



The Swansea Wellbeing Centre Governing Document

We the directors of the Swansea Wellbeing Centre established the centre in order to promote wellbeing for the whole community in our local area.

We have established the centre to reach out and support all members of our community, with a particular intention to support those more isolated and vulnerable and to provide services which are accessible to all regardless of socio - economic situation. We aim to provide a programme of community support that is visitor led and meets the needs of all ages, ethnicities and gender.

The Swansea Wellbeing Centre is a Community Interest Company - referred after as SWC.

The purpose is to provide emotional and psychological support and wellbeing sessions - ranging from individual one to one counselling and psychotherapy sessions. Also groups offering well researched physical and mental wellbeing including yoga, tai chi, movement classes.

The directors board shall lead the focus and direction of the centre and ensure the SWC operates in the line with its vision and intention to be a place of Wellbeing for all in the Community.

We have 4 directors and a 1 non executive. The senior directors meet on a weekly basis the full team of directors meet on an annual basis.

All directors reserve the right to call meetings at any time. Approval of senior director team is taken in all essential decisions.

We encourage and welcome feedback from centre visitors through conversations both virtual or face to face. We also engage through social media and monthly newsletters.