

The Health and Wellness Hub



Annual Report – 2022/2023

Social Enterprise Awards Scotland 2021 Finalist in the “Social Enterprise Champion” Category

NLC Provosts Citizenship Award 2021 in Recognition of Outstanding & Dedicated Service to Community

NatWest Social Enterprise top 100 list for 2020

Lanarkshire Business Excellence Awards 2019 Finalist (Community Impact Category)

VOSCAR winner 2016 for “Engaging Support Needs Volunteers”



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The Health and Wellness Hub is a Scottish Charitable Incorporated Organisation (SCIO) No. SC047372

Background

Deprivation and poverty go hand in hand with poor health and wellbeing outcomes and people with medical and social problems are often unable to access the very services which will support and address these issues. Often, they are unaffordable, inaccessible or there are confidence barriers to accessing them. In 2012, our organisation recognised this in North Lanarkshire and wanted to address the gap by providing a health and wellbeing service which was non-clinical, therapeutic, holistic and was also affordable, accessible, and most importantly inclusive so in the June of that year, a health fayre was run to confirm this need and 100 local people showed up, telling us that there was a need for a locally based community health and wellbeing service. Since 2012, the organisation has built up a good local reputation in North Lanarkshire with local people and organisations and we have a good grasp on continuing to address local challenges within our community. This has been further evidenced during the Covid 19 crisis and now again during the cost of living crisis.

We have a particular focus on helping people who are marginalised and disadvantaged by reason of age, ill-health, disability, and financial hardship and we provide community-based services in areas of North Lanarkshire that are in the top 5-15% data zones for multiple deprivation according to Scottish Index for Multiple Deprivation (SIMD stats 2020) thus working towards trying to reduce health inequalities.

The Health and Wellness Hub operate as a Scottish Charitable Incorporated Organisation (SCIO) and some of the key services we provide which address the issues outlined above include:

- A Holistic centre -providing specialised programmes for people with a range of health issues, provision of therapies, classes, training, workshops etc, a volunteer led community café and multipurpose rooms for hire and lease.
- Volunteer led weekly health and wellbeing “Hubs” in community settings within North Lanarkshire where multiple deprivation exists. Hubs provide access to proven nonclinical/holistic type activities such as Tai Chi, yoga, mindfulness, relaxation classes, holistic therapies, which help improve emotional and physical health. Participants also have the opportunity to meet new people, develop skills, create circles of mutual support and reduce social isolation levels. Currently running weekly in 2 areas of North Lanarkshire that are within the top 10-15% data zones for multiple deprivation. Since 2012, have operated in 17 other areas of North Lanarkshire.
- A Volunteer Development Programme (Transforming Lives) aimed at people with a diverse range of health needs where they can learn new skills, be part of a peer support network with others who have similar lived experiences and share their skills and support local people by contributing in a volunteer capacity in our other services e.g “hubs”, gardening group etc.
- A health and wellbeing service (social enterprise activity) to various community groups and organisations (third and statutory sector) across North Lanarkshire.

The Charity is an accredited Living Wage Provider and currently employs 13 staff. The charity identifies as a Supported business (employs a percentage of people with barriers and are furthest removed from the labour market) There have been 19 volunteers who have been employed by the charity and 8 of our current staff who were previously volunteers are currently still employed with the charity.

Our Vision Statement

“To create a relaxing, welcoming, non-clinical and therapeutic space that works for everyone.

In this safe space, we guide and support people through a holistic process that is healing for body, mind, and soul.

We support people to experience a sense of belonging, which helps them to connect and re-connect with their best self”

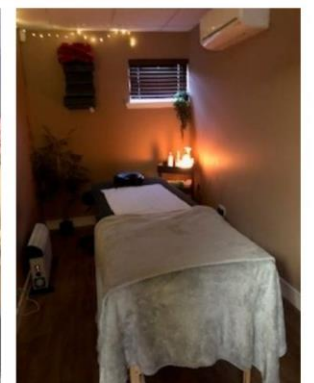


Chairpersons Report

Our charity marked 10 very successful years in 2022 and celebrated our 10th birthday with our open day which took place on 10th December. Our open day was very well attended with people taking part in various activities including holistic therapies, Zumba and attending our information stalls.

Our community activities classes of Tai Chi, Zumba, Yoga and chair-based exercise have also allowed local people in our community to come together again after the restrictions of covid have passed.

Our involvement with the young people in our communities are proving to be very well received through the “Children and Young People Mental Health and Wellbeing Programme” in the schools within Motherwell and Airdrie. We will continue to deliver these programmes to young people throughout 2023.



Some highlights from 2022/2023:

Scottish Government Acknowledgements – Letter of congratulations was received from Clare Adamson MSP on receiving funding from The National Lottery Community Fund. This funding is being used to provide Health and Wellbeing programmes to support physical, mental and emotional health across our communities.

Funding Update – From April 2022 – March 2023, we have secured the following funding: The National Lottery Community Fund, Tudor Trust, NLC Grant Award, Children and Young People Mental Health and Wellbeing, Carer Breather, and Motherwell Locality Host.

Children and Young People Mental Health and Wellbeing Empowering Clusters Project – In the last year, our charity has provided children and young people in 23 Primary and Secondary schools in Airdrie and Motherwell access to a variety of health and wellbeing activity which has helped them improve their mental health and wellbeing.

Community Solutions – Airdrie/Motherwell Locality Host Role – In the last year, we have supported the Consortium to award £30,000 to local groups so that they can establish and develop a range of projects. In March 2023, The Health and Wellness Hub were successful in the recommissioning process to become Motherwell Locality Hosts for the next 3 years.

Community Solutions Projects – Due to a successful funding application from Community Solutions, our “Carer Breather – Wraparound Wellbeing Support Programme” will continue to run for the next two years. Carer Breather volunteers will provide a range of inputs that will provide a wraparound service to ensure carers and those they care for feel emotionally well, informed and are able to have a life outside of their caring role.

Another successful funding application from Mental Health and Wellbeing Fund, will allow us to start the recruitment process for a new BAME Equalities Officer who will be responsible for supporting organisations across North Lanarkshire to enable and improve their engagement with the most marginalised and vulnerable members of Black and Minority Ethnic (BAME) Communities.

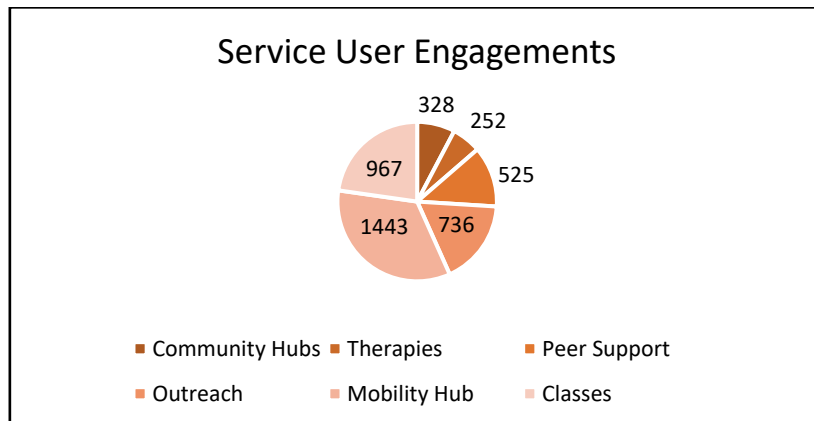
At the start of 2023, funding was secured through the Mental Health and Wellbeing Fund which allows us to continue to support our volunteers through our very successful Transforming Lives Volunteer Programme.

Continuation and Development of Partnership working – We continue to build new partnerships and strengthen our existing ones across North Lanarkshire.

Mobility Hub – Unfortunately in October 2022, our Mobility Hub service had to close due to lack of funding however, this gave us the opportunity to gift all our mobility equipment to other organisations and our service users. This allows service users with mobility issues to continue to be active members of their communities.



Our Services – In the last year, there have been 4,251 engagements across all of our services which include our community hubs, outreach/ social enterprise work, our classes, weekly walking groups and Mobility Hub service.



Service User Feedback:



"I would like to say a huge thank you to Nicola for an amazing 30 minute neck / back and shoulder massage, which was followed by a 30 minute Reiki session with Norma. Both girls are a credit to The Health and Wellness Hub".



"I just want to express my sincere thanks and gratitude to all the girls from the hub for their dedication and kindness. I have been a nurse all my life and only ever had two spa sessions at warner hotels but didn't really feel they helped or made to feel comfortable. Now at 77 years old I can honestly say that I have really enjoyed, benefited and felt very comfortable and at ease with all the girls. I have enjoyed all the sessions and feel like a new person after them. They really helped me and I always look forward to the next session, keep up the good work".



"Although I tried a few of the treatments available, I mainly had my lower legs massaged as I suffer from fibromyalgia. This treatment was most enjoyable and helped the heavy feeling in my legs. The therapists were very professional, caring and helpful. I would thoroughly recommend them".



"This class has been inspirational. It has helped my mental health and it has helped my confidence".



"I would like to say how much I have enjoyed the massage sessions here in St Brendan's. The girls are so friendly and so good their work, thank you so much".

Future Plans – Over the next year, we will be looking at all of our services and ensuring these still meet the needs of our local community. We are also eager to continue to become more place based and focus on providing more of a local service in the Motherwell area. We continue to look at expanding our Social Enterprise activity, so we can become less reliant on external funding.

Closing Comments

It's often said that a community is only as good as the people that create and build it. And with the staff, volunteers, service users, partners and supporters of The Health and Wellness Hub, we are making our communities a truly better place to live. Your dedication and commitment to our vision continues to provide great benefits not only to the Health and Wellness Hub but to our local area and that's thanks to all our staff, volunteers, service users, partners, and supporters of our charity.

Our staff, volunteers, service users, partners and supporters are dedicated to The Health & Wellness Hub and our vision and for this, the trustees of our charity and I cannot thank you enough for all the hard work and commitment you all give each day to our charity. We cannot do this alone and look forward to our continued partnerships, working together to serve and support our local community providing our inclusive Health & Wellbeing services.

A handwritten signature in blue ink that reads "Ann Donald". The signature is written in a cursive style and is positioned above a thin horizontal line.

Ann Donald, Chairperson