

ON TO THE NEXT CHAPTER.

As many of you already know we said goodbye to our Wellness Centre in Brandon Parade at the end of June and moved back to our premises at 58-60 Albert street, Motherwell.

Our treatments will still be running as normal so if you would like to book an appointment with one of our experienced therapists please call us on 01698 262437.

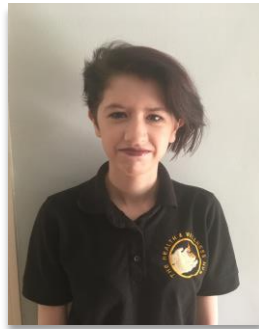
The Health and Wellness Hub



JULY 2018 NEWSLETTER

AN INTERVIEW WITH... JENNA GILLESPIE

We would like to introduce you to our newest member of the Health and Wellness hub, Jenna, who joined us in March 2018, through community job Scotland initiative run by SCVO. Here's what Jenna had to say...



What do you like most about working at The Health and Wellness Hub? I really enjoy going to work and having a purpose each day. I love how everyone supports you through your tasks and pushes you to be the best version of yourself.

Interests and Hobbies? I'm an avid reader of both fiction and non-fiction, I'm a fan of HP Lovecraft and Terry Pratchett. Art is also a great passion of mine, from painting to sculpture, I love it all.

What is your favorite holistic therapy? My favorite therapy is a hand massage, it is very relaxing.

What do you hope to gain from your experience with The Health and Wellness Hub? I hope to gain more confidence in myself and my abilities, as well as developing the skills I already have and create new skills.



Benefits of a Hand Massage

Receiving a hand massage can have a significant amount of health benefits, such as enhanced circulation, muscular tension, improved range of motion, pain relief (especially in people who suffer arthritis) and much more. Hand massages are typically 15 minutes long but they are very effective and one of the most relaxing treatments we have to offer, you won't be disappointed, so book in today



Activity Programme from w/c 20th August 2018

Mondays

John McCormack Community Centre, Carfin. 10am - 12pm - Holistic Treatments

Tuesdays

Orbiston Neighbourhood Centre, Bellshill. 10am - 12pm - Holistic Treatments

Wednesdays

Motherwell Library. 9.30am - Wellness Walkers (FREE Health Walk)

Thursdays

Pat Cullinan Community Centre, Logans Road, Motherwell. 10am - 11am T'ai Chi and from 10am - 11.30am - Holistic Treatments



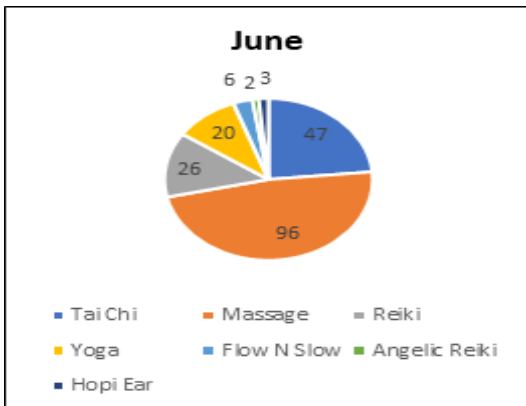
Let's Dig into Men's Mental Health!

Sadly, in the last few months in the areas of Motherwell and Wishaw there have been a significant amount of young people who have taken their own lives. The Health and Wellness Hub want to try in any way to help, so we came up with a great idea to open an allotment space in the Forgewood area of Motherwell (which is managed by the charity, Headway) This project will be aimed specifically at young men with mental health issues. The project will involve participants learning and using practical skills to run and maintain the allotment space on a regular basis. The project will also allow participants to learn skills which can help them with their overall mental health and feel physically and emotionally better. It will be a great opportunity for them to

meet new people, support each other and become less isolated and our hope is that it goes some way in addressing this difficult issue.

Volunteer Goals

A HUGE congratulations to 4 of our volunteers, Crawford Hare, Claire Wilson, Elaine Stewart and Maureen Todd, who were recently recognised by North Lanarkshire Council Motherwell CLD team at their Celebration of Learning event on 22 June 2018, held in Pat Cullinan Community Centre, Motherwell. Maureen and Claire attained an SQA qualification for Personal Development at Level 4. Crawford, Elaine and Maureen attained an SQA qualification in Preparing to Volunteer at level 4 and Volunteering Experience at level 4 and Elaine also successfully attained an SQA qualification for Personal Development at level 3. Well done to you all, we are very proud of you!



Client Feedback

The Health and Wellness Hub always aim to help every client who walks through our doors. Here is a snapshot of what we have provided during the month of June.

Some of the latest feedback from participants and their experiences with us.

- *“Always come away feeling good, treatments are very professional and affordable”.*
- *“Warm and friendly service, made you feel so relaxed before you went in”*
- *“I go to Tai Chi and the improvement in my health is remarkable. My balance has improved and also my wellbeing”*
- *“I attended a six week course of Tai Chi, Yoga and choice of treatments. I found the experience to be very positive and staff/volunteers to be extremely friendly and helpful. I would highly recommend the services and treatments provided”*
- *“Since joining the hub, I feel more focused on life. I feel physically better it has helped my mobility and makes me want to focus on getting fit”*

Volunteer Opportunities

Would you like to feel more confident, boost your wellbeing and become part of something that helps others and makes a difference to you and in your community? If the answer is Yes, then The Health and Wellness Hub is the place for you!

Volunteer opportunities are open to individuals who are unemployed and have barriers or support needs (e.g. learning/physical disability, long term mental health condition etc.)

So if you would like the opportunity to volunteer with us, please do get in touch to have a chat with us in more detail.

We look forward to hearing from you!