





# Newman Health & Wellbeing

*breaking barriers unlocking potential creating flourishing communities*

**Newman Health & Wellbeing** exists to improve the quality of life for individuals and to make a positive contribution to the communities and organisations to which they belong. Both close to Bartley Green where we are based and within wider Birmingham and beyond.

## We are starting life with two services:

-  Counselling and Psychotherapy: for children, young people and adults across Birmingham and beyond
-  Reach Out: building connections with young people in our local area



We work by using the considerable expertise available within Newman University to deliver high quality, professionally led and cost effective services. Undertaking these in purposeful partnership with those who use and fund what we are able to provide.

Our consistent aim is to help meet individual needs and, through doing so, to build healthier and more resilient communities and organisations. In ways that respect and value individuals and strengthen the bonds between them.

## Our long term vision is:

-  to be a thriving, collaborative and compassionate community
-  to deliver sustainable, leading edge services, social impact and innovation
-  to work within local areas within Birmingham and beyond, and,
-  to support everything we do through well informed research; providing insights for a better tomorrow

Our commitment is to positive participation, preventative action and a holistic client-centred approach.

We are looking to grow additional services over the coming months within and beyond the university campus. In doing so, enhancing and reinforcing all that we value.

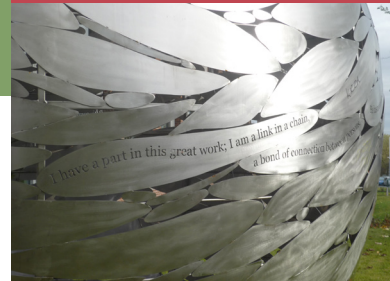
The team at **Newman Health & Wellbeing** believes that we can bring fresh insights and make a positive cost effective contribution to your current and future health and wellbeing issues and challenges.

**We would welcome exploring this further with you.**

**0121 483 2214**

**wellbeing@newman.ac.uk**

**www.newmanhealthwellbeing.org**



Newman University  
Bartley Green  
Birmingham, B32 3NT





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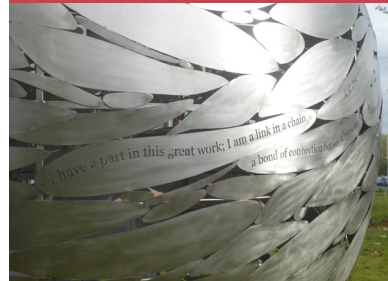
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