



WHAT IS LIFEWELL™ ?

LifeWell™ is a faith based service centre of Enfield Baptist Church Inc which aims to *help people live life well* through access to high quality care and recovery services for the whole Person (Emotional, Physical, Spiritual realms) delivered on an individual & small group model.

Help for those who need it most

LifeWell™ was conceived in response to an evident lack of quality affordable support & recovery programs for people on low incomes during and / or following significant life pressures.

While **LifeWell™** is accessed by persons of all ages facing vulnerable life experiences, a prime concern is towards those who have limited access to care, support, and personal developmental services - by virtue of economic or social disadvantage.

LifeWell services include:

Small group recovery courses *such as:*

- ❖ Grief, Addictive behaviours including Chemical & sexual dependencies, along with personal growth courses relating to Self Esteem and effective relationships.

Our flag ship course is Search for Life (Careforce Lifekeys™) – which helps us understand better why we feel, think and act the way we do, and gives helpful tools for more effective living.

Personal Care – *such as*

- ❖ Professional Ethical Massage: - Remedial; Therapeutic; & Relaxation
- ❖ Hair care
- ❖ Faith based Health Education, Advocacy, basic assessment and referral

Professional Counselling

- ❖ Personal, relationship, and crisis counselling

Self help and mutual support services - including

- ❖ Breast Cancer; Alzheimer's carer's, and Bi Polar disorder

Promotion of Nutrition and healthy lifestyles

LifeWell™ is in the process of developing a **tranquillity garden** where people can come to rest reflect and refresh and which can be used for significant occasions of remembrance / celebration.

The need

Many people who *could* benefit from early supportive **primary care services**, simply cannot get access because of no health insurance cover, and the high cost of these services. As a result many **miss out** on care and support that would help reduce stress, develop life skills, promote personal health, and enable safe recovery from life challenges.

LifeWell has been established to **ensure** that **ALL** eligible clients *regardless* of financial capacity have the chance to move forward in healthy growth and recovery in a safe, ethical, and caring environment. To ensure this, EVERY LifeWell™ service and course is offered at below market rates AND **subsidised** care is available for eligible people where affordability is a genuine issue.

This subsidy care is assisted by means of an active partnership with **New Beginnings** - a low cost goods store - crn Hamstead Road & Francis ave Broadview.

LifeWELL™ is a non profit service.