



COVID-19

Brent Helpline Numbers

If you require help with shopping or medication collection please contact the Mutual Aid Group of the ward you live in and they will be able to help you. If you are over 55, please request a volunteer who has been verified or checked by DBS, if possible.

Please be aware of scams. If you receive a leaflet, email or text message that looks suspicious, please do not respond. If you are unsure, call Elders Voice on 020 8968 8170. Do not answer the front door unless you are expecting someone.

Brent Mutual Aid Groups

If you are unsure of the ward you live in, please go to <https://www.writetothem.com/> and enter your postcode.

Alperton

Tel: 07860 123494 / Email: alpertoncommunityaction@gmail.com

Barnhill

Tel: 07498 219883 / Email: barnhillcovid19@gmail.com

Brondesbury Park

Tel: 020 8050 3929 / Email: covidaid.brondesburypark@gmail.com

Dollis Hill

Tel: 020 8914 7891 / Email: st.catherines@gmx.com

Dudden Hill

Tel: 07588 541399 / Email: duddenhillmutualaid@gmail.com

Fryent & Queensbury (Kingsbury)

Tel: 07721 233050 / Email: kingsburycommunity20@gmail.com

Harlesden

Tel: 07446 557715 / Email: aka_212@hotmail.co.uk

Kensal Green

Tel: 020 8638 8291 / Email: kensalgreenaid@gmail.com

Kenton

Tel: 07725 881428 / Email: cllr.ihtesham.afzal@brent.gov.uk

Kilburn

Tel: 020 3488 4916 / Email: kilburnaid@gmail.com

Mapesbury

Tel: 020 8914 7950 / Email: MapesburyMutualAid@gmail.com

Brent Mutual Aid Groups

Northwick Park

Tel: 020 8050 1768 / Email: NorthwickPark.MutualAid@gmail.com

Preston

Tel: 07725 881428 / Email: cllr.ihtesham.afzal@brent.gov.uk

Queens Park

Tel: 020 8050 3875 / Email: qpmutualaid@gmail.com

Stonebridge

Tel: 07950 994411 / Email: mrasifzamir@gmail.com

Sudbury

Tel: 07770 678714 / Email: sudburymutualaid@gmail.com

Tokyington

Tel: 020 3448 4810 / Email: tokyingtonmutualaid@gmail.com

Welsh Harp

Tel: 0330 0431787 / Email: welshharpCOVID19@gmail.com

Wembley Central

Tel: 020 8050 1617 / Email: wembleycentralmutualaid@gmail.com

Willesden Green

Tel: 07593 426959 / Email: willygmutualaid@gmail.com

Free Food Options

If you do not have enough money for food, Brent Council are delivering emergency food packages and microwave meals. Please call 020 8937 1234.

Sufra Foodbank are also delivering food packages. Please call Elders Voice on 020 8968 8170 and we will refer you.

Desi Dhaba in Alperton are delivering free vegetarian curries across Brent. Please call 020 8903 8000.

Neasden Temple are delivering free vegan meals in Neasden and surrounding areas. Please call 020 8965 2651.

Lend an Ear Helpline

A friendly ear at the end of the telephone line if you want to hear another voice, ask for some advice or just have a chat!

Line 1: 020 8206 7500 / Line 2: 020 8206 7507 / Line 3: 020 8206 7503

The helpline is open 9am - 5pm, Monday - Friday.

Elders Voice continue to deliver a reduced Handyperson Service: 020 8206 7506 and a reduced Floating Support Service: 020 8206 7505.