

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



APRIL 2019 Overview

From 01st April 2019 to 30th April 2019 we have worked with 124 individuals who have accessed our services.

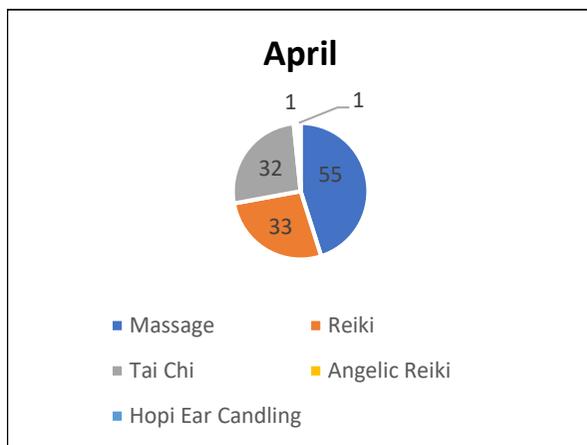
122 of these individuals have attended our weekly Community Health Hubs

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 April our volunteers have collectively worked 80 volunteering hours. This is a reduction from March due to Easter Holidays.

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 01st January to 31st April 2019, we have engaged 582 times with our service users. Services include a number of different therapies and gentle fitness classes, tai chi, yoga and relaxation classes

The Health and Wellness Hub's very own Butterfly Café opened 16th April. Since opening we have had over 50 attendances at our café!

Look at our feedback below to see what people are saying...

"Had a lovely wee lunch today at The Hub. Thoroughly recommend. Staff excellent as was the vegetarian chilli in my baked potato. Food served promptly too for anyone in a hurry. Well done to everyone involved in this lovely community hub."

"I would like to say the lunch we had yesterday was lovely! The service was very good with the drink and food arriving promptly. Everyone really enjoyed what they had ordered and I was impressed with the choice on offer. Very good value for money, we will be visiting again!"

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
10 - 11
10 – 11.30
Holistic Treatments - Only £2 pp

For more details TEL: 01698 262437 or email info@thehealthandwellnesshub.org.uk

WE ARE A FINALIST FOR THE LANARKSHIRE
BUSINESS AWARDS...

Another achievement for us here at The Hub...

In April 2019 it was confirmed that we have been selected as a finalist in the Lanarkshire Business Excellence Awards.

The category we have been selected for is
“Community Impact”

Please wish us luck for the 31st May when the winner will be announced at the awards ceremony. We couldn't do it without your continued support!

Service User Feedback - April

“Marvellous. Very relaxing atmosphere”

“Very Relaxing. My body feels good”

“Excellent. Very Relaxed. Would like you to come back and receive another massage”

“Very Relaxed, laid back and I thoroughly enjoyed it. Would recommend to others”

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.



VOLUNTEER TRAINING IN APRIL 2019

Well Done to our staff and volunteers who completed their Child Protection Training.



Latest News...

We have been commissioned by the Community Capacity Building and Carer Support structure within the partnership to deliver a 1 year project starting in June 2019. More news to follow...

We have introduced a new meditation support group which will commence Thursday 30th May and will run weekly for four weeks. A 4 week block is £15 and runs from 7.00pm – 7.45pm.

Contact us for more information...