



STAYING HEALTHY AND WELL DURING WINTER

KEEPING YOURSELF AND YOUR LOVED ONES SAFE THIS WINTER



With Diwali just out of sight and the Yuletide nearly upon us, whether one celebrates or not, for most of us it's the season of spending quality time with family and friends. With restrictions being eased, it can be difficult to remember that we are still in the throes of the Covid-19 pandemic. However, it is important to keep in mind that Covid-19 rates are still worryingly high. Here in Brent, over the past few weeks the positivity rate has remained around the 8% mark*, meaning out of 100 people testing for Covid-19, six people will test positive. This is higher than the World Health Organisation recommendation to drive the positivity rate to below 3%.

With other winter bugs making the rounds, there are a few things you can do to keep yourself and your loved ones safe, and protect the NHS at the same time:



1. Make sure your Covid-19 and flu vaccinations are up to date. If you are aged 18 and over*, or have been invited to receive your Covid-19 booster jab, you should not delay and book by going online, calling 119, or by searching the Brent Council website to check when the Covid-19 vaccination pop-up site is next in your neighbourhood.
2. Covid-19 particles gather like smoke in enclosed spaces. Open windows and keep shared spaces well ventilated.
3. Hands, Face, Space. Remember to wear your face mask covering both nose and mouth and stay at least 2 metres apart from others. Wash your hands regularly for at least 20 seconds.
4. Ensure that testing for Covid-19 is part of your bi-weekly routine. Pop into one of the Brent libraries to collect your home test kit or you can order online if necessary. If you do have Covid-19 symptoms such as a persistent cough, high temperature, loss of taste/ smell, please self-isolate immediately and book a PCR test by calling 119 or by searching the gov.uk website.

*Subject to change, information correct at the time of publishing.



This winter flu vaccination and COVID-19 boosters will be critical to protecting lives, livelihoods and the NHS. Winter is an annual challenge for the NHS. Every winter an increase in certain conditions puts greater pressure on health services and this year COVID risks making those pressures even worse. If eligible, you should help protect yourself and loved ones by boosting your winter immunity – get a flu and COVID booster jab. Because we all spent last winter in lockdown, our immunity to the usual seasonal viruses is low. Vaccines are the best protection we have against dangerous viruses like flu and COVID-19.

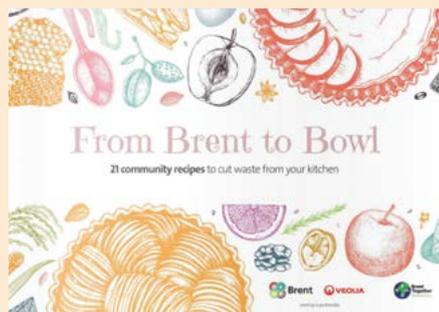
The flu virus kills almost 11,000 people and hospitalises tens of thousands more in England in an average year. It's more important than ever to get your flu jab this year. Find out if you're eligible for these two essential vaccines now at

www.nhs.uk/wintervaccinations

You can help the NHS this winter by using **NHS 111**, making better use of local services and online appointments and, if you have repeat prescriptions, making sure you have enough medication over the Christmas period.



FROM BRENT TO BOWL: COMMUNITY COOKBOOK



Brent residents and budding chefs have showcased their commitment to tackling climate change through their love of food, by sharing tantalising recipes for a community cookbook, which promotes using up leftovers and reducing food waste.

The cookbook is called 'From Brent to Bowl', and includes recipes from around the world via Brent, celebrating the borough's rich diversity and heritage, with cultural stories of reducing food waste that have been passed down through generations.

The book brings together 20 uniquely curated, climate-friendly recipes with a special recipe donated from winner of The Great British Bakeoff, Nadiya Hussain. It also features a heartfelt foreword celebrating Brent's diversity and cultural

richness, from owner of Covent Garden's Darjeeling Express restaurant and host of Netflix's Chef's Table, Asma Khan.

'From Brent to Bowl' also includes food waste reduction and recycling tips, a seasonal fruit and vegetable calendar, advice on using leftovers, and information on the importance of sustainable food systems. The book is available at Brent libraries as well as online: issuu.com/brentcouncil/docs/12728_brent_cook_book_297x210mm_v9_single_pages

The book was a partnership between Brent Council and our waste and recycling contractor, Veolia, sharing the common goal of reaching zero carbon emissions in Brent by 2030.

YOUR HOME

Reduce your energy bills, enjoy a warmer home and cut your carbon emissions by:

Getting to grips with your thermostats or heating controls. It's a simple thing but understanding these settings can make a big difference to your bills. Check out the Energy Saving Trust's guide: energysavingtrust.org.uk/advice/thermostats-and-heating-controls

Draught-proofing your home. The Energy Saving Trust has some great tips: energysavingtrust.org.uk/advice/draught-proofing

Fitting low-energy light bulbs. Lighting makes up 20% of the average UK household electricity bill, so making the switch could save your pocket, as well as the planet. energysavingtrust.org.uk/advice/lighting

Switching appliances off standby when they're not in use – this simple action could save you £35 a year. Which appliances use most energy in your home?: energysavingtrust.org.uk/top-five-energy-consuming-home-appliances

Regularly checking your energy bill to make sure you're getting the best deal.

Understanding your home's energy performance. Every property, whether rented or owned, has an Energy Performance Certificate. Find yours by searching for your postcode on the EPC register: find-energy-certificate.digital.communities.gov.uk and check this guide for more help decoding it: energysavingtrust.org.uk/advice/guide-to-energy-performance-certificates-eps

The Energy Saving Trust has more quick tips for saving energy here: energysavingtrust.org.uk/hub/quick-tips-to-save-energy

If you are on a low-income or receive certain benefits, you may be eligible for a Green Doctor appointment. A Green Doctor will help you find ways to save money on your energy bills while keeping your home warm. london.greendoctors.org.uk

Factsheet: www.brent.gov.uk/media/16417503/factsheet-3-homes-buildings-and-climate-change_web.pdf

WORRIED ABOUT YOUR DRINKING OR DRUG USE?



If you are worried about your drinking or drug use, get in touch with New Beginnings.

New Beginnings offers a free and confidential support service for Brent residents affected by their own or someone else's alcohol or drug problems.

Together, we can talk about your concerns and make a plan to help you reduce or stop your drinking or drug use.

Tips on how to stay safe over the festive season:

- Eat before you go out or plan your evening around a meal.
- Pace your drinking: try having soft drinks or non-alcoholic options between alcoholic drinks.
- Don't feel obliged to buy rounds
- Watch your drink at all times to avoid it being spiked.
- Think in advance about how you will get home: know when your last train home is, pre-book a taxi or share a lift with a friend/colleague.

To see if you're drinking too much and advice on how to cut down, visit www.alcoholtest.org.uk

If you're worried about how much you've drunk over the festive season, please get in touch for support.

Contact us

You can call, email or visit our service in person.

Call: **0300 303 4611**
24/7 helpline: **0800 107 1754**
info.brent@wdp.org.uk

97 Cobbold Road, Willesden, NW10 9SU

Or:

Willesden Centre for Health, Harlesden Road, Willesden, NW10 3RY

You can also complete our online registration form and we will contact you to arrange an appointment: www.wdp.org.uk/brent

New Beginnings is delivered by WDP, in partnership with Central and North West London NHS Foundation Trust (CNWL).

HELPING ROUGH SLEEPERS THIS WINTER

As the nights draw in and temperatures fall, sleeping rough becomes even more dangerous to people's health.

When temperatures fall below Zero the severe weather emergency protocol (SWEP) comes into action. Both Brent and GLA will activate emergency hotel accommodation, where all rough sleepers will be able to access through cold snaps and beyond with an 'in for good' principle being used to extend stays whilst longer term accommodation is sourced.

Brent will also be running a hotel based winter shelter that will run from January - March that will sit alongside the SWEP

provision. During these periods the St Mungo's outreach service will be operating on a 7day rota alongside other outreach services.

To refer a current rough sleeper into SWEP please complete a Streetlink referral either through the website or app (available on IOS and android).

If you are professional and know a patient or service user is homeless you can refer directly to the council

For further information please contact:
ryan.fuke@mungos.org



AIR POLLUTION



Did you know that exposure to air pollution can stunt the growth of children's lungs as much as 5%? That's the same as around two large eggs.

Children are particularly vulnerable to poor air quality due to their size and the fact that their organs are still developing. However, air pollution affects us all and impacts all organs in the body. It is linked with asthma, cardiovascular disease, lung cancer, dementia, low birth weight, Type 2 diabetes amongst others. If you have underlying conditions, you may find that spikes in air pollution impact you more.

In 2019, over 4,000 deaths across London were attributed to air pollution. In the same year, 59% of Brent's monitoring sites had an annual nitrogen dioxide level higher than the legal limit.

There are also steps you can take to help reduce your exposure to air pollution:

1) Sign up to air pollution alerts
www.airtext.info/signup

2) Plan your journey to avoid the most polluted routes when walking and cycling. Air pollutant concentrations can be 30-60 per cent lower on clean air walking routes compared to main street routes.
cleanairroutes.london/#plan-a-route

3) Walk and cycle wherever possible. Pollution can be higher inside a car than outside as toxic chemicals build up. Where possible, reduce your exposure by walking and cycling more. If you are driving, make sure you switch off your engine when parked up to reduce your exposure to harmful chemicals.

BRENT CLIMATE FESTIVAL

November kicked off with the Brent Climate Festival taking place from the 1st to the 12th November. Residents from all over Brent borough participated in free programmes and activities designed to raise awareness and trigger action to help tackle climate change.

What is climate change?

It is the warming of the Earth's average temperature caused by human activity, such as burning fossil fuels and clearing forests for plantation, resulting in an increase of carbon emission.

Why should we tackle climate change?

The environment we live in and the air we breathe is very important for our physical health and well-being. Minimising our carbon footprint can protect us and our future generations against poorer health and living conditions, job loss and widening of social inequalities.

What can I do?

It's not too late to take the Climate Pledge!

Here are a few examples of simple pledges you can make to help the environment, and yourself, get healthier:

- Eat smart, the intensive farming and supplying of meat and dairy products are responsible for a third of greenhouse gases released. Did you know that reducing your meat intake can also lower your chances of getting long term conditions such as bowel cancer and heart disease?
- Take a look at From Brent to Bowl: Community cookbook which features dishes and stories from Brent's multicultural community that reduce food waste. The book is hosted primarily as an e-book,

however print copies of the book are available to borrow from all Brent libraries. The e-book is FREE to access online.

- Leave your car at home, even a quick walk 30 minutes a day can make your heart healthier and your bones and joints stronger. If you do need to take a car, remember not to idle- an idling car can fill up to 150 balloons with harmful emissions every minute!
- Repair and mend, try to fix what you have instead of buying new. Why not try out one of the local workshops, such as the Repair Café Brent – meeting and connecting with others also has protective psychological benefits.



FREE NHS EMOTIONAL WELLBEING WORKSHOPS

Introduction to Mindfulness

This workshop focuses on introducing mindfulness and how it can be beneficial in managing anxiety and low mood. Several different exercises are completed in session. Information is provided on further resources which could be helpful.

Overcoming Sleeping Problems

This workshop is for people who have some form of sleeping difficulty. The workshop covers the sleep cycle and basic tips to promote good sleep.

Introduction to Talking Therapies

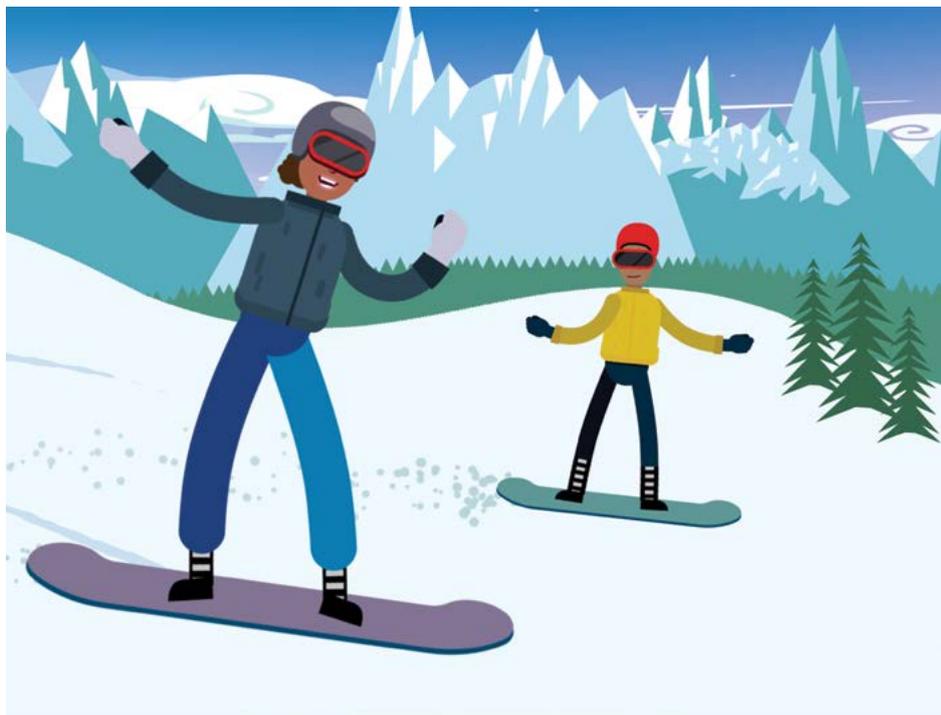
This workshop is designed to provide an understanding of the talking therapies and what they entail. It can help people understand more about mental health and wellbeing. People would be able to access further help and think about what they would like to get out of therapy. It will cover techniques and tips to keep a healthy wellbeing.

To book, please visit:

talkingtherapies.cnwl.nhs.uk/brent/registration-form-cnwl-talking-therapies-service-brent



TIME TO LEVEL UP



A film which shines a spotlight on children's mental wellbeing, self worth, identity, the power of mentors and celebrates Black excellence.

The project aims to raise expectations, broaden horizons, elicit discussion, be a facilitator for change and ultimately raise the self-worth of the next generation.

So gather the family together and join Malachi and his friends on a rollercoaster ride of self discovery, meet some phenomenal local individuals and realise a whole new world of possibilities when you harness 'The Power Is Within'.

To see the film, visit www.youtube.com/watch?v=x9Yq-StpUc4

OUTDOOR GYMS



The Outdoor Gym programme runs throughout the year (excluding Bank Holidays). Please see the timetable for sessions taking place at a park near you!

The gyms are a fantastic way of managing weight, strengthening and increasing muscle tone and enhancing overall fitness.

What's more the gyms are fun and free to use and it's an opportunity to exercise whilst enjoying Brent's wonderful parks and open spaces.

Outdoor gym instructors will be available to demonstrate how to use the equipment and provide helpful tips to get the most out of your workout if needed.

We've introduced a new loyalty scheme – the more sessions you attend the more chance of picking up a reward such as a water bottle or pedometer.

No booking is required however spaces are limited to adhere to social distancing. So there's no better time to kick start a healthier you.

	9.30 - 11am	12 - 1.30pm	2.30 - 4pm
Mondays	Gladstone Park, Willesden	Alperton Sports Ground	Tokyngton Recreation Ground, Stonebridge
Tuesdays	King Edward VII Park, Wembley	Neasden Recreation Ground	Eton Grove, Kingsbury
Wednesdays	Chalkhill Park, Wembley	Northwick Park, Sudbury	Roundwood Park, Harlesden
Thursdays	Gibbons Recreation Ground, Church Road	Barham Park, Sudbury	Grove Park, Kingsbury
Fridays	Preston Park, near Wembley	One Tree Hill, Alperton	
Saturdays	Tiverton Playing Field	GEC Sports Ground, Wembley	
Sundays	Roe Green Park, Kingsbury	Woodcock Park, Kenton	

ACTIVITIES AT SPORTS CENTRES IN BRENT

BRIDGE PARK COMMUNITY LEISURE CENTRE

Brentfield, Harrow Road, London, NW10 0RG

Activity	Description	Dates / Time	Contact Details	Cost
Football	Ages 5-7	Wednesday 4.30-6pm	Bridge Park CLC 020 8937 3730	Pay as you go £3 or 10 weeks £25
	Ages 8 - 13	Thursday 4.30-6pm		
	Ages 11-18	Friday 4.30-6pm	teth.youthadultservice@gmail.com 07543 267 673	Free
Mentoring	Ages 15+	Coming soon		TBA
Netball	Ages 10-18	Mondays		Free
Dance	Ages 8-15	Coming soon		TBA
Tae Kwon Do	Adults & Children	Saturdays 10am-12pm	lionstaekwondo@hotmail.co.uk 07568 977 299	Contact Lions Tae Kwon Do



VALE FARM SPORTS CENTRE

Watford Road, North Wembley HA0 3HG

Activity	Description	Dates	Times	Cost	Contact details
Fit for sport	A full day of activities including Super Sports, Fit Factor, Thrive Time, Learn Zone, Wellness Zone, Creative Zone, weeks in focus, special events, swimming and much more. For ages 5-12 years.	20 - 23 December	8.30 - 17.30	£33.50/day. Full week booking discounts day	enquiries@fitforsport.co.uk 020 8742 4990, www.fitforsport.co.uk
Street dance	A pay as you go dance workshop for Juniors aged 7-12 years	20 December	1-4pm	£3.50	valefarminfo@everyoneactive.com, 020 8908 6545, www.everyoneactive.com
Junior football	A pay as you go session for Juniors aged 5-12	21 December	10.30-11.30am 5-8 years, 12noon - 1pm 9-12 years	£2	valefarminfo@everyoneactive.com, 020 8908 6545, www.everyoneactive.com

OTHER USEFUL RESOURCES

[Brent Council Health Advice](#)

[The NHS Health at Home pages](#)

The NHS-approved digital mental wellbeing service [Good Thinking](#)

[Every Mind Matters page on anxiety](#)

If you are struggling with your mental health and you want to speak to someone, the following organisations might be useful

[SHOUT](#) is a 24/7 UK crisis text service available for times when people feel they need immediate support. Text 'SHOUT' to '85258' The service is designed to help individuals to think more clearly and to take their next steps to feeling better.

[Brent Mind](#)

[BEAT](#) Eating Disorder Charity

[CRUSE](#) Bereavement Charity

[Samaritans](#) is a charity aimed at providing emotional support to anyone in emotional distress or struggling to cope. You can get in touch about anything that's troubling you, no matter how large or small the issue feels. Call [116 123](tel:116123) (anytime, 24hrs a day).

NHS - [5 ways to wipe out winter tiredness](#)

The British Heart Foundation - [8 Wise Ways to Keep the Heat in](#)

Find more support about Staying Happy and Healthy at Home [on the Brent website](#) and [BrentWellbeing.tv](#).

For details on how Brent council are dealing with the pandemic and what support you can receive, please visit www.brent.gov.uk/coronavirus
Need urgent support? Call our helpline for support on [020 8937 1234](tel:02089371234) open 9am to 5pm, Monday to Friday or email coronavirus@brent.gov.uk
[Download Brent Coronavirus Information leaflet](#)

PROTECT YOURSELF AND OTHERS
Sign up to receive the **YourBrent** e-newsletter for the latest coronavirus advice

brent.gov.uk

