
Chatsworth Wellbeing Centre

5th September 2023



What's coming up

01 Introduction

02 Team

03 Our First Year

04 What's next

05 Want to know more?

01 Introduction

Chatsworth Wellbeing Centre was set up in May 2022 with the intention of providing health and wellbeing support to people in Chesterfield and wider North East Derbyshire.

A refurbished former Sunday School on Chatsworth Road will be our home eventually – funding bid prep is under way!



O2 Team

Amanda
Therapist
Face2Face Wellbeing



Karen
Coach
I am GIANT



Jacqui
Chief Executive
DVA



Suzanne
Therapist
Reconnecting You



03 Our First Year

Building

Former Sunday School opened in 1900.
Taken over by Kennings in late 1960's, now owned by Lidl.

Meetings with Lidl representatives to secure backing for project and on ongoing support.

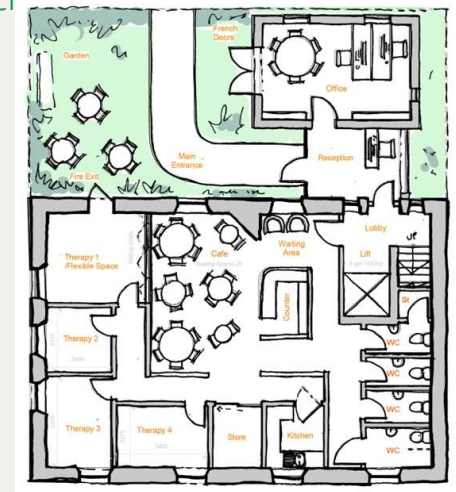
Plans drawn up by IntegratePlus Architects, funded through Sheffield Enterprise Excl

Pre-planning advice received from Chesterfield Borough Council

Expression of Interest accepted for Community Ownership Fund

Revenue Grant applied for feasibility study (fingers crossed!)

Bid development support secured and work underway for full funding



Our First Year

Health & Wellbeing Support

Keen as mustard to get going!

Our **Chronic Fatigue Recovery Group** has been sunning for 12 months now with thanks to the Feeling Connected Fund.

The Group meets on the last Wednesday of every month to provide support and inspiration to those living with chronic fatigue.

In July we held our first **Health & Wellbeing Day**. We had a mix of

- workshops offered by local experts
- stalls run by local health and wellbeing businesses
- taster treatments from 6 local therapists.

We had a steady stream of visitors throughout the day and received great feedback along with requests for more of everything!



03 Our First Year

Community Collaboration

Over the past 12 months we've been:

- **Building links** within our local community to establish our presence and find out what kind of health and wellbeing support is needed.
- **Connecting** with other health and wellbeing social enterprises, local social prescribing teams, Derbyshire Voluntary Action, CVS Funding and attended a number of community based workshops and events, including taking part in the fabulous Thinkfest! 2023.
- **Involving** Specialist practitioners in our Chronic Fatigue Recovery Group, sharing a range of skills and experience from Reflexology to Feldenkrais Therapy to Chair Yoga and much more.
- **Engaging** with people and providing opportunities to try out different ways of self support



04 What's next?

- Securing funding to refurbish our building.
 - 7 therapy rooms, meeting & workshops spaces, café
- Continuing to run our monthly Chronic Fatigue Group
 - Open to all, we'd love to support more people
- New health and wellbeing workshops
 - Run by local specialists, sharing their passion and skills
- Therapists, Health & Wellbeing specialist meeting
 - 14th September 5pm-7pm at Nonnas on Chatsworth Road



05 Want to know more?

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@chatsworthwellbeingcentre

Email

chatsworthwellbeingcentre@gmail.com

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