

# FRESH THINKING WELLBEING EXPERIENCES



## MCREAT & SOULHUB

Bespoke Wellbeing Programmes, Experiences and Events



mCreat  
fresh thinking events

Soulhub



# BACKGROUND

*In the wake of the most serious global pandemic in over a century, mental health and wellbeing has never been so much in the spotlight.*

The need for support with mental health and wellbeing is vast and wide-reaching. Many organisations, companies, groups and institutions are wrestling to understand how best to respond to support those in their employ, community or care. One size does not fit all and there is such a vast array of therapies and tools available, it can be difficult to know where to start.

Soulhub and mCreat have come together as experts in the fields of mental health, wellbeing and event management to provide wellbeing experiences designed to be as unique and bespoke as those who need us. Whether you are a large corporate, a sports team, a university or community group - it doesn't matter who you are, it just matters to us how you are!



## ABOUT US

Soulhub and mCreat are working together to create bespoke wellbeing-based experiences, programmes and events tailored to the exact requirements of our clients. Together we have all of the expertise to plan and deliver professional wellbeing experiences designed to genuinely help those in need.

### SOULHUB

Since 2015, Soulhub has been providing a collective of highly skilled and experienced wellbeing experts and practitioners, spanning a wide and deep range of services. They include more traditional services, such as sessions with qualified counsellors, coaches and nutritionists through to more diverse and creative therapies such as walking, dance, singing, art, story-telling, sleep therapy and way beyond. All with the aim of helping people understand and express themselves better, so as to create more honest, compassionate and healthy relationships.

### MCREAT

mCreat is a fresh-thinking event management company with over 40 years of combined industry experience and a passion for outstanding event planning and delivery. We offer complete flexibility, scaling up to deliver huge open access public events for 7,000+ guests or high-end corporate events incorporating 400+ client meetings in 2 days through to more intimate gatherings and celebrations for SMEs and member-based organisations. From event planning, programme design, AV and technical requirements, bespoke registration systems, event Apps / websites, detailed budget management, crowd-flow and contingency planning, we can support you every step of the way. Every client is unique and so every event we create and deliver is tailor-made and we don't stop until every last detail is perfect.

Together we are offering our clients diverse and incredibly creative wellbeing solutions, tailored to their exact requirements and delivered in the most professional manner.



# WHY CHOOSE US?

*Whether you require a fun-based team day with subtle wellbeing elements, a wellbeing festival to immerse people in the variety of therapies available or more on-going specific and personalised support for individuals and groups, we can help you.*

Every client is completely unique, hence all our wellbeing programmes, experiences and events are totally bespoke. We are completely flexible, working with everyone from large corporate clients, public sector bodies and universities through to smaller companies, community groups, schools or individuals.

We are passionate believers that it's not always enough to just start the wellbeing conversation and then leave. We can provide ongoing and lasting support for those who wish to invest in the long-term and wide reaching benefits of wellbeing practices.

If you know wellbeing is a priority for you or those around you, but you don't know where or how to start, we'd love to help you.



# WELLBEING THERAPIES

Soulhub believes in simple, timeless wellbeing practices that go back to basics. Practices that have served humanity since the dawn of time. We can deliver all of our therapies in a predominantly fun-based, light-touch fashion or a more profound and immersive experience, depending on our clients' requirements. Here are just a few examples of the types of therapies we offer;

## MOVEMENT / DANCE / IMPROV.

Fun and informative workshops. These sessions encourage deeper self-understanding, empathy, connection and belonging. They also provide simple tools on how movement, dance and play can improve one's mental and emotional state. From salsa and flash-mobs to improv acting, there really is an option to suit everyone.

## CREATIVITY

Imagination and creativity are what makes humans stand out from other species and fuels our evolution. However, in more recent centuries, it is also what is being suppressed, particularly during adulthood. So our creativity workshops are designed to reignite your inner creative fire and genius, no matter what your passions are. They are also an opportunity to lose yourself into a timeless dimension of present moment flow.

## FOREST BATHING

It has been scientifically proven that walking and sitting quietly and mindfully in nature helps reduce large amounts of stress hormones such as cortisol. An opportunity to re-wild yourself and connect to your inner nature finding renewed strength, harmony and freedom.

## WALKING

Since lockdown the UK has realised the benefits of simply walking. Soulhub takes it further with Soulwalking, a practice of walking with compassionate mindfulness and breath. The combination of both the mental and emotional as well as the physical benefits of walking is powerful, whether delivered in a fun team walking experience or a more immersive and therapeutic walking session.



# WELLBEING SESSION CONT/D

## SINGING

Singing, like dancing, is a truly full-body therapy and expression which engages and transforms all aspects of one's being, including cardio vascular health. Singing in groups is especially therapeutic and bonding for all participants, encouraging and empowering communication and connection with others.

## BREATHING

Breathing, the most vital and natural ingredient of life, yet so familiar we only notice it when we struggle with it. It is a major player in helping us regulate our nervous systems. Hence there are many breathing techniques that are profoundly calming, transformational or empowering for the body and mind, helping us not just survive but thrive.

## FOOD & NUTRITION

Food and nutrition are fundamental to wellbeing. Depending on number of participants, sessions will include talks, Q&A and some active engagement around our relationship with food. Exploring not only what but how, when and why we eat, has a profound impact on our holistic wellbeing. Sessions will offer practical advice on how to approach nutrition as a balanced and integrative way of life rather than the latest diet.

# THE MCREAT TEAM



**ALISON MEDWELL**

**CEO / Founder**



**CATHY CORBY**

**Marketing Director**



**GRAHAM LYALL**

**Technical Consultant**



**MELANIE NEWMAN**

**Logistics Consultant**

# THE SOULHUB TEAM



*Carmen Rendell*

Soulhub Founder & Co-Director

*Andrew Cuerden*

Soulhub Co-Director



**CARMEN RENDELL**  
The Soulwalker



**RACH ALLAN**  
Being Human Coach  
& Guide



**JULIE ROUND**  
Personal Development  
Coach



**DANIELLE BROOKER**  
Joy Coach



**ISABELLE JAN**  
Wellness & Self Care  
Specialist



**LAURA BECKINGHAM**  
Systemic Coach & Guide



**LEE MICHAEL-WALTON**  
Multi-Instrumentalist &  
Composer



**EMMA CANNON**  
Integrative Fertility  
Practitioner & Acupuncture



**ANDREW CUERDEN**  
Life Coach Through Dance



**NANCY JOYCE-HUNTER**  
Intuitive Conscious  
Creation Coach



**ANDREA LUCAS**  
Psychotherapist/  
Body Worker



**CAREY DAVIS-MUNRO**  
Food & Wellbeing Coach



**MELINDA MCDOUGALL**  
Medical Herbalist



**SUE CAMP**  
Clinical Nutritionist



**DELILAH SULLIVAN**  
Spiritual Teacher, Land &  
Energy Healer



**ELEANOR O'ROURKE**  
Creativity Coach



**LYNN RAE**  
Remedial Face &  
Jaw Therapist



**KALINDI JORDAN**  
Sex & Intimacy Coach



**HARRIET MACMASTERS-  
GREEN**  
Yoga & Meditation Teacher



**PETE WARNOCK**  
Breathworker,  
Transformation Coach &  
Tantric Bodyworker



**KENNY MAMMARELLA-  
D'CRUZ**  
The Man Whisperer, Men's  
Personal Development



# PRICING

*As every programme, experience or event is unique, we will always create a detailed budget on a case-by-case basis.*

As a ball-park guide, our prices for the most basic 1/2 day event for 50-100 people start from around £5,000 plus VAT.

However, we would be delighted to speak to you in more detail to understand your exact requirements, from where we can develop a detailed budget for the event you wish to deliver.



## CONTACT US

*We would be delighted to have the opportunity to discuss your bespoke wellbeing programme, experiences or events and how mCreat and Soulhub are ideally positioned to be your essential wellbeing partner.*

Please contact Cathy Corby or Alison Medwell at:

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