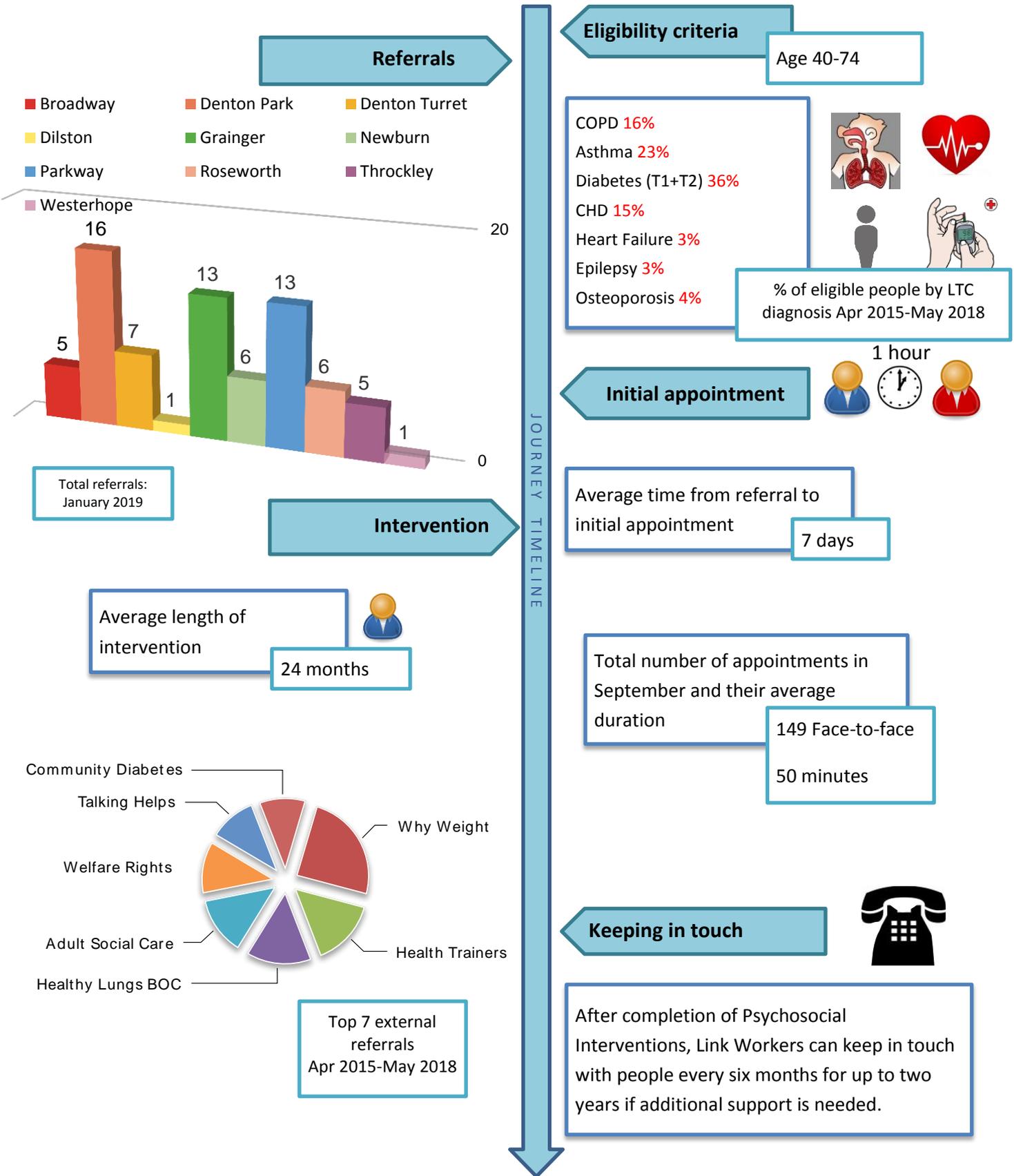
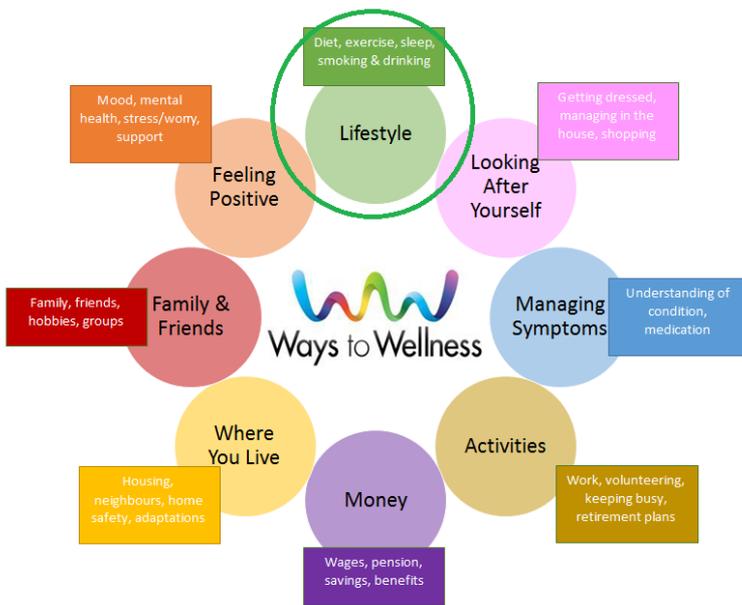




Thank you for your continued engagement with Ways to Wellness. Your referrals and support have been invaluable to us for providing a brilliant service to the people of the West End of Newcastle. This newsletter shows some of the highlights from the last month. Since April 2015 we have worked with 2918 people.



Wellbeing Star Sections – Lifestyle



The first section of the Wellbeing Star we tend to discuss is “Lifestyle”. This is where we discuss peoples’ choices in relation to managing their wellbeing. This includes aspects such as smoking, drinking and substance use. Then we discuss sleeping patterns and factors affecting this. Following on from this, we talk about a person’s diet, including fruit & veg intake, snacking and portion sizes. Finally, we look at an individual’s exercise patterns, including how often they might do physical exercise (running, gym, swimming, etc.), or how they keep active in their daily life (walking, physical exertion at work or gardening).

Good News Story

Encouraging Motivation

One person was very nervous about engaging with any sort of exercise programme, something she has not done in a long time. She commented that when she was being shown around the gym at her initial Active Health assessment, she became very motivated and thought to herself, "*I can do this!*"

Not only did she complete the course, they also informed her that she has lost 1 ½ stone since her last weigh-in at the GP which she said has been through diet & exercise alone. From this, she became extremely happy and even more activated for this next stage of her journey.

She now attends the gym regularly and is continuing to lose weight at a steady pace.

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!