

Who are we?

The Wellbeing Coordinators are a small team of 5 and part of Strategy and Transformation within Aberdeen Health and Social Care Partnership.

- ▶ We care about your wellbeing
- ▶ We are friendly and approachable
- ▶ We are passionate and motivated to make a difference

We want to help people in Aberdeen to...

- ▶ Feel supported to take part in some type of activity that helps you move more everyday
- ▶ Have hope, happiness and good mental wellbeing (promote, protect and restore)
- ▶ Have access to the wellbeing information and support they need in a way that suits them
- ▶ Reduce the impact of loneliness and isolation

The 5 ways to Wellbeing



Where do we work?



Our **4 WELLBEING COORDINATORS** work across the city, covering **NORTH, SOUTH** and **CENTRAL LOCALITIES**.

Some examples of projects



- ▶ The Wee Blether
- ▶ Men's Groups
- ▶ Soup and Sanies
- ▶ Wellbeing days
- ▶ The Mighty Oaks (menopause)
- ▶ AGILE
- ▶ Boogie in the Bar(s)
- ▶ Relaxed Matchday Experience
- ▶ Compassionate Buildings
- ▶ SWSC on shmuFM
- ▶ Grampian Meaningful Activities Network
- ▶ Sheltered Housing Activities