



Barnet Wellbeing Service

# Barnet Wellbeing Service

**Annual Report 2017-18**





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# Welcome to the Barnet Wellbeing Service

I am delighted to present the first Annual Report of the Barnet Wellbeing Service. As a local GP and Barnet Clinical Commissioning Group's (CCG) Clinical Director for Mental Health I have always wanted to increase access to community-based wellbeing services which support people to look after themselves more confidently before accessing clinical support. I am really excited by the development and emergence of the Barnet Wellbeing Service and the way it has been able to bring together the local voluntary and community sector to work collaboratively with mental health providers and Barnet Council, as well as local residents, carers and service users who have been so generous in giving their time, sharing their experiences and working together to co-design solutions.

It is my belief that the Barnet Wellbeing Service understands local residents, local organisations and local needs. It also has in its possession an experienced pool of high calibre volunteers, staff and member organisations who understand the way the world is changing and how it impacts on people's mental wellbeing.

I am delighted that Barnet, Enfield and Haringey Mental Health Trust are our clinical providers and I look forward to exploring and developing clinical pathways in patient friendly settings.

I would like to thank CommUNITY Barnet, the Chinese Mental Health Association and Inclusion Barnet for stepping up and developing the Wellbeing Service, collaborating and finding new ways to work together to make a difference to the lives of people living, working or studying in the borough.

To oversee a programme of this magnitude and innovation is no small feat and is only possible with a team of like-minded individuals. However, I would like to extend my thanks to Debbie Frost, Chair of Barnet CCG and former colleagues Paula Arnell and Ray Baird who were able to turn my vision and ambition into reality.

I would like to personally thank stakeholders, staff and member organisations, all of whom are too many to mention individually. It is through their commitment, passion, dedication and hard work that we can work together to build a better future for all.

**Dr Charlotte Benjamin**



# What is the Service?

Following a review of the Barnet Wellbeing Hub and Online Wellbeing Programme, introduced in January 2018, the overall service was reconfigured and rebranded and is now called the Barnet Wellbeing Service, which comprises:

- **Barnet Wellbeing Hub** - Delivered through a multiagency collaboration including Chinese Mental Health Association (CMHA) and Inclusion Barnet (IB)
- **Online Wellbeing Programme** - Webinars delivered through CommUNITY Barnet (CB) and its digital provider Mind Time Therapies (MTT)
- **Clinical support** delivered through Barnet, Enfield and Haringey Mental Health Trust (BEHMHT)

This integrated pathway for services in Barnet is aimed at providing a wide range of support for residents facing difficulties with their mental and emotional health. Through personalised support at the Barnet Wellbeing Hub, virtual therapy through the Online Wellbeing Programme and additional assistance through BEHMHT clinical support, the Barnet Wellbeing Service is well poised to reach a wide number of residents across the borough.

This annual report will provide further information around the Online Wellbeing Programme, the Service's major partners, performance figures, case studies and the future of the Barnet Wellbeing Service.

## Contact us

Information on our services can be found at [www.barnetwellbeing.org.uk](http://www.barnetwellbeing.org.uk), and we can be contacted by phone on **03333 449 088** and via email at [info@barnetwellbeing.org.uk](mailto:info@barnetwellbeing.org.uk). You can also find us on Facebook and Twitter [@Barnetwellbeing](https://www.facebook.com/Barnetwellbeing)

For information on the Online Wellbeing Programme, please call CommUNITY Barnet on **020 8364 8400** or go to [bit.ly/barnetwp](http://bit.ly/barnetwp)



# Barnet Wellbeing Hub

The Barnet Wellbeing Hub was developed as a collaborative process between people who use mental health services, a number of voluntary sector organisations and the statutory sector. It arose out of Barnet CCG's Reimagining Mental Health Programme, the Breakfast Clubs and workshops associated with that process, and formally launched in April 2017.

The Barnet Wellbeing Hub's services include signposting, information and advice, advocacy and talking therapies. Its team is comprised of Wellbeing Navigators who offer individuals an Emotional Health Check (EHC) upon initial contact. The EHC uses engagement to gather information on people's circumstances and needs in order to develop a wellbeing plan, which can include providing information for signposting to appropriate services or to decide on immediate action that the person can take to improve their wellbeing.

The Wellbeing Hub is a safe and welcoming facility for people to access a range of community based support services, which aims to:

- Support people 16+ who could improve their wellbeing by accessing talking therapies, advocacy, information and community services/activities
- Support community groups to develop a range of services which can be accessed through a formalised social prescribing process
- Consolidate a joint offer across voluntary service providers with strong links into the statutory sector as a robust early intervention/prevention strategy for people who experience mental health issues
- Develop a single pathway to access a joined up offer
- Delay, reduce or prevent people's needs for more formal health and social care intervention
- Form part of a larger integrated whole system model of provision, ensuring the "right service is delivered at the right time at the first point of contact for the individual" and is easily accessible to people who do fall in 'gaps' between services
- Develop a case for future joined up delivery and funding, creating efficiencies and clearer pathways to care in the future.



# Online Wellbeing Programme

In January 2018 the Online Wellbeing Programme was launched, designed as part of a collaborative service with the Barnet Wellbeing Hub. This forms the overall Barnet Wellbeing Service, comprised of the Barnet Wellbeing Hub, Online Wellbeing Programme and clinical support, which are all designed to compliment one another.

The Online Wellbeing Programme is a free virtual therapeutic service aimed at improving the mental and emotional wellbeing of Barnet residents and delivered by a qualified therapist. The programme has six topics which run throughout the year, including Mood Boost, Choosing Sleep, Stress and Anxiety, Letting Go of Panic, Manage Workplace Stress & Thrive and Towards Healthy Living.

The programme operates in a webinar format, with sessions running for one hour per week in six week blocks. Each webinar is recorded for people to watch at a later date if they cannot attend the live session. Participants can access the programme with an internet connection and a laptop, tablet or smartphone. Those who take part in the Online Wellbeing Programme are anonymous at all times and can ask the therapist questions throughout the live videos.







When users first register to the Online Wellbeing Programme they are required to complete a GAD7 and PHQ-9, which are a type of anxiety and depression score sheet, with their results reviewed at the end of the six week programme. The Online Wellbeing Programme is Improved Access to Psychological Therapy (IAPT) compliant.

This service is transformative and the aim of the Online Wellbeing Programme is to engage residents in new and positive ways to improve their mental wellbeing. We are looking to engage the community through attending events, paid social media advertising and working in collaboration with GP surgeries, service providers and other local organisations who can help to promote the service and reach their patients and clients. We are also investigating alternative means of advertising heading into the future.





## Our Partners

Since launching in April 2017, the Barnet Wellbeing Hub, and since January 2018 the Barnet Wellbeing Service, has worked in close collaboration with a number of partner organisations, including the Chinese Mental Health Association (CMHA), Mind Time Therapies (MTT), Barnet Clinical Commissioning Group (CCG), Barnet Enfield and Haringey Mental Health Trust (BEHMHT), the Barnet Primary Care Link Working Team, Inclusion Barnet (IB) and the Network.

### **CommUNITY Barnet (CB)**

A not-for-profit organisation delivering services in Brent, Barnet, Enfield and Newham, CB works with community organisations to form collaborative partnerships to deliver innovative solutions, support and grow volunteering, nurture civic activity and promote health and wellbeing. In October 2017, CB was asked to take on contract and performance leadership of the Wellbeing Hub and is working closely with the Barnet CCG and other partners to further develop the overall Barnet Wellbeing Service.

### **Barnet Clinical Commissioning Group (CCG)**

Barnet CCG is an ambitious and successful clinical commissioning group. It is a membership organisation made up of 58 GP practices serving a registered patient population of around 370,000. The role of Barnet CCG is to ensure that residents and those registered with GPs in Barnet have access to the healthcare services they need. The Barnet CCG has been integral in promoting the Barnet Wellbeing Service and have driven the transformative health and social care programme through inspiring leadership.





### **Chinese Mental Health Association (CMHA)**

Based in London, CMHA is a community organisation delivering wellbeing services to local residents. They are also experts in providing mental health services to London's Chinese community, many of whom reside in Barnet. In addition, they are subcontracted by BEHMHT to deliver Step 2 and Step 3 IAPT mental health interventions.

### **Inclusion Barnet (IB)**

IB is Barnet's Deaf and Disabled People's pan-disability organisation, including people with mental health issues. During 2017-18, Inclusion Barnet co-delivered the social prescribing element of the Barnet Wellbeing Hub, employing peer workers who delivered the service in partnership with colleagues at CMHA. Inclusion Barnet also brought the peer perspective to Wellbeing Hub Management Board meetings, and helped to organise Hub Connections events.

### **Barnet Enfield and Haringey Mental Health Trust (BEHMHT)**

Providing expert mental health services to people living in the London boroughs of Barnet, Enfield and Haringey, BEHMHT's work covers a range of specialist mental health conditions. In 2014, the Trust was awarded 'University Affiliated' by Middlesex University which will facilitate stronger working relations, including the opportunity for experienced academics at Middlesex University and experienced clinicians within the Trust to co-produce mental health education and research projects which meet the needs of local people.



## Mind Time Therapies (MTT)

The Online Wellbeing Programme, a free online therapy service, was launched by MTT in collaboration with the Barnet Wellbeing Hub in January 2018. This development enabled MTT and the Hub to provide access to therapeutic support services in an innovative, easy and convenient way for the people of Barnet. MTT offer a range of live, interactive, online therapy sessions to help people to recover from depression, better manage stress and anxiety, live healthily and improve their sleep. Each programme lasts for six weeks and is supported with resources that people can use at home and at work to support their progress.

To learn more about the Online Wellbeing Programme, go to [bit.ly/barnetwp](https://bit.ly/barnetwp).







## **The Barnet Primary Care Link Working Team**

Providing short term interventions to individuals with mental health needs within primary care settings, the Link Working Team has a member based within the Wellbeing Hub once a fortnight. This is protected time for the Wellbeing Hub should there be any queries or concerns regarding clients. A joint case management meeting is also held at the Wellbeing Hub each week where the Link Working Team, the Network and the Wellbeing Hub come together to discuss complex cases. This space allows the services to think together about a client's needs and what services would be most appropriate to support them. The Link Working Team also helps to promote the services provided by the Wellbeing Hub throughout primary care services in the borough.

## **The Network**

A community based secondary care mental health service, the Network offers individuals a range of interventions to enable them to develop their skills, both practical and psychological, to provide them with the resilience required to achieve the goals they set themselves. This includes the offer of short term group courses, time limited one-to-one sessions, support to engage with meaningful community based activities as well as being the front door for safeguarding referrals for the borough. The Network currently receives referrals from mental health locality teams as well as from GP surgeries via mental health link workers. Over the past year the Network has continued to successfully collaborate with the Barnet Wellbeing Hub in developing pathways to ensure that the service user's journey is smooth, welcoming and effective in managing their challenges moving forward.



# **Our Partners**

## **Statutory Partners**

**Barnet Council  
Barnet, Enfield and Haringey Mental Health Trust  
Barnet Police Service  
Barnet and Southgate College  
Department of Work and Pensions  
GP Surgeries  
Job Centre Plus**

## **Voluntary & Community Partners**

**Action for Hearing Loss  
African Refugee Society  
Age UK Barnet  
Altogether Better  
Alzheimer's Society  
Barnet CAB  
Barnet Carers' Centre  
Barnet Lone Parents  
Barnet Refugee Service  
Community Focus  
Epilepsy Action  
Future Path  
Green Man Community Centre  
Hendon Mosque  
Homeless Action in Barnet  
Home Start Barnet  
JAMI  
Jewish Volunteer Network  
Kisharon  
Mind in Barnet  
Mood Support Group  
Muslim Elders Group  
One Housing Support  
Outreach Barnet  
Rainbow Money Advice  
Relate  
Restart  
Richmond Fellowship**

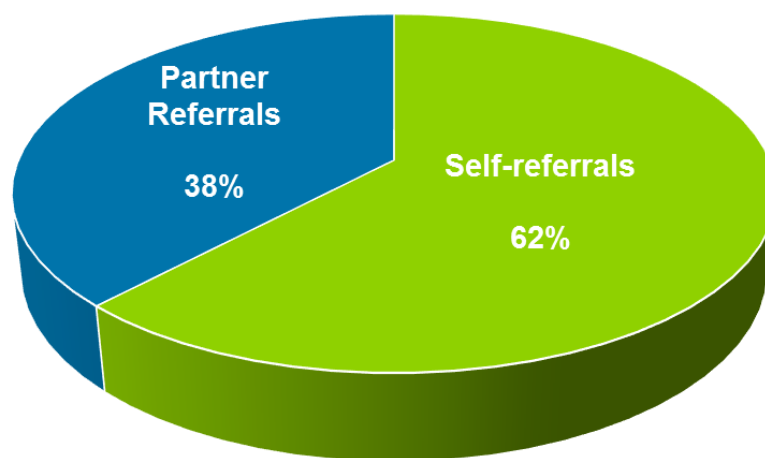


# Performance

**1 April 2017 to 31 March 2018**

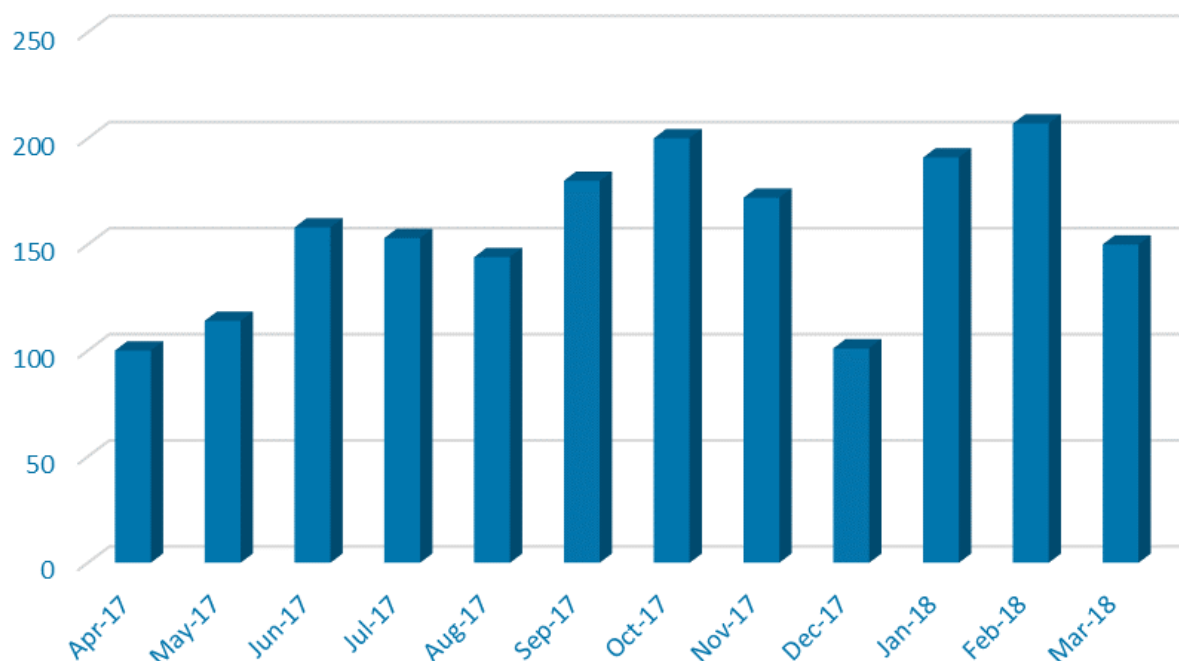
During the first full year of activity, the number of people accessing the service has grown from just over 100 at the start to an average of 155 referrals per month. This growth shows there is a demand from Barnet residents to improve their wellbeing through community centred activity.

## Referral Pathways into the Hub



78% of referrals are navigated onto an activity or referred to other services such as IAPT.

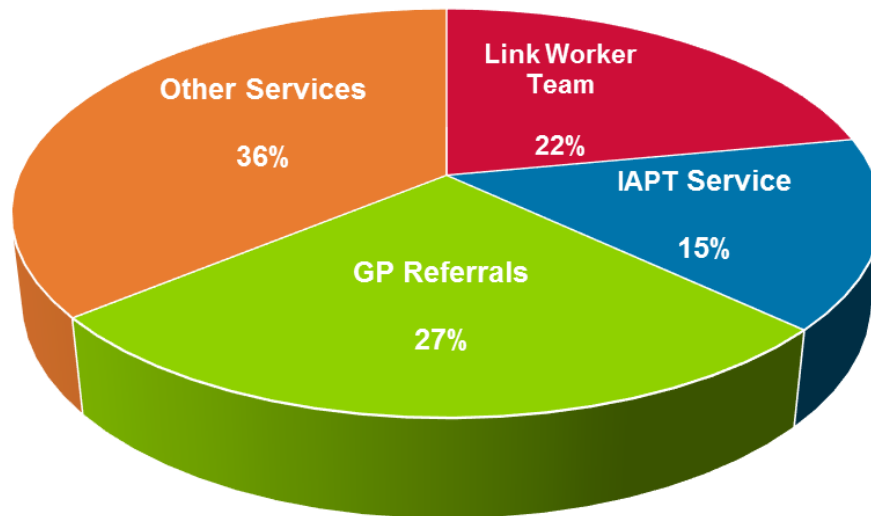
## Total Number of Referrals into the Hub





## Referral Pathways into the Hub

(Partner Referrals)

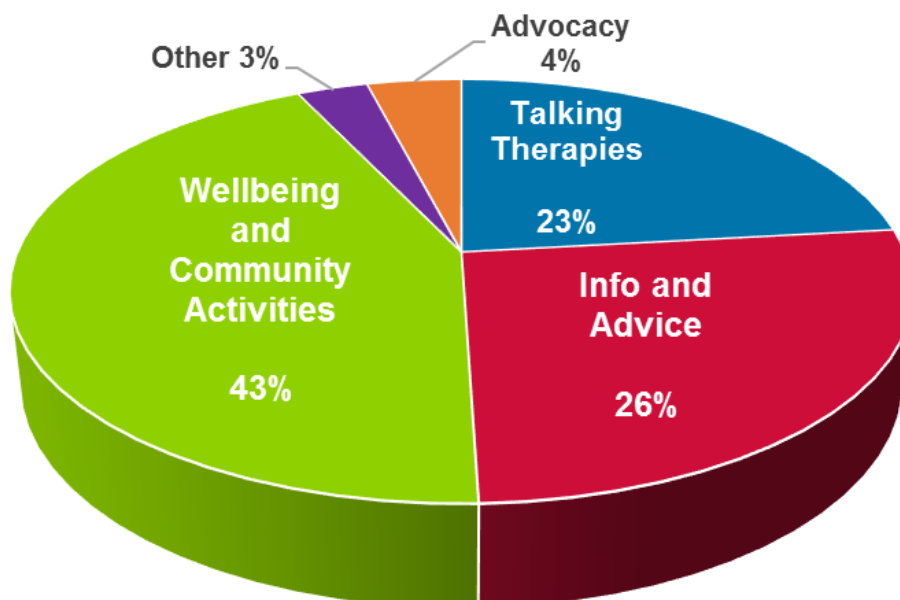


GP referrals increased from 22% to 27%.

Other Services includes referrals from a range of partners including Jobcentre Plus and Outreach Barnet.

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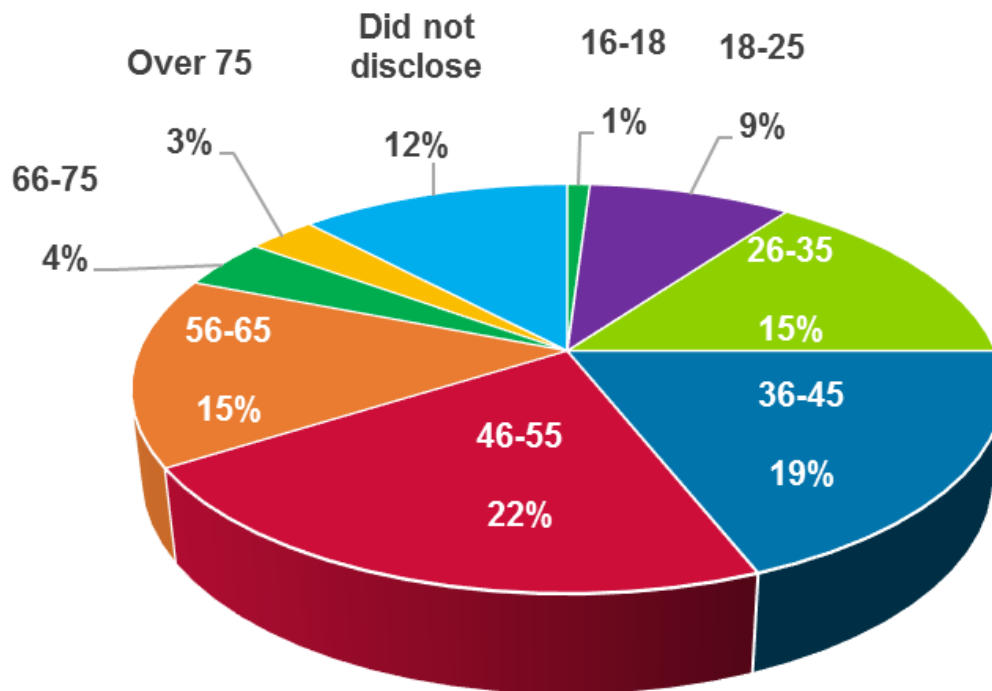
## Quantity of Activities Offered



4359 services were offered to 1453 Hub users.  
On average, 3 services were offered to each user.

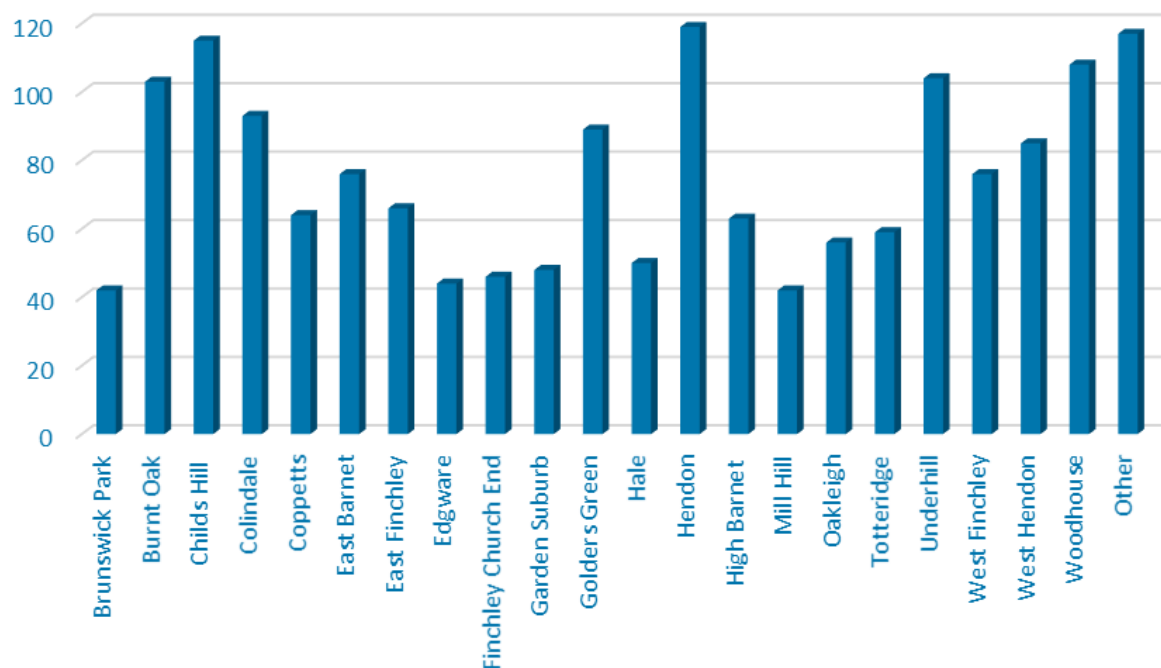


## Hub Usage - Age Profile



## Distribution of Attendance by Ward

April 2017 to March 2018





# Case Studies

## Barnet Wellbeing Hub

### Case Study A:

'A' self-referred to the Hub and presented with a complex history. He suffered from Post Traumatic Stress Disorder and this had caused previous issues with alcohol and homelessness. He shared with the Hub that his mental health was deteriorating, and, feeling unable to cope, this had forced him to stop working.

Over the last few years, 'A' struggled to receive the support he needed, but a couple of years ago he accessed the Network, which he attended and he felt was helpful to him. Through the Emotional Health Check (EHC) we discussed bringing the case to the Joint Case Management (JCM) meeting and the possibility of another referral to the Network. We also discussed things that he could do himself to lift his mood, such as trying to leave the house daily, which he mentioned had made him feel better in the past.

Following the JCM discussion, 'A' was referred and accepted into the Network and accessed their First Steps programme. 'A' emailed his navigator a few months later to say how it had been helpful, how he had felt listened to at the Hub and how the actions from the EHC helped to improve his wellbeing.



## Case Study B:

A self-referral to the Wellbeing Hub was 'B'. He originally phoned the Hub to request therapy and we explained to him what we could offer and subsequently arranged a telephone appointment with him.

'B' shared that he had felt let down by many of the services in Barnet, and that he had quite complex issues that he felt were not being addressed. He previously had a highly successful career but had become physically and mentally unwell in recent years. He shared with us the conditions he was going through and his experiences.

We suggested that 'B's case was brought to the JCM meeting due to the complexity of his issues. He had tried other services but there were still gaps in the support he was receiving.

The initial outcome of the JCM meeting was to refer the individual for an Improving Access to Psychological Therapies (IAPT) screening with Barnet Let's Talk, as well as make a referral to the Network and for the jointly devised wellbeing plan to be shared with the individual's social worker.

The case was followed up again at the next JCM meeting to capture his progress. At this multi-disciplinary meeting, an autism advisor from Barnet Mencap discussed how 'B' exhibited autistic traits, and recommended he be referred for an initial autism screening. This was added to the individual's wellbeing plan.

The result of the EHC and JCM discussions was that 'B' was successfully screened for autism and he is now on the waiting list for a formal diagnosis, something which was not picked up for many years. He received an assessment from Barnet Let's Talk and is awaiting psychological treatment. His referral to the Network was confirmed and he will be contacted at a later date.

Having accessed the Wellbeing Hub, 'B' said he finally felt listened to. He was aware of the outcomes of the discussion and said he felt that if he didn't access the Wellbeing Hub he would have continued to deteriorate and not have been able to access the support he required.



## Case Study C:

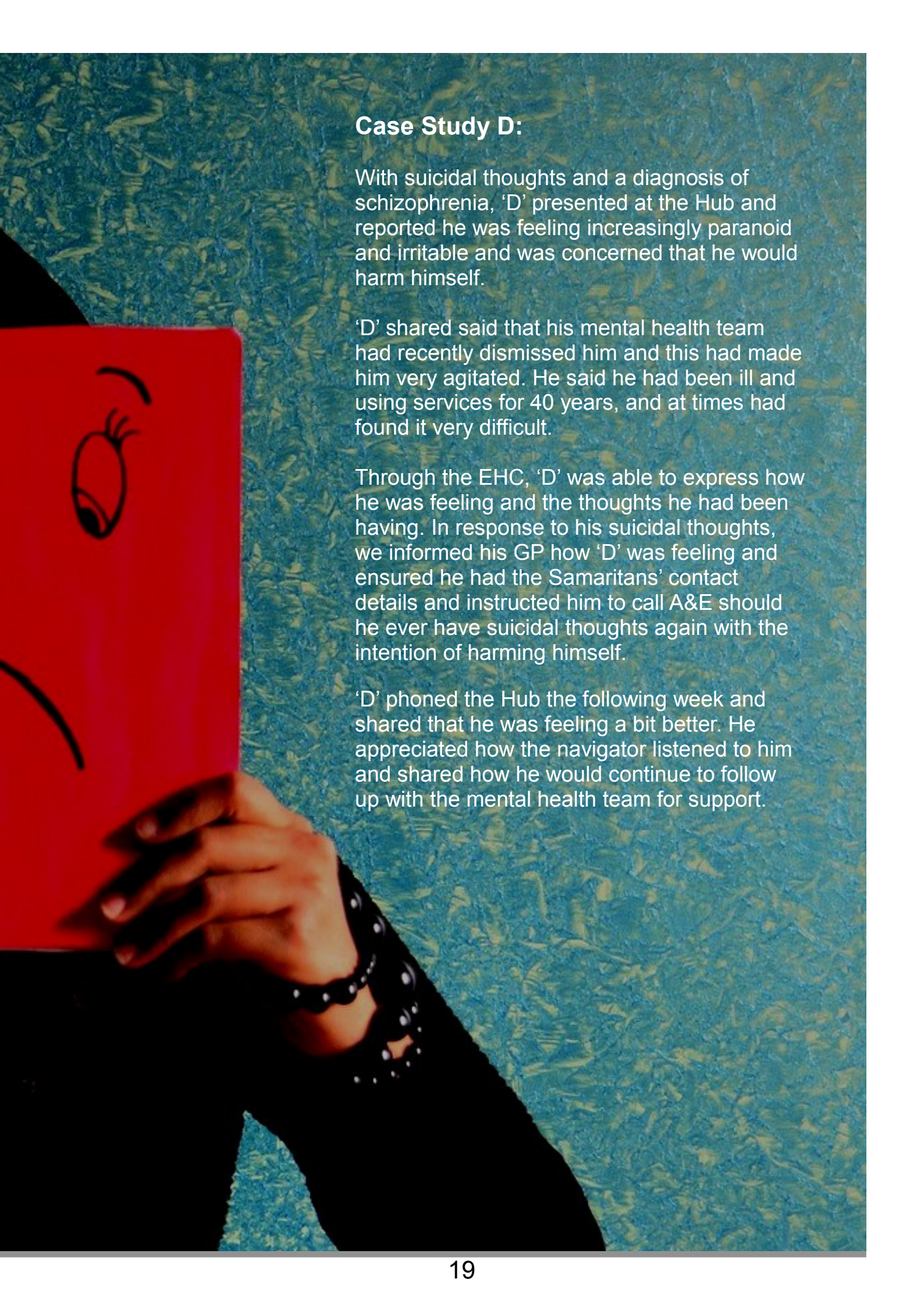
Having previously experienced domestic violence, 'C' presented at the Hub with severe depression and anxiety. She had previously self-referred to IAPT but was informed that it was not suitable for her at the time.

She informed us that she had nowhere else to turn. She said she was hearing voices, often voices from the past which were negative, and that she was having suicidal thoughts. 'C' shared that she felt it was difficult to engage with the services she had previously tried. She said she didn't feel that she was being listened to, and found it hard to express her feelings and articulate her situation. She said she often resorted to alcohol to manage her difficulties. 'C' found it difficult to admit this as she said she felt she would be judged.

Through the EHC she was able to talk more about how she was feeling and what she needed. We agreed that we could take her case to JCM and that she would attend our groups.

The referral was accepted and 'C' returned to the Meritage Centre to attend a wellbeing workshop. She was also signposted to the Mind in Barnet hearing voices group.





## Case Study D:

With suicidal thoughts and a diagnosis of schizophrenia, 'D' presented at the Hub and reported he was feeling increasingly paranoid and irritable and was concerned that he would harm himself.

'D' shared said that his mental health team had recently dismissed him and this had made him very agitated. He said he had been ill and using services for 40 years, and at times had found it very difficult.

Through the EHC, 'D' was able to express how he was feeling and the thoughts he had been having. In response to his suicidal thoughts, we informed his GP how 'D' was feeling and ensured he had the Samaritans' contact details and instructed him to call A&E should he ever have suicidal thoughts again with the intention of harming himself.

'D' phoned the Hub the following week and shared that he was feeling a bit better. He appreciated how the navigator listened to him and shared how he would continue to follow up with the mental health team for support.





### Case Study E:

'E' came to the Wellbeing Hub and said that her psychotherapist had left and that this had made her feel worse. She reported being on edge, anxious and felt unable to make herself understood at times.

It was revealed 'E' experienced trauma as a child and had absorbed herself completely in films and was working as a script supervisor. She said that she had always felt different and that this had caused her a lot of distress. She said that her psychotherapist had mentioned autism to her when she commented that she was wearing different socks to usual. She also described some other experiences such as an aversion to bright strip lighting and people misinterpreting her. We discussed this during the EHC and 'E' was then referred to Barnet Mencap for screening.

'E' contacted the Hub after her screening and said that it had been confirmed that she was autistic. She said that she felt hugely relieved that after years of feeling different she understood why and could begin to deal with it. 'E' said that she would attend groups at Barnet Mencap.

A few weeks later 'E' contacted the Hub. She had been asked to be in a short film for Barnet Mencap and had spoken about her experiences. She said that this has made her feel more empowered and it has also helped her with her career. 'E' is progressing well in writing a script for a film. She said she is now more confident and felt capable of informing others that she has autism.



A photograph of a person wearing a dark hoodie and jeans, leaning against a brick wall at night. The wall is illuminated by a warm, orange light, possibly from a street lamp. The person is looking down. The background shows a dark building with windows.

## Case Study F:

Having been referred by Job Centre Plus (JCP), 'F' came to the Hub to meet with a navigator and shared how he felt staff at JCP had not fully understood his issues.

He was very emotional, and shared how he had been a victim of torture and how he had been physically and sexually abused.

He was successful in applying for asylum in the UK but continued to feel extremely depressed, distressed and suicidal. He said he was highly anxious and had been unable to go outdoors in fear of being attacked.

'F' expressed how he was feeling unwell and shared what was triggering the suicidal thoughts and his intent to harm himself. 'F' provided his consent for us to contact his GP and an appointment was arranged for him to be seen immediately.

In liaising with the manager at JCP, the individual's work coach would keep in touch with him via phone calls and his GP reviewed his medication.

Following the meeting, the individual contacted the Hub to provide feedback, and commented on the positive experience in working with the navigator. 'F' said he finally felt listened to at the Wellbeing Hub.





## Case Study G:

Having lived in the UK for many years, 'G' had been unable to sponsor his children to come to live with him. Recently, upon returning home from visiting his friends in the UK with his children, he found that he had been evicted.

His belongings were left outside by the bailiffs and he and his family had been made homeless. 'G' had no choice but to send his children back to his native country. 'G' accessed Homeless Action Barnet, but was typically street sleeping.

'G' was referred to the Hub by Barnet Job Centre Plus. After sharing his issues, an appointment with a housing advisor based at the Hub was arranged.

Following the appointment, 'G' said he felt much more positive and had an action plan to sort out his housing issues.

'G' was very thankful to the navigator. He said he had been depressed and suicidal and felt that he had no way out from his predicament. With legal support he said he no longer felt helpless in seeking rehousing, and had hope that he could be reunited with his family in the UK in the future.



## Case Study H:

'H' shared with her navigator that she was groomed by her uncle as a child. She said she had been sexually abused but believed that her uncle loved her. She became pregnant, but was still being physically abused and eventually lost the baby. She had sought help for domestic violence and was diagnosed with Emotionally Unstable Personality Disorder, and was subsequently moved to Barnet.

The individual discussed how she felt she had missed out on many opportunities and wanted to get involved with learning more skills. She was signposted to a woman's only college where she explored different courses she was interested in.

A few weeks later, 'H' shared with the Hub that she had felt listened to and respected, and how the information given to her was based on her needs. She said she believed that her life will change for the better.





# Online Wellbeing Programme

## Case Study A:

Having gone through surgery, 'A' had spent a long time recovering at home. She said she had been suffering from chronic fatigue and low self-esteem during this period.

She participated in the Mood Boost webinar, and following this 'A' said she had been given the tools to move forward with confidence and the belief that she could re-enter the world.

The individual praised Dr Mike Scanlan for his work on the Online Wellbeing Programme, and said his professional conduct, brilliant ideas and strategies were what helped her to improve her self-esteem. She said she felt she had been guided by someone who was at the very top of their profession.

'A' said she would recommend the Online Wellbeing Programme to anyone in need of emotional or mental support.

## Online Testimonials

"These six weeks have been amazing. Thank you so much. These strategies truly do work."

"I want to live and take care of my children and myself."

"I am eating more healthily and doing more walking since the webinars started. I have lost some weight as well - thank you."

"This course has helped improve my mood and manage my thoughts. I am so proud of myself, thank you."

Find out more about the online programme at:  
[@bit.ly/barnetwp](https://bit.ly/barnetwp)



# The Future

## Support for Refugees

A key focus for the year ahead is to ensure the provision of a service targeted specifically at refugees and ethnic minority groups who do not readily access secondary Mental Health Services. This will be provided by the Barnet Refugee Service (BRS) who will deliver a range of wellbeing activities for individuals and groups. In addition, there will be targeted interventions specifically for refugees and asylum seekers with accommodation, employment and wider health promotion requirements.

The Wellbeing Service will work with BRS to identify funding opportunities to develop a local IAPT service from January 2019 aimed specifically at filling the local gap for accessing multilingual or mother tongue therapy services.

## Barnet's Diversity

To reflect the diversity of the borough of Barnet, the Wellbeing Service has plans to widen access of the Online Wellbeing Programme to all communities by offering modules in community languages such as Chinese and Persian.

In partnership with organisations such as Barnet Mencap, we are developing group sessions for individuals who experience difficulties with accessing online services.





# Employment Peer Support Service

This service is a complete end-to-end employment and retention service provided by Mind in Barnet for people aged 18 and over with mental health issues. A dedicated employment adviser will support individuals through one-to-one information and advice sessions covering the key areas of:

- Employability Skills
- Confidence and Motivation Building
- Job Search Support
- Support for those starting work from Employment Service, or already in employment but at risk of dropping out.



The background of the page is a photograph of several coats hanging on a rack. The coats are in various colors, including shades of purple, pink, and orange. The lighting is bright, creating strong highlights and shadows on the fabric of the coats. A semi-transparent blue rectangle is overlaid on the image, containing the text.

## Transition and Prevention Service

The Wellbeing Service currently supports residents discharged from hospital as provided by Inclusion Barnet. There is an opportunity to extend this service so that it supports in-patients into the Hub and consequently onto community services, with the clear aim of reducing revolving door re-admissions while easing the strain on statutory services.

This innovative service will work with people with the aim of achieving a more positive discharge experience by providing support in this process.



# Transforming Mental Health in Barnet Together

The Barnet Wellbeing Service would like to thank all the partner organisations who collaborate to provide such a high quality service to the community.

These organisations include:

Barnet Primary Care Link Working Team  
Chinese Mental Health Association  
CommUNITY Barnet  
Inclusion Barnet  
Mind Time Therapies  
The Network

Each partner organisation plays a crucial role in the work the Barnet Wellbeing Service does everyday, and we would like to extend our gratitude to all involved.

The Barnet Wellbeing Service is funded by Barnet Clinical Commissioning Group.



**Barnet**  
Clinical Commissioning Group





Barnet Wellbeing Service



CommUNITY Barnet  
supporting community organisations

Barnet, Enfield and Haringey **NHS**  
Mental Health NHS Trust  
A University Teaching Trust



The power of experience  
**ib** inclusion  
barnet

**MTT**  
Mind Time Therapies  
Webinars

mind  
matters  
barnet  
Surrey and Borders Partnership NHS Foundation Trust

**ACTION ON HEARING LOSS**  
A national charity since 1911

London  
**age UK**

Alzheimer's  
Society  
United Against Dementia

**ART**iculate

**BARNET**  
LONDON BOROUGH

Barnet Lone Parent Centre  
The voice of lone parents in Barnet

**barnet**  
me ncap

**BARNET**  
REFUGEE  
SERVICE

**BARNET VOICE**  
FOR MENTAL HEALTH

**carerstrust**  
Barnet Carers Centre  
action · help · advice

**citizens advice** Barnet

**CF** communityfocus  
THE ALL INCLUSIVE ARTS CENTRE

**Enablement**  
Helping people live, learn, life

**epilepsy action**

**FUTUREPATH**

**GREEN MAN**  
Community Centre

**HIB**  
HOMELESS IN BARNET

**Home Start**  
Support and Friendship  
for families  
Barnet & Harrow

**Kisharon**  
Education - Opportunity - Support  
Jewish answers for learning disabilities

**Jami**  
The Mental Health Service for our Community

**rainbow**  
MONEY ADVICE

**jvn** jewish  
volunteering  
network

**@Loveburntoak**  
Building a community, uncovering opportunity, connecting people

**Mind in Barnet**  
for better mental health

**MWS**  
Multilingual Wellbeing Services

**ONE HOUSING**  
LIVING BETTER

**outreach**  
barnet

**relate**  
the relationship people

**RICHMOND FELLOWSHIP**  
MAKING RECOVERY REALITY

**SureStart**

**Timebank Barnet**



03333 449 088

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



Barnet Wellbeing Service



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**NHS**

**Barnet**  
Clinical Commissioning Group