

BO (African, 42) found that participating in the Wellbeing Hub had several benefits for her mental and physical health.

She attended most of the session and made the decision to volunteer at the reception. This enhanced her sense of purpose and kept developing her communication and networking skills.

BO first encountered the Wellbeing hub project when she attended the hub launch on the 16th May 2023 where residents were invited to join Black Woman Kindness Initiative and the Cranbrook PCN Social Prescriber aiming facilitate access to information, activities and connection.

BO was one of the first to put her name down for a volunteering role. BO shared she was currently working a limited number of hours in a Care role and wanted to be part of something she felt would help to build her skillset. BO stated *“I am always looking forward to the sessions because there’s always something new to learn”* Through workshops on self-care practices, natural health, fibroids and menopause to reiki meditation and diabetes BO learned a lot about her own needs and the importance in prioritising one’s wellbeing in order to keep developing.

At each session, BO took care of the register and supported ladies in recording both, entry and exit perceived wellbeing scores which helped to monitor the immediate impact the sessions had on attendees. Starting at 0 – 10 meaning feeling really good. BO noted that her exit scores improved until she was always leaving each session marking herself a 10.

BO told us *“Above all, it’s being an incredibly fulfilling and humbling experience. It did feel special to be able to say I was there and I did my bit”*

Case Study R.S:

RS (Caribbean / 61) with diagnoses of Fibromyalgia and other chronic pain symptoms came to social prescribing referred by her GP as she was feeling down.

RS was feeling very low in mood, in pain and isolated. She was quite reluctant to engage in conversation let alone to go out. She spent her days at home, thinking about all the things she would love to do but could not.

We started personalised conversations around what mattered most to her where we found a lack on services with whom she could relate, access and participate based on her needs.

Despite her struggles managing her Long Term Condition (LTC) and pain symptoms, RS felt motivated and made a decision to come out to meet her social prescriber. She was then introduced to BWKI Founder Cherrill, and a connection was rapidly made. RS was reinvigorated! And started thinking about the things she could do!

Soon she started volunteering and supporting BWKI events, networking with other women and services, and participated in different workshops, activities that enhanced her sense health, wellness and community connection.

RS even delivered her own workshop! Teaching other women to elaborate their own affirmations. A creative and empowering session that supports self-confidence, alleviates stress, remove negativity and aids motivation to believe in oneself and create the reality one wants.

Since the journey started, RS reports feeling determined, more confident, informed and connected. She accepts her illness and symptoms but works around them to ensure her self-care and wellness needs are met.

BWKI gave RS purpose and reasons to be hopeful, become more active and to believe there is life beyond illness.

RS told us: *“there is light at the end of the tunnel” / “I love to be part of BWKI thanks to social prescribing” “I have hope after illness”.*