

# Health Hub Blueprint

September 2023



## Who are The People's Health Alliance and what is our vision?

The People's Health Alliance (PHA) was born in February 2022 due to a group of like-minded people seeing the need for an integrative approach to health, including physical, mental and overall wellness, and a back-up to a failing NHS primary care system. We are regular people with a wealth of knowledge and the vision to return health choices back to the individual, whilst supporting a return of power to communities, allowing them to meet the needs of those around them.

## What is The People's Health Alliance mission?

PHA will support and facilitate the organic growth of an integrated, people-led healthcare initiative that allows for personal responsibility and ensures the power of choice and practice returns to The People. We support and develop, through user and practitioner engagement, education, solutions and connections with many select partners.

Our ethos is built around transparency, honesty and moral obligations to assist in returning healthcare choice and power back to individuals and local communities.

Longer term we will support the growth of health education and knowledge, build community health hubs, integrate all health modalities, and support nutrition and preventative approaches to eradicate disease and the need for pharmaceutical intervention.

There will be supportive projects to cover all areas of health, and these will be people-led.



## Why do we need Health Hubs?

PHA support the creation of essential community Health Hubs across the UK. As we witness the increasing degradation of NHS primary care services (1,2,3), The PHA is now an imperative initiative required to help alleviate the suffering of people across the UK. As an integral area of interest for PHA, we understand the need for increased healthcare support, increased access to treatment, an encompassing whole health approach, whilst returning power of choice to both patients and practitioners, many of whom have been forced into the shadows by overbearing corporations and governments.

Many of us welcome the opportunity to return to a more natural health lifestyle, with a strong focus on prevention and bountiful healing. As a society we have gently been eased apart, so much distance between humans, emotionally, has seen a significant impact in terms of mental well-being, compassion and empathy. Physical health hubs in each community not only brings an integrative opportunity for healing, drawing on all knowledge and experience, but a chance for people to reconnect, support and share.

We invite ALL community members to get involved and ask everyone to remember that we enter this new beginning, with an open heart and mind, an openness to new ideas, individual creativity, and an innate desire to help build the new, leading by example for each other. This is a health revolution, one that adopts the traditional and the conventional, allowing space for choice, sharing and bringing the best health solutions and education to all across the world.

A Health Hub will look exactly how a particular community wants it to look. It is not for PHA to tell you what to do, nor is it the place of government or Big Pharma. It is up to you and your neighbours. What we offer here is a guide, an idea generator, a helping hand, a time-saver. What you need to do is to make it happen for you and those around you. We see what is happening to the NHS (1,2,3), and we know you can see it too, but if we don't make this happen, what will happen in the long-term? None of us know with real certainty, but it is now up to every one of us to help create safety nets and help start a journey of healing and growing.

Each Health Hub will ideally have a plethora of practitioners from varying modalities and all areas of health and healing. Not every community will be able to achieve this, but we can sure as heck get as close as possible! We are only limited by our own imagination and energy. We now throw down the gauntlet and ask that you push yourself beyond your wildest dreams! Together you can make it happen, and the further we go on this journey, the more people will join us. You know it, we know it. This is just the beginning of something very beautiful and fresh, for The People, by The People. Welcome to your Health Revolution!



## Why is it important for We The People to be responsible for the Health Hub creation?

As we have discovered over the last couple of years, the NHS has become riddled with fat cats (6,7,8), corruption, government and big business interference, Big Pharma (10) control, and many other issues that have given many of us an opportunity to stop and question our current healthcare system. Many of us aren't happy using this system any longer, the trust has been broken, the cracks are showing clearly, and the treatment of patients has been far below par.

So many of us don't trust conglomerates, we don't want Big Pharma or government involved in our lives, and we certainly don't like to be forced into denying our own body autonomy (9). In light of this growing feeling for so many of us, we know there is far less chance of manipulation or corruption if we work at a community level, amongst ourselves. What we can achieve as a small group of people can help change the world - don't ever underestimate this power. We can say no to those who would control and those who want us reliant upon them. We can do it for ourselves, and in doing so we are empowered, we understand just how much we can achieve, and we can start to make a difference without a politician or shareholder in sight.

It is up to us. Not only CAN we do this, we MUST do this! Nobody is coming to save us. We don't need them to. We are more than capable of saving ourselves. And we will do it with aplomb!

## Why integrated? Why do we want holistic AND conventional practitioners?

PHA support an integrative approach to health for a number of reasons:

- ♥ Some people aren't yet sure of holistic practices. Maybe they just don't know enough about them yet. Maybe they are new to this 'health awakening'. Maybe they are apprehensive to try something that is new to them. To approach a 'Health Advisor' who comes from a conventional, medical background, may bring them some comfort. These advisors have a wealth of experience to offer. So many ex-GPs welcome the chance to spend more time with a patient, to learn more about their whole health, and to be able to offer a wider range of advice. This may suit many people.
- ♥ For too long holistic/natural healers have been kept in the shadows by the NHS, government and Big Pharma. PHA will help support these incredible experts to step into the light, where they belong. A primary care system can come with choices, and PHA invite all natural healers to become mainstream, bringing their wealth of knowledge and expertise to the fore. These practitioners are often bringing forgotten practices, natural approaches, worldly knowledge to those around them who have been lost in an allopathic system. Our ancestors recognised so many of these common-sense approaches, it's time we remembered and celebrated them.



- ♥ Imagine what could happen if all these modalities and approaches were encouraged to come together, to analyse and brainstorm together, to support each other's approaches and respect the space of healing from all other healers! THIS level of collaboration could help change the world. We will no longer stand by and see this intentional division continue. It is a time of unity and this new beginning allows us to get this right.

## Where do we start?

You need a team.

You need your tribe.

With the help of the PHA Practitioner Directory and our partners at Native Reservation One (NR1), we will support you in connecting with others in your local area. The Native Reservation platform has been created with grass-roots movements in mind – a place where people and groups can come together to make connections. This platform will house many different groups and allow for the cross-pollination of ideas. Like all of these initiatives, NR1 will grow organically and evolve with the help of The People. It is by no means a finished product but it's a good starting point to get us moving in the right direction.

<https://my.nativereservation.one/>

As an experienced member of our team recommends: “My advice for anyone setting up new hubs is to prioritise relationships and ways of working with each other, rather than trying to get business models etc perfect before you start. Have socials, eat together, meditate together, enjoy each other's company. If you don't then it's going to be very hard to run a project/business together. Also to pin down your values which are going to inform every decision you make as a group. If you're not driven by your values then things will get sticky when challenges come up. Be flexible with your business models and have multiple streams of income ... if you take on premises rent it out some of the time to other practitioners.”

In order to have a physical Health Hub, we need a physical building. With so many high streets now virtually empty, so many council buildings left unused, and so many landlords desperate for tenants, it seems it's not as tough as we may first think.

As one of our team, who has successfully opened a Health Hub advises: “Don't be afraid to show the love and ask for it also. If we don't ask, the answer is always no, and you'll be surprised the help you receive by asking. Society has created this as a cheeky thing to do, but there is no harm in asking. Always connect with your excitement in what you are going to create. Offer landlords free sessions if needed, if a landlord is a business, then offer some free group meditation to their staff or similar. This always goes down fantastic and it's only a bit of time.”

This mentality is essential. Nothing worth having was ever easy. Once you have connected with some like-minded community contacts, work as a team to approach your local council, email landlords and ask around your community. More often than not, in the current climate, there are premises which need tenants. You are behaving in a lawful, community focused

manner and you have every right to be there and proud of what you and your crew are achieving.

It may take time, but use this period to start planning your recruitment, your marketing, the functions, your vision, community groups and raising funds. And when you feel you're hitting a wall, just remember, we don't have a choice, we have a moral obligation to keep pushing ahead, even in the most adverse moments, because we understand the need to protect the vulnerable around us and create safety nets for them.

## **What will we need to consider when looking for premises?**

Always think about your community size and its needs, but also remember your neighbours in the next community may not have the benefit of a Health Hub, so how long can you extend your table?

### **Here's the boring bit:**

- ♥ Premises that have been empty a while may require decorating (if this is the case then negotiate a low-rent period with your prospective landlord!).
- ♥ Consider buildings insurance, if not included in the lease
- ♥ Business rates: These can qualify for a discount or free from rates for a year or more via your local council as a new small business.

Please use the following as simple guidance for consideration when setting up your Hub – whilst it is correct at the time of writing, policy can change. It is therefore important that you make sure the recommendations you are considering are current. Not all factors in the following table may be applicable to your Hub:



Maintenance Considerations	Frequency (if applicable)	For your Records/Notes	Applicable Y / N
Gas Appliances	Annual	Gas Safety Certificate (11) Must be carried out by a Gas Certified Engineer.	
Fire Alarm System	Weekly  Annual	Test manual call points (break glasses – test key required) – trained staff may carry this out and record.  Test of the Fire Alarm panel, detectors and manual call points	
Fire Extinguishers/Fire Blankets	Monthly  Annual	Inspection by staff that fire extinguisher is fully charged  Inspected	Fire safety info (12)
Electrical Installation	5 yearly	Periodic Electrical Test Certificate EICR – Electrical Installation Conition Report.	(13)
Hand Dryers	3 Monthly  Annual	Inspection  Fixed Appliance Test	
Water Boilers – Under sink or counter top.	Annual Fixed Appliance Test	Copy of Fixed Appliance Test Certs.	
Extract Fans – see also Ventilation	Annual Fixed Appliance Test		
PAT Testing	Annual	Mobile equipment which can create wear on a cable. For equipment that is not moved frequently, you may include on a Risk Assessment to extend this period.	
Ventilation Checks: Belts, Pulleys, Fans, Filters, Extract Fans	6 Monthly	Filters may need replacing more frequently if it is e.g. close to construction site.	
Air Conditioning incl: Split A/C Air Source Heat Pumps	6 Monthly	General maintenance checks and cleaning of the wall or ceiling mounted cassette unit.	
Legionella e.g. Sink taps, Showers, Hoses	Weekly	Run low used taps/showers weekly for approx. 2 minutes to minimise the risk of bacterial build up.	
Asbestos	Annual inspection if known to be present.	Is your Hub in a building built before 1999? Ask the Landlord if there is an asbestos register or details of asbestos contained within the building. If there is possible asbestos contained within plaster for example, screws or pins should not be used for posters, pictures, etc.	



## Further Considerations:

- ♥ Is your Hub within a shared building? It may be the Landlord's responsibility for the maintenance upkeep of fixed equipment.
- ♥ Is your Hub part of a shopping precinct? If so, there may be agreements in place where maintenance costs may be shared.
- ♥ Parking, including parking charges.
- ♥ Bus routes to your Hub.
- ♥ Displaying of H&S Poster and Fire Notice describing escape routes and assembly points.
- ♥ First Aider – very likely Hub staff will be trained.
- ♥ Fire Marshal – in the use of Fire Extinguishers. There may be agreements in place for first responders in a shared building or shopping centre/precinct.
- ♥ Risk Assessments – with first three entries of most common hazards. There are other example templates with a scoring matrix that may be used. These may be scored 1 to 3 or 1 to 5, scoring Likelihood and Severity. The higher the score the higher the risk. You would then identify mitigation actions that would be considered to reduce the score to minimise the risk of injury or dangerous occurrence.



## Risk assessment template

**Company name:**

**Assessment carried out by:**

**Date of next review:**

**Date Assessment was carried out:**

What are the hazards?	Who might be harmed and how?	What are you already doing to control the risks?	What further action do you need to take to control the risks?	Responsibility (Who)	Due Date	Completion Date
Trips – cables, boxes	Staff/public	Cable ties, designated storage areas for boxes	Train staff to identify hazards – ‘Don’t Walk By’			
Slips - liquids	Staff/public	Liquid products located in cupboards and only out when in use.	Clean up materials, mop/bucket, signage			
Manual Handling	Staff	Staff Training	Use trolleys, divide loads			

More information on managing risk: [www.hse.gov.uk/simple-health-safety/risk/](http://www.hse.gov.uk/simple-health-safety/risk/)

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## What type of organisation should our Health Hub be?

Well, that is a jolly good question. Again, it's not for PHA to make that decision for you, but we have a couple of thoughts to share.

When setting up a Social Enterprise (14) (one that has social, charitable or community-based objectives) you can set up as:

- ♥ A limited company
- ♥ A charity
- ♥ A cooperative
- ♥ A Community Interest Company (CIC)
- ♥ A sole trader or Business Partnership

One successful Hub creator offers these words of experience: "If you set up as a Community Interest Company with at least 3 unrelated Directors and a bank account with 3 unrelated signatories, you can then apply for charitable funding, seek donations and receive Gift Aid (by becoming a member of a charity called Localgiving) (15). You can trade and ensure profits (after salaries and other costs) go back into your charitable aim. It's a LOT less bureaucratic than a charity. It basically runs as a limited company but the difference is any profit you make doesn't go into the pocket of shareholders.

You can be commissioned by statutory, voluntary or community sector organisations to run projects or services, you can apply for funding from CCGs or GP practices, sell online or in person courses / workshops/ trainings and run wellbeing programmes for employers. It's a good idea to network through the Chamber of Commerce in your local area and you also get free HR advice and other legal back up through them once you're a member."

Another successful Hub creator shares his experiences. "After much research I found charity status and CIC (14) to have restrictions, whether immediately or in the future. The red tape impeded that which we wanted to achieve - the extra time, energy and costs involved made these a no go. After much research and deliberation we went for a registered Limited Company. This allows for total freedom in choosing your direction, as well as registering as a private practise for medical purposes.

Limited companies (14) are quite simple to set up with a named director. Please ensure if the director is on any government benefits you research and talk to the benefits office. If on Universal Credit, then you can move to self-employment with no loss of benefits for a year. I would recommend looking at two online bank accounts: Tide (16) and Countingup (17), both of which will provide the limited company registration free of charge when opening an account.

As soon as you register a limited company you will receive letters offering bank accounts and business services. Most are sales letters and will cost you if you gain their services. The only one I've found helpful and free is Simply Business (18) who can help with insurance and gas/electric services.



As a word of warning - if you look for insurance, gas/electric services etc. using online comparison sites you will receive calls from many different agents working for a number of companies.”

PHA recognise that not one size fits all. We won't be the ones to tell you what to do, but we will support you by regularly updating new findings and developing this blueprint organically, as a people-led movement encourages. Do your own research to see what resonates with you and your tribe.

## What services could our Health Hub offer?

There are many options - we will list below our ideas but do open this up to your community. What do they want and need? What is achievable in the first phase? What can be done freely, to supplement practitioner services?

The needs of your community will be broad. Much will be an obvious physical need, but we can't forget or underestimate the incredible impact of mental and emotional well-being on the physical. We absolutely 100% encourage every Health Hub to create opportunities for community gatherings that are welcoming and open to all. Many of our experts have worked with ex-convicts, drug addicts, those traumatised or socially isolated. The improvements they've seen in a relatively short time have often been staggering, but they don't reflect this just as a result of their treatments alone. In those who are welcomed into a community/social environment, with love and no judgement, the healing response to treatments was far greater than those who remained in isolation. To encourage a whole healing approach we implore you to create space for community gatherings. Sessions could be held for teenagers, for the lonely, for those with social anxiety, and plenty of offerings for EVERYONE TOGETHER. Picnics in the woods. Needlework at the hub. Art in the village hall. Even if not held at your Health Hub, community connection and compassion should be built into your hubs' being.

You could also offer:

- ♥ Community Nurse Services
- ♥ Birthing / doula / midwifery Services
- ♥ Health Advisor guide
- ♥ Variety of practitioners (maybe offer talks/presentations to help grow knowledge about your modality?)
- ♥ Exercise guidance/classes/talks
- ♥ Nutrition experts/classes/talks
- ♥ Skill swapping (learn about each other's passions and expertise)
- ♥ Rapid Responder Units (PHA to support)



- ♥ Health education areas
- ♥ Yoga and meditation classes (if room allows)
- ♥ Community Action Support

## **But the money!!! What about the funds??!**

We hear you. A wise man once said, “Do what you can, with what you’ve got, and then grow.” What we can take from this is that we get moving now, and we grow as swiftly as we can. We won’t have anything handed to us on a plate, so we must make this happen ourselves. For too long we have been intentionally spoon-fed and unaware that our power was being stripped from us. This new beginning allows us to rediscover that power and realise that we have every right to do this, and that humanity NEEDS us to do this!

One of our wonderful team discovered this “In relation to start-up funding, each area should have the equivalent of a Council for Voluntary Services - they have development workers that can help you get set up, source funding, recommend payroll services, DBS, policy templates etc.” A good starting point is the NVCO (19).

Whether you create a ‘Buy Me A Coffee’ account, fund raise in your community, ask for membership fees, source from a local company ... there are many ways to raise funds. Work together with your crew, lean into friends with fundraising experience, tap into your local resource. Don’t be ashamed to ask! What you do here will ultimately save lives, as well as create a new health paradigm that supports natural ways of being. This health revolution is essential, and our drive and determination are key to its success.

## **Practitioners – how do we attract practitioners? Why would they want to join PHA Health Hubs?**

There are numerous reasons for these essential and empowering connections. Together we are stronger, we can support each other, we can assist patients with a broader range of treatments, we can advise each other, and PHA can offer discounts to courses and further education. Communities will feel more confident stepping into this realm if they see strong collaborations between practitioners from a variety of modalities and it offers the chance for the ‘whole healing’ approach to have even greater meaning with a range of expertise and knowledge. In addition, costs for marketing, staff, utilities can be shared openly. One staff member could manage the diaries, shared rooms could alleviate any financial pressures and an exchange of services could help develop patient treatment.



PHA will also be working hard for you. We fully acknowledge the importance of mutual support and gain and will be using a number of channels to practitioners to join us, to really change how we approach and view real health. Together we can create a national space for real health and wellbeing. The time has come!

By offering flexibility you will attract more practitioners. Keep an open mind, be prepared to adjust organically, as new people and information come to light. What we do here is open and free for amendments and adjustments. Nobody knows what your community needs better than your community. Listen and remain open.

One of our experienced team offers this advice: “The vetting process within the medical and holistic practices has included proof of qualifications and/or experience. Many holistic practitioners in this area do not have a certificate but have practiced for many years in their field. The offer of certification via training is a great extra for those with experience. Each practitioner is self-employed so require their own insurance.”

♥ Patients/clients

As with practitioners, a great number came from the crowdfunding process and the sharing of it via social media and town centre leaflets. Vetting for free patient sessions at present is by way of proof of benefits. Or, as has happened, other patients have nominated those with financial constraints.

♥ How it's run

Practitioners can use the premises for their own private paid patients. This is charged as a room hire at just above cost. Anything above cost is added to the pot. The pot is then used to allow free sessions to those in need whereby the pot pays the practitioner so they still earn.

♥ Funds has also been raised via donations. Most patients having free treatment have returned to donate once their finances allowed. A good bookkeeper is a must.

Each area has brought out automatically those who are interested and can volunteer the necessary skills e.g. bookkeeping, online management etc. All practitioners are sales staff, inviting people to the Hub and sharing on social media. Those who do this more, are busier and earn more.”



## Sustainability

So, you've got your property, you've attracted some practitioners to get involved, but how do you make sure your hub remains successful?

One of our team, James, jotted down what he has found worked successfully. There is more than one way to achieve success and reach everyone in your community, to support your Health Hubs' sustainability.

“Regular emails sent to all patients like a newsletter, created through an auto responder, with updates and offers. Be clear about the services you offer. Being unclear or advertising services that cross from one to the other, confuse people due to the lack of modality knowledge and creates less trust.

Service advertising needs to be clear. Invite all local practitioners into the fold, so to speak, offering rooms and or passing patients onto them if no booking space available. Create friendship connections between all local beauty/hair salons, gymnasiums, dance groups, yoga groups etc.

Autoresponders are a way of sending an email to multiple email addresses in one click... This can be a stand-alone program like 'HubSpot'(18) although there are many out there, or many online website builders include an autoresponder. Autoresponders are only as good as the list of emails you have. Include on your website a 'newsletter' or subscribe sign up which will gain a great list of emails. Also don't forget to take names and emails from physical clients so you can then add them to your list. The more you have, the wider your audience.

A great one that has taken off is offering all local builders' merchants free group meditation for their staff. This has created salesmen of them with many builders buying from merchants being recommended and coming for paid sessions.

Give, and continue to give free group health talks to anyone. Provide continued practitioner training, either in-house or via the funds pot. Share the love with no ulterior motives. Show people they are in charge of their own health. Be totally transparent.

Continue to speak with those in your community. Help them understand what you are doing, and most importantly, why. This new journey offers us the opportunity to learn so much more, and to share our findings. A new approach to health is very much needed now. The more people we reach, the faster we grow. Never before in our lifetimes has this movement been so essential! We know what is going on within the primary care world, and we need to be the change we wish to see. Our actions are now urgently required, and it is down to us, We The People.”



## Volunteers

PHA believe volunteers to be the lifeblood of any triumphant community initiative. PHA has been started, and run, by volunteers, and currently, this is still the case. You need passion and drive from your volunteers, so many offer so much and have a wealth of their own experience and expertise to bring to the table. These incredible people are invaluable and should always be treated with the great respect they deserve. To support and thank volunteers, you could offer free treatments.

At PHA we have avoided trying to stick square pegs into round holes. People are far more comfortable and productive working within an area of their expertise. For your financial management, find someone who has worked in that field and has the relevant experience. For marketing, find someone with a wealth of knowledge who can support and lead the way. We are all on tight budgets so lean into the incredible people within your community for advice. THIS is how we do it together and truly create an unstoppable support system, for The People, by The People.

To attract volunteers, and patients, you must be clear about the current healthcare situation. There are no signs of improvements on the horizon and we risk a really staggering healthcare crisis if We The People don't step in. There is no getting around this fact and open conversation is absolutely necessary. Even those who haven't seen the concerns about jobs and tests over the last couple of years will certainly be seeing the increasing concerns about current primary healthcare systems failure. Bring them into your conversations. Varying transitional periods happen within every community and open conversation is key to successful collaboration moving forwards.



## Website/IT/Comms

Each Health Hub is encouraged to develop their own website, but this may not be necessary, certainly initially. The PHA website and the Native Reservation platform will be able to support your hub promotion and a means to communicate with those within your community and organise practitioner access.

We would also recommend a phone line for each hub for community bookings etc. However, this comes with a cost (Vodafone business have an option for the first 12 months free including, line rental, router, fibre broadband and anytime calls) so would an online/email booking option work for you initially? As with any organic, people-led initiative, we cannot all do everything perfectly from the word go. It isn't always an option, so again, use what you have that is free of charge initially, and then develop as time and funds allow.

Many young people are completely adept at producing resources like websites and it would be great to engage someone local to you who could support, maybe in exchange for a course of treatments? There are many ways we can support each other to achieve what is so greatly needed. Reach out and ask the question. It doesn't have to be perfect straight away, functionality and use is far more important at the start.

If you are not technically minded there are some great self-build websites online which are very simple to create. Many self-build websites will also host your website, and include a domain name - companies such as Ionos (19), Webs (20) and Weebly (21) where you can add-on extras such as hosting, a web address, autoresponder, email and simple website builder, for a small additional cost. NOTE: Keep an eye out for their offers where you can gain a year free.

You may wish to use booking and communications systems (22) in an IT capacity. There are a number of software packages out there: Facebook pages have a free integrated booking system, and a simple system using an open Gmail calendar allows practitioners and patients to enter their booking. PHA will commit to sourcing a national agreement with a provider, should enough hubs feel this would help them. We encourage all our members to feed back to us so we can help provide the right back-up to our teams. We are here to help and serve you, but it is going to take us all to create these Health Hubs across the UK.



## Rapid Responder Units (RRU)

With increasing cases of heart attacks (23), strokes and other horrific injuries caused by the covid 'vaccine' PHA recognise and feel strongly about supporting the development of RRU's in as many communities as physically possible!

Our ideas evolve around helping to source and provide Advanced First Aid training to communities the length and breadth of the UK. We will be fundraising to help support the cost of the courses, but also the equipment required to aid these trained volunteers in delivering life-supporting actions for patients who are unable to receive immediate acute treatment from the NHS. This is a 'last-resort' service and is in NO WAY to replace the NHS acute care system. We cannot do that. The NHS 999 system should ALWAYS be the first port of call. However, we are worryingly aware that ambulance services can be very slow currently, and people may not be able to get someone to hospital immediately.

If somebody suffers a heart attack or stroke, for example, in their home and their relations don't know what to do, or that person is alone and been told it will be hours before paramedics can be on the scene, we suggest a community RRU could respond swiftly, whether it be to deliver CPR, or make that person comfortable and support them until the NHS can step in. Sometimes it may be to deal with physical injuries, stem blood flow, or keep the patient alive until NHS help can be delivered. It may also be a support service to friends and relatives whilst they await an ambulance.

The service you provide is down to you, but PHA will be developing this project over the coming months and will keep all members alert to progress. As time develops, so will this life-saving scheme.

Once you have your tribe, it may be an early project to start connecting with keen volunteers and start the training process very swiftly.



## Children and Teenagers

PHA immediately recognised the impact that lockdowns and fear driven stories have had on our young people, leading to some MAJOR health issues (24).

We are working with a team of paediatric specialists to provide educational support material for parents and carers, emphasising the various approaches towards guidance for children and for teenagers.

We would encourage every hub to think about how it can support young people within its community. Many are very focused on their screens and social media, so this may be one route. We also advise you to try and get a couple of young people involved from the start. They will understand best what will resonate with their generation, and how to get our messages across.

Mental health in young people is at a mind-blowing low. Our future generations are pumped with messaging constantly, they have very little supportive outlet for their concerns, and probably little idea of the concept of how to heal. PHA will continue to supply very usable and accessible materials to support parents and carers, as well as young people directly. We will also provide zoom webinars with specialists, but we do encourage you to connect and support local young people, as well as parents and carers, with those experts in your community.

This process of healing will take all of us together, the next generation is counting on us.

## Vaccine-injured and Long Covid

Many don't yet see the devastating impact the 'vaccines' have had on so many recipients. We recognise there are many with injuries, as a result, and we will NOT shy away from helping where possible. We will go above and beyond to continue to investigate and bring new therapies and treatments to the fore, as research develops. We work with partners across the world to keep our finger on the pulse and continue to share findings with each other. We understand there are many who question WHY we go so far to help those damaged by the 'vaccines'.

PHA understand there are many who feel frustrated, angry, or resentful towards those who ignored advice from the awakened and continued ahead to risk their own health to take the jab. What we, as human beings, must recognise and consider is that these people were not offered the opportunity to give their informed consent. They were convinced by those with seemingly alternative agendas who worked in lockstep to commit the biggest fraud ever inflicted on our generation.

Massive PR expertise, as well as behavioral psychology, was used in an attack on every citizen across the world. That so many of us were able to see through lies is just short of a miracle. We don't know why so many of us had instinctive concerns, but so thankful we did.



However, this was not afforded to so many who believed the forceful narrative and did what they felt was the honorable and right thing to do for their fellow man. As a result, we are seeing increasing cases of horrific injuries from those who have been attacked.

Again, we recognise it is easy to feel frustrated from those who did not accept the jab, but global governments and big business like nothing more than a good bit of division. It feeds into their plans and only helps to drive a wedge through humanity, which only weakens our position. In addition PHA feel we have a moral obligation to help those who are fundamentally victims of war.

PHA have created a whole healing protocol and would encourage this to be shared amongst all. However, we also recognise this protocol is generic and many injured victims would absolutely benefit from a one-to-one approach with an experienced practitioner. The PHA Practitioner Directory will have an option for practitioners to ‘tick’ to show they have experience or are open to working with vaccine injury victims. There is evidence of a growing number of approaches having had a positive impact and our Vaccine Injury Database system will help to raise awareness and develop further treatments, as we go.

When approaching the vaccine injured, and anyone with disease, PHA recommend a ‘whole healing’ approach. We can’t just look at the obvious issues, we have to address the entire person, including gut health and digestion, sleep, physical activity, diet, emotional well-being and every aspect that could need attention for the individual. As mentioned, a one-to-one session with an experienced practitioner is absolutely recommended by PHA.

## Low Income and Poverty

As a rich nation, we have an obscene number of people in poverty and low-income positions. PHA encourage every Health Hub and practitioner to ensure allowances are made to support patients in these positions. Whilst PHA will seek funding support to subsidise therapies for those desperately in need of help, we have some ideas that can help to fund these treatments at a community level.

- ♥ Monthly subscriptions (Sumup, Weebly, Stripe, Squareup all have facilities) (27)
- ♥ Group treatment sessions
- ♥ Tokens for volunteering
- ♥ Concessions/discounts
- ♥ Pay Forward schemes
- ♥ Client donation option (many people would appreciate the chance to donate, even if they can’t afford the full treatment/session fee)
- ♥ Flexible payment plan/instalments
- ♥ Bartering/exchange of services
- ♥ Donation buttons for online presence



People in financially insecure positions will often be able to prove this is the situation, but it is down to the practitioner and client to make decisions on what is suitable for that individual. PHA are not here to tell you how to run your business, or what decisions should be made between healer and client. That is your choice. But we do insist (probably the only time we do), that provisions are made within your Health Hub to make allowances and support for those facing economic hardship. A sense of compassion and community care **MUST** be at the forefront of all plans made at conception.

## **Taster Days!**

Many within our communities will be curious about what we are up to, but reticent to get too involved if they don't understand our actions. PHA would recommend 'Taster Days' offered to local residents. Maybe they come to talks with a free 30-minute session for participants? If this isn't an option for you, then reaching out and inviting people to 'workshops' so they can learn more about your Hub and the modalities offered within, may help with appointment engagement, and bring more clients through the door.

## **Overflowing GP surgeries**

**THIS** is a major factor that is likely to have the potential to affect us all (25, 26). We accept that we may not be able to help everyone immediately, but should situations continue to degrade, it may be worth considering employing a knowledgeable health advisor to man the phones, so they can guide people to the right practitioner for them or offer online or verbal guidance to support a patient.

Do you have the staff to run a minor-injuries unit within your hub? Could trained/experienced volunteers dedicate two hours a week to running a shift within your MI unit? We appreciate this may not be feasible to all, but we do encourage you to build this option into your long-term plans. Until the situation at the NHS improves, we must all think of ways to help, and adopt and adapt to ensure a decent level of healthcare for all.



## Hub First Aid Kit

- ♥ Finances
- ♥ Connections/Partnerships
- ♥ Volunteers
- ♥ Local councils
- ♥ Rapid Responders Units
- ♥ Budgets – poverty and low income
- ♥ Disclaimers
- ♥ Vaccine injured / long covid
- ♥ Mentors
- ♥ Children and teenagers
- ♥ Website/IT/Comms
- ♥ Taster Days
- ♥ Administration
- ♥ PHA Role



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