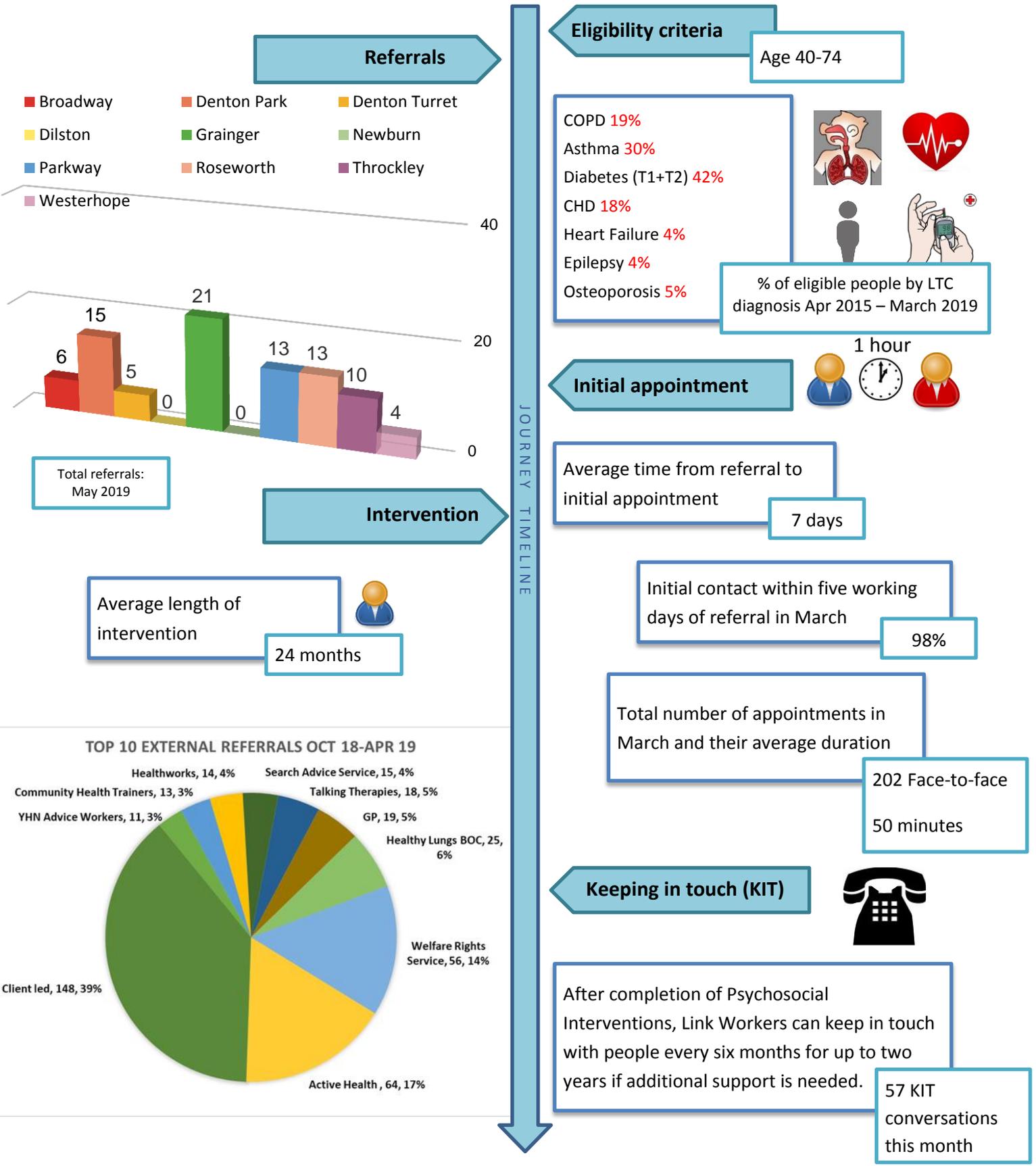
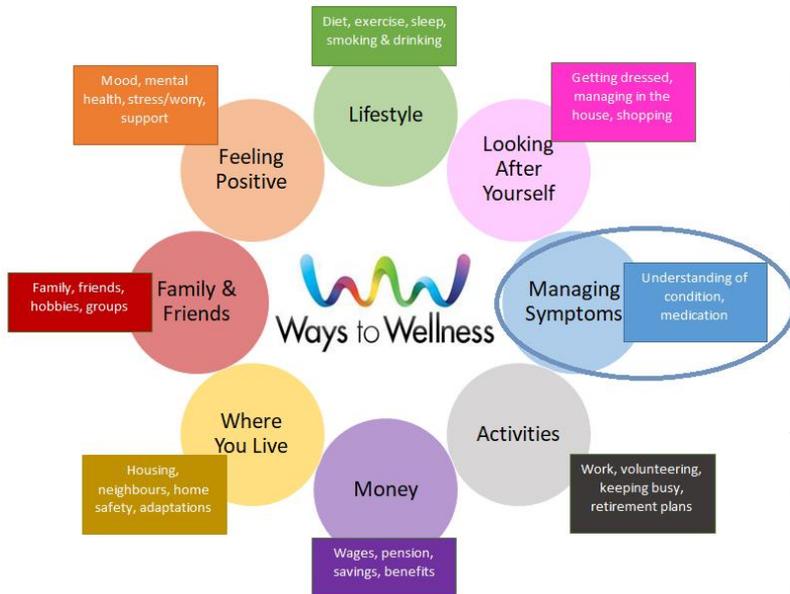




Thank you for your continued engagement with Ways to Wellness. Your referrals and support have been invaluable to us for providing a brilliant service to the people of the West End of Newcastle. This newsletter shows some of the highlights from last month. Since April 2015 we have worked with 3244 people.



Wellbeing Star Sections – Managing Symptoms



The 'Managing Symptoms' section of the Wellbeing Star mostly focuses on how people understand and cope with aspects of their physical health. We discuss how much people comprehend about their conditions, how they best manage them and what would help keep them as well as possible. We also discuss understanding of medications including correct dosage, remembering to take tablets and ensuring they are taken at the right time.

The goals we tend to set in this section often revolve around education courses for health-conditions, such as diabetes awareness, pulmonary rehab and falls prevention. We also set smaller goals of alarm reminders for tablets and ensuring annual reviews are up-to-date.

'What Matters To You?' Day

'What matters to you?' day is the 6th June 2019. It encourages people to have a conversation on or around this date with someone you support, with a view to having ongoing conversations. It is focused on meaningful interactions between people who provide health and social care and the people, families and carers. Asking people 'what matters to you?' can be done in many different ways, for example:

- What are the things that are important to you at the moment?
- When you have a good day, what are the things that make it good?

Asking people 'what matters to you?' helps us understand the person in the context of their own life and the things that are important to them. With this crucial insight we are in a better position to work with them to find the best way forward. With this in mind, 'What matters to you?' day aims to further enable us to listen deeply and to understand the people we interact with daily.

Mutual Aid Group

We have recently started running two Mutual Aid Groups for our clients in the West End. These are weekly meetings where people can come together and talk about their health & wellbeing in a safe space, sharing their tips and tricks. We also have regular speakers from various local organisations, 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!