

The Health and Wellness Hub - A Place to Meet, Greet, Heal, Laugh, Grow and Shine!



MARCH 2019 Overview

From 01st March 2019 to 31st March 2019 we have worked with 150 individuals who have accessed our services.

129 of these individuals have attended our weekly Community Health Hubs

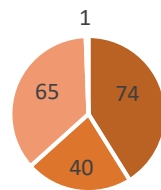
Within our "Transforming Lives" Volunteering Programme. We are working with 21 volunteers who have varying support needs e.g mental health issues, long-term conditions etc.

During the month of March our volunteers have collectively worked 183 volunteering hours.

The Health and Wellness Hub have had the privilege of working with people within the Lanarkshire area since 2012. Our aim is to work within communities that have high levels of deprivation. The organisation provides services to individuals within these communities who face disadvantage and have barriers to accessing mainstream services.

We are deeply passionate about the people we work with, we have demonstrated that the services we offer are very effective in improving peoples emotional and physical health as well as reducing social isolation.

March 2019



■ Massage ■ Reiki ■ Tai Chi ■ Hopi Ear Candling

From 01st January to 31st March 2019, we have engaged 458 times with our service users. Services include a number of different therapies and gentle fitness classes, tai chi, yoga and relaxation classes

25% of our service users have stated that since attending our hubs, their Health & Wellbeing has improved, resulting in reduced GP visits, visits to A&E and reduction in medication

"I don't have the words to express just how much of a help The Hub and Claire have been for me. I attend weekly now and when the service was closed over the festive period, I was in so much pain all over my body and couldn't wait to get back when it re-opened and Claire got my muscles sorted again and I got relief for about five days afterwards. Thank you so much to everyone for the high standard of treatment that you provide for people in the community at such reasonable prices."

The Health and Wellness Hub

Community Health Hubs Activity Programme

Mondays

John McCormack Community Centre
10 - 12
Holistic Treatments

Tuesdays

Orbiston Neighbourhood Centre
10 - 12
Holistic Treatments

The Health and Wellness Hub Offices
6.45pm-7.30pm
Yoga (Pre-Bookable/Pre Payable)

Wednesdays

The Health and Wellness Hub
10 - 12
Holistic Treatments

Thursdays

Pat Cullinan Community Centre
10 - 11
10 - 11.30
Holistic Treatments

For more details TEL: 01698 262437

FACT

It costs the NHS **£110** per attendance at A&E

It costs the NHS **£142** to attend a psychiatrist at a hospital outpatient clinic

According to Government Data, a single 11 minute trip to the GP costs the NHS **£45**

It costs **£27** for a 7 minute telephone consultation with a GP.

Home visits from a GP lasting 23 minutes cost **£114**.

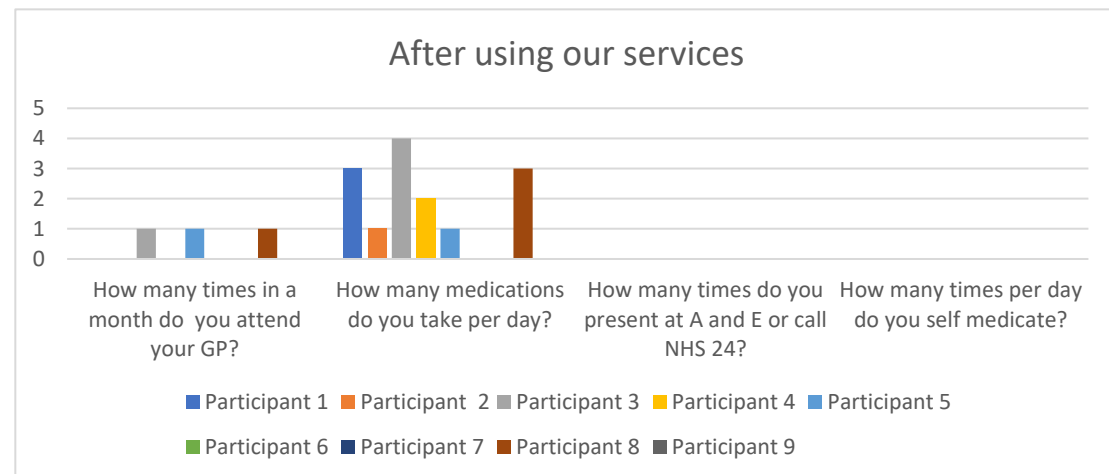
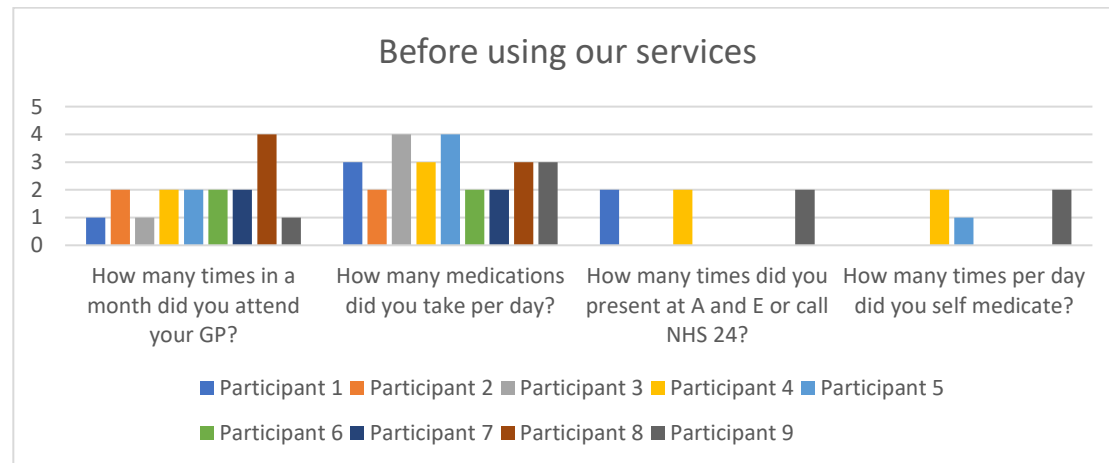
I am so much happier than I was before, my depression has gone, and I have been off my anti-depressants for six months now and I no longer need to see my counsellor and occupational therapist. At home, I am back to my normal self and my children have noticed. I am back out shopping with my girls and spending quality time with them at home. They have said how much happier I am and know what days I go to work as they can see it in me in the morning.

Transforming Lives Volunteer Programme

The Transforming Lives Volunteer Programme is aimed at individuals who have a number of support needs and are marginalised and disadvantaged in some way e.g learning, physical disability, long term health condition, mental health issues etc.



IMPACT REPORT FROM VOLUNTEER DEVELOPMENT



Voscar winner in November 2016 for "Engaging Support Needs Volunteers"



Winner "volunteering" Award at North Lanarkshire Community Learning and Development "Celebration of Learning" Event in November 2018