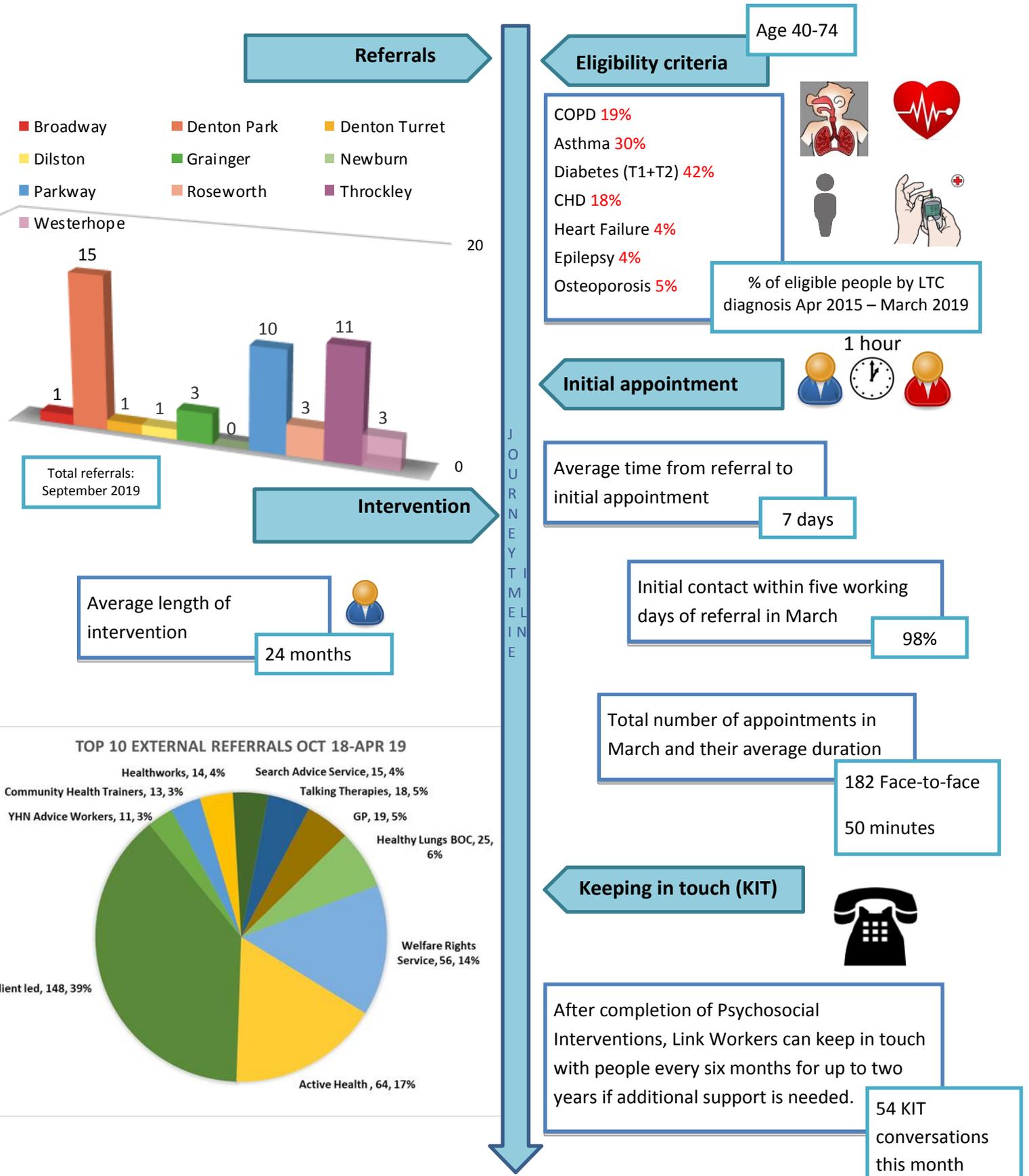
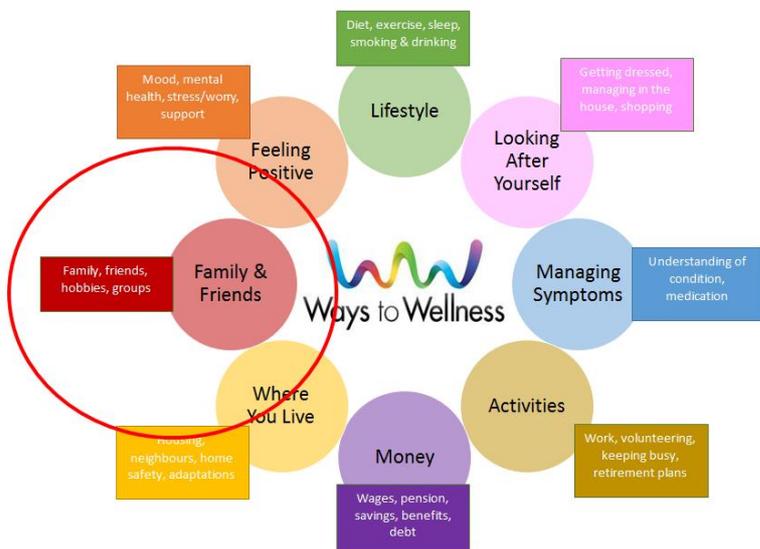




Thank you for your continued engagement with Ways to Wellness. Your referrals and support have been invaluable to us for providing a brilliant service to the people of the West End of Newcastle. This newsletter shows some of the highlights from last month. Since April 2015 we have worked with 3524 people.



## Wellbeing Star Sections – Family and Friends



Family and Friends focuses on the people that an individual is surrounded by. We try to ensure that the people we see have plenty of social support. It is also important that family and friends have some understanding of the long term health condition of the individual.

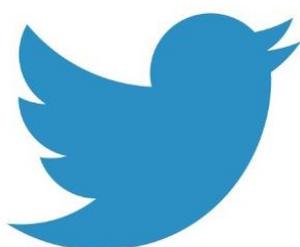
The ways in which we can offer support are by directing people to social activities/ inclusion groups, befriending services and also working together to build up confidence.

## 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 client came to see us in Parkway Medical Centre as he was frustrated with his weight and was worried about the toll it was taking on his heart.

One month later, following a referral from us he regularly attends the gym. He has been educated about portion sizes, calories in alcoholic drinks and also how to reduce carbohydrate intake.

This client is losing weight at a steady pace and has a new found confidence and motivation to exercise.