

# Hub Connections

## World Mental Health Day!

### October 10th 2024

11-2pm, lunch served 1:00-1.45pm



Barnet Wellbeing Service

North Central London  
Integrated Care System



# Welcome

**Julie Pal**  
**John Troung**



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# Introduction

**Cllr Danny Rich**



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# Wellbeing Activity

**Annalisa**



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# **CB Plus – Barnet Friends**

**Adam Wilson and Service User**



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# **Meridian – Barnet Wellbeing Hub**

**John and Service User**



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# Wellbeing activity

## New Citizens Gateway



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# New Citizens Gateway

**Farida and Service User**



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# Young People Thrive

**Zoe Kattah and Service User**



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# **Update from Barnet Wellbeing Service**

**Julie Pal and John Troung**



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# Comfort Break



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# Launch of Suicide Prevention Pocket Book

## The Network



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# Wellbeing activity

## Keiko – Qigong



# Thank you

## For Joining Us.

**Julie Pal**

CEO CB Plus – Closing Remarks



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# Lunch and Networking



# Connect With Us

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



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