

# Health and Well –Being services

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## Centres currently hosting health and well being services within the centre

Name of centre	Type of Service	What is available on site?	How often?	Who delivers it?
Eve's Space, Bolton	Mental Health	Mental health worker attends Drop in	Once a week	NHS Bolton MH Worker
	Substance misuse	Drugs Worker attends Drop In	Once a week	NHS Bolton Substance Misuse Service
	Other	Counselling	Once a week	Bolton University
Aurora New Dawn	Other	Violence against women services	7 days a week	Frontline practitioners and volunteers
Anawim	Physical Health	Support to women in crèche	Monthly	Midwives Health visitors
	Mental Health	Emotional wellbeing workshop 1-2-1 appointments as necessary CPN Mental health alternatives pilot providing mental health treatment	Weekly	MIND
			Weekly	Crisis (Homeless charity) Co-located mental health OM 3 days a week and Fulltime MH Practitioner
	Substance misuse	one to one appointments for drug advice drug awareness course alcohol misuse	Weekly Weekly Weekly	Addaction  Bournville college A team
Other	Sexual Health including testing for Chlamydia, pregnancy etc	Occasional	SAFE	
North Wales Womens Centre	Physical Health	Massage, Reiki, aromatherapy	weekly	volunteers

	Mental Health	Counselling	weekly	trained counsellors & trained volunteers
	Substance misuse	one to one	Ad hoc	Substance misuse agencies
	Other	confidence and self esteem courses	various dates on going	staff and subcontractors
Womencentre Calderdale	Mental Health	Preventative mental health services including postnatal depression groups , walking groups, counselling, eating disorder group Confidence, empowerment, self esteem	Throughout week	Healthy Minds (VSO)  Own commissioned service connected with local mental health provision  WomenCentre facilitators
	Substance misuse	Prescribing service	1 day per week	Calderdale Substance Misuse Service
	Other	Specialist midwives	1 afternoon per week	NHS
TWP Hull	Physical Health	Hepatitis C screening Hepatitis A/B vaccinations Diabetes, blood pressure, well woman service Chlamydia Screening Smoking Cessation Life Support / First Aid	Fortnightly	Compass
	Mental Health	Drop-in advice session Counselling	Monthly Weekly	Wilberforce Centre York St John University Masters Student Compass
		Alternative Therapies (Acupuncture)	Weekly	
	Substance misuse	Alcohol Triage Alcohol Brief Intervention	Weekly	Action for Change

		Alcohol Activity Requirement Alcohol Treatment Requirement Drug misuse one to one sessions Motivation appointments Refer to treatment and scripts Family and friends support Alternative Therapies (Acupuncture) All physical health services as outlined above can be tailored specifically to drug users.		Compass Crossover  Compass
TWP	Physical Health	Sexual Health Screening Pregnancy Testing Contraception Hep A/B Vaccinations First Aid Healthy Eating/Living Course Boxercise Health Champion	Fortnightly Fortnightly Fortnightly Fortnightly Quarterly Bi-annually Weekly Monthly	NHS NHS NHS NHS Red Cross Manor Development Trust Sheffield City Council
	Mental Health	Art Therapy Mental Health Drop In	Weekly Monthly	Northern Art Programme Northlands
	Substance misuse	Drug Worker Drop In Alcohol Brief Intervention Sessions Alcohol Counsellor	Weekly Weekly Weekly	Addaction (DAAT) SASS (DAAT)
East Lancashire Women's Centres	Physical Health	Nurse in a bag service	As needed	NHS NW
	Mental Health	Counselling/CBT/HIT/PWP/EMDR	Daily	We deliver – core activity
	Substance misuse	SU Drop in	Monthly/As needed	Inspire – local DAAT funded team
	Other	Support groups for depression/anxiety/survivors of		

		childhood abuse Sexual Health drop in Alcohol Drop in Long term conditions support groups		
Brighton Inspire	Physical Health	Holistic therapies, Health Walks	Weekly	Trained professionals/practitioners
	Mental Health	Counselling, MH Case work	Daily	Trained professionals/practitioners
		Psycho-educational groups	Weekly	
	Substance misuse	Counselling		