

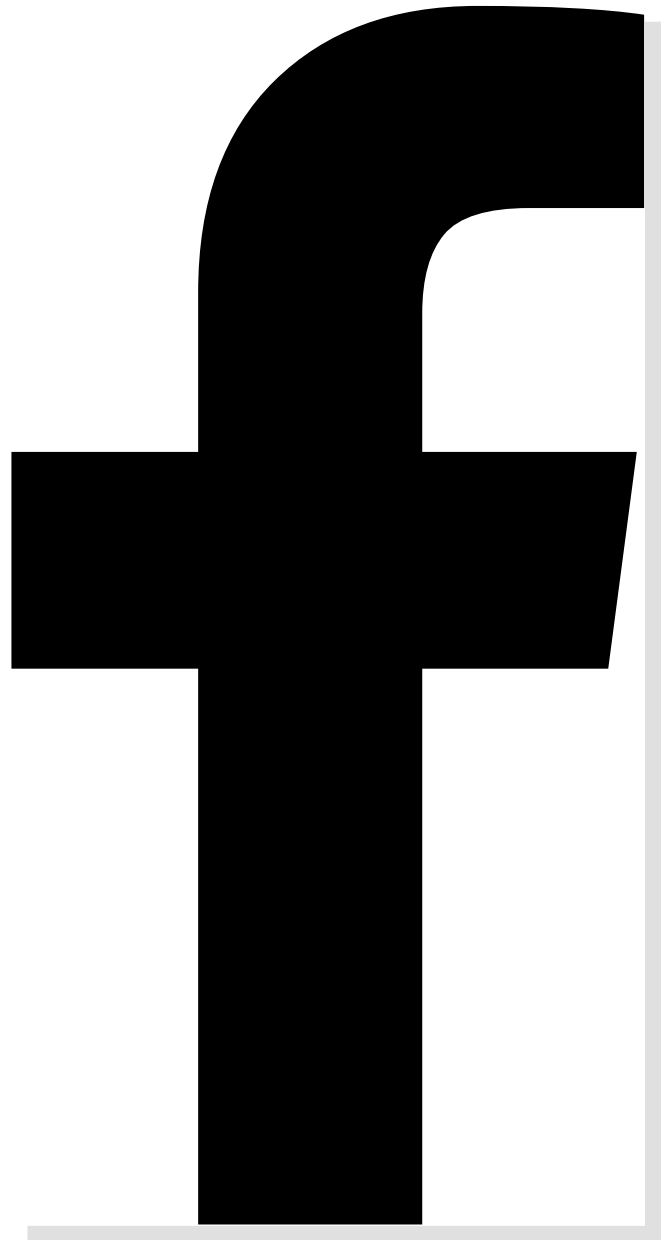


CASE STUDY

RiversMeet Active, Gillingham, Dorset

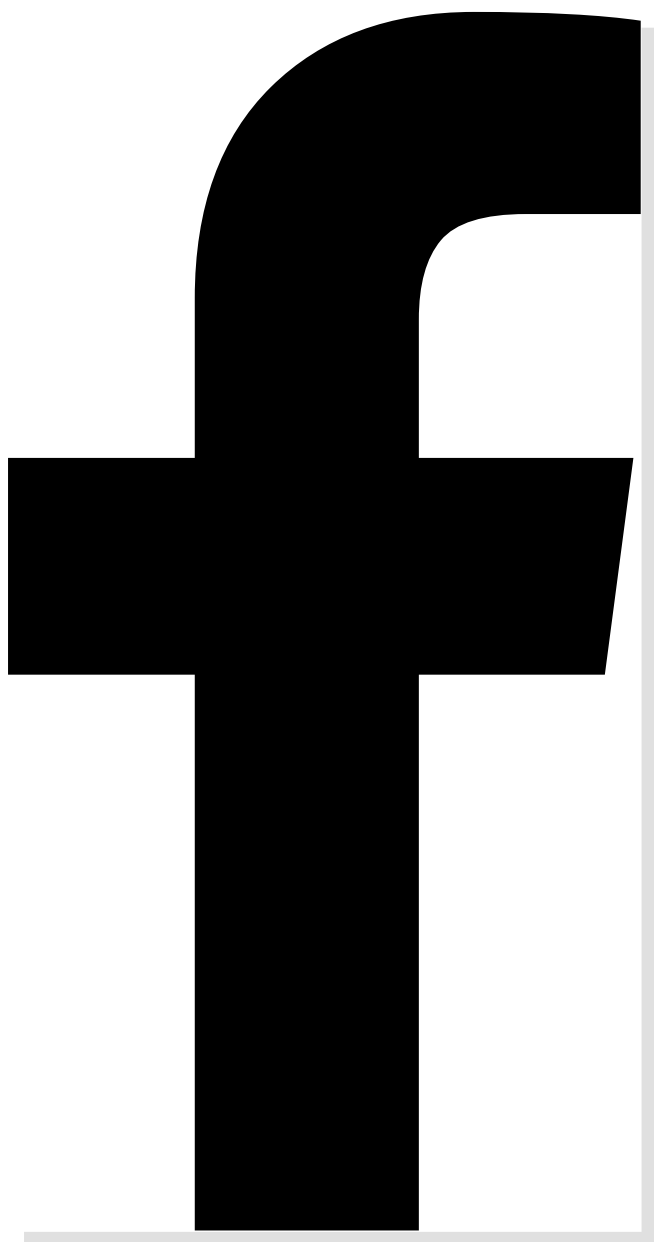
RiversMeet Active, in Gillingham, Dorset, has proudly opened the doors to its brand-new Wellbeing Hub – an ambitious, community-first initiative that goes far beyond fitness.

It is a designated space designed to address the physical, mental, and social health needs of local residents. The hub is a pioneering model for the county, reflecting a growing national movement toward community-based health solutions that relieve the strain on overstretched NHS services.



Integrated with RiversMeet's GP referral programme, the Hub offers low impact fitness classes to mental health drop-ins, physiotherapy and more. It is designed to help people manage their health in a safe and inclusive environment, ensuring all members of the community feel welcome and supported.

Dorset Mind, a self-funded local charity supporting people's mental health, now works from the Wellbeing Hub every Monday. Offering a mental health drop-in provision, not only will their presence support the local community with wellbeing needs, but will also work harmoniously with the GP referral pathways already in place at RiversMeet Active.

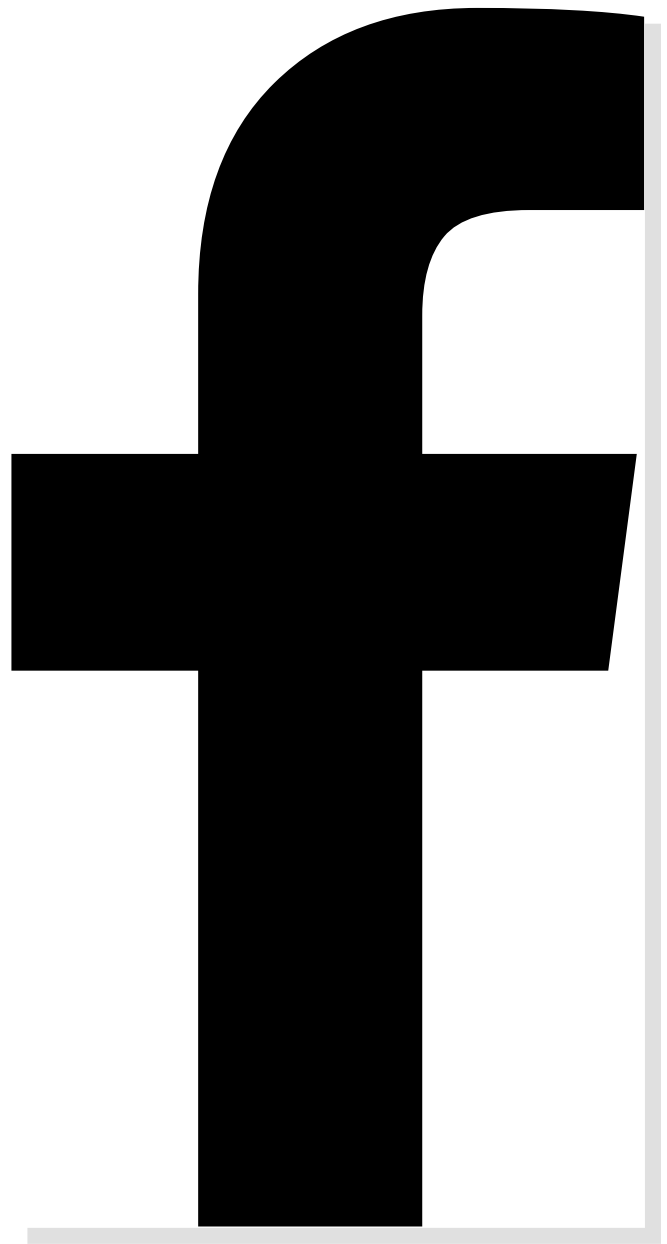


Future plans include access to sports massage, counselling, nutrition groups, anxiety and parent support sessions.

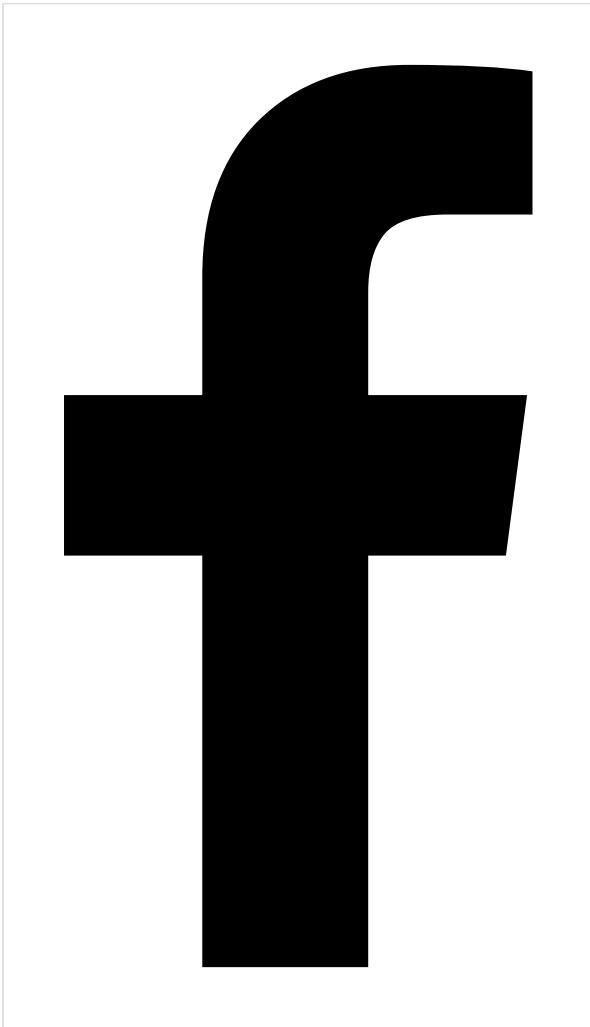
“We are very excited to be building on this impressive scheme whilst working in partnership with vital local resources. We are on a mission to improve the health of our community, watch this space!” says Jake, General Manager at RiversMeet Active.

As a local company, Dextra Group are delighted to have worked with RiversMeet Active, supporting the set up of the Wellbeing Hub. We hope that the Hub can support our employees, their wider families and the local community, providing an accessible Wellbeing resource for all.

RiversMeet Leisure Centre, Gillingham, Dorset



THE PRODUCTS

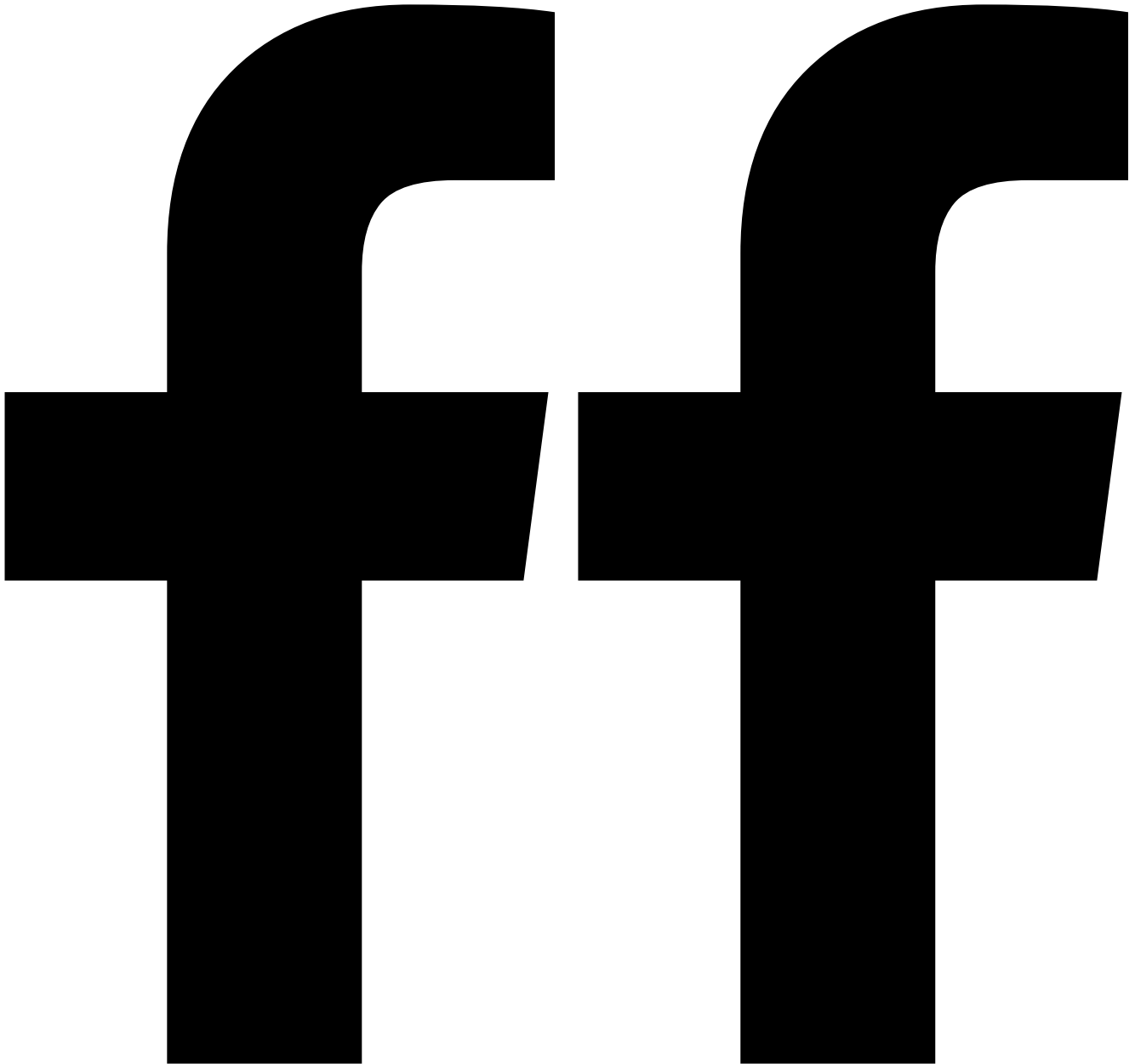


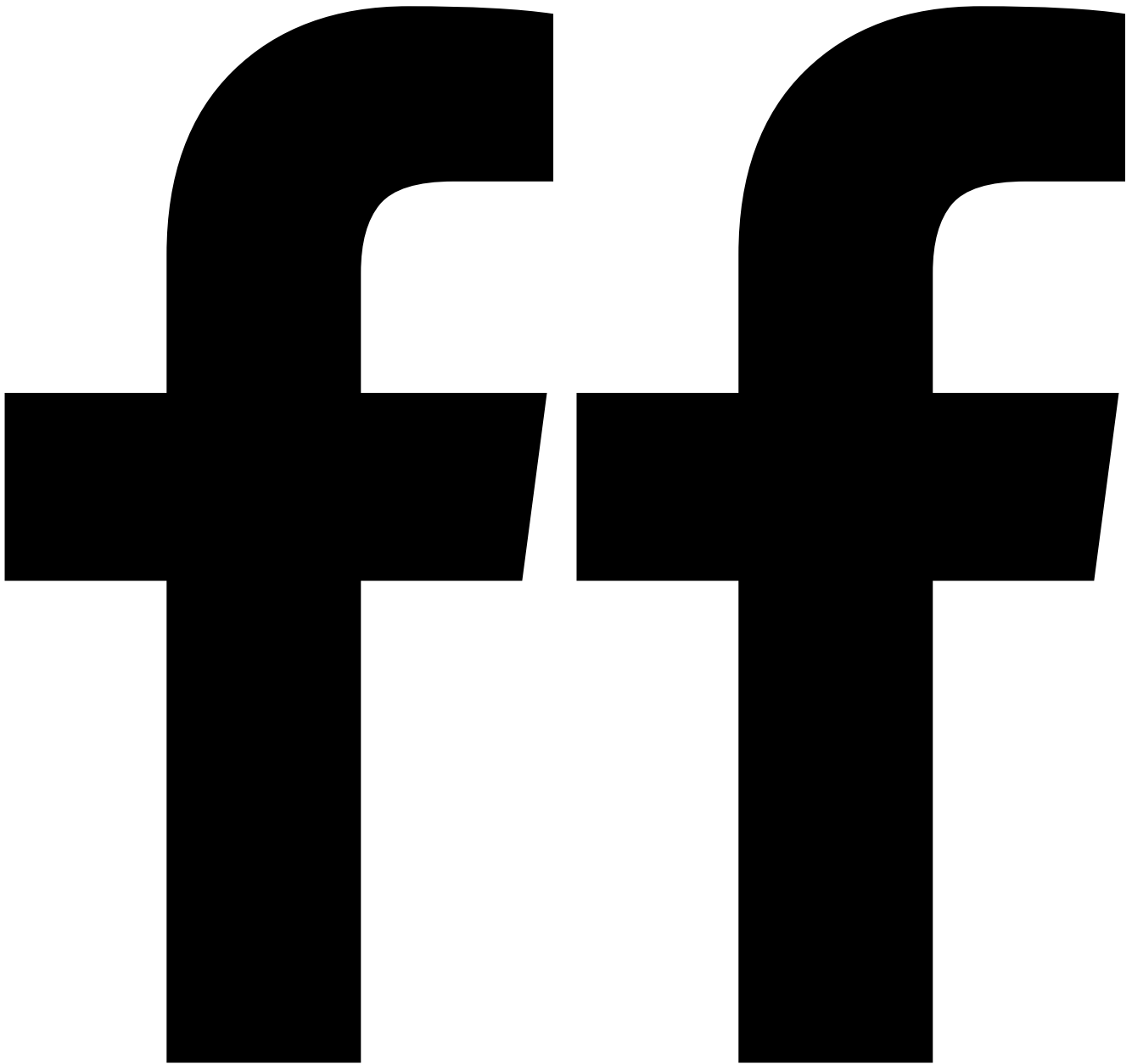
MOD CAELUS

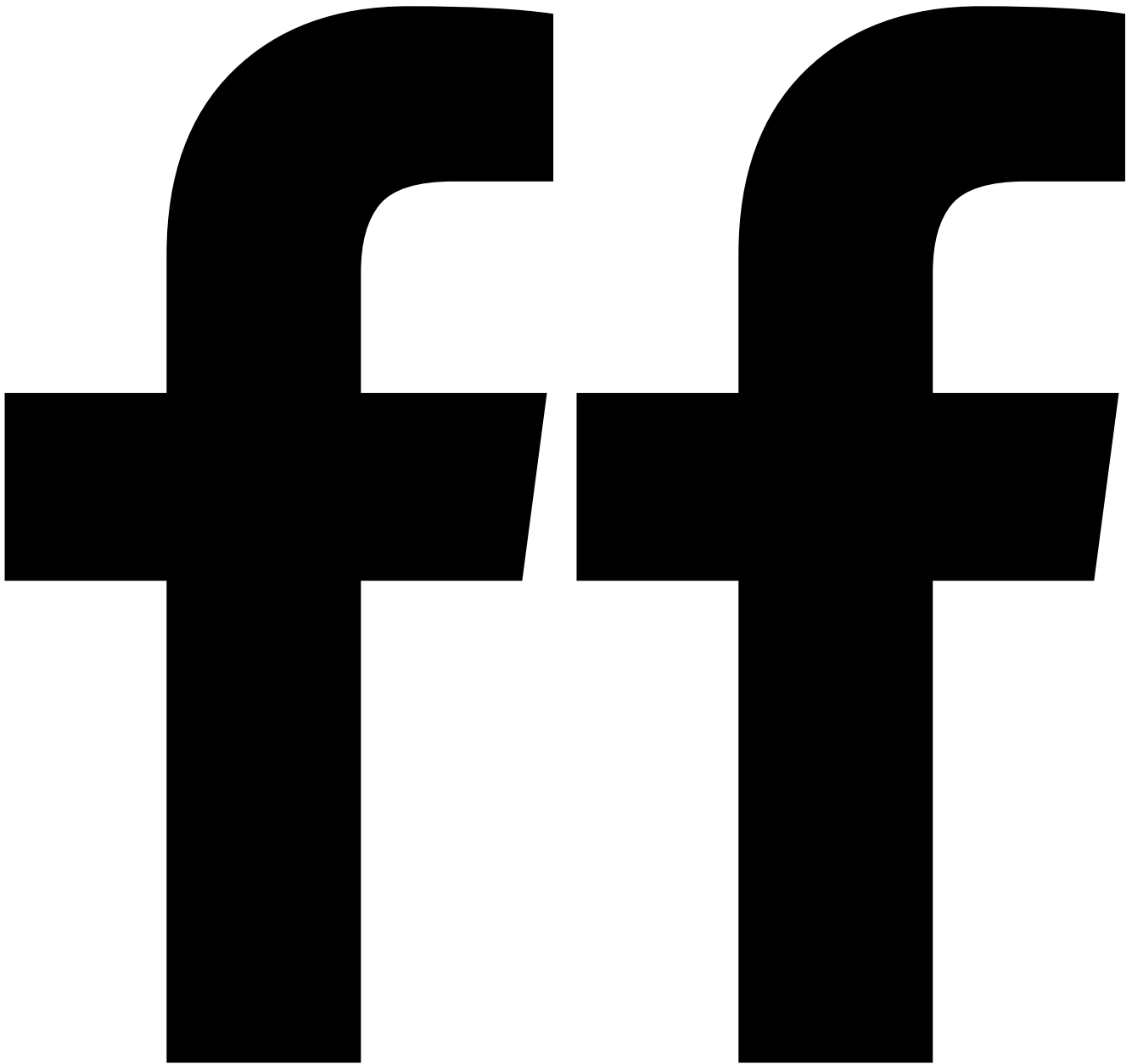
The Mod Caelus is available with a range of graphic designs allowing the simulation of skylights and other decorative features.

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GALLERY







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