

**Community at Heart
New Deal for Communities
2000 - 2010**



HEALTH AND WELLBEING

Wellspring Healthy Living Centre (£3.5 million)

Wellspring is one of Community at Heart's flagship projects. A group of residents got together and set out their vision for a high quality health centre where there were lots of services under one roof. The old Corbett House Surgery was out of date and of a poor standard and was demolished and replaced by this fantastic new building. Wellspring is home to a doctors' surgery, dentist, pharmacy, meeting rooms, complementary therapy clinic, wellbeing project, learning kitchen, crèche, art room, garden, resource area and hosts sessions from other health professionals (for example midwives, school nurses, district nurses and health visitors). Today the centre is an independent company employing its own staff and is managed and run by a resident Board.



Wellbeing team (£1.1 million)

Community at Heart funded a range of additional projects to improve the health and wellbeing of residents. This included a men's health project (organising specific groups for men), a young people's health project, a Somali family support worker and more. The team organised arts sessions, drop-in events with specialist health providers, support groups and advice services. The wellbeing team is now part of the Wellspring Healthy Living Centre company and still provides additional services and activities to improve people's wellbeing.



Complementary Health Clinic (£304,535)

This project was set up in response to requests from residents to have access to low cost complementary therapies. The project was a great success and was awarded funding from the Primary Care Trust to deliver NHS services locally. Today the clinic is still going strong and offers appointments for massage, reflexology, hypnotherapy, homeopathy, acupuncture and Indian Head Massage for low cost to people from across Bristol.

