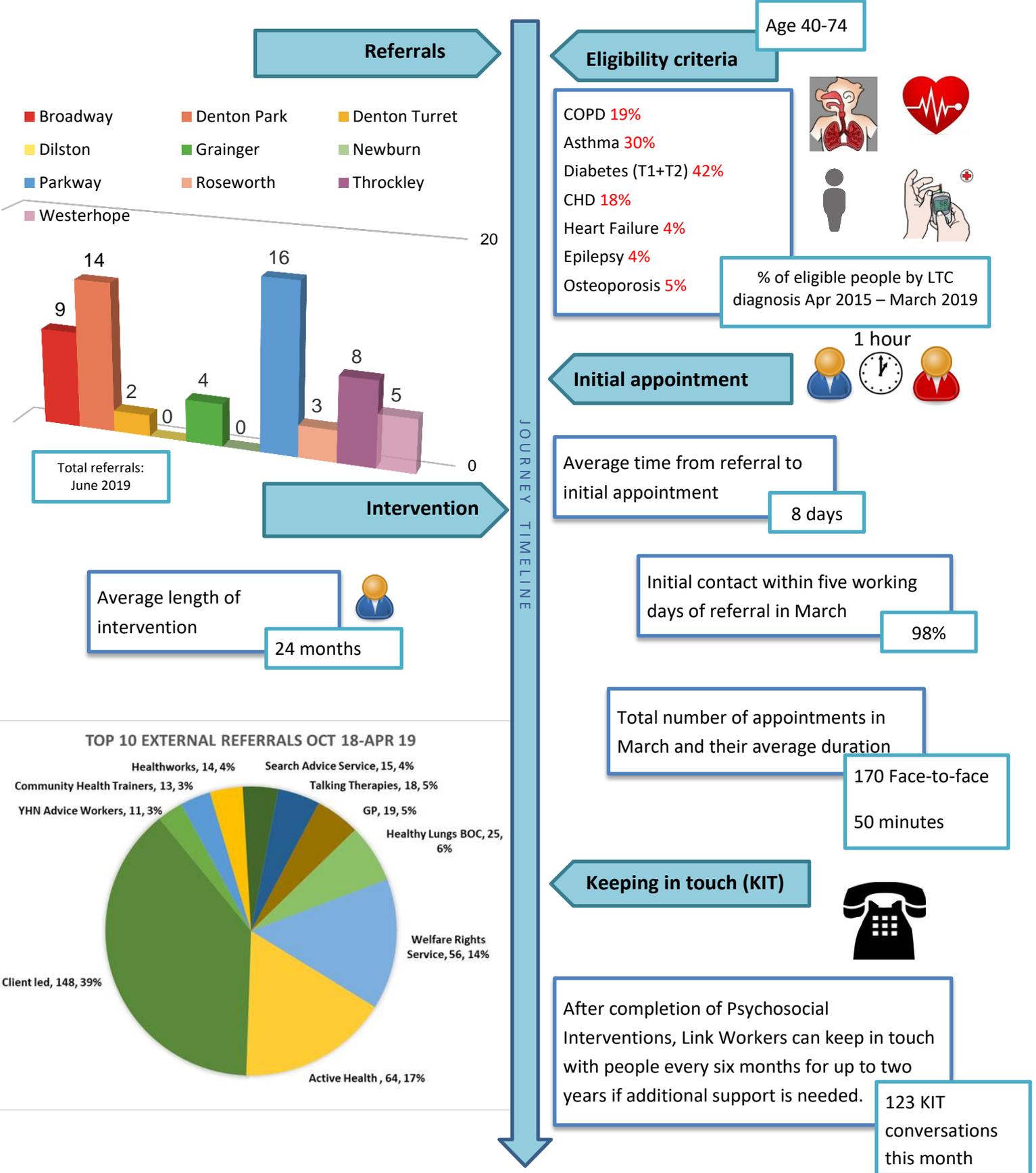




Thank you for your continued engagement with Ways to Wellness. Your referrals and support have been invaluable to us for providing a brilliant service to the people of the West End of Newcastle. This newsletter shows some of the highlights from last month. Since April 2015 we have worked with 3401 people.



Wellbeing Star Sections – Money



Often the most sensitive of subjects in the Wellbeing Star, we discuss how someone is managing their finances, aspects like pensions and benefits, and look at how to manage this income in the most effective way.

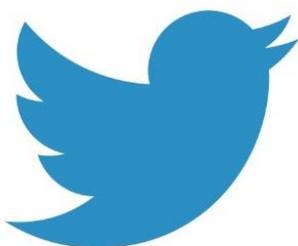
Many of our clients claim various benefits, from PIP to Pension Credit, and many of them may be entitled without realising it. From this, we can signpost for various benefit checks to places such as Welfare Rights or the Search Project. We can also look into support for attending PIP assessments and tribunals, but support for this is unfortunately limited these days.

Twitter

For those of you into social media, both Ways to Wellness and First Contact Clinical have Twitter pages, where we regularly share our good stories, recent news and updates about training or events we have or are running.

You can find us on:

- First Contact Clinical
 - @firstconclin
- Ways to Wellness
 - @ways2wellnessUK



Good News Stories

One of our Link Workers at Westerhope Medical Group was having an issue with a client who felt 'stuck' in her current situation. She wanted to move house as she disliked where she lived and felt socially isolated, but was finding different reasons against making the change.

Using our solution-focused behavior change techniques, our Link Worker there succeeded in turning this problem talk into solution talk. Following this, she has told her children about her intent. They are now helping her to look for properties closer to where she really wants to be and says she feels like "a whole new person with a whole new attitude".