



To access this service you will need to be referred through the Durham Mental Wellbeing Alliance. You can self refer or ask a professional.

Referral forms can be found on the website below. Or you can telephone or helpful referral coordinators.

Durham Mental Wellbeing Alliance
c/o Waddington Street Centre
3 Waddington Street
Durham
DH1 4BG

Office Opening Hours
Monday to Friday
09:00 – 17:00

Telephone
0300 304 5527

Email
contactus@durhammentalwellbeingalliance.com

Website
durhammentalwellbeingalliance.org

Sept 2022

The Waddy Feel Good Service is made possible with support from our partner organisations within the DMWA, Durham University Maiden Castle Sports Centre, County Durham Sport and Lanchester Road Hospital.

We also want to help you to live a fulfilling life in the community by offering opportunities for personal development, social interaction, and by supporting recovery.

We can't wait to meet you. It's a big step to make health changes, but we know that with our help and support you'll be really proud of what you achieve



Helping you to have better physical health and Wellbeing





Welcome to the Waddy Feel Good Service!

This friendly, safe and supportive service will help you to look after and improve your physical health. We recognise that when people are struggling with their mental health it can be difficult to look after physical health too.

How We Can Help You.

When you start to attend the service we will chat with you and identify your health needs. Together we will plan some achievable and realistic goals. Staff will support you at your pace to achieve the things you want to. There are no time restrictions or pressures from us but we will encourage and support you to get the most from the service.

We want you and other people in County Durham to be healthier and happier.

“Before I came to Waddington Street, I used to dig myself a hole. But this place has changed my life. Getting involved in three or four things a week, and I must admit, I really look forward to coming here especially on a Tuesday. Especially being out with the lads and going to the gym and then going to the Badminton as well getting involved with that and making new friends and it’s really done me a lot”

Here are some examples of what we currently offer. You will also be given a timetable as part of your induction.

- Accessing existing Waddy Feel Good Service activities - Badminton, Gym, Football, Walking Groups, and Cycling.
- Accessing other community projects in County Durham.
- Help to make health care professional appointments.
- Accessing other Durham Mental Wellbeing Alliance Health Services in County Durham.
- Accessing information or support around various physical health topics e.g. diet and nutrition.



Other offerings at Waddy

We are always on the look out for new and exciting activities for our members to take part in. Previous taster sessions have included Chair Aerobics, Pilates, Drumming, Singing and Animal visits. We regularly have extra activities going on in the Centre and also day trips in our new minibus. After accessing this service for 10 weeks people are welcome to progress into other Centre activities.

We actively listen to our members about what they would like to try. We’d love to hear your ideas!

Our Centre

Waddington Street Centre believes in a person centered approach. This means that we are flexible around the needs of people.

We are Located in Durham City Centre, just under the viaduct. We are easily accessible by bus and there is on street parking around the Centre.

Light refreshments can be purchased in our café.

For further information on the WFGS please contact Sam Mason- Waddy Feel Good Service Coordinator on 07983 166 613 or 01913860702 smason@waddingtoncentre.co.uk