

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



## MAY 2019 Overview

From 01<sup>st</sup> May 2019 to 31<sup>st</sup> May 2019 we have worked with 141 individuals who have accessed our services.

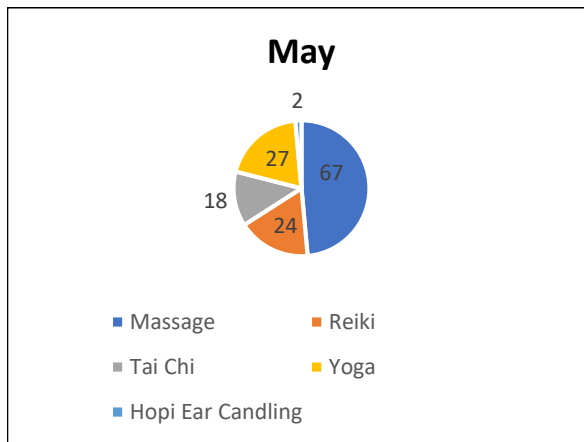
138 of these individuals have attended our weekly Community Health Hubs

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 May our volunteers have collectively worked 154 volunteering hours.

The Health and Wellness Hub have had the privilege of working with people within the North 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.



**From 01<sup>st</sup> January to 30th May 2019, we have engaged 783 times with our service users. Services include a number of different therapies and gentle fitness classes, tai chi, yoga and relaxation classes**

## Did you know...

**The Health and Wellness Hub also run evening classes...**

**There have been 74 attendances through our evening classes since starting in October 2018.**

"Class is very calming, can feel myself becoming more flexible"

"Feel so relaxed and calm during and after class. It's the only night I sleep through the night, I'm so relaxed"

## The Health and Wellness Hub

### Community Health Hubs Activity Programme

#### Mondays

John McCormack Community Centre  
10 - 12  
Holistic Treatments – Only £2 pp

#### Tuesdays

Orbiston Neighbourhood Centre  
10 - 12  
Holistic Treatments - Only £2 pp

The Health and Wellness Hub Offices  
6.45pm-7.30pm  
Yoga (Pre-Bookable/Pre Payable) – Phone office for details

#### Wednesdays

The Health and Wellness Hub  
10 - 12  
Holistic Treatments - Only £2 pp

#### Thursdays

Pat Cullinan Community Centre  
Holistic Treatments 10-11 – Only £2 pp  
Tai Chi 10 – 11.30 – Only £2 pp

The Health and Wellness Hub Offices  
7.00 pm-7.45pm  
Meditation (Pre-Bookable/Pre Payable) – Phone office for details

For more details TEL: 01698 262437 or email [info@thehealthandwellnesshub.org.uk](mailto:info@thehealthandwellnesshub.org.uk)

It was such an achievement for us here at The Hub to be a finalist in the Lanarkshire Business Excelland Awards 2019.

The category we were selected for was “**Community Impact**”

Although we didn't win the award, we still have another outstanding certificate to show how far we reached in the process.

The judges said it was the most difficult category to judge. Well done to everyone here at the Hub and thank you to all our service users for your continued support.

### Service User Feedback - MAY 2019

“Very good, the last massage helped me sleep better”

“Excellent treatment, I am very happy!”

“Massage helps where I have pain, you're number one!”

“Feels good after having a massage”

## 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.



### MEET THE TEAM...CARFIN HUB MONDAYS 10-12

The Health and Wellness Hub will introduce our volunteers who are part of our award winning “Transforming Lives” Volunteer Programme.

**Tracey** – Carfin Hub Leader – Tracey has volunteered with us since April 2017; she came to hub to help her get out the house. Tracey is also one of our Community Ambassador's for the organisation, representing us at events to promote The Health and Wellness Hub on what services we offer. She also volunteers in our Butterfly café one day a week.

**Jasmine** – Has volunteered with us since March 2019; she came to the hub as she liked the sound of volunteering and wanted to get in touch with the community. She is a therapist trained in massage, although she is very passionate about taking part in our allotments to help grow our own produce to cook in our café.

**John** – Has been volunteering with us since April 2019; he came to the hub to get back into the community and has experience in gardening. He will help out at our allotments to help set this up and can give us advice.



### Latest News...

We're up for another award! On the 18<sup>th</sup> June 2019 we will attend the NLC Community Learning and Development's “Celebration of Learning” Event. More to follow on how we get on...