



Barnet Wellbeing Service

HUB CONNECTIONS

OCTOBER 2020

WORLD MENTAL

HEALTH DAY:

MENTAL HEALTH FOR ALL

MAYOR OF BARNET, THE WORSHIPFUL COUNCILLOR STOCK

Welcome and Introduction to Hub Connections



Barnet Wellbeing Service

WELLBEING ACTIVITY 1: YOGA

THIERRY GIUNTA

Barnet Yoga Circle



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JULIE PAL

C.E.O COMMUNITY BARNET

Update on Barnet Wellbeing Service



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PATRICK VERNON

THE UBELE INITIATIVE

Mapping mental health services for BAME communities



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JOHN TRUONG

WELBEING HUB MANAGER

CMHA Supporting Chinese Elders



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RABIA BASHIR

BARNET REFUGEE SERVICE

Understanding the impact of PTSD on refugee communities



Barnet Refugee Service (BRS)

Suicide prevention amongst refugees and asylum seekers

What is Barnet Refugee Service?

- ◆ Barnet Refugee Service is an independent registered charity working in partnership with individuals and agencies to improve the quality of life and promote the physical, social and mental well-being of refugees and asylum seekers.
- ◆ We work across all London boroughs, helping to reduce health inequalities, social exclusion and poverty and enabling integration.
- ◆ We support over 1,200 refugees and asylum seekers each year through our '*Integrated Holistic Model of Support*'.

Presenting issues with asylum seekers and refugees post COVID

- ◆ Loss of jobs, particularly those working as mini cab drivers, in restaurants and the hospitality sector. This in turn leading to huge financial strains
- ◆ Delays in asylum applications leading to increased anxiety and worry about the future
- ◆ Cramped housing situations, making self isolation difficult and creating greater fear about contracting the virus
- ◆ Reduced activity and lack of social interaction has led to a significant rise in overall feelings of isolation, anxiety, depression and suicidal ideation
- ◆ The uncertainty of everything has led a number of our clients to question 'what is the point?'

Barnet Refugee Service's response to COVID-19

- ◆ Continuation of bilingual counselling services for both adults and young people online and over the phone
- ◆ Our Jasmine Women's group with 25 to 30 members also has moved online. Following requests from the members, we have been offering two days a week instead of one. In addition to running a variety of creative art activities, we have also facilitated workshops on yoga and mindfulness to help manage emotions during lockdown.
- ◆ As part of our Ecotherapy programme, we continue to offer weekly gardening sessions for asylum seekers and refugees. Due to government's guidelines on social distancing, we have limited our numbers to six volunteers and clients on a rota. These were held both in the BRS allotment and a local park.

Barnet Refugee Service's response to COVID-19 continued...

- ◆ Pop up food bank. BRS in partnership with North Western Reform Synagogue and Burnt Oak Women's Group has set up a local pop up food bank in late March and distribute food and toiletry packs to the most disadvantaged clients in the community
- ◆ Our youth services also continue to offer 3 to 4 live streaming sessions every week via Instagram and Zoom including mindfulness and fitness sessions, art therapy, cooking classes as well as educational and fun activities.
- ◆ Youth services have continued to arrange socially distanced outdoor activities in groups of 6 consisting of kayaking, horse riding and cookery workshops in the BRS allotment.
- ◆ ESOL classes also continue to run via Zoom

Some challenges we have faced

- ◆ **Lack of smartphones and laptops** - We are trying hard to gather sufficient resources such as internet data, smartphones, laptops, and tablets to ensure that our vulnerable clients have the means of accessing our services and remaining connected with their loved ones.
- ◆ **Shared accommodation** - We are advocating on behalf of some clients and are requesting immediate action to move them to suitable accommodation.
- ◆ **Homeless clients** - We have some clients who are homeless and we work closely with Councils to provide them with shelter.

FIONA BATEMAN

CHAIR AT ADULTS SAFEGUARDING BOARD LBB

Making Safeguarding central to all



Barnet Wellbeing Service

FAITH UNOARUMHI

DEVELOPMENT DIRECTOR AT AID EXCEL

Overview- Aid Excel



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BREAK - 10 MINS



WELLBEING ACTIVITY 2: RELAXATION & BREATHING EXERCISE

KAREN MORELL

Head of Integrated Care, Mental Health Service



Barnet Wellbeing Service

DR. JULIE GEORGE

Mental Health Impact of COVID 19



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MET POLICE

Dr. Ashley Kilgallon

Turning Point Project



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PETER SATORI

Mind Mood Matters Support Group



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DANIEL NEIS

SENIOR PEER SUPPORT WORKER/PROGRAMME
COORDINATOR, HEAD ROOM CAFE

JAMI



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WELLBEING ACTIVITY 3: CHAIR YOGA

RORY COOPER

CommUNITY Barnet



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MAYOR OF BARNET, THE WORSHIPFUL COUNCILLOR STOCK

Closing Remarks



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JULIE PAL

C.E.O. COMMUNITY BARNET

Vote of thanks



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THANK YOU

