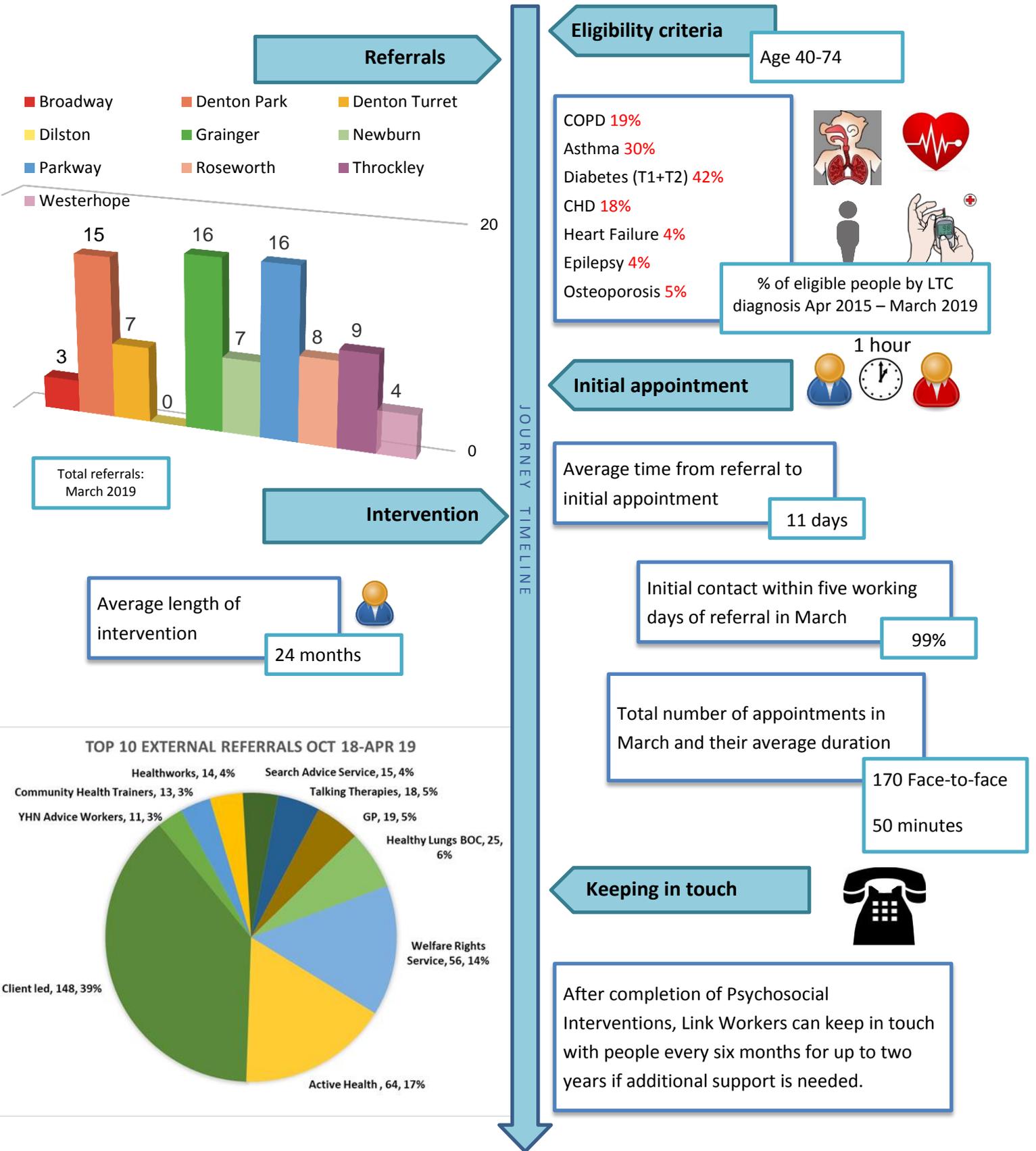
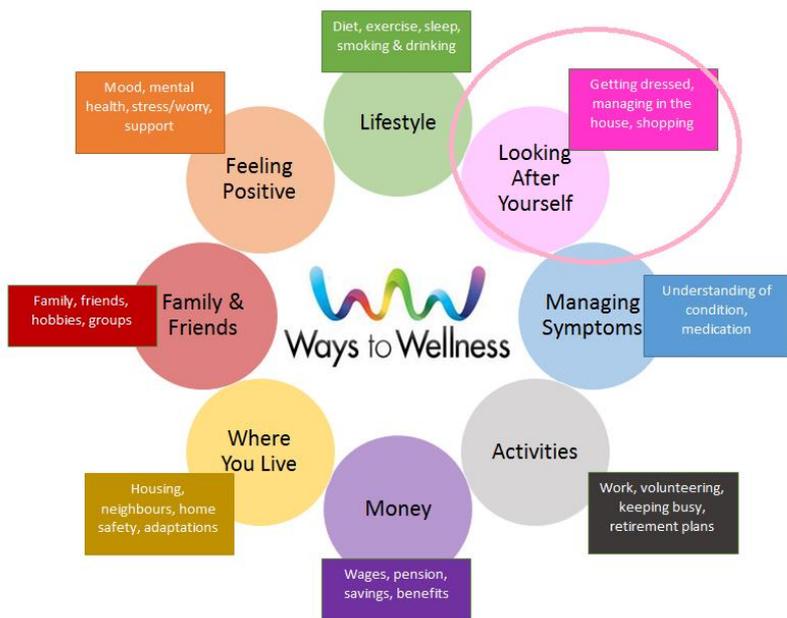




Thank you for your continued engagement with Ways to Wellness. Your referrals and support have been invaluable to us for providing a brilliant service to the people of the West End of Newcastle. This newsletter shows some of the highlights from last month. Since April 2015 we have worked with 3076 people.



Wellbeing Star Sections – Looking After Yourself



The second section of the Wellbeing Star is “Looking After Yourself”, and this focuses on how people manage in their day-to-day lives. We discuss their daily routine, what support they need and how further support can supplement this through referrals to Adult Social Care or to other care organisations.

This can include their morning routines, such as getting in and out of bed, dressing and bathing themselves. We also look at how they manage around the house during tasks such as making meals, cleaning the house and managing the garden. We also look at how they manage outside of the home, how they get out and about, how they manage their shopping, etc.

Good News Story

Tough Love

Although Ways to Wellness do offer home visits for those who truly need it, we try to encourage clients to attend appointments at their GP practice as much as possible.

One instance of this occurred when a Link Worker identified a client who had regular home visits. This client actually had no need as they were able to leave the home independently and make it to the practice, as they did for their medical appointments.

After discussion the client reluctantly agreed. Following the next appointments, the client became much more motivated and even told us:

“I need to get out more and it was an achievement making it here on my own”

Mutual Aid Group

We have recently started running two Mutual Aid Groups for our clients in the West End. This is a weekly meeting where people can come together and talk about their stories of their health & wellbeing in a safe space, sharing their tips and tricks. We also have regular speakers from various local organisations coming in, from both health and community backgrounds, to introduce clients to services they may have been previously unaware of. We now have two groups running:

Every Monday from 10:30am at the West End Library on Condercum Road

Every Tuesday from 10:30am at the Outer West Library in West Denton

Feel free to pop along and say hello!