

The Community Wellness CIC - reaching the hard to reach

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Project Background:

We are exploring and uncovering the conditions, support, tools and skills that we need, not just to survive in our challenging, hierarchical and unjust society, but to flourish and thrive. We have developed a radical new model that blends the knowledge, skills, and resources, from the public sector, with the passion and local expertise of third sector.

Project Aims/Objectives:

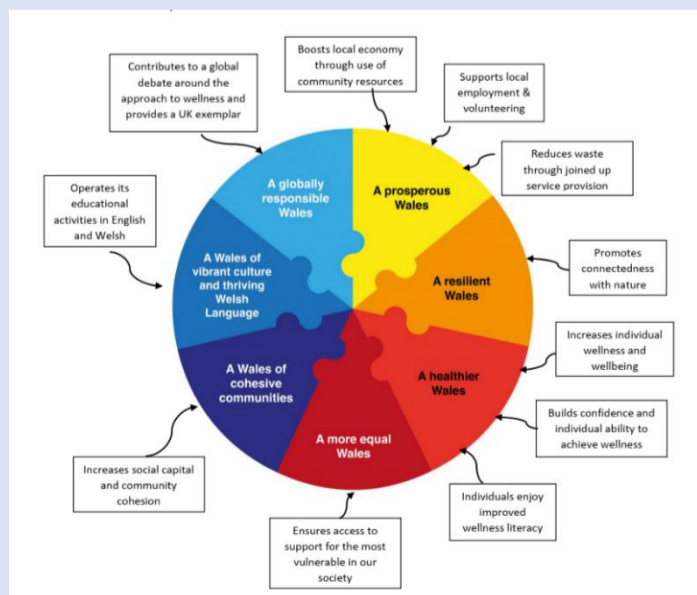
At Community Wellness we are striving to reimagine the way communities, organisations and our society at large view, engage and support those with most need. We are seeking to do this by changing the narrative around:

- The people who experience homelessness, addiction or complex mental health issues and those who are excluded from school
- The negative impact that adversity, prolonged stress and trauma has on the minds, bodies and souls of humans and ultimately their lives and their potential
- The human experience and what makes us truly well - emotionally, psychologically, socially and spiritually

Project Impact:

- 75% of participants say that they are now more satisfied with their lives.
- 88% feel that the things that they do are more worthwhile
- 100% say that they feel happier now
- 38% have reported a reduction in their anxiety
- 3 Participants have been supported into housing
- 2 Participants have been supported into paid work
- 6 Participants have been supported into volunteer work

All participants have expressed an interest in continuing their journey with Community Wellness



Project Outcome(s):

For participants

- Promotion of inclusion, and consequent reduction of loneliness and isolation;
- Active engagement of beneficiaries, co-production of project activities, and strengths-based working
- Realisation of opportunities for personal progression and skills development;
- Improved physical, emotional and psychological health & wellbeing;

For the community:

- Greater community resilience, and a growing culture of inter-dependency, based on recognising community strengths.
- More safe and supportive community spaces



Project Approach:



Two pilot projects were undertaken in Flintshire, at Shotton and Glanrafon, from December 2021 – May 2022. The key components are:

- Engagement
- Discovery
- Community Inclusion and Connection
- Enrichment
- Growth
- Story Telling

Key Conclusions:

- We have dispelled the myth that some groups are “hard to reach” and it is a matter of engaging with them in the right way.
- In line with recent work by Joanna Moncrieff, we have demonstrated the lack of evidence for the current mental health model, which links chemical imbalance to mental illness.
- We have also demonstrated the Human Givens approach which shows that when emotional and psychological needs are met, we will not suffer from mental illness or addiction.

Next Steps:

Our next steps are to secure funding to deliver or ambition of an evidenced Community Wellness Model in three phases:

- Phase 1: Review and Reflection (ongoing)
- Phase 2a: Trialing and Testing (Year 1)
- Phase 2b: Refinement and Evidencing (years 2-3)
- Phase 3: Growth and Replication (year 3+)