

**THE HEALTH & WELLNESS HUB STATEMENT OF BALANCES AS AT  
31st December 2014**

**The Health and Wellness Hub**



*"Providing a Holistic Approach  
to Health and Wellbeing"*

**Annual Report 2014/15**

	<u>2014</u> <u>Unrestricted</u> <u>Funds</u>	<u>2014</u> <u>Restricted</u> <u>Funds</u>	<u>2014</u> <u>Total</u> <u>Funds</u>	<u>2013</u> <u>Total</u> <u>Funds</u>
Balance of funds brought forward	2518.83	4597.17	7116.00	7067.85
Surplus for the period	-320.64	1163.11	1163.11	48.15
Balance of funds carried forward	2198.19	5760.28	7958.47	7116.00
<b>Represented by:</b>	<u>2014</u> <u>Unrestricted</u> <u>Funds</u>	<u>2014</u> <u>Restricted</u> <u>Funds</u>	<u>2014</u> <u>Total</u> <u>Funds</u>	<u>2013</u> <u>Total</u> <u>Funds</u>
Cash at Bank:	2108.41	5760.28	7868.69	7002.77
Cash in Hand	89.78		89.78	113.23
	2198.19	5760.28	7958.47	7116.00

The financial statements were approved and authorised by the Management Committee on 26th February 2015:

Lisa Marie O'Neil  
Treasurer

Bernadette McDonald  
Chairperson

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# INTRODUCTION

The Health and Wellness Hub were established in January 2012 due to a recognised gap between exclusion and access to services within North Lanarkshire.

We provide a variety of weekly health improvement and wellbeing services, supports and activities that help address people's physical and emotional health and wellbeing needs. We break down existing barriers to participation such as financial hardship, health issues or other disadvantage that may normally prevent them from participating in mainstream activities. Our services are tailored so there are no barriers to participating, this allows people to address their emotional and physical health and wellbeing needs and lead as fulfilled a life as possible.

Our weekly activities include fitness sessions (e.g. yoga, laughter yoga, T'ai chi, Zumba, walking) alternative therapies and healthy cookery classes. We also offer training and volunteer opportunities to local people, in particular to those who face barriers.

Our funding comes from a variety of sources including Voluntary Action Fund, North Lanarkshire Council and Comic Relief through Foundation Scotland.

[www.thehealthandwellnesshub.org.uk](http://www.thehealthandwellnesshub.org.uk)  
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## Welcome to our 2014/15 Annual Report.

There have been a number of changes since our last Annual report. We hope to give you a snapshot of 2014 and what the future for The Health and Wellness Hub looks like in 2015.

### A Snapshot of 2014

- Thanks to The Big Lottery (Awards For All) we were able to run a variety of weekly activities free of charge until June 2014.
- Thanks to 2014 Communities Fund, we were able to run weekly keep fit classes free of charge until December 2014.
- Thanks to Voluntary Action Fund, Foundation Scotland & NHS Health Improvement, we have been able to offer a free weekly health and wellbeing programme in the Craigneuk area. According to the Scottish Index for Multiple Deprivation (SIMD) statistics, Craigneuk is the 9th most deprived area in Scotland. Activities have included REHIS training, healthy cookery, yoga, tai chi and holistic therapies.
- We have done a variety of evaluations in 2014 and the results show the direct, positive impact our services are making to people's emotional and physical health. We are making a real difference to people's lives.
- Funding received in March 2014 from Voluntary Action Fund meant we could employ a part time "Project Coordinator" and offer volunteering opportunities that included training. This has been hugely successful. We now have 12 volunteers who have been trained with us in a variety of skills including walk leader training, massage, reiki, laughter yoga, healthy cookery and mental health first aid training, we also have 6 volunteers with similar type skills who already had training /qualifications in place and wanted the opportunity to work with us. All of these volunteers now offer a variety of services to our service users.
- In October 2014, volunteers attended training run by Alzheimer Scotland and we are now recognised as a "Dementia friendly" organisation.
- We are continuing to establish strong partnerships with third and statutory sector organisations with similar remits.

## Looking forward to 2015 and beyond

- We have secured funding from Comic Relief through Foundation Scotland to continue running a weekly service in Craigneuk and North Motherwell that will be mainly run by trained volunteers and will allow us to recruit and train new volunteers.
- We have secured funding from North Lanarkshire Council Grant Award Scheme which will allow us to further develop our services in Craigneuk and further develop volunteers.
- We have plans to offer our community based activities into 2 new geographical areas that are classed as "highly deprived" by The Scottish Index for Multiple Deprivation (SIMD)
- We will have a new set of services that can be offered to organisations with an ethos around health and wellbeing, which will help us further develop as a Social Enterprise.
- We hope to secure long term (3-5 year) funding to build capacity.
- We will continue to design and redesign our services in line with what people need around health and wellbeing, so we keep giving people the best service possible, which addresses their health and wellbeing.
- We will continue to build on our partnerships.

At the end of this financial year, Craig Gibson of WDM Associates is our appointed independent examiner for our annual accounts. We would like to welcome Craig to The Health and Wellness Hub

Finally, we would like to take this opportunity to thank our Management Committee (past and present) for their support and commitment. We would also like to thank our workers and volunteers. We would not have been able to continue offering our services to those people who need it most without you, so thank you. Your passion, enthusiasm and most importantly your commitment is greatly appreciated and we look forward to seeing what 2015 holds for us.

**Bernadette McDonald – Chairperson**  
**Ayeshah Khan – Project Coordinator**

## CASE STUDIES

### Case Study 1

*Anna experienced severe anxiety, she attended the North Motherwell Hub, received reiki and massage, she then trained in Swedish massage and now volunteers at the North Motherwell Hub each week. This has helped Anna immensely with her anxiety. She goes out more, has made new friends and has more confidence. Anna now has a goal to get back into employment in 2015 using her new found confidence and the new skills she has gained.*

### Case Study 2

*Lisa Marie has a physical disability and was referred through Occupational Therapy. She received reiki at the Craigneuk Hub and went on to train as a reiki therapist and now volunteers at the Craigneuk Hub. Lisa Marie has grown in confidence, she is able to use reiki to self-manage her pain and also helps others each week too. In December 2014, Lisa Marie joined our board and now plays a pivotal role in the development of services.*

### Case Study 3

*Natasha has a learning disability. She attended the North Motherwell Hub and received massage treatments. She then trained as a massage therapist and now volunteers with the North Motherwell Hub. Natasha was very shy and would not speak much without her support worker. Natasha now volunteers independently without a support worker present and gives service users massage tasters each week, her confidence is very high now and she has been speaking about setting herself up as a self-employed therapist.*