HAWA
MULTICULTURAL SERVICES CIC
community | culture | empowerment

Wellbeing Café – Monday 09th November 2026

What a fantastic morning at HAWA MCS Wellbeing Café! We were delighted to welcome women from our local community for a meaningful and engaging session on Mental Health & Wellbeing.

We began the morning with a chance to pause, breathe, and reconnect with ourselves through 15 minutes of guided breathing and relaxation led by our fitness instructor, Dell Nistala. These simple techniques can help ease stress and anxiety, shift attention away from worries and encourage a greater sense of calm. Practised regularly, they can become a valuable everyday tool for supporting mental wellbeing, a gentle yet powerful way to open our session and a reminder that self-care can start with just a few mindful breaths.

From taking a mindful breath to talking about what weighs on our minds, the morning continued with a meaningful discussion about mental wellbeing. Together, we explored how stress, anxiety, overthinking and worries about family, health, finances, work, and relationships can affect us. We shared practical ways to support ourselves and build emotional resilience through gratitude, self-love, positive thinking, exercise, deep breathing, prayer, patience (Sabr), seeking support and learning to live in the present moment.

A special highlight was welcoming our guest speaker, Kirandeep Chohan from NHS Talking Therapies (HPFT), who shared valuable information about the mental health support available through the NHS.

NHS Talking Therapies offers free and confidential psychological support for adults experiencing anxiety, depression, stress, low mood, and other common mental health difficulties. Depending on individual needs, support may include Cognitive Behavioural Therapy (CBT), counselling, guided self-help, workshops, and therapy sessions delivered face-to-face, online or over the telephone.

An important message was that you do not have to wait until you reach crisis point to seek help. You can usually refer yourself directly without needing a GP referral.

If you or someone you know could benefit from support, you can contact Hertfordshire NHS Talking Therapies:

🌐 Online information and self-referral:

https://www.hpft-talkingtherapies.nhs.uk/referral

📞 Telephone: 0800 6444 101

📧 Email: hpft.spa@nhs.net

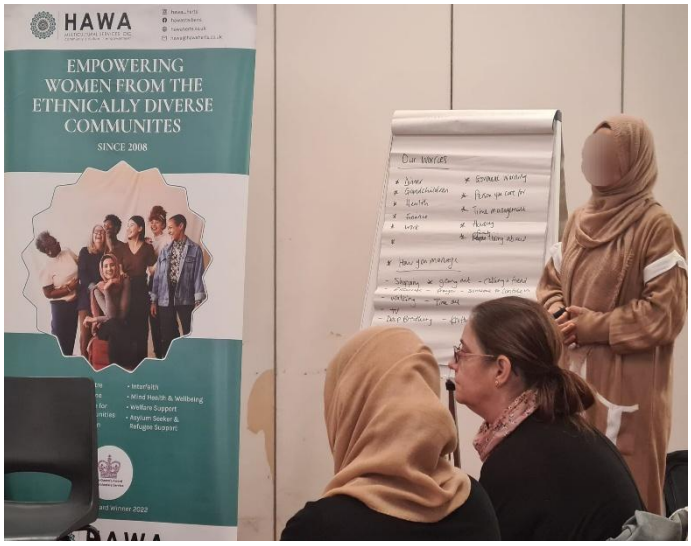
Telephone enquiries: Monday to Friday, 9am–5pm.

Here are some pictures from today's Wellbeing Café, capturing moments of connection, learning, and togetherness.









A heartfelt thank you to Kirandeep for raising awareness and helping women understand how to access support, and to everyone who attended and contributed so positively to the session. Special thanks also go to Peggy Sharp from St Albans City & District Council for attending and supporting this initiative.

At HAWA Multicultural Services CIC, we are passionate about creating welcoming spaces where women can connect, learn, share experiences, support one another, and thrive. Together, we support, empower, and thrive!

Saheli Day Centre