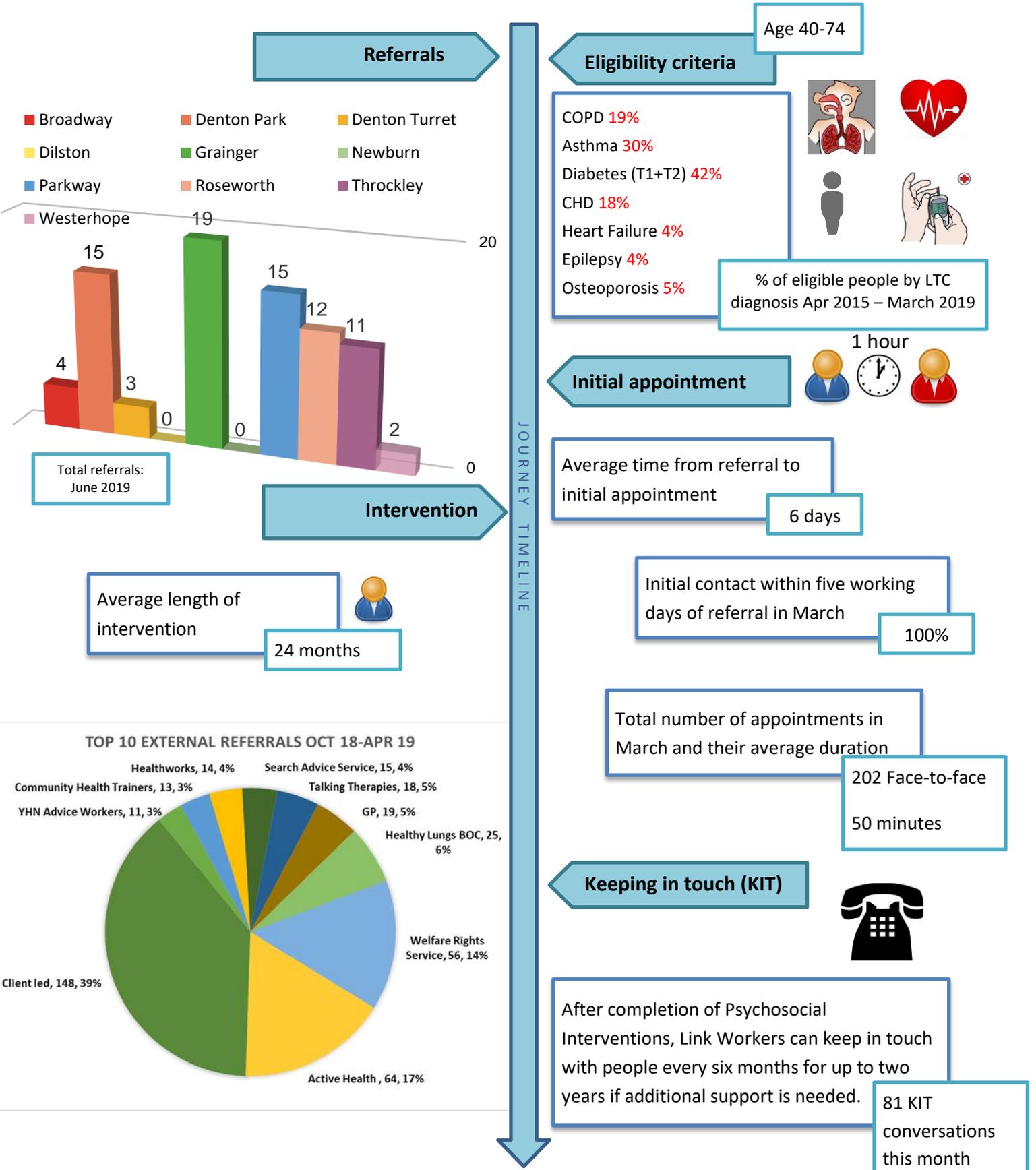
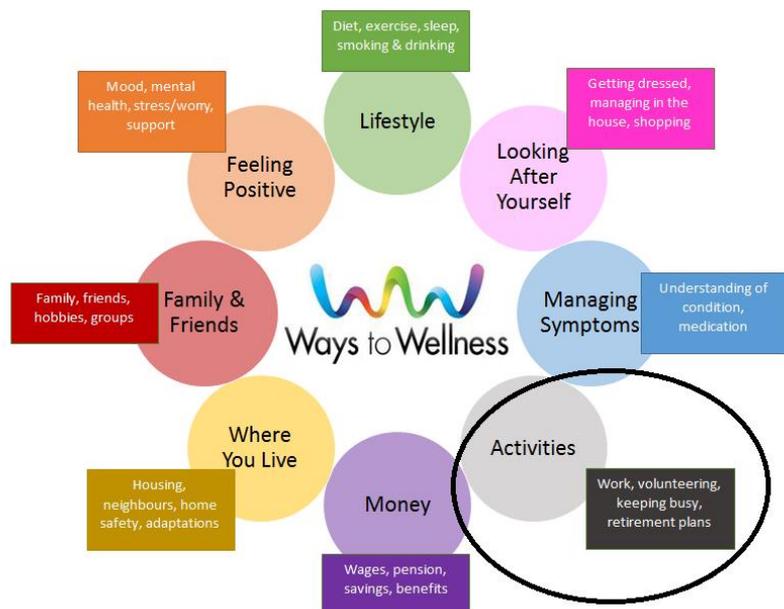


Thank you for your continued engagement with Ways to Wellness. Your referrals and support have been invaluable to us for providing a brilliant service to the people of the West End of Newcastle. This newsletter shows some of the highlights from last month. Since April 2015 we have worked with 3326 people.



Wellbeing Star Sections – Work, Volunteering & other activities



The 'Work, Volunteering & Other Activities' section of the Wellbeing Star mostly focuses on how people spend the bulk of their time, and how they balance this with downtime. The main focus of this section is around the type of work/volunteering people do, including work patterns, number of hours worked and how your health affects your work. When people are retired, this section focuses on how people spend their day, how busy they keep themselves and what hobbies they have.

Goals in this section tend to revolve around finding or preparing for work and volunteering, taking up hobbies and social groups, as well as planning for retirement.

SU2C Bake Sale!

On 12th June, Ways to Wellness held a bake sale in aid of 'Stand up 2 Cancer', based out of our office at the Beacon, Westgate Road. We all worked together, making various sweet and savoury treats to sell, as well as foods suitable for vegetarians, vegans and people with gluten intolerances.

We did this as there was an event involving North East Ambulance Service in the building. We always try to support local services.

From this, we raised a wonderful £220 which will go a long way to helping people living with cancer right now.

