



Updated October Minutes

Dear all,

It was good to see many of you over zoom. We introduced and heard from: -

- **Hilda Kalap** a Holistic health practitioner, author and motivational speaker. She runs her own energy healing and coaching practice. Much work focuses on people that want to take the next step in the lives with bespoke services.
- **Jacqui Cave** who told us about the Strength Based Conversations training that will be open to all colleagues, volunteers, groups in mid Devon and that Citizens Advice runs numerous community projects, ran by various specialists.

For full notes and conversation you can see the pdf links just below:

[15th October Meeting Notes](#)

The next Mental Health Meeting will be held on:

Friday 3rd December 2021

10:30 – 12:00

Mental Health Network Meeting Zoom Link:

<https://us06web.zoom.us/j/82910536026?pwd=YjJMUDBiVGxIV2x1QVVXY1h3Vms3dz09>

Meeting ID: [829 1053 6026](#)

Passcode: 269773

Please ensure that you have LIKED our Facebook Page and that you are posting updated information about anything NEW about your service. Please also direct your service users to the site.

[Mental Health Network Facebook Page](#)

Please let us know if you have anything you would like to share to our distribution list or if you would like a 20 minute slot to discuss your service.

Warm Wishes

Sarah-Lou Glover

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