

Centre of Health and Wellbeing Newsletter No.3

It was a busy Spring season at CHWB. Here are some highlights of our springtime calendar.

Laughter- the best medicine

In April we travelled to Galashiels to run an afternoon 'laughter workshop' for staff at Scottish Enterprise. Laughter has been shown to improve health and wellbeing by increasing circulation and the amount of immunoglobulin (which helps fight illness) in the bloodstream.

To warm up their laughter muscles, staff watched a DVD of selected comedy highlights from our Laughter Show. This was followed by a half-hour session of 'laughter yoga' in which participants practised laughter exercises which they could use even at times when they did not feel like laughing. Both natural and forced laughter are known to have a positive impact on the body. We confirmed this by measuring staff blood pressure and heart rate before and after the workshop. As hoped, the workshop had a measurable positive impact on the physical wellbeing of staff. Hopefully this corresponded with a lift in spirits too.

S2S Social Enterprise Fair 2010

In April, social enterprises from around Scotland and beyond gathered in the Corn Exchange, Edinburgh, for the fifth annual Social Enterprise Fair. At our stall, attendees were invited to try relaxation therapies such as Indian head and neck massage and reflexology; they sampled healthy snacks and received professional health checks. Our services were fully booked all day long. Judging by big smiles on faces, the massage taster sessions were particularly well received!

Senscot Conference

Also in April, we attended the Senscot (social entrepreneurs network Scotland) Conference at Perth Concert Hall. Delegates were able to book in for an Indian head and neck massage or reflexology taster session and have a professional health check. They could also stop by our nutrition table to sample low GI foods and delicious fruit smoothies. Many delegates left very positive feedback and were keen to find out more. All in all, a very successful day!

Diabetes Pilot Project takes off in West Lothian

May saw the launch of our pilot project of lifestyle management for people with diabetes. The aim of this programme is to provide participants with the opportunity to explore how they can take control of their lifestyle and enhance their existing healthcare treatments. More details and an update on the success of the programme will follow in our next newsletter.



If you are interested in finding out more about our diabetes lifestyle project, or would like any further information about us and our services, please contact us at: info@chwb.org.uk.