

# The Health and Wellness Hub

COVID –19 Response

August 2020



**Thank you!**

**To everyone who has volunteered their time and energy through this period. We are immensely grateful for every single donation made, food parcel delivered, telephone call made, prescription collected and dog walked!**

## Sharons' Story

I contacted the Hub a couple of months ago as I was looking for a volunteering opportunity to help improve my mental health. I spoke to a girl about how I was feeling and she told me during this time they were offering a befriending service and she would be happy to support me. I was really anxious calling and she offered me an email service to keep in touch and I am glad she did as I don't think I would have called again due to how I was feeling.

I had recently been in the hospital after trying to take my life, I haven't been in a good place for a while and I was really struggling. I was emailed coping strategies and a self-care manual which I have found really helpful. I was emailed daily/weekly with support and just someone to talk to on a friendly basis.

I now rely on my coping toolkit to get me through my low days which my kids keep topped up for me with all my favourite goodies. I also set myself daily tasks which I write in a list and at the end of the day I can look back and see that I have accomplished something that day no matter how small. There were days I couldn't leave the house due to my poor mental health but I found myself able to go out to the garden and even went a few walks.

This service has had a major positive impact on my mental health and others have noticed it too. It has helped me have some normality in my life. I have absolutely loved the support I have received from the hub and can't thank them enough. I can't wait till things are back to normal and give the hub a visit and hopefully start volunteering.

## Wellbeing Packs






Thanks to the Scottish Government Wellbeing Fund and our incredible team of staff and volunteers, we have been able to collate and distribute 327 wellbeing packs. 114 packs have been delivered to individuals supported by the Hub directly and a further 213 have been distributed by local partners.

Wellbeing packs have been tailor made to what people have asked for. Content is wide ranging and has included CD players, meditation CDs, amazon vouchers, craft sets, pamper packs, cosy blankets, knitting packs/patterns, alarm clocks, and holistic therapy vouchers etc.

## 24 Hub staff and volunteers were involved with (March—August 20)



### The difference this has made....

-  Having a tablet means that Ann is now able to access internet/online resources...to alleviate the stress of being isolated for so long, this also allows Ann to 'see' her family who live in Glasgow.
-  Access to a kindle and internet has allowed Mary to keep in touch with her daughter and grand daughter who live in Glasgow.
-  Listening to her meditation CD at night has really helped as she usually doesn't sleep well.
-  They both love reading and have purchased 6 books with the voucher already. As they are in isolation, reading has helped to pass the time.
-  Marjorie is delighted with her radio. Her eyesight is not good so this helps as well as entertains. A big boost for her.

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