

## **Burley in Wharfedale Wellbeing Hub**

The Wellbeing Hub which meets at the Scout and Guide Hut on Wednesday mornings (10-12) celebrated its first birthday on September 28<sup>th</sup>. A small group of participants shared what they felt had been achieved over the previous year as well as refreshments and a delicious chocolate cake.

The hub started at the end of September 2021 as a way of supporting the community in whatever concerns they might have, whether loneliness, anxiety, depression, bereavement or as a carer. It was an initiative from the Burley Community Leaders Gathering, a non-party political network of leaders which is concerned for developing the wellbeing of all residents of our village. The group has also worked to create a village wellbeing directory, to support Love Burley in establishing the Listening Ear Service as well as the Wellbeing Hub. They are also actively looking at wellbeing provision for children and young people.

The Wellbeing Hub is supported by Nicola, a counsellor from Grange Park Surgery and members of the Listening Ear each week.

We all agreed that in whatever capacity we were at the hub, we all benefit from the opportunity to share openly and honestly any worries we have. We trust that what we share is treated with confidence by the other participants. Through the telling of our stories, we have grown in knowledge and confidence. There is a lot of compassion and care in the group. We listen actively, and share gentle challenges, have you tried...? We acknowledge that life isn't straightforward. It is a supportive and inclusive group who will celebrate successes with you and support you through the harder times. We feel connected to each other. It was useful to stop, reflect upon what had been achieved and how rewarding it has been.

We feel welcomed and would love to welcome more to our circle of compassionate friends. It is not essential to share on your first visit, but if you want someone to accompany you to a meeting contact the Parish Office on 01943 864405 and leave a message.

Pam Stoney