

Stockport

Wellbeing Hub Newsletter



The Wellbeing Service
Helping people on probation



Empowering Communities, Changing Lives

WELCOME BACK TO THE WELLBEING HUB – APRIL EDITION!

The Wellbeing Hub in Stockport remains committed to supporting local people on probation. February and March saw a rise in referrals, and the team has managed the demand well.

We're pleased to welcome Ade, our newest team member, who is settling in well. His arrival will add capacity to the team to manage incoming referrals.

To enhance support, staff are completing a Health Coaching course to help service users make sustainable lifestyle changes, manage stress, and improve well-being. This will empower them to take control of their health through goal-setting, motivation, and self-care.

The Hub's working hours have recently changed to 9:00 AM to 4:30 PM, and service users have been informed.



Among the Hub's other activities that continue to thrive, the Thursday Quiz has become a staple event, regularly enjoyed by many service users.

Boxing is also gaining momentum, now attracting a dedicated group of participants.

The brunch and wellness sessions are seeing steady success, and we expect participation to increase as the weather gets warmer.

Weekly Activities

MONDAY:

- Digital Skills/Unpaid Work (10:30-12:30),
- Counselling (1-3, Appt.),
- 1-1 Support (Appt.)

TUESDAY:

- Drop-In (10-12), Wellness (2-3:30),
- Boxing (3:30-4:30),
- 1-1 Support (Appt.)

WEDNESDAY:

- Walking (2-3:30),
- 1-1 Support (Appt.)

THURSDAY:

- Games/Quiz (2-3),
- Digital Skills/Unpaid Work (3-4:30),
- 1-1 Support (Appt.)

FRIDAY:

- Brunch (11:30-1pm)



CASE STUDY

The client is a 47-year-old wheelchair user with restricted mobility. He was randomly attacked some time ago, which left him with mobility issues. Before this, he was fully able-bodied and led a highly active life.

He initially came to the Hub for financial support but was reluctant to engage in discussions about his finances. Instead, he expressed that his main concern was improving his living space, as he needed several household items.

The Hub supported him in getting a new bed, which he greatly appreciated. This led to discussions about redecorating his home, gradually encouraging him to open up about other needs, including his interest in exercise. In response, the Hub arranged a gym membership, which he enjoyed.

Over time, he became more comfortable sharing his challenges and eventually agreed to a counselling session—an important step, as he had previously been unwilling to explore this area. He later shared with his keyworker that his experiences at the Hub has boosted his confidence and motivation, even inspiring him to pursue a detox he had been putting off for a long time.

His achievements were recognised and praised by his Probation Officer, who noted a remarkable improvement in his outlook and motivation.

Adapting to his new circumstances has been challenging, making his regained confidence and motivation all the more significant.

“Success is the sum of small efforts, repeated day in and day out”

The Recoop program for over-50s is thriving, covering healthy eating, budgeting, wellbeing, exercise, and retirement. Three participants have been enjoying it. With upcoming topics like benefits, mindfulness, and online safety, it continues to support social confidence and overall wellbeing.



Feedback

The support received from SC has been described very positively, with all required interventions completed. The client noted that the supportive relationship has benefited both them and their family, aiding their desistance journey. SC's professionalism and collaborative approach throughout the supervision period have also been highlighted as helpful and reassuring.

