



## Mission statement

The Swansea Wellbeing Centre (SWC) is a Community Interest Company and exists to promote and facilitate wellbeing for the community in the local area. It is led by experienced directors, manager and staff, and hosts a team of skilled practitioners offering wellbeing services. Alongside this, the SWC benefits from the daily involvement of a wide range of volunteers.

The Centre was established to reach out and offer support to all members of the community, with a particular intention of reducing isolation by providing opportunities for social connection, and accessible services regardless of background or socio-economic status. Most sessions are provided within the SWC itself on Walters Road, Mount Pleasant, but some are also facilitated within the local area.

We aim to provide a programme of community support that is visitor led, and meets the needs of all ages, ethnicities and genders. The purpose is to provide emotional and psychological services, using a range of evidence-based approaches. Wellbeing sessions range from individual one-to-one counselling and psychotherapy to a variety of therapeutic groups. Also, the community is able to access well-researched physical and mental wellbeing sessions including yoga, Thai chi, and movement classes.

We value social inclusion and increased wellbeing for all and are proud to be a wellbeing hub for all of those in the community, offering point-of-contact services for those that need them, and continue to develop with the support, time and input of all who become involved.