters in to play records, and Bridge Park complex would organise talent shows," Carla added.

"I want to use my skills to give back to my community. I had a lot of support and it helped me achieve what I have today, I want to do the same for others."

For more, visit: [www.girlsirate.com](http://www.girlsirate.com)

## New streetlamps get green light

A multi-million deal to bring new clean, efficient and low-cost streetlamps to the streets of Brent has been given the green light. 21,000 of the borough's aging streetlamps will now be replaced with new, more efficient, light emitting diode (LED) lanterns.

The deal, which is expected to save around £750,000 on energy bills each year includes a new street lights management system which will allow lighting intensity to be managed by remote control to precisely match the needs of local areas.

It is predicted that by switching to the LED street lamps the council will use less electricity and cut its carbon emissions by around 37 per cent.

The first of the new generation lamps will be installed from April with the rollout across the borough expected to be complete by autumn 2017.

## £3.8m funding boost

Around 50 projects including new outdoor gyms, tree planting and landscape improvements in Wembley, Kingsbury and South Kilburn have been given £3.8million of funding.

The money comes from 'Section 106' payments to councils by developers to offset the impacts of their work. The projects are expected to be completed by April 2017.

## The greatest finish line in the world!

The Vitality North London Half Marathon is returning for its second year on Sunday 20 March. With over 8,000 people registered to pound the streets of Brent and Barnet, finishing their 13.1 mile journey inside Wembley Stadium, it is going to be an epic event.

While it is too late to enter the marathon you can still get involved by lining the route and cheering the runners on. There may be other volunteer opportunities available as well.

There will be some road closures in the area for this event and organisers will be operating a

dynamic reopening schedule to ensure that roads are reopened as soon as possible, once runners have completed each section of the route, and when it is safe and feasible to do so.

To find out more visit [www.northlondonhalf.com](http://www.northlondonhalf.com)

## Community groups to take over pavilions

Local community groups could take over Gladstone Sports Club, Northwick Park Sports Pavilion and Tenterden Pavilion after Brent Council agreed to market the buildings under its 'Community Asset Transfer' policy.

The policy was introduced by the council last year and allows for council buildings to be transferred to community groups that can help the council achieve its vision for the borough, at a time when the authority has to make budget savings.

Recently, the Welsh Harp Environmental Education Centre became the first community facility in the borough to benefit from the Community Asset Transfer policy and reopened in January. For more information, visit [www.brent.gov.uk/CAT](http://www.brent.gov.uk/CAT)

## £1,000 penalty for illegally dumped rubbish

A 34 year old man from Wembley has been ordered to pay over £1,000 after he was found guilty of illegally dumping rubbish on Norton Road, Wembley.

Sanket Mevada, of Bassingham Road, was sentenced at Willesden Magistrates Court and was ordered to pay £1,052 after it was proven that he illegally dumped two black bags full of household rubbish on the residential street.

Cllr Eleanor Southwood, Cabinet Member for the Environment, said: "It is completely unacceptable to dump household rubbish on the streets as it damages the appearance of local areas and is a public health issue. "If you see anyone illegally dumping rubbish in the streets, please report these criminals by using the Cleaner Brent app or by emailing [customer.services@brent.gov.uk](mailto:customer.services@brent.gov.uk)"

For advice on disposing of your rubbish correctly please visit [www.brent.gov.uk/recycling](http://www.brent.gov.uk/recycling) or turn to page 31 to get involved in the borough's new 'Love where you live' campaign.



## 10 out of 10 for Simon's capital idea for kids

A former BBC producer from Brent has set up a website where children review days out, attractions and events in London.

Simon London, who lives in Queen's Park, set up KidRated after a holiday in Egypt a few years ago, during which his 10-year-old son, Elliot made a video review of the hotel which they put on YouTube.

The website now has more than 350 photos and video reviews, plus hundreds more 'K-Ratings', where children give scores out of 10 for every experience.

"The response has been fantastic. Our dream is to be a resource that covers the whole UK with ratings for attractions of all shapes and sizes," said Simon.

"Parents need ideas and inspiration for things to do with their kids, while kids need reassurance from their peers that it's going to be great. So why not create a site that combines the two?"

Visit [www.kidrated.com](http://www.kidrated.com)

## The best teacher in the world?

A maths teacher at Preston Manor School in Wembley who created his own online videos to teach his pupils is a finalist in a competition which promotes exceptional teaching and education.

Colin Hegarty has been included in the top ten shortlist for the Varkey Foundation Global Teacher Prize 2016 which received 8,000 nominations for teachers in 148 countries.

He has created 1,500 online videos which have been viewed almost five million times, and have been used in at least 65 UK schools and across the world. Colin received the 2015 National Teacher of the Year award from Prime Minister David Cameron.

The winner of the prize will be announced on 13 March. To find out more about his inspirational way to teach maths, visit [@hegartymaths](http://www.youtube.com/user/HEGARTYMATHS)

## Raid uncovers 23 people living in one house

A dawn raid on rogue landlords in Wembley found 23 people, including 10 children, living in a semi detached house.

During the crackdown, which was filmed by the BBC Breakfast programme, council officers also found evidence that a shed in the back of the property may have been rented out.

The raid was part of the council's ongoing efforts to drive out the minority of bad landlords who exploit innocent tenants with substandard properties that make their lives a misery.

Cllr Margaret McLennan, Cabinet Member for Housing, joined the raid with Housing Minister Brandon Lewis MP. She said: "We take a zero tolerance approach to rogue landlords in Brent and are increasing our efforts to identify and take enforcement action against them. Most properties in Brent should be licensed and failure to do so can result in an unlimited fine."

*If you suspect that someone is illegally renting out a property in Brent without a licence or are in breach of their licence please report them by emailing [prslicensing@brent.gov.uk](mailto:prslicensing@brent.gov.uk)*

## Go ahead given for South Kilburn Community Hub

New jobs, youth services, skills training and support for businesses have all been secured in South Kilburn after funding of £1.8million was agreed to develop a 'Community and Enterprise Hub'.

Brent Council, the South Kilburn Trust and the Oxford Kilburn Youth Trust won the cash from the Greater London Authority.

Cllr Roxanne Mashari, Cabinet Member for Employment and Skills, said: "We all worked together to prepare this bid and I am thrilled that we have won the funding."

The £1.8million funding will be matched by the South Kilburn Trust along with money from the Peel Precinct redevelopment and the development of new homes on adjacent land.

## Could you give a dog a home?

Brits have a reputation for being a nation of animal lovers, but did you know that nine million cats and dogs are uncared for across the UK?

While puppy and kitten farms are one of the reasons for the high numbers, even the well-intentioned can find themselves abandoning animals as they find they are not prepared for the amount of time needed to look after pets properly. Last year The Mayhew Animal Home in Kensal Green successfully rehomed 416 cats and 90 dogs, but they need residents help to keep doing this vital work. To find out more about visit

[www.themayhew.org](http://www.themayhew.org)

## Help shape Brent's cultural future

Residents are being asked for their views about the future of culture, sport and entertainment in Brent.

Brent's Cultural Strategy aims to develop the existing rich culture on offer in the borough by working with local communities to ensure the area remains an exciting, vibrant place to live, work and visit. Have your say before Friday 8 April by logging on to [www.brent.gov.uk/culturalstrategy](http://www.brent.gov.uk/culturalstrategy)

## No more surprises allowed for 'drugs in Kinder eggs' pub

A pub in Kingsbury where police found Kinder Eggs filled with drugs hidden inside bins, bricks and even a man's underwear has been warned to tighten its security or face further action.

The owners of Jono's Bar, on Church Lane in Kingsbury, have been told to improve security by alarming their doors, using doormen, carrying out regular toilet checks and by keeping a detailed log of incidents which can then be made available to police and council. The new security measures are part of twelve additional conditions added to the pub's licence, which were agreed by the council's Alcohol and Entertainment Licensing Sub-Committee after the Police were called out to a series of incidents last year.

Cllr James Denselow, said: "Using children's confectionery to conceal illegal, Class A substances is a shocking thing to do."

## Maya's moment for achievement awards

Maya Baker was one of 91 young people from Brent who received her medallion at the Jack Petchey Foundation Achievement Awards.

The event, which was held at Brent Civic Centre, honoured young people who were nominated for an award by their peers for outstanding achievement.

Maya performs with the St Michael and All Angels Steel Orchestra and has played at the Notting Hill Carnival. The orchestra is part of the St Michael's Youth Project in Stonebridge. Each of the winners was presented with a medallion by the Jack Petchey Foundation.

For more, visit [www.jackpetcheyfoundation.org.uk](http://www.jackpetcheyfoundation.org.uk)

## Mayor honoured

Mayor of Brent, Cllr Lesley Jones, has received her MBE for services to Local Government.

Cllr Jones was named in the Queen's Birthday Honours for 2015 and received her honour from His Royal Highness Prince Charles at a Buckingham Palace ceremony held last month.

## Home Office hails Brent's work to tackle gang crime a success

Brent has been hailed as a model of best practice for its work in tackling gang-related crime by the Home Office.

Karen Bradley MP, Minister for Preventing Abuse, Exploitation and Crime, praised the strong partnership between Brent Council, the police, and voluntary and community agencies, during a visit to Wembley Stadium in January.

The visit coincided with the Home Office's launch of its new policy on ending gang violence and exploitation.

Cllr James Denselow said: "Gang related crime ruins lives so it is reassuring that our work to protect vulnerable young people from exploitation from gangs is being acknowledged.

"We are particularly keen to encourage people to look out for the signs of young people at the early stages of being groomed by these gangs. This could be a parent seeing their school-age child suddenly having money or a mobile

phone they can't explain, or a school seeing a rise in truancy, or a minicab firm or hotel worker seeing a girl being plied with drink by older men."

Anyone worried about a young person being exploited should call the Family Frontdoor service on **020 8937 4300** or email [family.frontdoor@brent.gcsx.gov.uk](mailto:family.frontdoor@brent.gcsx.gov.uk)

## 350 volunteers signed up

More than 350 volunteers have been registered by Volunteering Brent since its launch in June last year.

Emma, pictured, started volunteering as a way of getting back into work, she found an administrative role which helped her develop new IT skills as well as boosting her confidence.

She said: "I have recommended volunteering to my friends and family, because I now have a broader knowledge of what is needed, and how it can be beneficial to both parties."

Interested in volunteering? Visit: [www.volunteeringbrent.org.uk](http://www.volunteeringbrent.org.uk)

## NEWS IN BRIEF

### Spot the living wage sticker!

Accredited London Living Wage employers in Brent will soon be easy to spot with thanks to brand new window stickers.

All Living Wage employers in the borough are being encouraged to display the window sticker to show their support for the campaign which has set the London Living Wage at £9.40 per hour - the minimum salary to afford a basic living.

Tony Whitcomb, Manager of the Wembley branch of Barclays said: "Not only is paying people who work on our behalf a wage that supports a decent standard of living a responsible thing to do, there are also clear business and economic benefits to doing so."

## LGBT event at Brent Civic Centre

Lesbian, Gay, Bisexual and Transgender (LGBT) History Month was celebrated at a special event in Brent Civic Centre in February.

LGBT History Month has been celebrated since 2005 and the theme of the event this year was 'Embracing LGBT Lives in Brent'.

## Young people socially mobile

Brent has been named among the best areas in the country for helping the most disadvantaged young people to realise their potential, according to the Government's Index for Social Mobility.

In common with other London boroughs, Brent stacks up well against cities, towns and rural areas across the UK for the opportunities it offers young people in the local area to get into a good job and a enjoy a decent standard of living.

# EALING ROAD FESTIVAL

Join us to celebrate the culture of Ealing Road at two community events taking place on Saturday 26 March from 4pm and Saturday 30 April from 12pm.

These fantastic events will include a mix of market stalls, food vendors, musicians, dancers and workshops across the length of Ealing Road for everyone to enjoy.

If you are interested in coming along, check out our Facebook page Ealing Road Festivals for updates <https://www.facebook.com/EalingRoadFestivals>

## WANT YOUR OWN STALL?

To maximise the success of these events we are inviting businesses from across the borough to get involved and take up market stalls at the event. This is your chance to have a pitch on Ealing Road, the premier Asian shopping destination in London, and access a whole host of new customers!

Market Stalls will be based outside the library and along Ealing Road. If you are interested in taking stall for would like any more information please get in touch with Jawad Sardar [ealingroad@themeans.co.uk](mailto:ealingroad@themeans.co.uk) or telephone on 07701 006 711.



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## Health

# Health options

It is important that you get the right health care when you are sick or hurt. In Brent, there are different options depending on what is wrong and how serious it is. The Brent Magazine took a look at the options available...

## Your local GP

Your GP can provide advice on physical and mental health problems as well as diagnosis and treatment for a range of conditions. They help patients with long-term care and can arrange referrals to hospital specialists and community based services.

You can register with a GP surgery in your area by providing proof of address and photo identification such as passport or driving licence. Enter your postcode on the NHS choices website to find your local GP: [www.nhs.uk/Service-Search/GP/LocationSearch/4](http://www.nhs.uk/Service-Search/GP/LocationSearch/4)

To find out more about GP services go to: [www.brentccg.nhs.uk/en/gps](http://www.brentccg.nhs.uk/en/gps)

## GP access hubs for routine appointments

If you call your surgery and they are unable to provide you an appointment to see a GP or nurse within 48 hours, you can ask for an appointment at a GP Access Hub.

These are available at GP surgeries in Harlesden, Kilburn, Kingsbury,

Willesden and Wembley from Monday to Friday, 6-9pm in the evening and on Saturday and Sunday, including bank holidays from 9am to 3pm. Alternatively, if your surgery is closed you can contact NHS 111 for an appointment at the GP Access Hub.

Visit [www.brentccg.nhs.uk/en/gps/gp-access-hubs](http://www.brentccg.nhs.uk/en/gps/gp-access-hubs) to find out more.

## NHS 111

You can phone 111 for free 24 hours a day, seven days a week. Use 111 when:

- You need medical help fast, but it's not a 999 emergency
- You think you need to go to A&E or need another NHS urgent care service
- You don't know who to call or you don't have a GP to call
- You need health information or reassurance about what to do next

Find out more: [www.nhs.uk/nhsengland/aboutnhservices/emergencyandurgentcareservices/pages/nhs-111.aspx](http://www.nhs.uk/nhsengland/aboutnhservices/emergencyandurgentcareservices/pages/nhs-111.aspx)

## Accident and Emergency (A&E)

A&E departments are open 24/7 for serious injuries and illnesses including (but not limited to):

- Loss of consciousness
- Persistent, severe chest pain
- Breathing difficulties and choking
- Severe bleeding that cannot be stopped
- Having fits
- Badly broken bones
- Other serious health concerns

Please use A&E wisely so its doctors and nurses can focus on people with the most serious health needs.

A&E care is provided at Northwick Park Hospital, Watford Road, Harrow HA1 3UJ.

## Walk-in centres and urgent care centres

At NHS walk-in centres and urgent care centres (UCCs), you will be seen by an experienced nurse or a GP and appointments aren't necessary.

Adults and children can get treatment for minor illnesses and injuries, including:

- Sprains and strains of ankles, wrists and knees
- Minor burns (small area)
- Cuts, including those that need stitches

- Infections that GPs commonly treat (e.g. sore throats and earache)
- Minor broken bones such as toes, fingers and collarbone
- X-rays where needed

If your condition gets worse, the doctors and nurses at the UCC can quickly get you to the best place for your care.

UCCs are located at Central Middlesex Hospital (UCC only), Acton Lane, NW10 7NS or Northwick Park Hospital, (UCC and A&E), Watford Road, Harrow HA1 3UJ.

## Children and serious illness

If your baby has a serious illness, it's important to get medical attention as soon as possible. It can be difficult to tell when a child is seriously ill. Above all, trust your instincts.

You know better than anyone else what your child is usually like, so you'll know what is worrying behaviour, and when you should either call 999 or take your child to A&E.

For more information, see: [www.nhs.uk/Conditions/pregnancy-and-baby/Pages/spotting-signs-serious-illness.aspx](http://www.nhs.uk/Conditions/pregnancy-and-baby/Pages/spotting-signs-serious-illness.aspx)

## Health

# Spring into action

With FREE outdoor gyms and cycle training in Brent, there's never been a better time to improve your fitness and get some fresh air at the same time

**The outdoor gyms can be used free of charge, seven days a week and are suitable for people aged 12 and over. They are designed to be simple to use and for beginners – so take the plunge and give it a go.**

The outdoor gyms have a wide variety of equipment to help you improve your cardiorespiratory fitness, your muscle strength and tone and flexibility. By exercising in the park you will have lovely scenery to look at and will get some fresh air as well. Each piece of equipment has instructions on how to use it as well as QR codes you can scan with your smartphone to access videos of how it works.

We also run FREE instructor led sessions by qualified gym instructors on a weekly basis for those who require that little bit more motivation to exercise and those who enjoy participating in exercise with like-minded people. There's no need to book these sessions, so come along and join in! Details of these sessions can be found at [www.brent.gov.uk/outdoorgyms](http://www.brent.gov.uk/outdoorgyms)

To get even more out of your session use the park nearest to

where you live or work and walk or cycle there and back as well for an extra boost to your health.

If taking to two wheels is more up your street, then get on your bike and try our free cycle training. Everyone aged nine years and over (including adults) can book two cycle training sessions absolutely free of charge.

Not only is cycling a fabulous way to keep fit and healthy, it is cheaper and often faster than using the car or public transport and is something fun that the whole family can enjoy. Cycle training is offered at every skill level from complete beginners to those who have not cycled for a long time and just need a little help to regain their confidence. Even well-seasoned cyclists have picked up some great advice on how to keep safe in traffic.

During the Easter holidays there will be cycle training courses for local school children aged nine and over at Willesden Sport Centre and Vale Farm Sport Centre. For further information on dates, times and how to book please visit [www.brent.gov.uk/cycling](http://www.brent.gov.uk/cycling)

These courses are designed to give you the skills needed to make a journey to and from school and other local destinations on quiet roads, helping improve your road sense and confidence. Cllr Hirani, Cabinet Member for Adults, Health and Well-being said:

“Get a spring in your step by ditching the bad habits such as smoking and eating too much sugar and taking up some exercise. Outdoor gyms are free and easy to use. You can even go along to an instructor-led session- similar to what you would find in an indoor gym. Cycling is another great way to enjoy the borough while also improving your fitness and is something all the family can do. Making simple changes can help us all have a healthier and better future.”

### Outdoor gym locations:

NEW Barham Park  
Chalkhill Park  
Gibbons Recreation Ground  
Gladstone Park  
King Edwards VII Park  
Neasden Recreation Ground\*  
NEW Northwick Park  
NEW Preston Park  
Roe Green Park  
NEW Roundwood Park  
Tiverton Playing Field  
NEW Woodcock Park

\*This site will be installed by end of March 2016

## Health

# Stub out smoking

National No Smoking day is on Wednesday 9 March – what better time to give up? It’s good for your health, your purse and those around you

**The Brent Stop Smoking Service is a free, friendly and flexible service that can massively boost your chances of quitting for good. Trained advisors are on hand to give you advice and support to help you quit as well as to recommend free or affordable stop smoking treatment such as Champix or Zyban if it is suitable for you, or Nicotine Replacement Therapy such as patches or gum.**

Audrey, 42 from Kilburn told us: “Having smoked since my teens and tried so many times to go cold-turkey – I had given up on giving up smoking. I gave it one last try over the summer by signing up to the sessions offered at Brent No Smoking. I joined the group-sessions and found that talking to other people really helped, we were able to gee each other along as well as the great advice from the trainers.”

You will normally be offered weekly one-to-one appointments, but group drop-in services and telephone support are available as well. Depending on where you live, the venue could be a local GP surgery, pharmacy or community

clinic.

There are four stop smoking clinics:  
• Brent Civic Centre Engineers Way, Wembley HA9 0FJ - Monday-Friday 9am-6pm

• Wembley Centre for Health & Care, 116 Chaplin Road, Wembley HA0 4UZ – Every Thursday from 4-6pm

• Willesden Centre for Health & Care, Robson Avenue, Willesden NW10 3RY – Every Wednesday from 4-6pm

• Kilburn stop smoking clinic, 307 Kilburn Lane, W9 3EG. Monday 4-6pm. To access this service your GP can refer you, or you can call: **020 8795 6669** or email **stopsmoking@brent.gov.uk** to find out more.

Smoking affects the whole body from your head to your toes, not only increasing your risk of a number of cancers including lung, throat, stomach and mouth but also increased risk of heart attack or stroke. Smoking can also lead to foul smelling hair, stained teeth, tooth loss, premature aging of the skin, impotence, reduced sperm

count and other fertility problems. Here are a few of the nasties you'll be inhaling in every drag:

- Acetone, widely used as a solvent
- Ammonia, found in cleaning fluids
- Arsenic, a deadly poison, used in insecticides
- Benzene, used as a solvent in fuel and chemical production
- Cadmium, a highly poisonous metal used in batteries
- Carbon monoxide (CO), an odourless, tasteless and poisonous gas; makes breathing more difficult as it combines with the blood that carries oxygen around the body. Up to 15 per cent of a smoker's blood may be carrying CO instead of oxygen, potentially leading to coronary heart disease and circulation problems.
- Cyanide, a deadly poison
- Formaldehyde, used to preserve

**4.9 million** smoking-related deaths per year in the world and **80,000** in the UK each year

A **20** per day smoker spends on average **£3,000** per year on cigarettes!

Cigarette smoke contains over **4,000** different chemicals

Main causes of death are **Lung Cancer, Coronary Heart Disease and Chronic Obstructive Pulmonary disorder**

## Health

# Healthy roots

With the second highest level of diabetes in London and tooth decay the most common reason for children being admitted to hospital in Brent, encouraging healthy eating and lifestyles is a priority

**Our 'Slash Sugar' campaign aims to get people to reduce their sugar intake, with a particular emphasis on sugary drinks and smart sugar swaps.**

61 schools in Brent are part of the Healthy Schools London Award scheme and are working with their pupils and parents so that smart healthy choices are made.

The Brent Magazine visited Chalkhill Primary School to find out more about their etiquette inspectors and healthy food choices.

Ms Peerwani, Deputy Head, told us: "Our children came to us and said they wanted to set up more things around healthy eating and we created the etiquette inspectors. They work at lunchtime and help the other children by reminding them to make healthy choices and have good table manners."

Ahmed, aged 9, is an etiquette inspector and he told us: "I like seeing people being healthy and

reminding them to drink their water and eat their fruit makes me feel good."

The school also gets pupils involved in designing the food menu and each term different children get the opportunity to work with the catering team to devise the menu and prepare the food. Mustafa, aged 8, said: "I felt proud seeing my friends eat the food I had helped to make and to learn more about where food comes from and the different things you can do with it. I liked learning about the food pyramid and helping serve the healthy food."

The school also has a weekly fruit and veg stall at which parents can buy healthy foods that are cheaper than in the shops. "I like working on the stall and seeing people buy the nice vegetables to cook their dinner. I also like learning about business and counting up the money," said Alex, aged 8.

## Sugar Free Tuesday

As for Sugar Free Tuesday – the children at Chalkhill try and make sugar free choices as much as possible. Taya aged 8 said: “Sugar Free Tuesday helps us have a day to remember. We eat too much sugar and we aren’t to have cake and chocolate all the time, just for treats. But we should make good choices all the time so we have nice teeth and don’t get unhealthy.”

Another area where the health of our children is being focused on is oral health. With 46 per cent of five year-olds having one or more decayed, missing or filled tooth in 2012 it is vital that they are educated on keeping their teeth healthy.

Children at one of Brent’s Special Educational Needs schools, Manor School, in Kensal Rise have recently started on the programme. Sapna Mandalia, Oral Health Promoter said: “I work with children from reception upwards to 11 with the support of school staff on fun tooth brushing sessions. I have a giant mouth model with a huge toothbrush and small mouth models and toothbrushes for the children to

practice brushing on. We sing brushing songs and share experiences of going to the dentist. The children love it.”

NHS dental care for children is FREE and all children should go to the dentist once a year from when their first tooth comes through as a baby. In Brent there are lots of NHS dentists.

There is nothing to be afraid of and having a good oral health routine from an early age will help with overall health in the future. Find a local NHS dentist by looking on [www.nhs.uk](http://www.nhs.uk) to find services near you and click on the dentist option.

### Top tips for good oral health

- Brush twice a day
- Spit, don’t rinse
- Use fluoride toothpaste
- Eat well and reduce sugar and sugary drinks
- Drink milk and water

Find out more about cutting sugar out of your diet and better choices at [www.brent.gov.uk/slashsugar](http://www.brent.gov.uk/slashsugar)



Brent Clinical Commissioning Group

## Sharing your information to improve care

In Brent, health and care professionals are working together to improve the care you receive. Those directly involved in your care will be able to see relevant information about you, so you can receive joined up care. This ensures that when you visit your GP practice, the hospital, or get support in your community or at home, your care professional such as your GP, hospital doctor, district nurse or social worker has the right information about you at the right time. (Your consent is required for information to be accessed by hospitals, social care, mental health and community care organisations. Information will NOT be shared with or sold to anyone else.)

### Your choices

If you are happy to share your information:

- Information about you is shared with health and care professionals providing care to you.
- Information (without your personal details) is shared anonymously with health and social care organisations to plan local services and improve care for everyone.

### The benefits

You can talk to your health and care professional about sharing your information but here are some of the benefits:

- You only need to tell your history once.
- You avoid unnecessary appointments and tests.
- You can be more involved in decisions about your care.

If you do not want to share your information, please tell your health or care organisation providing care to you.

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If you want more information please visit our website: [integration.healthiernorthwestlondon.nhs.uk](http://integration.healthiernorthwestlondon.nhs.uk) or email: [share4care@nhs.net](mailto:share4care@nhs.net)  
Talk to your health or care professional providing care to you.

## Community

# Play Streets comes to Brent

Skipping, tag, hopscotch and old-style street games are set to make a comeback in Brent this summer, as the council helps residents close their roads to let kids play outside

Having piloted a Play Street in Queen's Park last year, people all over the borough will now be able to regularly change residential streets into traffic-free play areas for children, usually for one afternoon a month.

Kempe Road resident Liz Unna, one of the parents who organised Brent's first Play Streets last year, said:

"The whole street had a wonderful time together, old and young. As we increasingly fret about losing children to screen time and about the epidemic of obesity, it was wonderful to see that children do really still love playing outside their homes, they do want to run around and be free to play together. And it's great to see how that builds communities and increases connection."

"Countless people have stopped us on the street asking when the next Play Street is and I am so happy to say soon, very soon! Brent has made this both free and easy for everyone to do."

To get the scheme started, the council will cover the up front costs, such as the advertising required for occasional road closures and the public liability insurance. Brent's highways contractor, Conway Aecom, has kindly provided the necessary road signs and traffic cones to get the scheme off the ground. The council is also interested in finding sponsors for Play Streets for the future, so if your company would like to be associated with helping parents, carers and children play safely in the street, you can contact [network.management@brent.gov.uk](mailto:network.management@brent.gov.uk)

"Parents are always keen for somewhere safe and convenient for their kids to play, so this is a wonderful idea" said Cllr Eleanor Southwood, Cabinet Member for the Environment.

"It's a great example of the council making life easier by taking away the hassle and cost of the legal requirements and promoting healthy activities for young people."

Take action now if you are interested in turning your road into a Play Street so that everything is in place before the warmer weather arrives later this year.

You can find a straightforward guide online including a standard letter you can drop through the

letterboxes of your neighbours to see if they would also like to support a Play Street. Visit [www.brent.gov.uk/playstreets](http://www.brent.gov.uk/playstreets)

Advertisement

## Celebrate LGBT Adoption and Fostering Week

7-13 March 2016

Come and find out about the children who need families, the process, and how adoption and fostering has changed the lives of other LGBT families in your area at our special Information Evening on 10 March, 5.45pm at Brent Civic Centre

Supported by New Family Social

#lgbtadoptandfoster

[www.brent.gov.uk/fostering](http://www.brent.gov.uk/fostering)



## Environment

# New lease of life for Welsh Harp

Brent Council and Thames21 join forces to help save the Welsh Harp Education Centre

**A year ago, the future of the much-loved Welsh Harp Environmental Education Centre looked bleak, with closure a real possibility following funding cuts. But the centre has now been given a new lease of life – thanks to a lease arrangement between the council and environmental charity Thames21.**

“We thought it was such a fantastic opportunity,” said Debbie Leach, Chief Executive of Thames21 which has become the first organisation to complete a Community Asset Transfer in the borough, where council properties are leased to organisations who can better utilise them for the benefit of the community.

“We’ve known the centre for many years as a much-loved educational centre which has so much potential to continue inspiring people through hands-on learning experiences in nature, so we are delighted to take it on.”

The centre, on Birchen Grove in Kingsbury, provides an area rich in

bio-diversity for Brent primary school children to learn why it is important to look after all aspects of our environment.

“Brent is so rich in its waterways, with the River Brent, the reservoir, the various tributaries, streams and canals in the borough, so the children can learn more about that at the centre as well as how everything in our world is connected to each other,” said Debbie.

### Outdoor classrooms

“The wonderful woodland that surrounds the centre will act as an outdoor classroom where children will learn about the trees, insects and other animals that live there and how they all depend on each other and how we too depend on them.

At the moment, the centre is for children but we are working to deliver educational activities for people of all ages - whether you are eight or 80 – as everyone in Brent can benefit from such a unique environmental learning centre.”

Cllr Eleanor Southwood, Brent Council’s Cabinet Member for Environment, said: “We introduced our Community Asset Transfer policy last year to allow council property to be transferred to community groups that can help us deliver services that Brent residents and the community value at a time when local funding from central government is being drastically cut.

“This particular transfer is the very first in Brent and means that the centre can continue as a valuable educational resource for local schools and children.”

The Welsh Harp Centre will be having an official reopening in the summer when all residents can tour the facilities.

Debbie added:

“We’ll be announcing details of the reopening in the coming weeks, so I’d encourage anyone who hasn’t been before to drop us a line and come and see it for themselves. It is a fantastic place to discover as it shows us that the natural world is very much alive and happening here in Brent and that we all have a crucial role to play in its future.”

For more information, email [welshharpcentre@thames21.org.uk](mailto:welshharpcentre@thames21.org.uk)

To find out more about Community Asset Transfers, visit [www.brent.gov.uk/cat](http://www.brent.gov.uk/cat)  
Find out more about the work of Thames21.  
Visit [www.thames21.org.uk](http://www.thames21.org.uk)

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**LONDON STRATEGIC HOUSING**



## Housing

# Do you live near a rogue landlord?

Vulnerable people across the capital are being ruthlessly exploited by rogue landlords

**Rogue landlords are charging extortionate rents for sub-standard, overcrowded and dangerous properties. But it is not just the less well-off who suffer from the actions of rogue landlords.**

Often, family-sized homes are converted into flats without planning permission to accommodate more people, with no thought for things such as extra car parking spaces or more bins to dispose of the extra household waste. An overcrowded property often leads to illegally dumped rubbish and anti-social behaviour, which can make peoples' lives a misery.

To combat these issues locally, Brent Council has introduced a scheme that requires all landlords who are renting out a property to three or more people with at least one of them being unrelated to apply for a licence to ensure that they're keeping the property in an acceptable condition and not renting it out to too many people.

Landlords who fail to licence a property could face prosecution and an unlimited fine.

### **The rogue way doesn't pay**

Rogue landlords who don't comply with the council's licensing scheme will be prosecuted. On 22 December 2015, we prosecuted:

- Mr Ping Sheng, ordered to pay £5,713 for a property at Chilcott Close, Wembley
- Mrs Nilam Haria was ordered to pay £9,485 for a property at Rose Bates Drive, Queensbury
- Ms Elizabeth Homewood was ordered to pay £1,645 for a property at Tunley Road, Harlesden

### **Are you a landlord?**

Apply for a licence today.  
Call **020 8937 2384**, email **[prslicensing@brent.gov.uk](mailto:prslicensing@brent.gov.uk)** or visit **[www.brent.gov.uk/prslicensing](http://www.brent.gov.uk/prslicensing)**

## Top three signs that you might live near a rogue landlord

While the majority of landlords in Brent are decent, fair and law-abiding people, there are a few signs to look out for that a rogue landlord is active in your area.

### • **Illegal dumped rubbish**

Due to illegal conversion of properties, rogue landlords do not request the proper bins needed to deal with the waste that an overcrowded property will produce, often telling tenants wrongly, to illegally drop bags of rubbish in the street for collection.

### • **Anti-social behaviour**

Due to the increased number of people living at the property there may be lots of people coming and going at irregular hours and causing a noise and disturbance.

### • **More than one family living at an address**

There may be several families with children living in a small house. A recent raid by Brent council found 23 people including 10 children living in a two storey semi-detached house.

To report a suspected rogue landlord, call **020 8937 2384** or email [prslicensing@brent.gov.uk](mailto:prslicensing@brent.gov.uk)

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## REGISTER TO VOTE BY POST

It's easy to vote by post at elections instead of having to vote in person at your local polling station. Get your application back to us by **5pm on Tuesday 19 April** and you can vote by post for the new Mayor of London and Greater London Assembly members on 5 May.

Apply today for a postal vote by visiting  
[www.brent.gov.uk/postalvote](http://www.brent.gov.uk/postalvote)



Any questions?  
[electoral.services@brent.gov.uk](mailto:electoral.services@brent.gov.uk)  
or call **020 8937 1372**



Love where you live

## Do you love where you live?

Nobody likes to see graffiti or illegally dumped rubbish on their street so Brent Council has launched a new campaign to encourage residents who want to help make the borough cleaner and greener

**Called 'Love where you live', the new campaign is inspired by the enthusiasm which many Brent residents demonstrate week in, week out to improve their local neighbourhoods.**

Groups such as Kensal Green Streets, Harlesden Environmental Action Residents, Northwest TWO and Keep Wembley Tidy are all inspiring examples of how local people, who carry their hearts on their sleeves for where they live, can make a real difference.

Their enthusiasm, combined with their love for their local area, their neighbours and their desire to make a better place for their children and grandchildren really captures what the campaign is all about.

We find their enthusiasm and love infectious and want to pass on their stories to you. The first phase of the campaign features stories of local residents who are making their streets cleaner and greener by taking simple actions such as reporting illegally dumped rubbish or graffiti,

recycling waste or getting involved in community clean-up days.

Cabinet Member for the Environment Eleanor Southwood said: "The combined effect of hundreds, or hopefully thousands, of people taking fairly small actions can actually have a massive positive impact. "If residents are happy to report incidents of illegally dumped rubbish, littering and graffiti because they love where they live, I am positive that we can achieve our aim of making our fantastic borough cleaner and greener."

### **Five easy ways you can help make Brent cleaner and greener**

#### **1. Report illegally dumped rubbish**

Illegally dumped rubbish (also known as fly-tipping) is rubbish that is dumped on land without permission from landowners or without a licence. It often contains items such as fridges,

mattresses, builders' rubble and tyres. It is a serious offence with a £75,000 maximum fine or five years in prison.

If you see illegally dumped rubbish, you can report it using the Cleaner Brent smartphone app

## 2. Organise a community clean-up

Many residents' groups in Brent regularly get together and organise community clean ups of their local park or littered streets. Armed with litter picks and bags (which the council can provide for free), they head off on their mission to clean up their neighbourhood!

Community clean-ups are great fun and you get to meet lots of people in your area!

If you would like to find out more about organising a community clean-up, go to

[www.brent.gov.uk/cleanup](http://www.brent.gov.uk/cleanup) or email [recyclemore@brent.gov.uk](mailto:recyclemore@brent.gov.uk) to arrange or to take part in a clean-up in your area.

## 3. Recycle your waste

You probably already know the difference between your bins: the grey bin is used for general waste, the small green bin for food waste and the blue top bin for recycling items such as paper, empty cans/tins and plastic.

The more you recycle, the more you will be helping Brent and the local environment.

If you have neighbours who are new to the area, whilst you are

introducing yourself, check if they understand the difference between the bins. Often people new to the area have been used to a different recycling system somewhere else.

## 4. Put your bins out on time

Knowing your bin collection times and putting them out on the right day can really help to improve your area.

Overflowing bins or uncollected waste can become a public health issue and spoil the appearance of your neighbourhood.

Remember, bins need to be placed at the boundary to your property and not on the pavement!

To check your collection days, visit [www.brent.gov.uk/recycling](http://www.brent.gov.uk/recycling) and enter your postcode into 'Find Your Collection Day'.

## 5. Report graffiti

Although we would all prefer it if graffiti didn't happen at all, the council is responsible for removing graffiti in public areas such as our parks and open spaces and graffiti on road signs, lamp posts, and other street furniture.

If you come across graffiti in any of these areas, please report it using the Cleaner Brent smartphone app

Download the Cleaner Brent smartphone app from [www.brent.gov.uk/cleanerbrent](http://www.brent.gov.uk/cleanerbrent)

Get involved at [www.brent.gov.uk/lovewhereyoulive](http://www.brent.gov.uk/lovewhereyoulive)

## Cleaner Brent smartphone app

As well as reporting illegally dumped rubbish and graffiti, the Cleaner Brent smartphone app makes it easy to report many other littering and unsightly problems in streets, parks and cemeteries at the touch of a button.

Once you have reported a problem, it will be investigated by the council and cleared. The app will notify you on the progress of your report. What you can report using the app:

- Fly-posting - Adverts illegally posted on public properties
- A street that needs sweeping
- A grit bin that is empty and needs filling
- Dog fouling
- Dead animals
- Grass that needs cutting in verges or in parks or cemeteries
- Shrubs that need pruning or weeding
- Litter bins that need emptying (in streets, parks or cemeteries)

The app, which can be used on most smartphones, can be downloaded at [www.brent.gov.uk/cleanerbrent](http://www.brent.gov.uk/cleanerbrent)

Find out more about their stories at [www.brent.gov.uk/lovewhereyoulive](http://www.brent.gov.uk/lovewhereyoulive)

## Local pupils clean up in poster competition

The winner of a primary school competition to design and create a poster to encourage residents to keep Brent's parks clean and free of litter and dog mess has been announced.

Pupils Nikita Haria and Krisha Patel, both aged 10 years old, from the Swaminarayan school in north west London, won first prize in the competition which was open to all primary schools in the borough.

You'll be able to see the winning poster in a selection of parks across Brent and also in the 'Your Brent' residents' e-newsletter and primary schools' newsletter.

## Your shout

The Brent Magazine spoke to local residents who are actively helping to make Brent a cleaner, greener place by doing local activity such as litter picks and reporting illegally dumped rubbish.

Here's what they said:

"Being part of a resident group to help keep the area clean and tidy is a great way to meet people!"

**Gita, aged 57**

"I keep an eye out for graffiti and report it to the council to clean up!"

**Hanshuya, aged 15**

"We need to keep our streets clean and free of germs! I want the area to be clean for my children"

**Trevor, aged 70**

## What are you doing to L♥ve where you live?

### We want to hear from you!

We want to know what good things you are doing in your neighbourhood because you 'Love where you live'.

These don't necessarily have to be connected to cleaner, greener streets. You may be volunteering at your local youth club, checking in on an elderly neighbour or organising an event to fundraise money for a local cause.

Get in touch and tell us what you're doing by emailing [TBM@brent.gov.uk](mailto:TBM@brent.gov.uk)



## 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](http://www.brent.gov.uk/privatefostering)



## FREE CENTRAL HEATING FOR QUALIFYING HOUSEHOLDS

No central heating? You could be eligible for a **FREE** gas central heating system worth up to **£5000** from the Brent Central Heating fund. Working in partnership with local charity Energy Solutions, Brent Council are supporting low income households this winter to stay warm and healthy and reduce fuel poverty.

### WHAT ARE THE BENEFITS?

Gas central heating is one of the most efficient ways to heat your home. It will ensure you stay warm and significantly reduce your energy bills.

### WHO CAN APPLY FOR THE FUND?

It doesn't matter if you own or rent, if your on a low income and your home is currently heated by any of the following you could qualify:

- Plug in heaters (e.g. electric or oil filled radiators)
- Wall mounted heaters (e.g. gas fires or electric panel heaters)
- Electric storage heaters
- Open fires

### INCOME CRITERIA

Someone in your household must also be in receipt of one of the following benefits: • Pension Credit • \*Child Tax Credit • \*Working Tax Credit • \*Income Support • \*income-based Jobseeker's Allowance • \*income related Employment and Support Allowance • \*Universal Credit

**OR** your household must be officially classified by the government as being in fuel poverty (LIHC definition).

The funding is allocated on a first-come-first-serve basis and will support approximately 50 households. So don't delay, If you think you qualify, apply now by contacting Energy Solutions on:

Tel: **0800 169 5693** or **020 8200 4507**

Email: [centralheating@energysolutions.org.uk](mailto:centralheating@energysolutions.org.uk)



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*\*\*Survey of the last 100 sales achieved up to July 2014*

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**Budget**

**Council budget at a glance**

Council tax bills are set to rise by around 45p a week to protect crucial local services. Here we outline why...

**So where does our council funding come from?**

Roughly a quarter of our funding comes from central Government, another third from business rates, and the largest share from the money residents pay in council tax bills.

As we look ahead, the Government revenue support grant looks like it might be withdrawn altogether by 2020 or so, when we'll just have to rely on income from business rates and council tax.

**Why are the cuts Brent is facing so deep?**

The population of Brent is changing more than nearly anywhere else in the country. There are around 24 per cent more people in Brent over the age of 80 than there were five years ago, and also around 12% more children under the age of 10.

Both of these things are great news, but both also mean that there is more and more demand on council services while we have less money to go round.

**So does this rise in council tax mean that there won't need to be any spending cuts on services we value?**

Unfortunately not, no. Putting up our share of Council tax bills by 3.99 per cent will bring in about an extra £4 million a year. Compared to the £117 million we've had to cut since 2010, this is a drop in the ocean.

It's still important though, as without that extra income, we'd have to make £4 million of additional cuts next year to balance our books as required by law.

**Where do we receive our funding from?**

In 2016/17, the percentage our funding comes from is:

Central Government	23%
Business Rates	35%
Council Tax	41%

- By 2018/19 funding from central government is expected to reduce by more than 50%
- Our population aged 80 and over has risen by 18% over the last five years (since 2010)
- Since 2010, the under 10s population has increased by 14%
- £117m cuts since 2010
- £4m raised by Council Tax increase

**So what do we spend the council budget on?**

Here's a rough breakdown of how much money we spend on all the different services that you all use. This excludes most of the money spent on schools, welfare benefits and council housing where we don't have much direct control over how much we spend on schools etc., it is all decided instead by the Government.

**How we will spend the £240m budget in 2016/17**

<b>£29m</b>	Refuse Collection and Street Cleaning
<b>£15m</b>	Support Services
<b>£14m</b>	Housing
<b>£84m</b>	Adult Social Services
<b>£7m</b>	Regeneration & Property
<b>£11m</b>	Highways & Making Brent Safer
<b>£26m</b>	Investing in Brent
<b>£41m</b>	Children & Young People
<b>£13m</b>	Parks, Leisure, Cultural, & Customer services

*Putting up your bills for the first time in seven years isn't something we do lightly – we know that many families in Brent have been struggling*

**Wembley's Ultimate Wedding Venue**

**Wedding Open Day**

Saturday 12 March 2016, 11am-5pm  
Brent Civic Centre

- Discover our stunning Grand Hall for up to 750 guests
- Meet our experienced event planners and discuss your ideas

For more information and to book your **FREE** place now go to [thedrumatwembley.eventbrite.co.uk](http://thedrumatwembley.eventbrite.co.uk)

**020 8937 4340**

[events@thedrumwembley.com](mailto:events@thedrumwembley.com)  
[www.thedrumatwembley.com](http://www.thedrumatwembley.com)

**Low Cost Counselling Services**

*Do you feel anxious stressed or depressed?*

If you live or work in the borough of Brent, give us a call...

**020 7604 5175**

Claudia Anderson ( MBACP)  
PG Dip in Psych  
Counselling Services Officer



# Brent works, so you can too

Unemployed for two months, Wembley resident Henry Barango found that getting back into work was difficult

**It was never the applying for different jobs that was the problem for me," said Henry. "I would apply and be shortlisted, but what I found was that I just couldn't get past the interview stage and get offered the job."**

To get over this final hurdle, Henry dropped into the 'Living Room' – an employment, skills and health advice service based at The Old Boiler House on the St Raphael's Estate to see what help they could offer.

"The team there were so helpful. I explained my situation and the issues I was having. They gave me advice and then put me in touch with Brent Works to see how they could help me."

Replacing Wembley Works, Brent Works is the new name for the council's free recruitment service which has been expanded to cover the whole of the borough. The service provides advice and support to help anyone in Brent to find the right job.

"Everyone at Brent Works was brilliant. They helped me to realise what had been holding me back all of the time I was trying get back into work.

"They went over my skills and experience with me and we discussed the kind of work I would be interested in doing.

"They also helped me to brush up my CV and gave me some advice on how to do better at interviews.

"I applied for a job at Premier Inn and was called for an interview. This time it was different. I felt so confident, I believed in myself and knew what I had to do to get the job."

Henry was offered the job at Premier Inn and five months on, he is very much enjoying being back in work.

"I love it here," Henry said. "I am so happy. My advice to anyone who is having trouble finding work is go to Brent Works. It is a great programme. They will fight for you, they will make you believe in yourself and they will get you there."

Cllr Roxanne Mashari, Brent Council's Cabinet Member for Employment and Skills said: "Helping residents find employment which works for them is a priority for the council, so it is brilliant to see the Brent Works service

expanding to help more residents like Henry get back into work and also take that next step up the career ladder."

Brent Council's Employment and Skills Team have a variety of services to support you in learning new skills and in finding work.

To find out more, contact Brent Works on:

**brent.works@brent.gov.uk** or call **020 8903 6825**.

If you live on the St Raphael's Estate, contact The Living Room **thelivingroom@brent.gov.uk** or call **020 8937 6450**.

## Have the best start into work

If you're looking to develop skills and experience to increase your opportunities, Brent Start is the best place to begin. Brent Start offers courses in a variety of subjects, including:

- Computer courses: learning to use computers and the internet for home and work, including applying for jobs online and using Microsoft Office

- Employment courses: helping you take the first steps to employment; from CV writing skills to job clubs, these are fantastic for anyone starting out in the world of work

- Health and Social care: qualifications for both adult and children's social care, perfect for getting your career started

- Accounting courses: covering a variety of types of accounting qualifications, including the AAT accredited Accounting Skills to Run Your Business

- Art courses: painting, glasswork and sugar craft are some of the few art courses you can do through Brent Start. There are a huge variety of courses to suit a range of skills and interests.

Many courses are free or discounted, depending on your circumstances. Courses are available at different times and places across Brent.

To find out more, contact Brent Start on **brent.start@brent.gov.uk** or call: **020 8937 3950**

# Zoning out

With London continuing to expand, is it time to change our perceptions of its borders?

**Ask people what they mean by central London and places like Wembley, Alperton and Old Oak may not roll off the tongue.**

But, as the capital's economy expands and the property market in zone 1 seriously overheats, many are starting to ask whether it is time to redraw what we mean by central London. This will help areas like Brent benefit from a growing economy and support the capital's future growth.

The question of 'is it time to change our perceptions of London's borders' was asked at a major regeneration event in central London in February.

It is particularly relevant to Brent, as we are fast becoming the superzone of west London, with millions of pounds of investment pouring into the borough while our population is continuing to grow fast.

The UK's first high speed 'super hub' station is planned for Old Oak in the south of the borough with the creation of over 55,000 new jobs and 24,000 new homes, but this is a long term project.

Other parts of Brent, including Wembley and Alperton, will benefit from thousands of new homes, including many affordable homes, over the next few years too.

We expect to deliver over 6,100 new homes and 5,000 new jobs by 2020. Last year Brent's performance in delivering new homes against London plan targets was strong, delivering more than 1,500 new homes.

Although not always on the same scale, this kind of investment is also being mirrored in other 'outer London' boroughs too.

It's clear that growth is not just focused in zone 1 anymore and it is spreading further outwards.

Brent Council's Leader, Cllr Muhammed Butt, said: "Brent is an ambitious borough that is open for business. We are ambitious for our residents and we are working hard to ensure that the investment that is pouring into Brent unlocks opportunities for local people.

"We are an emerging powerhouse in a global city but this has its challenges. Housing in London is in short supply, compared to the demand, but it is no good building

more and more properties in zone 1 and overheating that area further. We need to look to boroughs like Brent and areas like Wembley, Alperton and Old Oak.

"But it's not just about new homes. We need local people to have the skills and job opportunities which will help lift them out of poverty.

"Getting the balance right between new homes, employment space and facilities is essential to London's future health and growth and Brent is right on the frontline of this opportunity."

Brent spans zones 2, 3 and 4 and is the only outer-London borough with more than a quarter of its stations in zone 2

Advertisement

**TheoDa**  
HEALTH CARE SERVICES

**TheoDa Health Care is a family run business, providing bespoke health care services to clients experiencing conditions requiring assistance.**

The support packages are:

- Home Care Services
- 24 hour respite
- Sitting Services

Our main aim is to support our clients to maintain independent living in their own homes

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# Attention all landlords Properties wanted

*let and managed by SBHA*

Since 1968 Shepherds Bush Housing Association has been a trusted part of the local community, now managing more than 5,000 homes. For 25 years, we've been managing, maintaining and guaranteeing rents for landlords.

We are looking for properties in all areas on GUARANTEED or MARKET rent. Cash incentives offered.

### GUARANTEED RENT SCHEME

*We can take on 'hard to let' or large properties including HMOs*

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- No management fee or commission – we pay what we quote
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- No void works if the property becomes empty within lease (exceptions apply)

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- Yearly contracts
- Free rent guarantee
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- Free photo inventory
- 24/7 repairs service and furniture supply
- Rent Collection

**Contact us to discuss your options and to arrange a no obligation visit**

Landlords hotline:

**020 8996 4271**

**psateam.sbha@sbhg.co.uk**

**www.sbhg.co.uk/landlords**

**SHEPHERDS BUSH  
HOUSING GROUP**

The home of guaranteed rents

# Sudbury

Neighbourhood Centre  
Day Care and Friendship

## Spend the day with us

**Day Care from £35.00 a day – huge discounts available!**  
**We have a fantastic range of services including :-**

- Specialist day care
- Lunch
- Transport to and from the Centre on our own minibuses
- Activity and social groups
- Tai Chi exercise classes
- Art classes
- Computer classes
- Movement to Music classes
- Music Therapy
- Chiropodist services
- Hairdressing salon
- Outings, events and day trips to the seaside
- Assisted bathing service
- Health and wellbeing advice and support
- Information and advice service

**Come and see us! To book a visit to see what we do, please call 0208 908 1220 or email [office@sudburyneighbourhoodcentre.co.uk](mailto:office@sudburyneighbourhoodcentre.co.uk)**

### Location

Sudbury Neighbourhood Centre  
809 Harrow Road  
Wembley  
HA0 2LP  
(located behind Sudbury Methodist Church)

### Transport

Free car parking is available at the Centre  
Trains: Sudbury & Harrow Road (Chiltern Railways)  
Sudbury Town (Piccadilly Line)  
Buses: 18, 92, 182, 204, 245, 487, H17, N18

# Arts & Culture

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

## ART

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

Sudbury Neighbourhood Centre,  
809 Harrow Road,  
Wembley HA0 2LP  
Tuesdays, 1.30-3.30pm. £5. For more  
infomation call **020 8908 1220**

### ARTS & CRAFTS WITH COFFEE FOR ADULTS

Learn, improve and share skills  
making all types of cards, crochet,  
knitting, origami, decoupage,  
collage and much more. Make new  
friends and be part of an exciting  
group. Yellow Pavilion  
Mondays, 10-12noon. £3. Turn up or  
contact Jayshree on **07799 143 000**

## COMEDY

### ANGIE LE MAR'S BRAND NEW COMEDY SPECIAL MOTHER AND SON STANDING UP

Tricycle Theatre  
Sunday 3 April, 7.30pm. Visit  
[www.tricycle.co.uk](http://www.tricycle.co.uk) for tickets

## CONCERTS

### BRENT YOUNG MUSICIAN OF THE YEAR 2016

Six of the best young musicians  
(13-19 years old) who live or go to  
school in Brent compete for the  
Len Williams Memorial Trophy and  
a share of £800 prize money. The  
Library at Willesden Green,  
Wednesday 2 March. Doors open  
7pm, show starts 7.30pm. Free but  
please book in advance. Bookings  
[www.brent.gov.uk/events](http://www.brent.gov.uk/events)

### INTERNATIONAL DAY OF DANCE

Come and celebrate International  
Day of Dance with storytelling  
through dance with special guest  
dancers. The Library at Willesden  
Green Friday 29 April, 11am-  
12noon and 1-2pm. Free. For more  
infomation contact  
[arts@brent.gov.uk](mailto:arts@brent.gov.uk)

## DANCE

### TEA DANCE

Grand Hall, Brent Civic Centre  
Mondays, 1.30-4pm. £5 at the door  
or £2.50 on presenting a car parking  
ticket for the Civic Centre car park.

### STREETDANCE WITH FAGEE

Beginners or veterans can learn to  
move like they do in music videos,  
dance to your favourite chart tunes  
so wear clothes you can move in.  
Yellow Pavilion Saturdays,  
5.30-6.30pm for 5-12 year olds.  
6.45-7.45pm for 13-25 year olds.  
Free. No need to book. For more  
infomation contact Fagee  
**07875 933 770**.

### GET ACTIVE WITH SALSA EVERY MONDAY!

It's a fun, friendly social  
environment and a great way to  
keep active and fit. The Cricklewood  
Railway Club, 327 Edgware Road,  
London, NW2 6JP (next to  
Cricklewood Bus Garage just before  
Gladstone Parade). Mondays,  
7.30pm One class is £7, two classes  
£10, discount for Students with ID  
and Senior Citizens.  
For more infomation:  
[www.cubanvibes.com](http://www.cubanvibes.com)  
[info@cubanvibes.com](mailto:info@cubanvibes.com)  
**07904 082 080**

## EXHIBITIONS

### ACME ARTIST COLLECTIVE PRESENTS, ARTE 3

Arte 3 is a group exhibition by three  
Brent based contemporary Latin  
American artists: Ivan Benitez,  
Soledad Bustos and Natalia Triviño.  
Their art raises questions about the

cultural and psychological  
experience of the city; Latin-  
American past merges with the  
European present.  
The Library at Willesden Green Until  
Thursday 10 March Free. For more  
infomation contact  
[arts@brent.gov.uk](mailto:arts@brent.gov.uk)

### CURIOUS TALES: A WORLD OF FOLKLORE, MYTHS AND LEGENDS IN BRENT

This exhibition explores world  
folklore from ancient cultures to  
Brent's diverse modern  
communities. It features a  
figure of Daoist God Zhenwu on  
loan from the Horniman Museum,  
and illustrations by the children of  
St Mary Magdalen's Junior  
Catholic School.  
The Library at Willesden Green  
Until Thursday 5 May, Free.  
For more infomation contact  
[museum.archives@brent.gov.uk](mailto:museum.archives@brent.gov.uk)

### SCANDINAVIA: A CELEBRATION OF THE NORDIC PROVINCE

Multimedia exhibition on the theme  
of Scandinavia. Features paintings,  
drawings, film, photography and  
sculpture exploring legendary and  
iconic Scandinavian subjects.  
The Library at Willesden Green  
Saturday 23 April-Tuesday 31 May.  
For more infomation contact  
[arts@brent.gov.uk](mailto:arts@brent.gov.uk)

## FESTIVALS

### TAKEOVER 2016

Young people from Brent and surrounding areas will take control of every corner of the Tricycle with performances of theatre, film, music, poetry and more.

Tricycle theatre, Sunday 13 March- Saturday 26 March For information visit [www.tricycle.co.uk](http://www.tricycle.co.uk)

### SUDBURY FEST ORGANISED BY SUDBURY TOWN RESIDENTS ASSOCIATION

Food, art, music and much more... Sudbury Neighbourhood Centre, 809 Harrow Road, Wembley HA0 2LP Saturday 19 March, 12noon-5pm. Free entry. For more information call 020 8908 1220 or visit: [www.sudburyneighbourhoodcentre.co.uk](http://www.sudburyneighbourhoodcentre.co.uk)

## GIGS

### MARCH OF THE TEDS WITH THE JETS + DJ BILL GUNTRIP

Ace Café Sunday 12 March, 9pm Entry £12. Sorry no under 18's [enquiries@ace-cafe-london.com](mailto:enquiries@ace-cafe-london.com) For more information contact 020 8961 1000

### RHYTHM N' CRUISE ROCKIN' RECORD HOP WITH DJ JIMMY GUNTRIP

Ace Café Saturday 26 March, 7-11pm Entry Free [enquiries@ace-cafe-london.com](mailto:enquiries@ace-cafe-london.com) For more information contact 020 8961 1000

## MUSIC

### STEEL PAN LESSONS: FOR CHILDREN AGED 8-25

(Beginner, intermediate and advanced) St Michael & All Angel's, Hillside, Stonebridge, London NW10 8LB Tuesdays, 5-6.45pm Saturdays, 8.45am-12.30pm Free. For more information contact Patrick McKay on 07837 019 620, [Patrick\\_mckay@talk21.com](mailto:Patrick_mckay@talk21.com) or [smyplondon@gmail.com](mailto:smyplondon@gmail.com)

### ST MICHAEL & ALL ANGEL'S STEEL BAND ADULT STEEL PAN LESSONS

St Michael & All Angel's, Hillside, Stonebridge, London NW10 8LB Wednesday evening: rolling session 5.15-8pm (Saturday Morning 8.45am-12.30pm open practice) £5 For more information contact Patrick McKay 07837 019 620 [Patrick\\_mckay@talk21.com](mailto:Patrick_mckay@talk21.com) or [smyplondon@gmail.com](mailto:smyplondon@gmail.com)

## OPERA

### MANON LESCAUT

Lexi Cinema Saturday 5 March 5.55 pm For ticket prices, go to [www.thelexicinema.co.uk](http://www.thelexicinema.co.uk)

### MADAME BUTTERFLY

Lexi Cinema Saturday 2 April, 5.55pm For ticket prices, go to [www.thelexicinema.co.uk](http://www.thelexicinema.co.uk)

## THEATRE

### THE MAN IN THE WOMAN'S SHOES

Tricycle Theatre Monday 4 April- Saturday 23 April For ticket prices, go to: [www.tricycle.co.uk](http://www.tricycle.co.uk)

### WOMEN GO LIVE!

Veteran dance-lover and writer Donald Hutera (The Times newspaper) hosts an evening of performances in celebration of International Women's Day. The Library at Willesden Green Tuesday 8 March Doors open 7pm, show starts 7.30pm £7 in advance £10 on the door. For more information, contact [arts@brent.gov.uk](mailto:arts@brent.gov.uk)

### GRIMM TALES: STORYTELLING FOR ADULTS

A performance exploring the darker side of storytelling. Not for the faint hearted! Age 16+ The Library at Willesden Green Wednesday 13 April, 6.30- 8pm Free but booking required [www.brent.gov.uk/events](http://www.brent.gov.uk/events) [Museum.archives@brent.gov.uk](mailto:Museum.archives@brent.gov.uk)

## TALKS

### INTERNATIONAL WOMEN'S DAY EVENT

A global day celebrating the social, economic, cultural and political achievements of women. Brent Civic Centre, The Conference Hall Tuesday 8 March, 10am-2pm

Free For more information and to register for this event, contact [equality@brent.gov.uk](mailto:equality@brent.gov.uk)

### WORLD BOOK DAY – 15 MINUTES WITH YOU

Local author Julie Hamil discusses her book, a celebration of Morrissey featuring interviews with Morrissey and Smiths collaborators plus famous fans. The Library at Willesden Green Thursday 3 March, 6.30-7.30pm Free For more information contact [libraries@brent.gov.uk](mailto:libraries@brent.gov.uk)

## STADIUM EVENTS

### North London Half Marathon

Sunday 20 March

### England v Holland

Tuesday 29 March

### Johnstone's Paint Trophy

Sunday 3 April

### Saracens v Harlequins

Saturday 16 April

### FA cup semi-final

Saturday 23 April

### FA cup semi-final

Sunday 24 April

### SSE Women's FA cup final

Saturday 14 May

### National League Promotion final

Sunday 15 May

### FA Trophy and FA Vase finals

Sunday 22 May

For more information visit [www.wembleystadium.com](http://www.wembleystadium.com)

## SSE ARENA EVENTS

### Party Tou Banti Hai -

Rescheduled Date - Original Tickets  
Still Valid

Saturday 5 March

### X Japan World Tour 2016 #XDAY

World Premier of X Japan Feature  
Film Saturday 12 March

### Babymetal

Saturday 2 April

### Hans Zimmer Live On Tour

Wednesday 6-Thursdays 7 April

### Years & Years

Friday 8 April

### Disney On Ice presents Silver Anniversary Celebration

13-17 April

### Little Mix

Friday 22 April

### The Legend of Zelda: Symphony of the Goddesses - Master Quest

Saturday 23 April

### Citizen Khan: They All Know Me!

Thursday 5 May

### Harlem Globetrotters

Saturday 7 May

### Busted

Wednesday 11 May

### The Sessions

A live restaging of The Beatles at  
Abbey Road Studios

Saturday 14 May

For more information visit

[www.ssearena.co.uk](http://www.ssearena.co.uk)

## VENUES

### LEXI CINEMA

194B Chamberlayne Rd,  
London NW10 3JU

Tel: 020 3011 5523

[www.thelexicinema.co.uk](http://www.thelexicinema.co.uk)

### THE LIBRARY AT WILLESDEN GREEN

95 High Road, Willesden  
London, NW10 2SF

020 8937 3400

### SSE ARENA

Arena Square, Engineers Way,  
London HA9 0AA

020 8782 5566

[www.ssearena.co.uk](http://www.ssearena.co.uk)

### TRICYCLE THEATRE

269 Kilburn High Rd,  
London NW6 7JR

Tel: 020 7328 1000

[www.tricycle.co.uk](http://www.tricycle.co.uk)

### WEMBLEY STADIUM

Wembley, London HA9 0WS

0844 980 8001

[www.wembleystadium.com](http://www.wembleystadium.com)

### WILLESDEN SPORTS CENTRE

Donnington Road,  
London NW10 3QX

020 8955 1120

[www.1life.co.uk/london-boroughof-brent/willesden-sports-centre/home](http://www.1life.co.uk/london-boroughof-brent/willesden-sports-centre/home)

## Arts and Culture

# BONEY M

Liz Mitchell from Harlesden was the voice behind pop anthems such as 'Brown Girl in the Ring' and 'Rivers of Babylon'. During the 1970s and 80s, her band Boney M encountered phenomenal popularity and today, they are still the only artists to hold two positions in the British all-time top 10 chart.

I met with Liz as she returned from a show in India to discuss the launch of her biography, and a celebration in her honour at the House of Commons.

"The book was written by my son, Aaron Pemberton, a published author. The idea came about after I complimented him one day on his ability to finish a book! He said we should write mine. 'I'll ask you the questions and you answer, and we'll see where we go from there', he said".

What follows is rare insight into Liz's life as an artist and also her upbringing in Harlesden. Her father, Norman Mitchell MBE, still lives in the house that she grew up in, which was recently given a blue plaque in recognition of her achievements .

"I grew up in Harlesden, and whenever I come to visit my dad I get really excited about seeing my old school and the church I used to attend. I love Roundwood Park, and if I get a chance, I'll grab a Caribbean takeaway and go and reminisce there with my husband.

"Harlesden has changed a lot since I lived here, but it remains a very creative place; there's a lot of talent in the area.

**And what about the House of Commons event?**

"It came about to celebrate Boney M being the biggest-selling group in England. It's a real honour".

**So what next for Ms. Mitchell? Was there any chance of her gracing more local venues?**

"I'm really keen to come and play to my fans in London", says Liz, so perhaps we'll be all shouting 'Hooray, Hooray' some time soon.

Reverend Liz Mitchell's Book *Boney M: The Autobiography of My Life in the Group, Before and After It* by Aaron Pemberton is available to buy from [squirters.com](http://squirters.com) and in stock at Wembley Library

*Interview by Tanya Campbell*

## Regeneration

# The regeneration game

## What's the future vision for Old Oak and Park Royal?

It is to be a thriving part of London connected to the rest of the UK and internationally. Old Oak and Park Royal will be a centre for innovation and growth that will shape west London and strengthen London's role as a global city. A new commercial hub with cultural uses, alongside a diverse network of vibrant neighbourhoods, will help create a London destination that is recognised as an exemplar in large-scale housing and employment led regeneration.

### What's planned for Old Oak and Park Royal?

- 65,000 new jobs
- 25,500 new homes
- An enhanced Park Royal
- New parks, public squares, improvements to spaces along the Grand Union Canal and continued protection of Wormwood Scrubs
- Three additional stations with new and improved bus services, streets, cycle links and canal towpaths
- New town centres, community uses, services and catalyst uses.

### What's the role of the Local Plan?

OPDC's Local Plan will be the key planning policy document for the entire area of Old Oak and Park Royal. It will contain policies that will be used to determine planning applications from developers and will shape the area for the next 20-30 years to deliver this thriving part of London.

### How can you help shape the Local Plan?

The Local Plan has been produced specifically for the public consultation as a draft document. The consultation began on Thursday 4 February 2016 and will run until Thursday 31 March 2016. You can respond to the consultation questions and comment on any part of the document and its supporting studies.

You can view the document and studies online at:

<https://opdc.commonplace.is>

or in person:

- Acton Town Library
- Brent Civic Centre
- Ealing Council Office
- Hammersmith Town Hall

- Harlesden Library
- Old Oak Community Centre
- Shepherd's Bush Library

Hard copies can be requested from OPDC.

You can submit your comments at <https://opdc.commonplace.is> through email

[localplan@opdc.london.gov.uk](mailto:localplan@opdc.london.gov.uk)

or by post to Local Plan

Consultation, OPDC, City Hall, Queen's Walk, London SE1 2AA.

You can also attend the following events:

### DROP IN SESSION

Thursday 17 March, 4-7pm,  
Holiday Inn London- West,  
North Acton W3 6RT.

### WORKSHOPS

Environment, Open Spaces and Public Realm – Thursday 10 March, 6-8pm, Harlesden Methodist Church, NW10 4NE.

Housing – Thursday 17 March, 6-8pm, Holiday Inn London-West, North Acton W3 6RT.

### OPDC contact details

[localplan@opdc.london.gov.uk](mailto:localplan@opdc.london.gov.uk)

020 7983 5732

Twitter:

@OldOakParkRoyal #opdclocalplan

Facebook: [www.facebook.com/OldOakParkRoyal](http://www.facebook.com/OldOakParkRoyal)

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**OPDC**  
OLD OAK AND  
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## Have your say on the Local Plan for Old Oak and Park Royal

Help shape the most exciting development in London

Find out more at [opdc.commonplace.is](https://opdc.commonplace.is)

Join the discussion on twitter and facebook

 @OldOakParkRoyal #opdclocalplan  OldOakParkRoyal

Contact us

[localplan@opdc.london.gov.uk](mailto:localplan@opdc.london.gov.uk)

020 7983 5732

OPDC, City Hall, The Queen's Walk London SE1 2AA

**MAYOR OF LONDON**

Your guide to what's on in Brent during

# Spring 2016

To get your event listed for free on this page, email [tbm@brent.gov.uk](mailto: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).

## COMMUNITY

### BRENT SAFER NEIGHBOURHOOD BOARD PUBLIC MEETING

Give your views, ask the borough police commander questions and find out what the board does to hold local police to account and the projects it has funded. Brent Civic Centre, Tuesday 15 March, 6.45-9pm. Free. Please contact [community.safety@brent.gov.uk](mailto:community.safety@brent.gov.uk) for more information

### TRICYCLE READERS

Give your brain a treat with Tricycle Readers, a literary pick-me-up and a way of kicking away midweek blues. Story and poem readings from local author Shyama Perera is followed by lively analysis with a diverse and lively group of fellow Londoners. Tricycle Theatre Wednesdays, 6.30-8pm. Free. For more info visit [www.tricyclereaders.com](http://www.tricyclereaders.com) or call 020 7328 1000

### BRENT DEAF CLUB

A friendly evening for Deaf BSL users, their families, friends and any one learning British sign language. Monthly get together with presentations, refreshments and time for socialising.

The New Millennium Day Centre, 1 Robson Avenue, Willesden, London NW10 3SG 24 February, 23 March, 27 April, 25 May. 7-10pm  
Cost: £2.50 on the door, or annual membership available.  
[brentdeafclub@hotmail.co.uk](mailto:brentdeafclub@hotmail.co.uk)  
[www.brentdeafclub.tel](http://www.brentdeafclub.tel)

### DEMENTIA CAFÉ

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

### ST PATRICK'S DAY LUNCH

Celebrate the patron saint of Ireland at Sudbury Neighbourhood Centre, 809 Harrow Road, Wembley HA0 2LP. Thursday 17 March, 12.15pm, £6 per person. For details call 020 8908 1220

## GARDENING

### BEGINNERS GARDENING COURSE

Practical and fun sessions run by a gardening expert to get you growing your own food. Old Kenton Lane, Kingsbury, NW9 9ND. Saturday 10 April, 10am-12.30pm and Sunday 17 April, 10am-12.30pm. Free. Booking essential. Contact: Viv Williamson on 07722 581 133

### GARDENING WORKSHOPS

Learn how to grow indoor plants, potted plants for patios and balconies, herbs and vegetables and much more. Fun workshops for beginners and experienced gardeners. The Library at Willesden Green, Thursdays starting Thursday 17 March, 2-3pm. Free. Email: [libraries@brent.gov.uk](mailto:libraries@brent.gov.uk)

## OVER 50s

### MOVEMENT TO MUSIC

Easy-going exercise. Sudbury Neighbourhood Centre, 809 Harrow Road, Wembley HA0 2LP. Tuesdays, 11am-12pm £5 per session. For details call 020 8908 1220

### SWIMMING

Free swimming for over 60s during public swimming sessions. Willesden Sports Centre, Donnington Rd, London NW10 3QX. Free. Contact: [willesden@1life.co.uk](mailto:willesden@1life.co.uk) or call 020 8955 1120

### WALKING BASKETBALL

A low-speed version of the popular sport. Willesden Sports Centre, Donnington Rd, London NW10 3QX. Mondays, 11.30am-12.30pm. Free. For details call 020 7604 5177

## SELF DEVELOPMENT

### POWER OF POSITIVE PARENTING

Parenting session. Thursday 10 March, Lyon Park Primary School, Vincent Rd, Wembley, HA0 4HH, 9-11am, and Monday 21 March, Wembley Primary Children's Centre, East Lane, Wembley HA9 7NW, 10am-12noon. Register at [www.brent.gov.uk/register-forparent-programmes](http://www.brent.gov.uk/register-forparent-programmes)

### BEGINNERS ESOL (ENGLISH)

Assessments by appointment – please phone Michael on 07342 060 976 to arrange a time to be tested. The class is four hours a week in speaking and listening skills. It's free if you've been in the EU for the last three years, are unemployed, on benefits and want to get a job - otherwise £3 an hour.

## SPORTS

### PILATES

Pilates classes with Ana. Charteris Sports Centre, 24-30 Charteris Road, NW6 7ET. Sundays, 9.45-11am. £10 per session.  
[Lloyd@charterissports.org](mailto:Lloyd@charterissports.org)  
or call Lloyd on **07984 579 011**

### CIRCUIT CLASSES

Improve your fitness with Maurice circuits. Charteris Sports Centre, 24-30 Charteris Road, NW6 7ET. Mondays, 6.15-7.15pm and Thursday 7-8 pm. £6 per session.  
Contact: [Lloyd@charterissports.org](mailto:Lloyd@charterissports.org)  
or call Lloyd on **07984 579 011**

### STONEBRIDGE BOXING CLUB

Amateur boxing club with classes all week targeting aspiring boxers and those wanting to keep fit. Stonebridge Boxing Club, 37-41 Kassinga House, Winchelsea Rd, NW10 8UN. Sessions run Monday through to Saturday. Visit [www.stonebridgeboxingclub.org](http://www.stonebridgeboxingclub.org) for timetable. £3.50-£10 cost per session. email: [info@stonebridgeboxingclub.org](mailto:info@stonebridgeboxingclub.org) or call **07951 425 804**

### ZUMBA

Dance yourself into shape with Zumba. Charteris Sports Centre, 24-30 Charteris Road NW6 7ET. Tuesdays 7.30-8.30pm and Saturdays 10.30-11.30am. £7 per session.  
Contact: [Lloyd@charterissports.org](mailto:Lloyd@charterissports.org)  
or call Lloyd on **07984 579 011**

## YOUNG PEOPLE

### FOOD ACADEMY

Training in cooking skills for young people aged 12-25 years across six sessions. Sufra NW London, 160 Pitfield Way, London, NW10 0PW, starting on Saturday 30 May for six weeks, 10am-2pm or 3-7pm. Free.  
[admin@sufra-nwlondon.org.uk](mailto:admin@sufra-nwlondon.org.uk) or call **020 3441 1335**

### YOUTH HUB SPACE

Sessions include games, motivational speeches, consoles, networking and a youth hub to gain valuable life skills. Yellow Pavillion, Thursdays from 6-9pm, age 16-24, £1. For more information contact Abdi Farah **020 3011 1701** or email [info@hornstars.org](mailto:info@hornstars.org) or tweet [#HornstarsSC](https://twitter.com/HornstarsSC) [#HSYouthHub](https://twitter.com/HSYouthHub)

## EASTER ACTIVITIES

### SUPERHERO EASTER

Kids can have their picture taken on a superhero set, show off their superhero powers on our bouncy castle and look just like Batman or Superman thanks to LDO's amazing face painters. All for FREE! There will also be on the spot giveaways across the weekend for those who take on the heroic task of dressing up in character, so don your cape and mask for the chance to win a super prize! The London Designer Outlet, 25-28 March, 11am-4pm  
[www.londondesigneroutlet.com/whats-on/events](http://www.londondesigneroutlet.com/whats-on/events)

### THE RAILWAY CHILDREN

A film-of-the-play, a recording of a live performance of The Railway Children, with the original steam engine used in the film rolling into the 'stage'. Lexi Cinema, Monday 28 March, 3pm  
[www.thelexicinema.co.uk/film/railway-children](http://www.thelexicinema.co.uk/film/railway-children)

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## 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

### YELLOW PAVILLION

Olympic Way, HA9 0XJ

## LIBRARIES

### EALING ROAD LIBRARY

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

### HARLESDEN LIBRARY PLUS

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

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[CFIS@brent.gov.uk](mailto:CFIS@brent.gov.uk)



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[www.brent.gov.uk/MyAccount](http://www.brent.gov.uk/MyAccount)

