



Office Use Only: #.....



Wellbeing Flower

Below are some areas about daily life, have a think about how you feel for each area and your current position. Through accessing Motherwell services, you will have support to enhance your wellbeing, have opportunities to develop and grow. For each area please circle a number which best suits - numbering from 1 Low to 10 High

Managing Mental Health

Healthy lifestyles

Daily living skills

Social networks

Healthy relationships

Importance of self-care

Addictive behaviours

Volunteering/education/work

Through accessing Motherwell services, you will have support to enhance your wellbeing, have opportunities to develop and grow. We need to process this data as part of the delivery of our service to enable us to monitor the activities that we are undertaking. All personal information will be kept confidential and stored in accordance with data protection regulations. Please sign below to indicate consent for the Charity to store this information.

Signature Date

Full Name Project