

# Hub Connections

# Closing the Care Gap

Free Community Event



-  meridian wellbeing
-  **CB Plus**  
CONNECTING COMMUNITIES
-  Young People  
**Thrive**
-  Barnet Wellbeing Service
-  NEW  
CITIZENS'  
GATEWAY
-  Persian Advice Bureau  
مرکز مشاوره ایرانیان
-  Barnet  
ageUK
-  mind  
in Enfield  
and Barnet
-  Barnet  
mencap
-  North Central London  
Integrated Care System
-  **BARNET**  
LONDON BOROUGH

# Welcome

Cllr Zahra Beg  
Cabinet Member for Equalities,  
Voluntary & Community Sector  
London Borough of Barnet



Barnet Wellbeing Service

# Introduction

Julie Pal  
CEO CB Plus



Barnet Wellbeing Service

# Help Us Help You' NHS body awareness Campaign and Video Presentation



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# **An Individual's Cancer Journey**

Stewart Block  
CB Plus Primary Care Group Volunteer &  
Ex-officio member of the NHS Cancer  
Improvement Board for London





# **My Prostate Cancer Journey**

## **Stewart Block**



# Lessons Learnt





# How My Cancer Was Found

# Regular PSA Tests



# Diagnostics

## Don't Put It Off!

**“You Have Cancer”**



# Take Someone With You

**Macmillan Books**

# More Tests

# Diagnostic Imaging

# Treatment Options

**List the Pros and Cons of Each**

**Talk to Others, but...**

# Prostatectomy

**Incontinence is not a  
Crime - Be Prepared.**



**It Didn't Quite Work!**

# Radiotherapy

**Gentle Exercise**

**Talk to Other Patients**



# Hormone Therapy

**Keep Going!**



# Treatment Ends



**Falling Off  
a Cliff**

**Living With  
and Beyond**

# **Onco - Physiotherapy Mentoring and Support Group**

1

*Regular PSA Tests*

2

*Don't put it off*

3

*Take Someone with You – Macmillan Books*

4

*Pros and Cons of Each*

5

*Be Prepared*

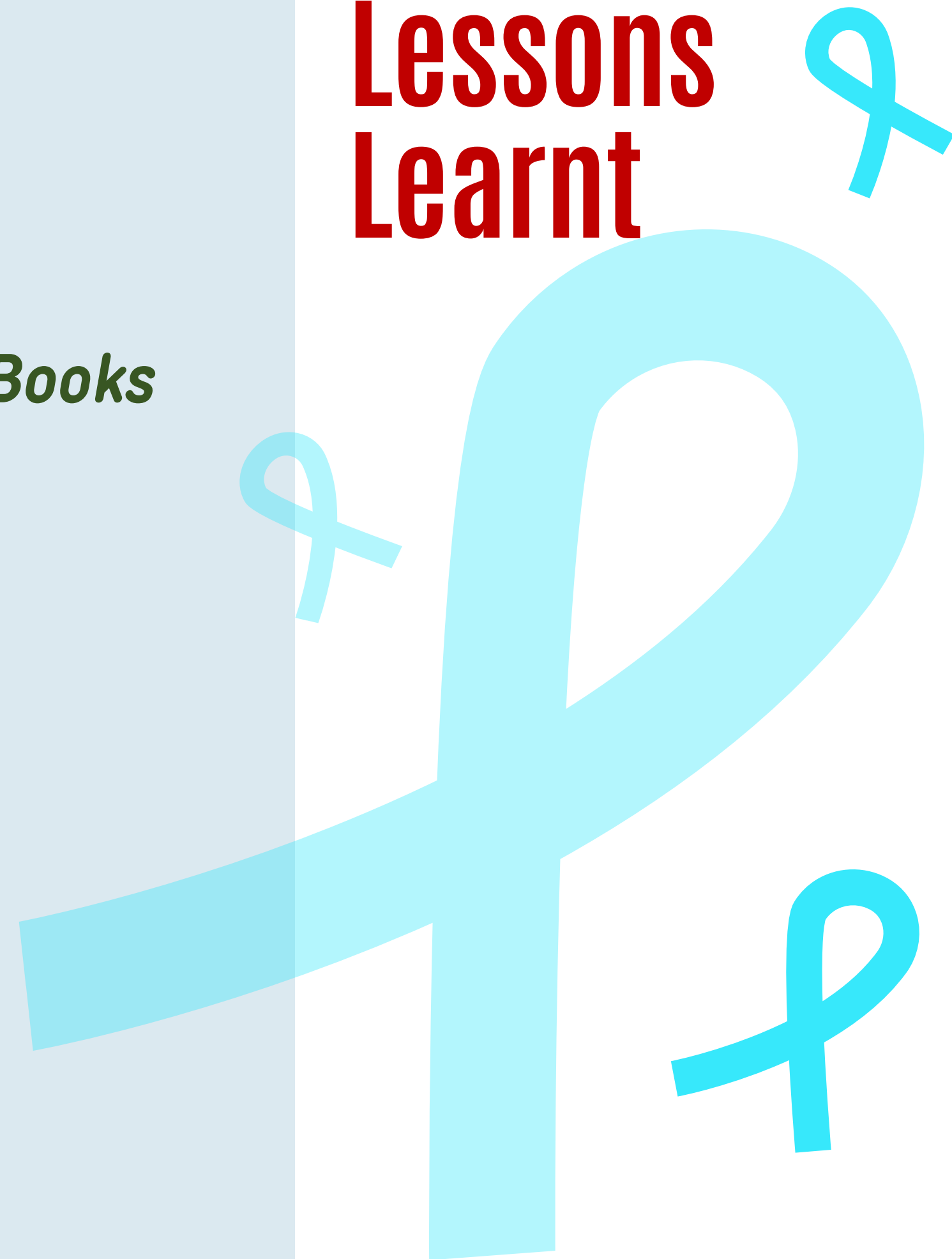
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*Onco-Physiotherapy*

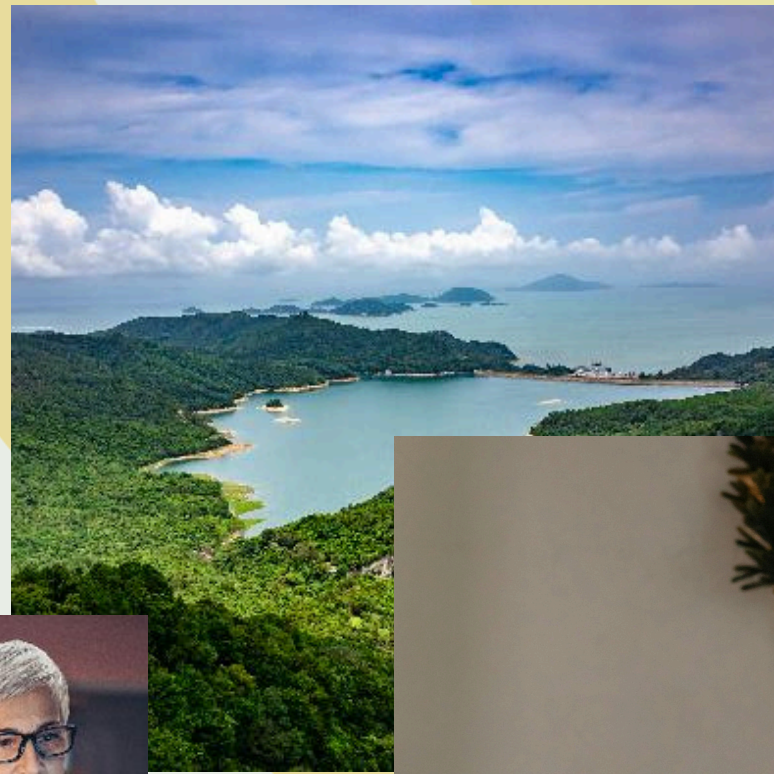
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*Support Groups*

**Lessons  
Learnt**







**I woke up  
this morning!**



# **Early intervention and prevention of Cancer amongst Somali Community.**

Hawa Abdi  
Centre for Excellence



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# Wellbeing activity – Chair Yoga

Richard Kravetz



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# Comfort Break



# **Breast Awareness and Screening Service information**

Keziah Hards  
Health Promotion Support Officer  
North London and Central and East  
London Breast Screening Service



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# **Support available in the community through Macmillan**

Lee Townsend  
Macmillan Engagement Lead –  
North Central & Northeast London



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# Support available through Chai Cancer Care

Lisa Steele  
CEO Chai Cancer Care



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# Barnet Wellbeing Service Updates

Julie Pal  
CEO CB Plus



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# **Lunch and Networking**





**Thank you**

**For Joining Us.**



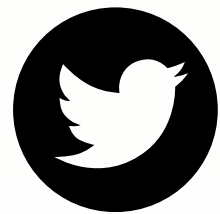
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# Connect With Us

[www.barnetwellbeing.org.uk](http://www.barnetwellbeing.org.uk)



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