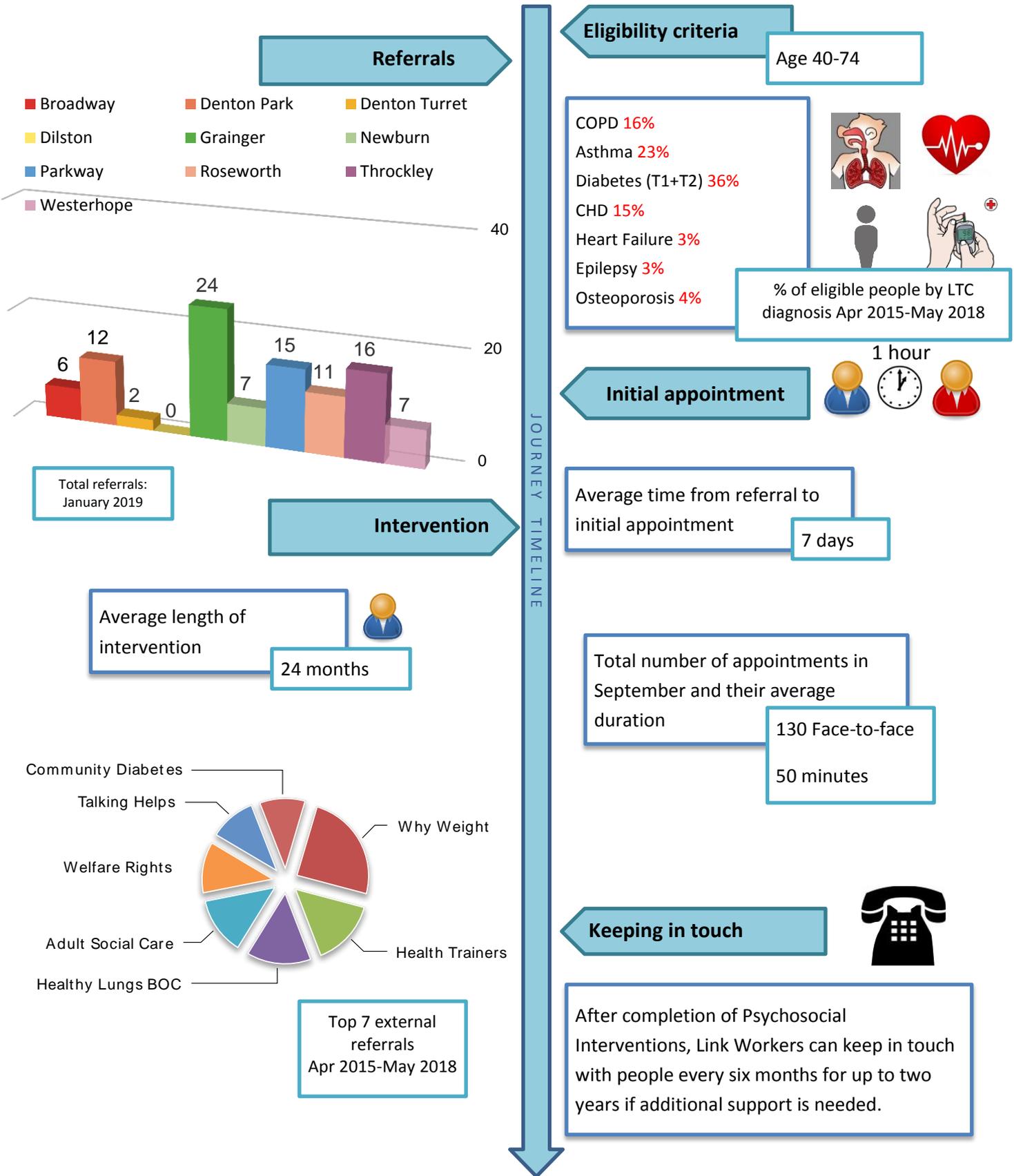




We hope you all had a restful and enjoyable Christmas and New Year. January was another great month for Ways to Wellness with over 100 referrals made to our service. This newsletter shows some of the highlights from the last month. Since April 2015 we have worked with 2918 people.



Link Worker Training



As Link Workers, we do not need a specific qualification to do this job. We come from varied backgrounds, including psychology, law, housing & benefits services and many others.

We do, however, receive a great deal of continuous training on the job. We begin by undergoing NHS mandatory training. From then on, we receive regular training on the long-term conditions we deal with every day. We also have extensive behaviour change training including Motivational Interviewing and Solution-Focused Approaches. We are also lucky to have been trained in basic counselling approaches, including suicide prevention and coping with anxiety. Much of our training is also available to be delivered to your practice. Please ask your Link Worker if you are interested.

Good News Story

Increased Independence

The support from a Link Worker enabled a client to improve their independence. After a relationship break-up they struggled to find anywhere to live as they had no independent income. They also had mobility issues so struggled to use public transport to attend appointments. Their Link Worker supported them to claim their state pension, backdated for six years, an NHS employment pension and attendance allowance. The person has now successfully moved into their new home and has received an electric wheelchair to help them get out and about.

Mutual Aid Group

We have recently started running a Mutual Aid Group for our clients. 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.

The group meets every Tuesday at the Outer West Library, from 10:30am to 12pm. Feel free to pop along and see what it's like!