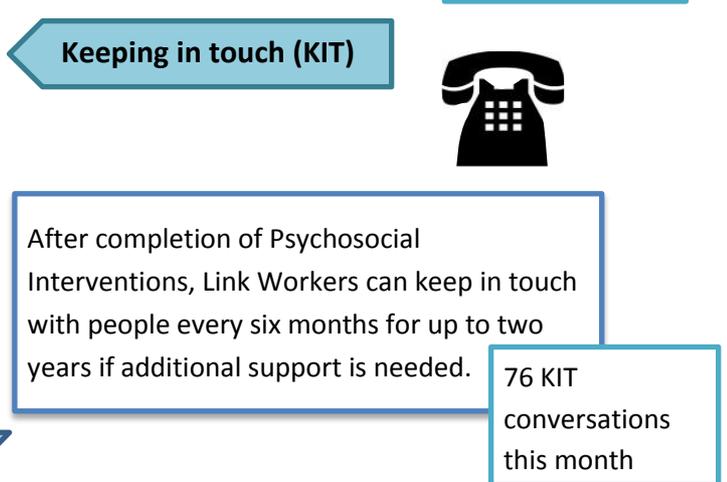
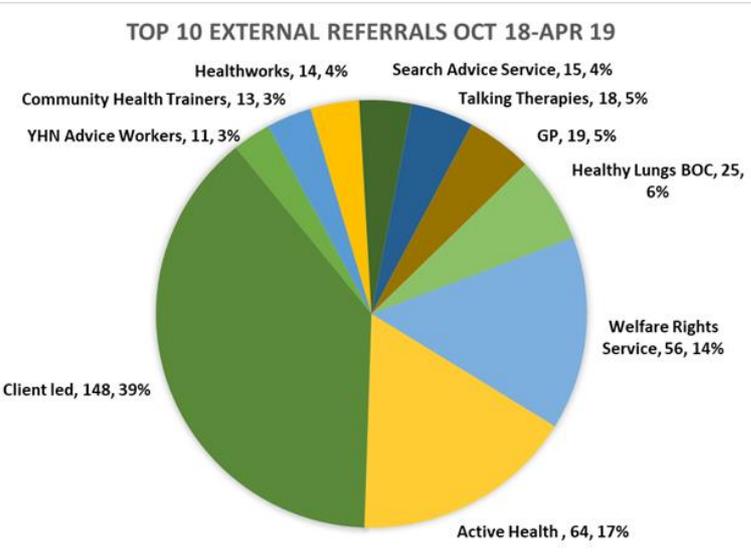
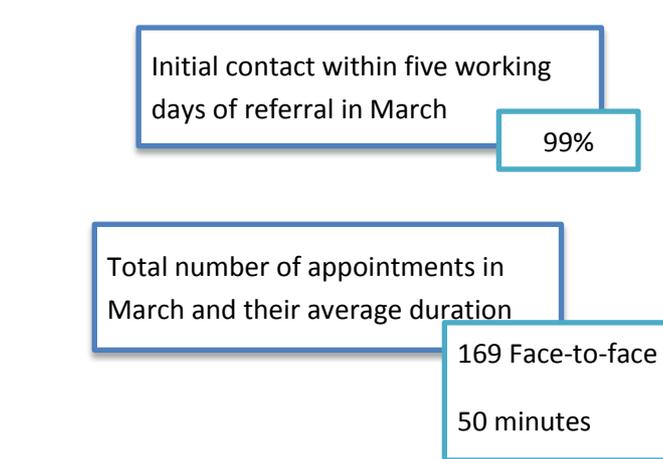
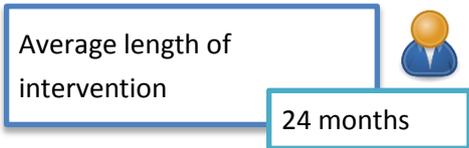
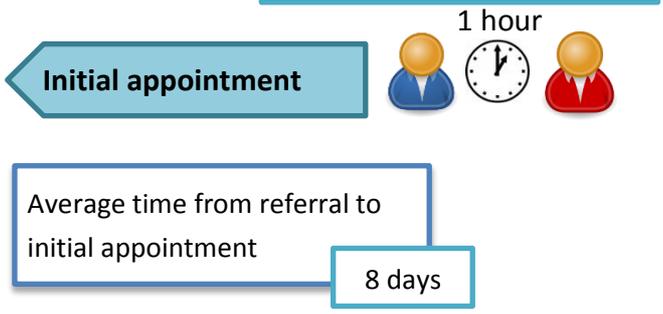
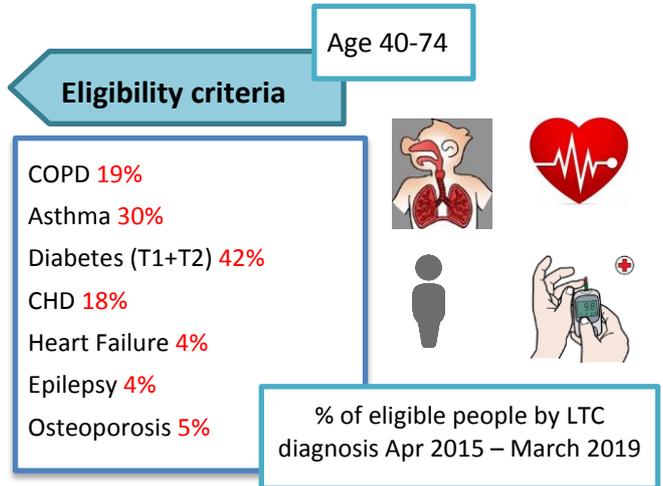
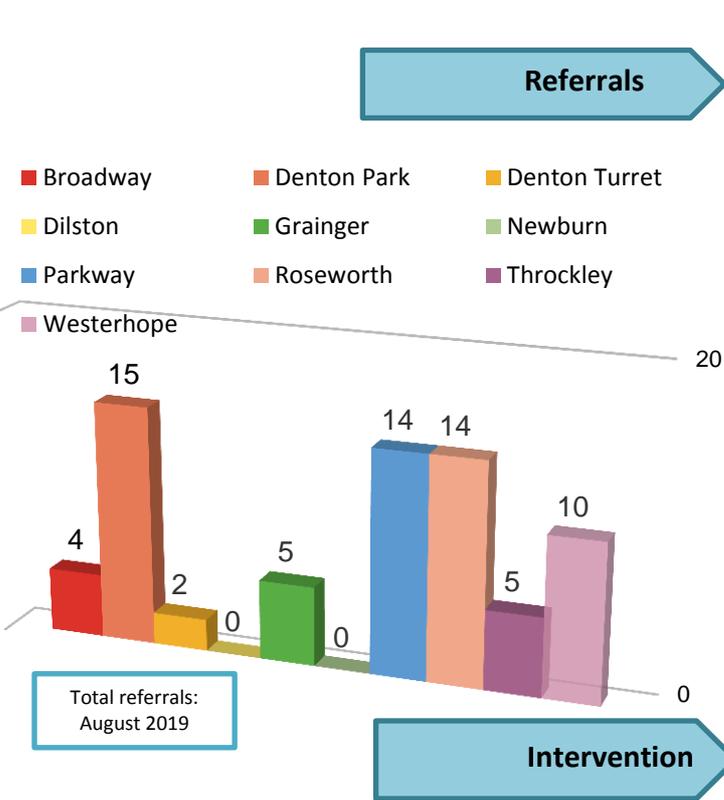


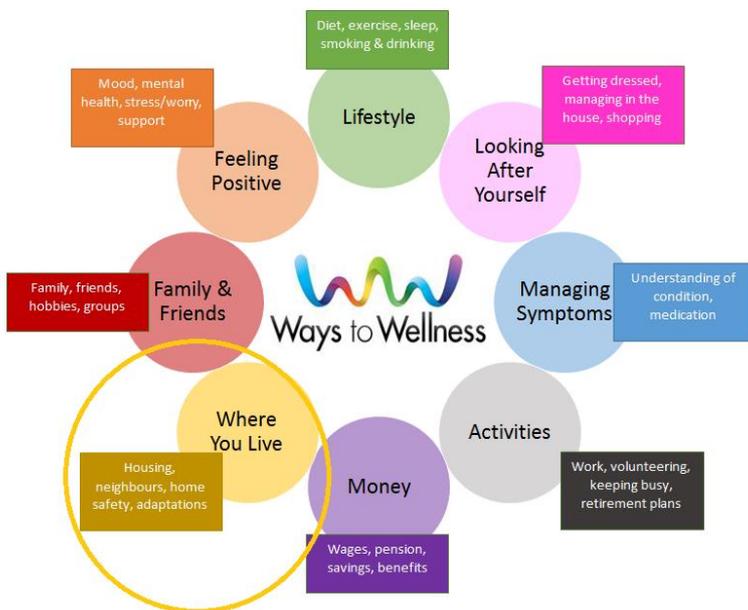


Thank you for your continued engagement with Ways to Wellness. Your referrals and support have been invaluable to us for providing a brilliant service to the people of the West End of Newcastle. This newsletter shows some of the highlights from last month. Since April 2015 we have worked with 3493 people.



JOURNEY TIMELINE

Wellbeing Star Sections – Where you live



Where you live focuses on an individual's housing situation, and can be very broad in terms of what support we can provide. To begin with, we look at how well an individual manages in their own home. This could be managing things like stairs, going to the bathroom, keeping the garden tidy and closeness to shops and bus routes. We can then refer to organisations like Social Care or CRRT to ensure people are able to stay in their home as long as possible.

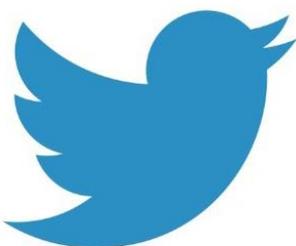
Should that not be possible, we can also liaise with local housing organisations to help people find the right property for them, whether it involves downsizing, supported accommodation or a more structured care facility.

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 was referred to us by a nurse at Denton Turret Medical Centre. She was recently diagnosed with type 2 diabetes and was determined to make the best of it.

After picking up new dietary information from the DESMOND programme, she also accepted a referral to a local gym. Using her newfound motivation, she encouraged her children to join her on a long walk after dinner every day, and they have also adopted her new eating regime.

Following this, she attended the practice for a 6-month review of her diabetes and the nurse was "very pleased" with how in control she is with her blood sugar levels.