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community **wellness**

Holistic health, wellbeing & healing

*'Treating the most in need  
with the greatest care'*



# community wellness

## Holistic health, wellbeing & healing

We believe that every person regardless of their circumstances has the right to be well, not just physically, emotionally and psychologically, but also socially, environmentally, intellectually, occupational and financially

### WHO WE ARE & WHAT WE DO



Communities of need



Creative Partners



Nature Partners



The Community Wellness Company



The Community Wellness Lab



The Wellness Collective

We have developed a trauma informed, psychosocial, person centred community model that uses a root cause and recovery approach with the ambition of empowering overlooked and underrepresented individuals and communities to flourish and live healthier more meaningful lives

### WHERE WE FOCUS

Holistic Wellness

Therapeutic Relationships

Stress and Trauma

Compulsive and Harmful Behaviour

Poverty

### WHAT WE TACKLE

Population Health

Loneliness and Marginalisation

Mental and Physical Illness

Addiction

Health and Social Inequities

### WHERE WE DO IT



Community Spaces



Homeless Hostels



Nature Spaces



Digital



Third sector, public & private



'Treating the most in need with the greatest care'

[community-wellness.co.uk](https://community-wellness.co.uk)



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# The Community Wellness Model

## *Holistic Health, Wellbeing and Healing*

We believe that every person regardless of their circumstances has the right to be well, not just physically, emotionally and psychologically but also socially, environmentally, intellectually, financially and occupationally.

### **The Community Wellness Company, CIC have been spearheading the development of an alternative to the current medical approach to health and wellbeing.**

Since 2021 a diverse group of individuals with learned, lived and living experience, including clinicians and health practitioners, have used a strength-based approach to share a passion to work in more meaningful ways to support individuals and communities of need.

Our vision is to address health and social inequities making holistic health, wellbeing and healing accessible to those with the most need, one community at a time.

### **We do this through:**

- Creating and nurturing accessible, inclusive, safe, therapeutic **spaces and relationships** in the community where every person can **be seen, heard and know that they matter**.
- Creating and nurturing a culture of **radical compassion and acceptance**
- Helping members of the community to be their own agents of change and have autonomy over their own health, wellness and healing journey helping them to become **active contributors** in their community.
- Delivering a **Community champions** volunteering programme for those with living and lived experience offering a sense of purpose for those who wish to give back but may not be ready for more formal volunteering or employed roles
- Our team of **Community Navigators**, members of the community with lived experience, trained to support others via **signposting, active listening, peer support and mentoring**.
- Offering a buffet of **activities and therapeutic interventions** that individuals can select from in their own time and at their own pace curating their own **personal wellness journeys and plans**.
- **Lifestyle medicine** programmes supporting groups to make health choices to prevent, reduce and manage illness and disease.
- **Trauma informed coaching and counselling** working with individuals and groups to raise awareness of the underlying drivers of human dissatisfaction, distress and disease and supporting people to identify what they need to progress to be able to thrive and live a more meaningful life.
- Working in collaboration with communities, our partners and the wider system to create **opportunities for individuals to flourish** in all aspects of their life whether that be a focus on mental or physical health, securing meaningful volunteering or employment, or support to live independently.

## How it all started

Dr Karen Sankey, the Founder of the Community Wellness model, spent the first 25 years of her career as an NHS medic, where, like so many NHS front line staff she experienced firsthand the restrictions, pressures and limitations of working within the parameters of the biological, medical model.

Karen believes that people need to be seen as more than their symptoms and disorders and her evidence-based knowledge and research has proved that medication is not always the cure that it is often perceived to be. In 2016, motivated by her ambition to support people using a wider and more flexible model than one found within the traditional, and often complex, medical system, Karen began her mission to expand her healthcare offer and seek a more meaningful and person-centred way to work with each person as an individual.

The Community Wellness model is the result of almost a decade of listening to underserved groups and individuals with complex needs, raising awareness of their actual needs, challenges and aspirations, testing holistic person-centred integrated approaches and hundreds of hours of research and training.

The model is community led and place based and is co-produced and co-delivered with the people it aims to serve, in direct response to their needs and aspirations. It is founded in science and best practice including lifestyle medicine, values based and prudent health care, trauma sensitive care, strengths based coaching, positive psychology, neuroscience, Human givens psychology and asset based community development, in addition to a range of evidence based therapeutic interventions, including storytelling and narrative methodologies, equine, nature and art based therapeutic interventions, mindfulness, hypnotherapy and somatic practices, along with trauma informed coaching, counselling and psychotherapies.

The approach that the Community Wellness team have taken in their discovery and learning aligns with the requirements within the Wellbeing of Future Generations (Wales) Act 2015 and thereby places Community Wellness in the space of being recognised as a key partner within the health and care system in North Wales. In our work, we apply the following standards:

- We collaborate with individuals and partner organisations which builds trust, creates a partnership approach, and leads to improved joint planning.
- We look to integrate with partners in order to provide the best services possible as we recognise that the solutions to many of our health and social care challenges and widening health inequalities are rooted in tackling social, economic and environmental conditions.
- We involve individuals with lived experience (the expert in the room) and other agencies in the development of our services which ensures the design and delivery of our services and programmes are grounded in reality, and better reflect peoples' needs.
- We look to the short, medium and long term in both our planning and delivery of service in order to achieve a sustainable model.
- We focus on a prevention model and limited opportunities for reoccurrence of issues for the marginalised groups of individuals we work with. We aim to improve people's life chances by focusing on what improves their health and wellbeing and reduces preventable health inequities.

**More about The Community Wellness Model** The Community Wellness model is a proven model for tackling health and social inequities and is effective in enabling those with most need to have the agency to transform their own lives.

At Community Wellness, we encourage inclusive participation by making use of multiple and diverse approaches, using different activities to act as the delivery vehicle for a unified overall framework. This allows us to be truly person centred but at the same time allow us to learn and develop new approaches across the board. We apply a strengths-based mindset by taking a solution focussed approach to supporting individuals; starting with what matters to the individual, to recognising the assets that they already hold; creating solutions through collaboration and engaging with respect and equality. To access our service does not require individuals to navigate complex referral systems; at Community Wellness, we support all individuals who require support in their community.

## Impact

Every member of the delivery team and many of our participants and partners can articulate the impact of a community based, psychosocial approach that is person centred. Every session we witness real life magic.

- ★ Individuals who have been lonely, isolated and marginalised achieving a sense of safety and belonging and building friendships and therapeutic relationships across the barriers of social and economic status, culture and age.
- ★ Individuals who have experienced traumatic experiences, environments and relationships realising that they do matter, they are worthy of love, kindness and acceptance and they can give back and contribute in a meaningful way.
- ★ Individuals who have felt hopeless and could see no future, some of whom have considered or attempted suicide discovering a sense of purpose and a reason to live
- ★ Individuals who have turned to substances- medications, illicit drugs and alcohol to ease or numb their emotional distress and pain finding alternative strategies to improve their emotional and psychological wellness and start to recover from their harmful compulsive behaviours and addictions.

We use a **Social Return on Investment** (SROI) approach in evaluating our impact which helps us to understand and quantify the social, environmental and economic value we are creating.

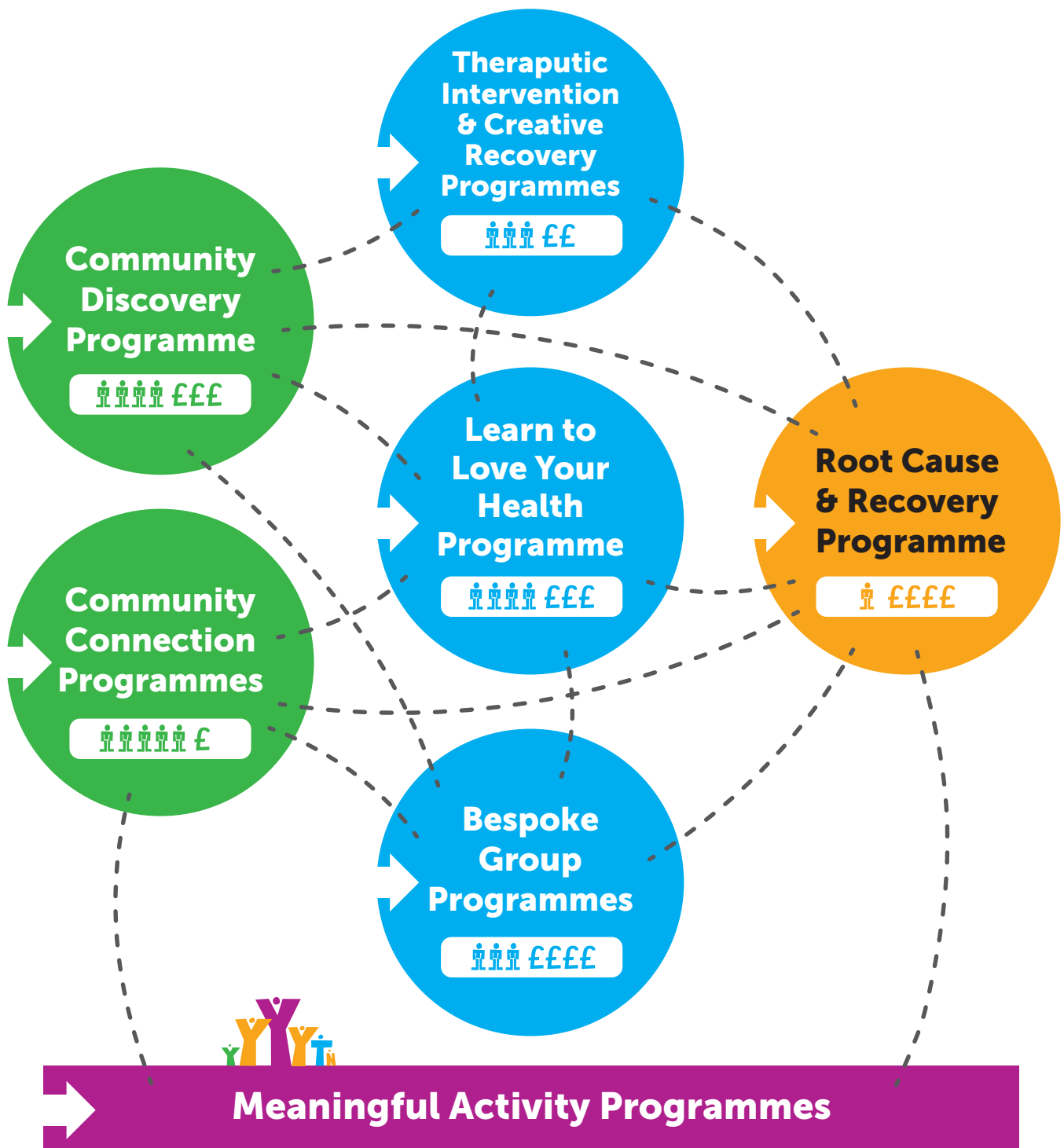
## Conclusion

The Community Wellness model is a **trauma informed, psychosocial, person centred, community model** that uses a **root cause and recovery** approach with the ambition to empower people to live healthier, more meaningful lives and flourish. We recognise that those who experience the greatest disadvantage and exclusion, often experience the poorest health outcomes and are more vulnerable. They are often missed in mainstream participation activities; so, our work focusses on some of the marginalised groups within our communities, often referred to as “difficult to reach groups”.

*Creating and nurturing inclusive, compassionate, therapeutic communities, one community at a time.*

# The community **wellness** model

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