

What is wellbeing and why is it important?

Wellbeing: **A state of being comfortable, healthy or happy.**

Happiness is an essential part of your personal wellness, and it includes fulfilment of long-term goals, your sense of purpose and how in control of your life you feel. Experiences, attitudes, and outlook can all impact wellbeing.

Research shows that there are a core group of actions we can proactively adopt to improve our levels of wellbeing.



So, what is this Wellbeing Hub all about?

Originally coming from the Pershore Town Plan such a facility was voted by residents to be the most important way to increase physical and psychological wellbeing in Pershore and the surrounding villages.

Where are we?

We opened the Hub on the 23rd of June 2021 at No. 4 High Street Pershore. Look out for us next to KC Carpets.

What you will find

At the Hub you will be able to pop in for a chat with our friendly volunteers who will be ready with a cuppa and time to talk, entirely for free, and of course, confidential. This may be all that is needed. However, we can help with everything from filling in complex forms, connecting people, to exploring what information, groups, clubs, or new hobbies that can enhance your wellbeing.

Look for our website www.pershorewellbeinghub.co.uk

On here you will find wellbeing information and a searchable directory of activities and services both locally and nationally. You'll be amazed at what is already happening in Pershore! We are also on Facebook.

I want to emphasise that the Hub welcomes everybody, and I hope will help you get the best from our community. Please do visit us online but more importantly pop into the Hub, where we would be delighted to show you round and have a chat.

We look forward to seeing you.