

## OUR NEW PREMISES!

We are excited to announce that we have moved (yes again!) to a new premises, Our new office is located at Unit 3, 58-60 Albert street (right next door to our old office) This new office is much larger than our old offices, which gives us the opportunity to expand our activities and services, which means we can help more local people address their health and wellbeing. On Saturday 6<sup>th</sup> October from 11-3pm, we are holding a Community Day where anyone can come and see our new premise for themselves, get to know our staff and volunteers and try out some of the services and activities that we have on offer. All therapies are still available to book, just give us a call on 01698 262437.

### Our New Offices



# The Health and Wellness Hub



## OCTOBER 2018 NEWSLETTER

### AN INTERVIEW WITH... Maureen & Norma

We would like to introduce you to our newest staff members of the Health and Wellness hub, Maureen Todd and Norma Fagan, who joined us in September 2018 as our new Volunteer Coordinators.



#### What do you like most about working at The Health and Wellness Hub?

**N:** I enjoy going to work and feeling like I have purpose, I'm also grateful for the support around me and getting to learn new skills.

**M:** I enjoy helping people to feel good after their therapy's and meeting people who are going through a tough time but refusing to let it hold them back.

#### Interests and Hobbies?

**N:** I frequently go to the gym as it helps with my anxiety and I like to read a lot of real-life stories and crime books.

**M:** In my spare time I mostly love to spend time with my family and I also go walking to stay active.

**What is your favorite holistic therapy?** **N:** I really enjoy Reiki, it helps me relax. **M:** I Also enjoy reiki the most, it really helps calm my anxiety and reduces stress.

**What do you hope to gain from your experience with The Health and Wellness Hub?** **N:** I am looking to develop my skills and gain confidence within myself and the organisation. **M:** I hope to gain more confidence and I'm looking forward to helping people with similar backgrounds and having support for myself.

### Benefits of a Reiki



Reiki is a form of alternative therapy commonly referred to as energy healing. It emerged in Japan in the late 1800's and is said to involve the transfer of universal energy from the therapist's palms to the client. There are endless benefits to Reiki such as reducing stress and anxiety, balances energies and chakras, relieves pain and discomfort and much more. So, book in now and feel the amazing benefits of Reiki.



### Activity Programme for Community Hubs

#### Mondays

John McCormack Community Centre, Carfin  
9.30am to 10am -Gentle Fitness (£2) & 10am-12pm Holistic Treatments (£2)

#### Tuesdays

Orbiston Neighborhood Centre, Bellshill. 10am - 12pm - Holistic Treatments (£2)

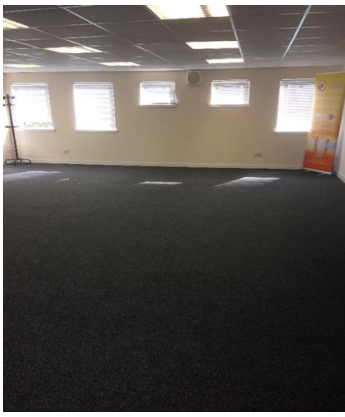
#### Wednesdays

Our Offices, Unit 3, 58-60 Albert Street, Motherwell 11am -1pm -Holistic Treatments (£2)

#### Thursdays

Pat Cullinan Community Centre, Logan's Road, Motherwell  
T'ai Chi 10am - 11am (£2) & 10am - 11.30am - Holistic Treatments (£2)





## Multipurpose Room for Hire

The Health and Wellness Hub are a Registered Charity who offer a variety of health and wellbeing related services and activities.

Located just 10 minutes' walk from Motherwell town centre, the offices are fully accessible and directly outside the building there is a good number of car parking spaces available.

The multipurpose room is fully accessible and provides a versatile space that can be arranged to fit your purpose e.g. training, meetings, activity/ group sessions, fitness classes etc. The room can accommodate up to 50 people and has a break out area which would comfortably seat 15-20 people. At an additional cost, we can also provide Tea and

coffee/biscuits and equipment such as flipchart and projector. If you are interested in booking, please contact our office on 01698 262437 or email us at [bookings@thehealthandwellnesshub.org.uk](mailto:bookings@thehealthandwellnesshub.org.uk)

## Volunteer Goals

Our community Ambassadors Elaine and Tracey were recently invited to speak at the Bellshill and Motherwell area Locality Network Events run by VANL. Elaine and Tracey completed a presentation and shared their very personal stories of volunteering with The Health and Wellness Hub and they got an amazing response! This was their first time presenting at an event like this and they really impressed everyone. We would also like to thank our volunteer Yvonne, who was there promoting the work we do within the organisation too. We are all very proud of them, they are fantastic ambassadors for our organisation.



## New activities in October

This October we will be introducing two new evening classes in Yoga and Tai Chi.

**Yoga starts 16<sup>th</sup> of October, 6:45pm till 7:30pm**

**Tai Chi starts 24<sup>th</sup> of October 7:00pm till 7:45pm**

These classes are available in 4 week blocks and pre booking/paying is essential to secure your place. Payment is £15 for the 4 weeks and should be paid no later than 12<sup>th</sup> October to secure your place.

If you are interested, please give us a call on 01698 262437 or pop in and we would be happy to have a chat with you.

## Some of the feedback from previous participants and their experiences in our classes.

- *"I feel healthier, more confident with my balance and walking. I love meeting friends at the class and learning with them and having fun".*
- *"Great Tai Chi class, great group of people and lovely teacher. A joy to attend and made to feel very welcome".*
- *"Since joining the class, I feel more focused on life. I feel physically better it has helped my mobility and makes me want to focus on getting fit. Also engaging more with other people".*
- *"I've enjoyed this class immensely, I always feel calmer after every class. I suffer from anxiety and it's the one thing I look forward to every week"*

## 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!