

Where you can find us:



We are based at the Meritage Centre in Hendon, just a short walk from Middlesex University.



Our friendly team are here to help you navigate a range of services

Get in touch

We look at your physical, emotional and social needs as a whole to identify services that would improve your wellbeing.



Talking Therapies



Wellbeing & Community



Advocacy



Information & Advice

The Meritage Centre,
Church End,
Hendon,
London NW4 4JT

03333 449 088
info@barnetwellbeing.org.uk

The Barnet Wellbeing Hub is part of the integrated Barnet Wellbeing Service.



Barnet
Clinical Commissioning Group

Barnet Wellbeing Hub



exploring solutions *together*

03333 449 088

www.barnetwellbeing.org.uk

The simple, welcoming gateway to Wellbeing Services in Barnet

What is the Barnet Wellbeing Hub?

The **Barnet Wellbeing Hub** is a warm and welcoming space providing a person-centred approach focusing on your needs and wellbeing.

One of our **Wellbeing Navigators** will **listen** to your personal story, **understand** your needs and **connect** you to services tailored for you.

We make it simple for you to access our service. Call, email or drop-in to see a navigator face to face; you can **choose**.



How can the Wellbeing Hub help you? What type of support can I get connected to?

Wellbeing & Community:

What's out there in Barnet? Share your interests, what would you like to try out? Get connected to activities including:

- Exercise (Tai Chi, Yoga etc.)
- Arts and Crafts
- Gardening and Growing
- Social Clubs and Wellbeing Workshops
- Volunteering opportunities

Advocacy:

It can be difficult to voice your opinions. We can connect you to a specialised service to help you make your voice heard.

Information and Advice:

We can link you up to get the information and support you need on a wide range of issues:

- Housing Support
- Employment Support Services
- Welfare and Benefits advice
- Debt advice and more...

The **Barnet Wellbeing Hub** is the front door that connects you with the services you need.

Through an **Emotional Health Check**, a "Wellbeing MOT", we help you to identify personal goals, and help you to create your own personal **Wellbeing Plan**. We do this through **Social Prescribing**, connecting you to community based services and activities that focus on improving your wellbeing, including:

Talking Therapies:

A space to talk to someone confidentially about anything that may be troubling you to help you explore, process, and manage your thoughts, feelings and behaviour. We can connect you to the local IAPT short-term therapeutic services or local counselling providers.

