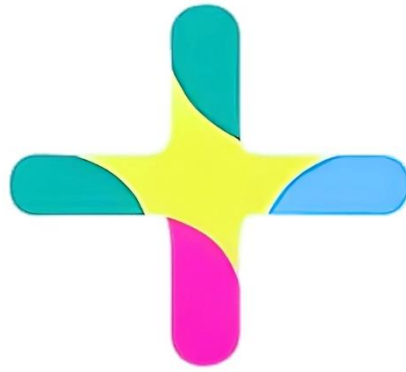


NOW EVERYBODY UNITE



NE:U
POSITIVE WELLBEING

Information Pack

*"Strong communities are built on strong people.
NEU—Now Everybody Unite—is here to put wellbeing
at the heart of community life."*



What is NEU Positive Wellbeing?

At NEU Community, we believe that wellbeing should not be a luxury—it's a foundation for stronger, more resilient communities. Our programmes empower local organisations like food banks, charities, and community hubs to embed sustainable wellbeing practices that reduce inequalities and support those most in need.

We use proven, practical approaches that support real change:

- **Trauma-informed practice** – creating safe, supportive spaces where people feel understood, not judged.
- **The Solihull Approach** – strengthening relationships, communication, and emotional wellbeing.
- **Lived experience & storytelling** – drawing on voices of experts, ex-offenders, and community leaders to inspire resilience.
- **Six pillars of wellbeing** – Mental, Emotional, Social, Physical, Creative, and Environmental Wellbeing for a truly holistic framework.

Why does this matter?

Community organisations often carry the heaviest load, supporting people facing multiple challenges—poverty, isolation, trauma, and poor health. By embedding wellbeing into community services, we help to:

- Improve confidence, resilience, and self-esteem.
- Reduce social isolation and health inequalities.
- Empower volunteers and staff with practical tools to support others.
- Ease demand on frontline NHS and social care through early intervention.
- Build stronger, safer, and more connected neighbourhoods.

Our promise is simple: Positive Wellbeing for All.

With NEU, you're not just supporting individuals—you're strengthening the fabric of your community.



How do we deliver?

- Measurement that matters – WEMWBS baselines & closes for participants; we set up, administer, analyse, and report.
- Staff/volunteer training – cohorts of up to 20; practical, evidence-informed sessions that equip people to support themselves and others.
- Programme implementation – NEU delivers sessions with your community to model practice and embed routines.
- Handover for sustainability – once systems are in place, your team can continue the programme independently.
- Optional retainer packages – ongoing support, refresher training, and outcome monitoring (flexible levels).

Measuring What Matters Together

At NEU Wellbeing (Now Everybody Unite – Positive Wellbeing for All), we use the Warwick-Edinburgh Mental Wellbeing Scale to listen to how people feel and track wellbeing across community programmes. It's quick, secure, and always voluntary.

Community members complete WEMWBS at the start, during reviews, and whenever they want to reflect. We look at changes over time rather than labels or scores, making sure support stays kind, proportionate, and rooted in real life.

Our approach blends WEMWBS results with conversations, the Mental Health Continuum, and Maslow's Needs to guide next steps—whether that's light-touch encouragement, peer-led sessions, or safe signposting to local services.

Why it works for communities:

- Builds a picture of collective wellbeing, not just individuals.
- Highlights strengths as well as needs.
- Ensures early, appropriate support pathways.
- Helps communities evidence impact and celebrate growth.



The NEU Community Model

Our approach is train-implement-handover, with the option of ongoing support. This ensures programmes are sustainable, scalable, and affordable for all partners.

Moving Forward Together

Wellbeing is not a luxury—it's a foundation for stronger, safer, and more connected communities. At NEU Community, we believe every person deserves the chance to feel valued, supported, and empowered.

By working with us, you're not only building confidence and resilience in individuals—you're helping to weave lasting strength into the fabric of your community.

 **Let's build a future where Positive Wellbeing for All is more than a promise—it's a reality. *Because when everybody unites, everybody thrives.***

Contact NEU Community now:-

Email:- neucommunity@neuwelbeing.co.uk

Linkedin:- www.linkedin.com/company/neuwelbeingltd

Instagram:- @neuwelbeing_ltd

Web:- www.neuwelbeing.co.uk (going live October 2025)

What people say

"I enjoyed learning more about myself and how I can change negative pathways into positive within 30 seconds. I also liked to learn all the positive ways of dealing with my problems without resorting to negatives and causing more issues. I truly believe I have learnt a lot during this in many areas where I will put all this into practice for future references - The trainers explained really well and helped me by giving me positive feedback and helping me when needed."

"I enjoyed learning different skills about my personal wellbeing. I wasn't positive or happy in myself when I first started here, every session that I joined, I progressed more with positivity and controlling my emotions which is fantastic for someone like myself. I feel this has helped me to help others who may feel what I used to feel."

