

## What is the Hub?

The Hub is a new service providing a flexible, holistic, person-centred approach focusing on your individual needs and wellbeing.

There are a lot of different services throughout the borough and the hub makes it easier for people to access a number of different services more easily.

We aim to support your wellbeing through listening and understanding what you want then tailoring the

Our friendly team help you to navigate your way around our range of services.

Delivering care that goes beyond simply treating medical conditions, but also addresses physical, mental and social wellbeing.



**Talking Therapies**



**Wellbeing & Community**



**Advocacy**



**Information & Advice**



**Personalised Support**

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



Clinical Commissioning Group

# Barnet Wellbeing Hub

exploring solutions **together**



**03333 449 088**  
[www.barnetwellbeing.org.uk](http://www.barnetwellbeing.org.uk)

When you come to the health and wellbeing centre you are guaranteed a warm welcome.

## Simple - Easy - Welcoming

We aim to create a warm and welcoming space for you to learn more, access services, participate in activities that interest you, and to find out more information about what's out there in your community.

We are a team of

### Wellbeing Navigators

that are there to understand your needs, support you and encourage you to improve your wellbeing.

We will do this by offering you an Emotional Health Check. This helps you to identify services and activities that can benefit you.



## What does the Hub offer?

There are a wide range of services in Barnet, including:

### Talking Therapies.

'It's good to talk'. This is a space to speak to someone confidentially, about anything, to help you explore, process, and manage your thoughts, feelings and behaviour.

**Wellbeing and Community.** 'What's out there?' This service helps to find affordable things for you to do, such as:

- Tai Chi
- Yoga
- Arts and Crafts
- Line Dancing,
- And more,

**Advocacy.** 'Helping to make sure your voice is heard'. It can be difficult to voice your opinions. An advocacy service helps you find your voice and protects your rights and responsibilities, allowing you to explore your options.

### Information and Advice.

'Independent and confidential'. These services provide people with information and advice on a wide range of issues, including:

- Housing
- Employment
- Finance
- Debt, and lots more...

Contact us to find out about more

