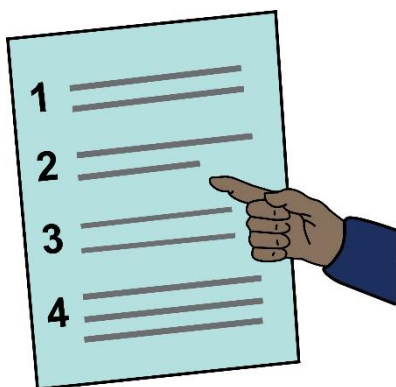


Priority 2 – Healthy Places

Priorities: here, this means the most important issues around health and wellbeing for people living in Brent.

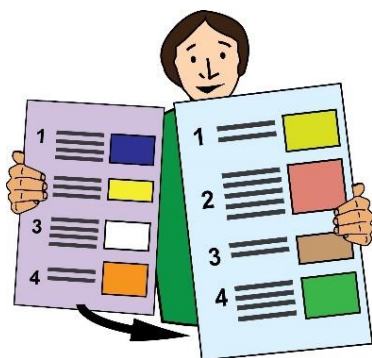


This part of the document looks at our second priority for dealing with **health inequalities** in Brent. These priorities are part of our **Health and Wellbeing Strategy**.

Strategy: this means a big-picture plan.

Joint Health and Wellbeing Strategy: this is our plan to make people's health better in our communities. We want to remove health inequalities.

Health inequalities: this means when groups of people have unfair differences in health because of things they cannot control. These inequalities happen because of the way big systems work in our society. People face inequalities because of things like where they live, how much money they have, or the services they can access.



Please make sure you have read these parts before you read about our second priority:

- Part 1 – Introduction.
- Part 2 - How we wrote our joint health and wellbeing strategy
- Priority 1 – Healthy Lives.



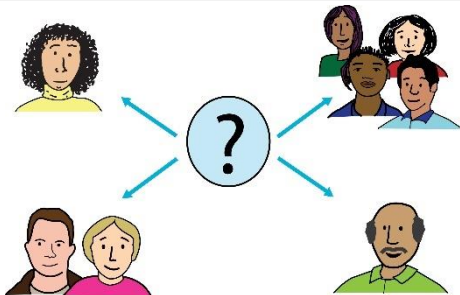
This is our priority for Healthy Places:

There are safe, clean places where I can go. The people I care for can go here too. We can go here to:

- Relax.
- Exercise for free.
- Meet people.
- Grow our own food.

1. What do our residents think about healthy places in Brent?

Residents: in this document, this means people living in Brent.



We carried out **consultations** with our residents to find out their thoughts about this priority.

Consulted, Consult or Consultation: this is when people who might be affected by a change or decision are asked for information about how it will affect them.



Here are some of the things that residents talked about during our consultations with communities:

Parks

Parks are very important for Brent residents. They want the parks to be better so they can use them more. Residents want safer outdoor spaces and community toilets.



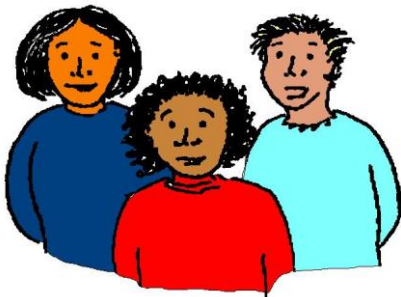
Outdoor spaces

Growing your own food has become more popular. Residents want more access to community gardens or spaces to grow food.



Green spaces, areas where there are grass, trees and plants is important for physical and mental wellbeing. Not having equal access to outdoor space could affect people's wellbeing.





Young people

The Youth Survey asked people: How do you think we can make Brent a better place for young people?

The second most popular answer was young people asking for more activities.

Lots of young people said they wanted safe, accessible parks with good equipment them.

One resident said that they wanted these activities to be social. Activities could be a great way to meet other people.

Another resident said they would like more libraries and green spaces.

They would like litter to be picked up more often in these spaces.



Brent was the London Borough of Culture

In 2020, Brent was the London Borough of Culture. The work that took place during this year must carry on.

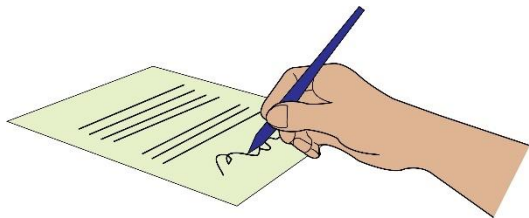
There are four areas that we must maintain:



1. **Pride.** Making sure residents are proud to come from the borough. We will do this by running exciting programmes linked to the histories and cultures of residents from the borough.

2. **Movement in Thinking.** This is about showing people the power of Brent as a place full of culture. Groups must use this power in their work.

3. **Skills.** We want to support people to



work on their skills and to take part activities in the community.

We want to support these people in particular:

- Young people
- Schools
- Teachers
- Artists
- Communities

4. Infrastructure. This is about building places that are creative and full of culture.

Here is a poem that was written about Brent as the London Borough of Culture:

This is us. This is Brent.
We are English and Irish, Indian and Windrush,
We are Somali, Italian, Romanian, Chinese.
We sing in temples, in pubs and in stadiums.

We speak on the high-roads, in the libraries (shush),
and on the Bakerloo line.
From Stonebridge to Cricklewood
From Queensbury to Queens Park
From Kilburn to Kensal Green,
We are mixing, melding, sharing, cooking, dancing,
praising, raising, playing.
We are unplanned and unfiltered,
We are the first place people come to and the place
people stay.
We are the past, the present, and the future.
This is us. This is Brent.
We are not just a borough of culture,
We are the Borough of Cultures.

2. How will we improve healthy places in Brent?



Here are the steps we will take to increase the number of healthier places in Brent:

- We will make sure there are accessible, physical activities for all our residents.
- We will make sure people can afford these activities.

Resident: here, this means people living in Brent.



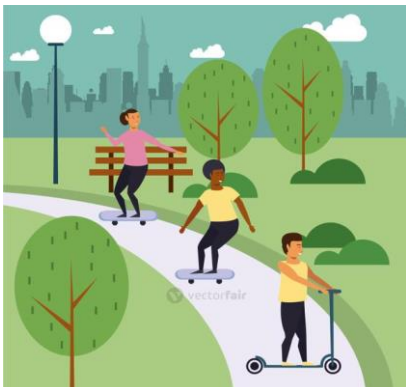
You told us you wanted more opportunities to exercise outside for free.

Many people said they want activities where they could exercise as part of a group.



A lot of young people told us they wanted more opportunities for physical activities.

Across Brent we have 19 outdoor gyms which are free for the public to access.



We also support Our Parks. This is a group which runs free exercise classes in parks across Brent.



We will look at the results from the Resident Attitudes Survey from 2021.

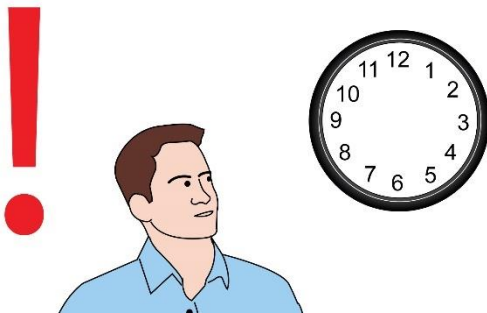
We will look at what is missing in services around exercise.



We will find out what we must improve to give people more chances to exercise for free.



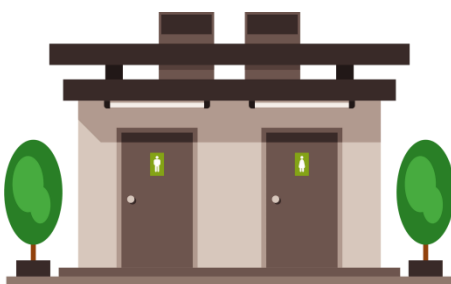
We will make sure there are more community and accessible toilets in Brent.



You told us that time outside was important to your physical health and your mental wellbeing. You told us that being able to use a toilet was important, because it means you can stay outside for longer.



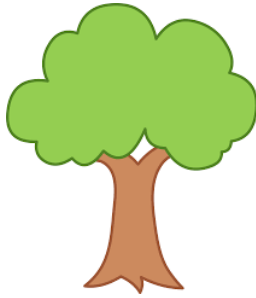
We also heard from residents with a disability that accessible toilets are really important for them.



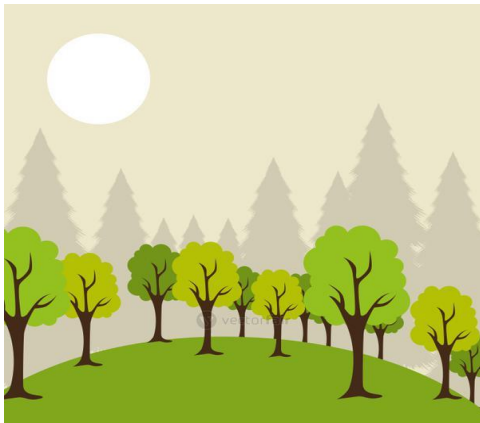
We will look for chances to build more outdoor toilets in Brent.



We will do this when we get funding for this. We will also work with businesses to start a community toilet programme.



We will make sure there are more green spaces that you can use in Brent.



You told us you wanted better access to green spaces. Our Incredible, Edible Scheme is a programme that will change spaces in Brent into green space.

We will also support people who want to start community gardens to try and get funding.



We will build more pocket parks. This is when small green spaces are built on areas that are not used.



We will make sure that trees, green spaces and water features are built into all our new building projects.



We are working to improve green spaces in Brent Council housing.

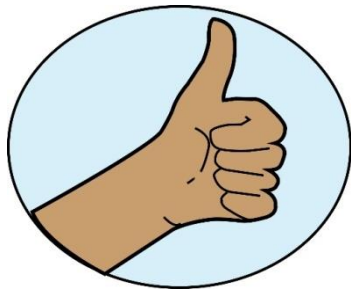
We are getting rid of signs that say No Ball Games. Instead, we are replacing them with signs that say Play Here.



Young people told us they wanted outdoor spaces to be clean. They wanted spaces with no litter. They also wanted outdoor spaces where they feel safe. Keeping people safe is a really big part out our strategy.



Young people and parents told us that they wanted more things to do. People must have access to activities which are inclusive for young people from all backgrounds.



These activities are an important way for young people to have happy lives. The Youth Strategy has this as one of their priorities.



We will make sure people with disabilities have better access to places, parks and events:

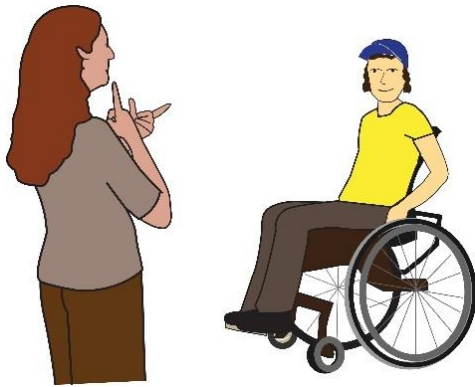


We heard very clearly that we need to do more to support children and adults with disabilities. We must support them to access parks, activities and events.



We have started running relaxed performance events. These are events that are planned in a special way so they are welcoming for people of all ages. They are planned for people with:

- Learning disabilities.



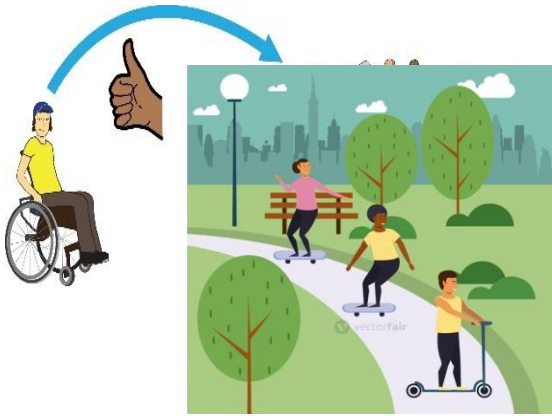
- Cognitive challenges, this means an impairment that affects your memory or the way you think.
- Sensory impairments, this means impairments that affect your smell, touch, taste, sight or hearing.
- Dementia.

These events are planned for anyone who would prefer a relaxed environment.

We need to make parks more accessible. For example, we need better car parking and paths.

We also heard from parents and carers of young people with **Special Educational Needs and Disabilities**.

Special educational needs: this means when a child or young person has extra needs. By law, they must get extra support at school or in college.



They said that our outdoor spaces are not friendly for children with Special Educational Needs and Disabilities.

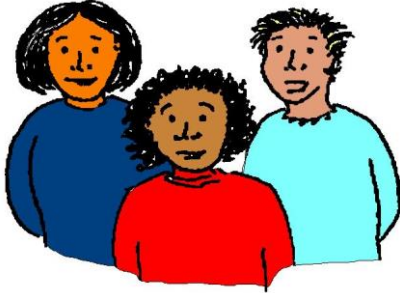
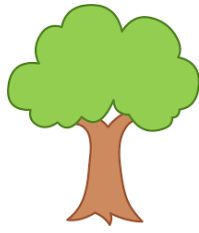
It is important for parents that the spaces are inclusive for these children as well.



We will make our estates better. We will build green, safe and healthy places. We will listen to residents' needs when we are doing this.



Over the next few years Brent Council will make housing estates better. They will do this by talking to residents. They will support them to look at ways to make their health and wellbeing better. The Council will support them to make these changes.



Here is a really great example of a community working together to build up green spaces:

CAM gardening group has been running for some years now. It is a small group of residents who love to plant and garden.

These residents got in touch with Brent Housing Management to ask for some help with their small vegetable patch. The vegetable patch needed to be built again.

It was agreed with the residents that the playground would be cleaned. The overgrown grass and weeds would be cut too. There would be a planting day to make sure the flower beds and vegetable patches were well looked after.



Volunteers came together from Brent Housing Management, Wates and Veolia. Local residents and Councillors also came to this planting event.



New spaces were built for residents to sit or lean whilst they were gardening. Walkways were cleared and bushes and trees were cut.



We will make sure children and young people can access creative projects.



You told us creative experiences and activities were important to your wellbeing. Last year, Brent won an award for the London Borough of Culture 2020. We want to keep this up.



Brent Council will work with Young Brent Foundation and Metroland Cultures. These groups will work together to build



creative and long-term arts and culture projects.

As part of this, we have set up a Local Cultural Education **Partnership**. This is a group that will support children and young people to access arts and culture.

Partnership: this means when two or more groups work together to achieve the same goals.



It will support children and young people whose needs are often not met by society.



The partnership will work with schools and community organisations. They will work together to give young people the chance to access creative projects.



The projects will aim to support children and young people to deal with challenges. It will aim to support their:

- Mental health.



- Confidence.
- Friendships and relationships.

The partnership will also support young people to find jobs in creative areas of work.



We will make sure more families can access our family wellbeing centres.

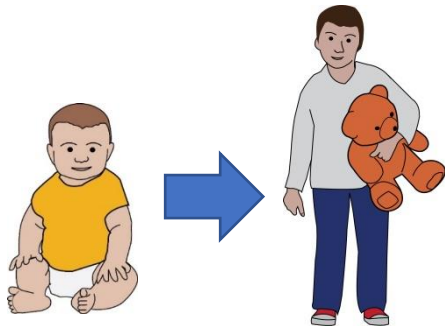


In December 2020, eight family wellbeing centres were set up across Brent. These centres offer different services for children, young people and their families.



The centres offer health services such as:

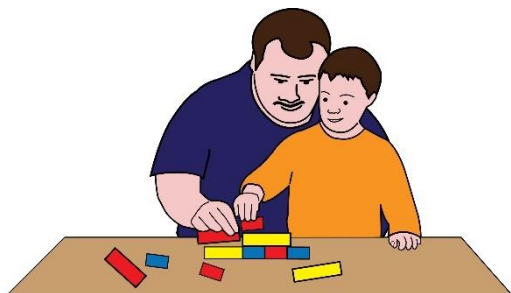
- Access to health visitors.
- Support and advice for parents and carers with things like money, housing and jobs.



- Development checks, this means looking at how a child grows and changes over time.
- Speech and language therapy for early years.

The council and the **National Health Service** will work with families and organisations.

National Health Service or NHS: this is our public healthcare system that everyone living in the UK can access for free. It is responsible for looking after our health. NHS consists of different services and groups such as hospitals, GPs and community services.



They will work together to make sure more people use family wellbeing centres.

We want the centres to be places where parents, carers, children and young people can get support.



We will pay attention to the results of the Healthy Neighbourhood Trials

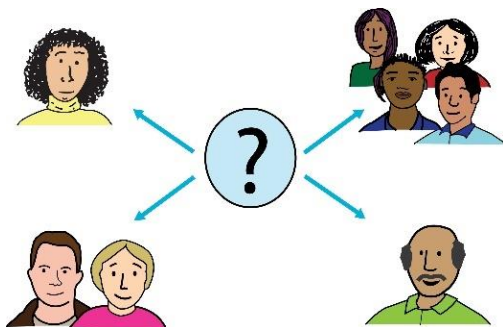
A Healthy Neighbourhood is a group of streets that are designed to generate less or no traffic from drivers who are not residents.



The aim is to stop drivers using streets as short cuts. If this happens, streets will be safer and easier to walk and cycle in. Also, streets will be quieter and the air will be cleaner.



There are nine areas in Brent where this is happening now.



In October 2021, there were consultations to see how the trials were going. We do not know the results yet. However, we will pay attention to these results and use them

when we are writing our final strategy.

3. How will other strategies increase the number of healthy places in Brent?



Now we will look at what some of the other strategies doing to increase the number of healthy places in Brent:



Poverty Commission

Housing affects health a lot. Homes must be safe and comfortable. They must be a good place to live.

The commission made nine suggestions about housing. They will look at making sure homes are accessible for people with disabilities.



They will also make sure there are more homes that people can afford. They will look at renting private homes. They will look at

what changes need to be made here.



Special Educational Needs and Disabilities strategy

This strategy looks at:

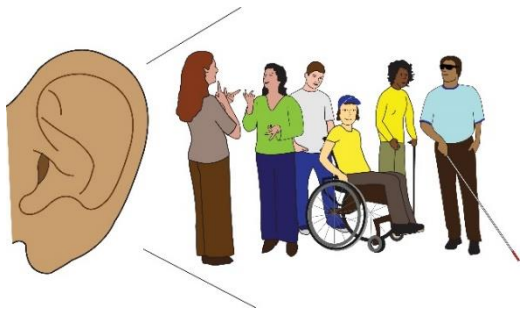
- Access to sport and opportunities to get fit for young people in Brent.
- Opportunities for young people to meet other people and learn about culture.
- Supporting young people to live in an independent way.
- Supporting young people to stay in Brent by accessing better housing.
- Working on parks and town centres that meet the needs of young people with Special Educational

Needs and Disabilities.



Housing asset management strategy

This strategy looks at understanding housing in Brent. It looks at how to offer our residents good, safe homes.



It also will listen to feedback from residents. This will help to make homes and estates places where residents feel proud to live.



The Local Plan

This plan looks at making sure that new homes in London have enough outdoor space.



Digital strategy

Brent's digital strategy looks at making sure residents can access the internet. It also looks at

supporting people to use computers and the internet.



Climate strategy

This strategy aims to make sure as many homes as possible use energy in a way that does not harm the environment.

The strategy aims to provide warm and comfortable homes for residents.

The strategy also looks at travel and using electric cars and buses. This will be good for people's physical and mental health and wellbeing. It will lead to cleaner air too.

Long term transport strategy



The first aim in Brent's Long Term Transport Strategy is to make the way we travel less harmful to the environment. It also



has an objective about making air cleaner. It aims to get people to walk and cycle more and use cars less.



Homelessness and Rough Sleeping strategy

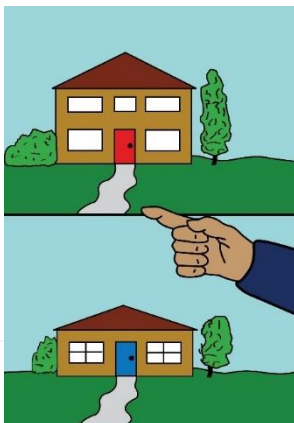
The Homelessness and Rough Sleeping strategy has five promises. It promises to:



1. Work on solutions for homeless problem and keep making these solutions better.



2. Run services that aim to stop people from becoming homeless in the first place. They can do this by offering the right advice and support to those who need it.

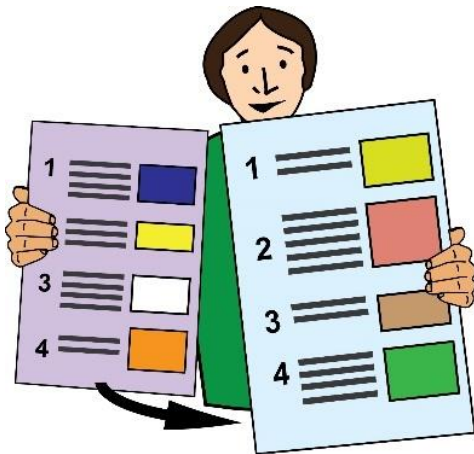


3. Make sure there are more safe homes in the borough. People should be able to afford these homes.



4. Make sure fewer people live in short-term homes.

5. Change services to meet each person's needs.



This part of the document has been all about our second priority: **Healthy Places.**

Please read the next part to find out about our third priority:

- **Staying Healthy**