



# HOW TO STAY HAPPY & HEALTHY AT HOME

## PUBLIC HEALTH ADVICE

COVID-19 is a new illness that can affect your lungs and airways. It's caused by a virus called coronavirus. For symptoms, advice, Test and Trace and Protecting yourself and others, [can be found here](#).

The coronavirus (COVID-19) outbreak means life has changed for us all. We have all had to adjust to new ways of living and working. Our physical health has a big impact on how we feel. At times like these, it can be easy to fall into unhealthy patterns of behaviour that end up making you feel worse.

The pandemic makes the importance of health and wellbeing clear. Try to eat healthy, well-balanced meals, drink enough water and exercise regularly. Avoid smoking or taking drugs, and try not to drink too much alcohol. This newsletter will give you information about staying healthy and looking after yourself and your loved ones during the pandemic. Please remember to follow the latest official guidance on social distancing to keep everyone safe.



## OUTDOOR GYMS

The Outdoor gyms have reopened and we encourage people to use the equipment safely and confidently.

We have 19 outdoor gyms in Brent. The outdoor gyms can be used free of charge, seven days a week and are suitable for persons over 1.2 metres tall.

The outdoor gyms have a wide variety of equipment to help you to manage your weight, improve your cardiorespiratory fitness, your muscle strength, tone and flexibility. Resulting in a fun full body workout.

Most pieces of equipment has instructions on how to use it as well as QR codes you can scan with your smartphone to access videos showing how it works.

Please remember to enjoy using the equipment but to be mindful of the following;

- This is shared equipment and will not generally be sanitised or cleaned
- Remember do not use the equipment if you or anyone in your household has Covid-19 symptoms. If you fall ill after using the equipment remember to contact 111 and also call Brent Parks Service on 020 937 5619 so they can take appropriate action such as cleaning or closing the facilities
- Wash or sanitise your hands regularly but especially before and after using the facilities and do not touch your face and please remind children also
- Maintain social distancing at all times. If the area is busy please come back another time

### List of Outdoor Gyms in Brent

- Alperton Sports Ground
- Barham Park
- Chalkhill Park
- GEC Sports Ground
- Gibbons Recreation Ground
- Gladstone Park
- Grove Park
- King Edward VII Park Wembley
- Mouth Pleasant
- Neasden Recreation Ground
- Northwick Park
- One Tree Hill
- Preston Park
- Roe Green Park
- Roundwood Park
- Tiverton Playing Field
- Tokyngton Recreation Ground
- Woodcock Park
- Carlton Vale in South Kilburn

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

## NEW WALK-THROUGH COVID-19 TESTING SITE

A new walk-through COVID-19 testing site has opened in Harlesden Town Garden for local residents.

As this area has one of the highest death tolls from COVID-19 in the UK, it is hoped that the testing site will help to drive down these numbers by ensuring that those who have symptoms can get tested in an easily accessible location locally. If they test positive they can then take the necessary steps to self-isolate at home and prevent the spread of the virus. [Further information on location and booking can be found here](#).

## BRENT HUBS

After 16 weeks of no face to face contact with our customers! We are back in true hub style!

Brent Hubs are now open but with a reduced timetable and you must have an appointment to speak to someone face-to-face.

Each of the Brent Hubs will be open for one day a week from Monday to Thursday, 10.30am-2.30pm:

- Monday: Brent Hubs Wembley
- Tuesday: Brent Hubs Willesden
- Wednesday: Brent Hubs Harlesden
- Thursday: Brent Hubs Kilburn

We continue to operate our full Hub service remotely, providing support and guidance with welfare benefits, housing benefit, council tax support, debt, employment and more. We will arrange a face-to-face appointment where appropriate.

Call **020 937 1234** (open Monday to Friday, 9am-5pm) to speak to a member of the Brent Hubs team.



## OUR PARKS



Time to make your move! Free programme of exercise beginning 1st August – 30th September in local parks, to get our residents moving more!

The principle behind these activities are to really encourage inactive residents to be physically active in the outdoors in a safe, enjoyable and affordable way. Particularly after the lockdown period, residents may have found they are needing to exercise more than ever. There has also been evidence to suggest that being overweight/obese puts an individual more at risk of complications if Covid-19 is contracted.

Sessions are listed below:

### Wembley - King Edward VII

Full Body workout, Tuesdays 6pm - 6.45pm

### Church End - Gibbons Rec

Yoga, Thursdays 10am - 11.30am

### Harlesden - Roundwood Park

Low Body Circuits, Mondays 6.30pm - 7.30pm

Full Body Workout, Saturdays 10am - 11am

### Stonebridge - Tokyngton Rec

Full Body Workout, Tuesdays 10.30am - 11.30am

### Alpertown Sportsground

Abs, Bums and Thighs, Thursdays 10am - 11am

### Queen Park - Queen Park

Full Body Workout, Thursdays 6.30pm - 7.30pm

Bootcamp, Sundays 10am - 11am

### Kingsbury - Roe Green

Bootcamp, Saturdays 10.30am - 11.30am

### Dollis Hill - Gladstone Park

Beginners full body workout, Saturdays 10am - 11.30am

Bootcamp, Saturdays 11am - 12noon

All classes are FREE and must be booked online. Coaches follow strict COVID-19 guidelines.

### Our Parks

## HEALTHY EATING

Eating a diet high in saturated fat can cause the level of cholesterol in your blood to build up over time. Raised cholesterol increases your risk of heart disease.

Change4Life is here to help your family be healthier and happier. [Find out more about what's really in the food your family eats.](#)

### Sugars

In the UK we eat far too much sugar, sugar occurs naturally in milk and fruit, but is often added to foods such as sweets, cakes and fizzy drinks, a 500ml of cola has the equivalent of 14 cubes or 14 teaspoon of sugar (53.2 grams).

Check food labels and monitor the amount

of these added sugars you have on a daily basis. If we eat too much sugar and don't burn it off throughout the day our bodies will store any excess to fat.

### Swaps

If you like fizzy drinks, try diluting fruit juice with sparkling water.

Cakes or biscuits for a currant bun, scone or some malt loaf.

Try halving the sugar you use in your recipes – it works for most things except jam, meringues and ice cream.

### Food Label

Reading food labels can help you choose between products and keep a check on the

amount of foods you're eating that are high in fat, salt and added sugars.

Traffic light labelling (front of pack) helps you to compare different products at a glance and make healthier choices.

Traffic light colours - red for high, amber for medium and green for low, the reference intake also shows the approximate amount of particular nutrients and energy required for a healthy diet.

Each grilled burger (94g) contains				
Energy 924kJ 220 kcal	Fat 13g	Saturates 5.9g	Sugars 0.8g	Salt 0.7g
11%	19%	30%	<1%	12%
of an adult's reference intake				
Typical values (as sold) per 100g: Energy 966kJ / 230kcal				

## I CAN EAT A RAINBOW

You can [download a rainbow chart here.](#)

Eat the rainbow – eat a variety of different coloured foods/fruit/veg to keep healthy. Simply print off a blank rainbow from the Resources section below and every time you eat a fruit or vegetable, colour in the same colour stripe on the rainbow and write the name of what you ate. See how many colours you can complete and share pictures of your rainbows and your rainbow plates on [Facebook](#) and [Twitter](#).

Eating a variety of foods will help you get essential nutrients and, by doing so, you'll naturally embrace a broad colour palette. Fruits and vegetables are particularly colourful, so a rainbow plate can help you towards your [5-a-day](#). Plus, you're more likely to enjoy eating an attractive meal.

[More ideas/info](#)







## SUMMER HOLIDAY ACTIVITIES

With the majority of children having 6 months away from school and families having to manage some difficult periods during the lockdown, these are some practical ideas to keep your kids busy, particularly during the summer months. Otherwise, they may end up getting too much screen time, which is not good for their health (mental or physical).

Below are a couple of things that children and families can take part in over the summer including the links.

### Travel to Tokyo

The Tokyo 2020 Games may not be happening this year but you can still get active with the Travel to Tokyo home pack, a free programme for children aged 5-11 and their families. [Find out more](#)

### Sport at the Heart

Summer Holiday Activities 2020 and online sport videos.

A Summer Programme delivered by Sports at the Heart - 3rd to 28th August 2020 at Roundwood Youth Centre – if interested please register to become a SatH member as places are limited and must be pre-booked. [Find out more](#)

Also go to [verywellFamily](#) for lots of really great ideas.

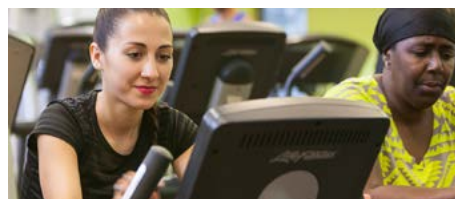
## BRENT COUNCIL'S LEISURE CENTRES

Brent Council's Leisure Centres are now open with changes to opening hours and operations to keep staff, residents and visitors safe.

The opening hours for Bridge Park Community Leisure Centre are Monday to Friday, 6.30am - 7pm, Saturday 8am - 4pm and Sunday 9am - 4pm. The sauna, steam room and changing rooms remain closed until further notice and indoor team sports and children's activities will not be restarting yet.

The opening hours for Willesden Sports Centre will be Monday to Friday 7am - 8pm and 8am - 2pm at the weekend.

Vale Farm Sports Centre in North Wembley is open Monday to Friday 9am to 8pm and 8am to 4pm at the weekend.



## PHASED REOPENING OF LIBRARY, ARTS AND HERITAGE SERVICES

At the beginning of July, Brent Council began a phased reopening of library, arts and heritage services to ensure a safe and welcoming environment for staff, residents and visitors returning to their local libraries.

Wembley Library and The Library at Willesden Green were the first to reopen. Opening

The swimming pool facilities will reopen soon.

To find out more information about the facilities and what is available please visit the sports centre website or phone them directly.

If you are planning to visit our centres, please book in advance.

- To book for Bridge Park Community Leisure Centre, call **020 8937 3730**.
- To book for Willesden Sports Centre, call **020 8955 1120**, [visit the website](#) or book through the App.
- To book for Vale Farm Sports Centre, call **0208 908 6545** or [visit the website](#).



times 10.30am - 2.30pm, Monday to Friday.

Brent Council request contact details for all library visitors to support the NHS' Test and Trace' programme. Adult visitors must also wear a face covering.

Ealing Road and Kilburn Libraries will reopen from Monday 3 August 2020. Opening hours will be 10.30am - 2.30pm, Monday to Friday.

Social distancing measures will be in place, library visitors will be asked to wear a face covering and one member of the household will need to provide contact details for NHS Test and Trace.

[Computers can be booked in advance](#) for up to an hour at Ealing Road, Kilburn, Wembley or Willesden libraries. More information about the phased reopening of libraries [can be found on the Council website](#).

## 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

[Samaritans](#) or call **116 123** (anytime)

**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

[ADVANCE](#) is an independent, client-led charity for all of those living in Brent who have experienced domestic abuse (male and female, including teenagers) and their children. Call **07398 454 898** Monday to Friday 10am to 6pm or email [brent.admin@advancecharity.org.uk](mailto:brent.admin@advancecharity.org.uk)

24-hour National Domestic Abuse Helpline on **0808 2000 247**.

Find more support about Staying Happy and Healthy at Home [here](#) and [here](#).

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

