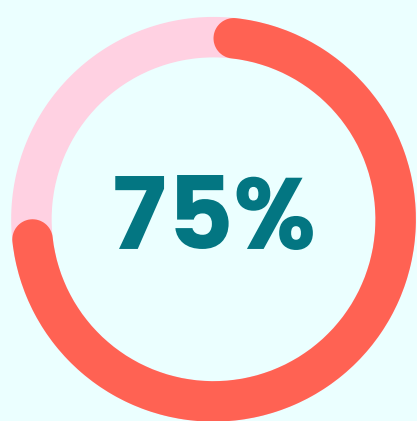
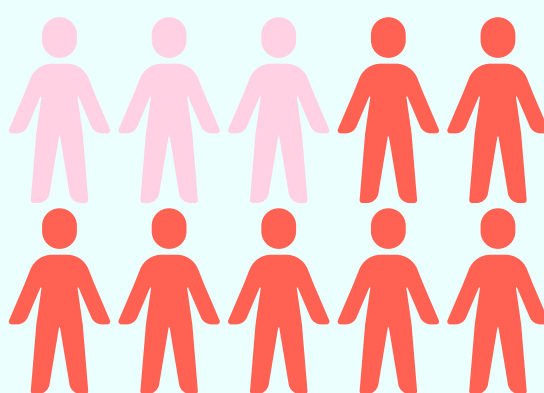


# Step into Wellness

## Improving health & wellbeing for Cornwall



75% of referrals received to SiW are female, with 22.8% male.

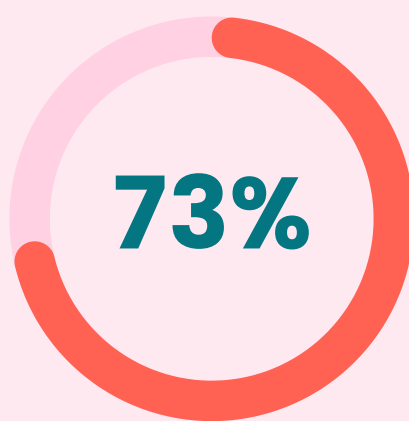


Seven in 10 people were referred by social prescribers, community coaches and Age UK Cornwall staff who work in local communities.



**"I cannot thank you enough, my mind, body and self all feel great. What a change!"**

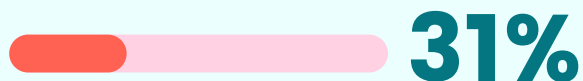
Digital Cafe attendee



An amazing 73% of people shared that they had a meaningful positive change after joining one of our sessions.

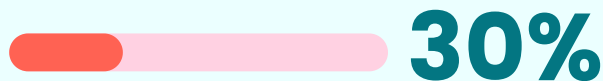
### Better High Wellbeing

Before joining SiW - only 6% of people stated that they had High Wellbeing - after it was 31%



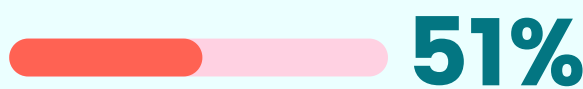
### Reducing Low Wellbeing

Before joining SiW - over 64% of people stated that they had Low Wellbeing - after our intervention, this was improved to 30%



### Age Range

51% of people referred to SiW fall in the 55-85 age range, with 11.4% in the 85+ range.



242 people completed full health & wellbeing assessments with Age UK Cornwall.

We have touched the lives of over 500 people, greatly improving mental and physical wellbeing across Cornwall.



[www.ageuk.org.uk/cornwall/our-services/step-into-wellness/](http://www.ageuk.org.uk/cornwall/our-services/step-into-wellness/)

We want to say a huge thank you to our partners in the voluntary & community sector, such as - The Chaos Group; Anchor Living; Liskerret Community Centre; Digital Inclusion Cornwall, The Community Hub Network and Volunteer Cornwall.