



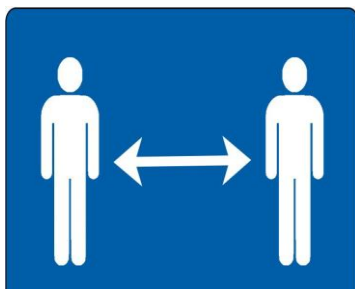


Update from Brent Mencap 379-381 High Road, Willesden NW10 2JR : Phone 020 8451 5278
www.brentmencap.org.uk.

Welcome to the latest update from Brent Mencap and wishing you a very Happy New Year!
 Thank you to everyone who has supported the work of our charity over the last twelve months.
 We hope to see you at future events and if you ever need assistance please do call us on
 020 8451 5278, Monday to Friday, 10am to 4pm.

	<p>1) Details of our new BRACES activities are attached. . They are free and open to all Brent residents. To book contact lan@brentmencap.org.uk or ring the office.</p> <p>Our new project, BRACES (Brent Re-set After Covid Equality Support), has been featured on the Mayor of London's website.</p>
	<p>2) A new self-advocacy group for people with a learning disability and other health conditions starts on Tuesday, 8th February 3.30pm to 5pm. Speak Up will meet every other Tuesday at Brent Mencap.</p> <p>Email Eleanor: advocacy@brentmencap.org.uk or call the office 020 8451 5278</p>
	<p>3) A new weekly forum will start on Tuesday, 15th February at 11am for people with long term conditions.</p> <p>If you would like to be involved or find out more, please call Sharon on 020 8451 5278 or e-mail: bracesmanager@brentmencap.org.uk</p>
	<p>4) Please save the date: Wednesday, 30th March 2022 1pm – 4pm Brent Mencap Hustings</p> <p>In May you can vote for new councillors. You can meet local Councillor candidates from the local parties. You can ask them your important questions! Find out how to vote.</p> <p>Email Eleanor: advocacy@brentmencap.org.uk or call the office 020 8451 5278</p>

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5) We have new free training sessions on the 10th February and 17th February 2022 on Zoom.

17th February, 11am – 1pm - Accessible Information

24th February, 11am – 1pm - Hate Crime

If you would like to book, ring Simon on 020 8451 5278 or e-mail officemanager@brentmencap.org.uk

6) We have 2 other free Zoom awareness sessions on 10th February and 24th February. They are for Brent Council staff, NHS and partners staff/volunteers as well as the public. These sessions are part of our Health Educator Programme project. (You might have met Health Educators around Brent giving out diabetes information recently).

10th February 4.15pm-6.30pm- Social Prescribing- find out what it is and how it can help.

24th February Learning Disability Awareness 4.15-6.30 pm. Find out about what it's like to have a learning disability in Brent

If you would like to book, ring Simon on 020 8451 5278 or e-mail officemanager@brentmencap.org.uk

7) Brent Mencap wants everyone to be healthy and safe.

- Due to Covid we are limiting the number of people in group sessions at Brent Mencap to 15.
- Please do not arrive early for the activity sessions. You will have to wait outside
- We encourage all members to get their Covid Vaccinations. Contact us for help on this.
- To keep others safe please do a lateral flow test before coming to the Brent Mencap office. If it is positive, stay home.

LOOKING FORWARD TO SEEING YOU SOON !



February 2022

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