

# Brent Borough Information Sheet

## Local Council Information and Support

**Brent Council Main Helpline:** 020 89371234 Mon-Fri 8am-8pm

**Email:** coronavirus@brent.gov.uk

**Isolation Support** (food & medicine delivery): 020 3011 1690

**Volunteer Number** (for those wishing to offer help): 020 3011 1690

**Adult social care** (Care needs etc.): 020 8937 6589

**Children at risk helpline:** 020 8937 4300

**Emergency childcare** (For vulnerable children, and for children of key workers):  
020 8937 3010

**Emergency food support:** 020 8937 6792

## Supermarkets and Food Deliveries

**Asda:** Wembley-020 8762 6300 8am-8pm mon-sat 11-5pm Sun. Home delivery priority for elderly & vulnerable.

**Sainsbury's:** Wembley 020 8566 9393/Broadwalk 020 8905 6066 8am-8pm Mon-Sat 10.30-4.30 Sun. Home delivery priority for vulnerable & elderly. First hour on Mon/wed/Fri for elderly shopping only.

**Lidl:** Wembley Park Drive & Edgware Road- 0800 977 7766 8am-8pm

**Iceland:** Cricklewood Broadway & Neasden-9-8pm Mon-sat 11-5 Sunday. Priority home delivery for elderly.

**Tesco:** Great Central Way Wembley 020 3911 0947/ Hendon 020 8201 3078 8-8PM Mon-Fri 10-4 Sun. Home delivery available (but in high demand), limited to 80 items. 9-10am on Mon/Wed/Thu/Fri Priority shopping for elderly.

**Morrisons:** Edgware Road-020 8712 1176/Edgware 020 8204 6958 Mon Fri 8-8pm 11-5 Sun. Virtual Queuing online for home deliveries.

**Home delivery** :Gourmade at [www.gourmade.com](http://www.gourmade.com)  
Oakhouse Foods [www.oakhousefoods.co.uk](http://www.oakhousefoods.co.uk)

Paragon Asra

**PA Housing**



## Foodbanks

Food banks are designed to provide short-term, emergency support with food during a crisis. Their aim is to relieve the immediate pressure of the crisis by providing food, while also providing additional support to help people resolve the crises that they face.

### Local Foodbanks

**Brent Foodbank:** 1pm-4pm Tues & Thurs 11-3pm Friday  
020 3745 5972 [info@brent.foodbank.org](mailto:info@brent.foodbank.org)  
The vestry Hall, Neasden Lane, NW10 2TS

**Council Foodbank number:** 020 8937 6792

When you contact a foodbank direct, inform them you are a PA Housing resident. We have agreements with many foodbanks and it may assist them in deciding whether they can help you.

The Trussell Trust covers approximately 75% of the Foodbanks across the UK. If the local numbers can't provide the help and support you need, try the Trust at <https://www.trusselltrust.org/coronavirus-food-banks/> or on 01722 580180. It may help find foodbanks near to you and give you contact details to see what they are offering local residents.

### Local Pharmacies

#### NW9

Judds Chemist, Stag Lane 020 8204 8665 9.30-18.30 (variable)  
Boots Kingsbury Rd-020 8204 2990 9.30-5 (Variable)  
The Hyde pharmacy, Edgware Rd 020 8205 6937 8.30-5.30 (Variable)

#### NW2

Gimmack Pharmacy, Cricklewood Broadway-020 8452 2418 9-6 (Variable)  
Akhtar Pharmacy, Cricklewood Broadway 020 8450 1629 9-7 (Variable)

#### HA0

Shivakem Pharmacy Watford Rd, N.Wembley 020 8980 1514 (Variable)  
Lloyds, Sainsbury's Harrow 020 8907 4928 (Supermarket hours)

#### HA9

Health First Pharmacy, Wembley Park Drive 020 8902 1402 9-6.30 (Variable)  
Peace pharmacy-14 The Broadwalk Wembley 020 8904 2071 9-10 (variable)

**ALL the above can deliver. There are also pharmacies at Asda Tesco & Sainsbury's above.**

## Other Essential Shops and Surgeries

### NW9

**Opticians:** Boots, Edgware Rd 020 8205 9820 9.30-5 (variable)

Specsavers, Kingsbury Rd 020 8238 9000 10-2pm

**Vets:** 24hr Medivet, Hendon 020 8202 6344

Medivet Kingsway, Church Ln. Kingsbury 0208205 1778 (Call for times)

**Dentists:** All dentist closed, call own practise for emergency only or contact Royal Dental Hospital 020 3594 6126 Or NHS 111

### NW2

**Opticians:** Vision Eyes Cricklewood Broadway 020 8452 2523 10-6.30 (Variable)

Eye Emporium: Cricklewood Broadway 020 8452 2273 9-5.30 (variable)

**Vets:** All Pets, Sidmouth Rd 020 8459 3010 9-7 (Variable)

**Dentists:** All dentist closed, call own practise for emergency only or contact Royal Dental Hospital 020 3594 6126 Or NHS 111

### HA9

**Opticians:** Paul Simon, Wembley 020 8902 0271 9.30-6 (variable)

Specsavers 476 High Rd, Wembley 020 8900 1433 10-4pm

**Vets:** All pets vets N. Circular Rd NW2 020 8540 1334 (Call for times)

**Dentists:** All dentist closed, call own practise for emergency only or contact Royal Dental Hospital 020 3594 6126 Or NHS 111

### HA0

**Opticians:** Specsavers 476 High Rd, Wembley 020 8900 1433 10-4pm

Boots St Ann's Rd Harrow 0345 125 3758 9-6pm (variable)

**Vets:** Goddard Vet Group (Wembley branch closed) Edgware branch 020 8952 4881 (Call for times)

**Dentists:** All dentist closed, call own practise for emergency only or contact Royal Dental Hospital 020 3594 6126 Or NHS 111

## Local Banks and Banking

All banks are working on reduced hours. Phone lines are very busy. Try to use online banking where possible.

**Contactless payments have been increased to £45 limit where available.**

**Natwest** 10-1pm 0345 788 8444

**HSBC** 10-2pm 03457 740 4404

**Lloyds** 10-2pm 0345 602 1997

**Barclays** 9-3pm 0345 734 5345

**Halifax** 10-2pm 0345 720 3040

**Nationwide** 10-2pm 0800 554 0207

**Santander** 10-2pm 0800 912 3123

**TSB** 10-12.30 & 1.30-4pm 020 8790 9974

Paragon Asra

**PA Housing**



## Local Support

**Domestic Abuse Helpline** : 07398 454898/ 0808 2000 247 In an emergency call 999. [brentadmin@advancecharity.org.uk](mailto:brentadmin@advancecharity.org.uk)

**Job Centre:** You should contact 0800 169 0190 for assistance with UC claims and information. You should not attend the jobcentre unless directed to do so for an exceptional purpose.

**C.A.B:** Office closed for refurbishment call 020 8438 1249

**BAM:** Brent advice matters is an online advice charity in Brent [www.bam.org.uk](http://www.bam.org.uk)

**EACH-**Counselling service in Brent 020 8577 6059 [info@eachcounselling.org.uk](mailto:info@eachcounselling.org.uk)

## Health and Wellbeing

Here are some contacts that may help with a number of health and wellbeing issues

General health: [www.nhs.uk](http://www.nhs.uk) or call 111

Support for mental health issues: [www.mind.org.uk/information-support/coronavirus](http://www.mind.org.uk/information-support/coronavirus) or [www.mind.org.uk](http://www.mind.org.uk) or call 020 8519 2122

Senior citizen's support: [www.ageuk.org.uk](http://www.ageuk.org.uk) or <https://www.ageuk.org.uk/information-advice/coronavirus/> or call **0800 678 1602**. – open 8am to 7pm, every day of the year.

Daily Meditation – online app providing support through meditation, sleep and movement exercises: [www.headspace.com](http://www.headspace.com) or <https://www.headspace.com/covid-19>

Alzheimer's Support - advice for people living with dementia: Call 0333 150 3456 or [www.alzheimers.org.uk](http://www.alzheimers.org.uk)

Online Counselling – Cognitive Behavioural Therapy: [www.iesohealth.com](http://www.iesohealth.com) or call 0800 074 5560

Domestic abuse advice: [www.womensaid.org.uk](http://www.womensaid.org.uk) or call 0808 2000 247 (women) 0808 801 0327 (men), [www.refuge.org.uk](http://www.refuge.org.uk) and [www.mankind.org.uk](http://www.mankind.org.uk) or call 01823 334244

Citizens Advice England [www.citizensadvice.org.uk/](http://www.citizensadvice.org.uk/) or call 03444 111 444

**Gyms, libraries, council healthy walks and fitness classes** are closed however here are some exercises you can do at home:

Over 70s Sitting exercises	<a href="https://www.nhs.uk/live-well/exercise/sitting-exercises/">https://www.nhs.uk/live-well/exercise/sitting-exercises/</a>	Home Keeping Fit - Online only
Gym free exercises	<a href="https://www.nhs.uk/live-well/exercise/gym-free-exercises/">https://www.nhs.uk/live-well/exercise/gym-free-exercises/</a>	Cheap and fun gym-free activities to improve health and fitness.
CBeebies	<a href="https://www.bbc.co.uk/cbeebies/grown-ups/fun-exercises-to-do-at-home-with-kids">https://www.bbc.co.uk/cbeebies/grown-ups/fun-exercises-to-do-at-home-with-kids</a>	Fun exercises to do at home with kids
World Stories with Kids	<a href="https://worldstories.org.uk/">https://worldstories.org.uk/</a>	Stories available in numerous languages: <a href="https://worldstories.org.uk/library">https://worldstories.org.uk/library</a>
CBBC	<a href="https://www.bbc.co.uk/cbbc">https://www.bbc.co.uk/cbbc</a>	Games, quizzes and puzzles
BBC	<a href="http://www.bbc.co.uk/scotland/brainSMART/games/">http://www.bbc.co.uk/scotland/brainSMART/games/</a>	Brain games for adults
Games online	<a href="https://www.chess.com/">https://www.chess.com/</a> <a href="https://www.roalddahl.com/shop/gifts-toys-and-games/roald-dahl-monopoly">https://www.roalddahl.com/shop/gifts-toys-and-games/roald-dahl-monopoly</a>	Chess Monopoly (for adults & kids)
Mind	<a href="https://www.mind.org.uk/need-urgent-help/how-can-i-distract-myself/games-and-puzzles/">https://www.mind.org.uk/need-urgent-help/how-can-i-distract-myself/games-and-puzzles/</a>	Distraction when you're in crisis
NHS	<a href="https://www.nhs.uk/conditions/nhs-fitness-studio/pilates-for-beginners/">https://www.nhs.uk/conditions/nhs-fitness-studio/pilates-for-beginners/</a>	Free Pilates for beginners
British Heart Foundation	<a href="https://www.bhf.org.uk/information-support/heart-matters-magazine/activity/yoga/yoga-poses">https://www.bhf.org.uk/information-support/heart-matters-magazine/activity/yoga/yoga-poses</a>	Chair based yoga

