

## Stories

The local Citizen's Advice Bureau had a client come in with mental health concerns. The staff directed this client to Hearts and Minds. Here they were able to find the appropriate support through our Health and Support Navigation services including participation in one of our wellbeing and resilience groups and further information on low-cost counselling. This is a great example of local organisations working together to ensure that members of the community are able to access the help they need.

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Global Food and Friends continues to welcome people from our community into the Northcote Hub every fortnight. This is where community members are able to connect with others, learn about local services and share food from around the world. There was a request from the group to invite organisations that have a focus on health to speak. In response to this, Optometrist Tony Cradwick presented to the group about glaucoma and the importance of early detection.



Similarly, Sinda Hall from Melanoma New Zealand also presented to the group around the importance of regular skin checks for early detection.



After these presentations everyone gathered together to share food and connect with each other.

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