



Advertising Rate Card - 2026

‘Your Quarterly Guide to Living Well and Finding Joy’

Wallingford Health & Wellbeing is a **quarterly digital** community wellness magazine created to inform, inspire, and support people of all ages to live healthier, more balanced, and joyful lives.

Published **free** in digital format, it is easily accessible on phone, tablet, and desktop - and **simple to share** across the local community, workplaces, clinics, schools, and professional networks.

Unlike traditional print publications with limited shelf life, this digital format allows for **ongoing** visibility. Your business can be shared, forwarded, archived, and revisited - **extending impact** far beyond a single edition and beyond the limitations of social media algorithms.

The magazine brings **together** trusted local and international voices, **evidence-informed** wellbeing guidance, and **practical tools** readers can genuinely use.

About the Magazine

Each edition explores health through both a preventative and restorative lens - supporting readers to stay well, manage ill-health and long-term conditions, and strengthen physical, mental, emotional and community resilience.

Content is thoughtfully anchored in the **Eight Core Wellness Pillars: Physical** (movement, nutrition, sleep and disease prevention), **Mental & Emotional** (resilience and psychological health), **Social** (connection and belonging), **Intellectual** (curiosity and learning), **Spiritual** (purpose and values), **Environmental** (the spaces that shape our wellbeing), **Occupational** (fulfilment and balance in our work), and **Financial** (security and informed choices). This clear framework ensures relevance, integration and practical insight across generations.

Audience:

Health-conscious adults (18–75+), families, professionals, older adults, carers, and individuals proactively engaged in their wellbeing. Each edition also includes a dedicated section supporting young people's wellbeing.

Editor & Publisher

Michelle Hammond, Health & Wellbeing Editor

Michelle is a globally recognised, award-winning health and wellbeing educator, consultant, coach, clinical practitioner, and speaker with over 30 years' experience across community health, private clinical practice, professional education, and the international luxury wellness sector.

She has directed and curated wellness strategy for global spa and resort brands, leads a specialist integrative health education school, and continues to work in clinical practice integrating Traditional Chinese Medicine, psychodynamic therapy, and coaching.

Her editorial approach blends ancient wisdom with modern science - offering grounded, experience-led insight without hype, sensationalism, or fear-based messaging.

The magazine reflects her commitment to raising the standard of wellbeing conversations and experience within communities.

Why Advertise With Us?

Advertising in Wallingford Health & Wellbeing enables you to:

- ✓ Reach a high-trust, values-led local and regional audience
- ✓ Align your brand with credible, ethical wellbeing content
- ✓ Increase visibility beyond social media algorithms
- ✓ Benefit from shareable, forwardable digital exposure
- ✓ Build long-term brand recognition within the community
- ✓ Support a positive, prevention-led health initiative

This is a **curated** publication. Advertisers are selected carefully to ensure alignment with the magazine's ethos and readership.

Distribution

- Quarterly digital publication
- Accessible on mobile, tablet, and desktop
- Shareable via email and social platforms
- Print available on request (per-copy basis)

Advertising & Investment

Introductory 2026 Rate Card

**All sizes portrait unless otherwise stated.*

Placement	Size	Per Edition	Multi-Edition
Feature (2-4 pages)	A4 (297 x 210mm)	From £350	On request
Full Page	A4	£195	£550 (3 editions)
Half Page	A5	£95	£250 (3 editions)
Quarter Page	A6	£65	£175 (3 editions)
Strip Banner	Custom	£40	£100
Directory Listing	Single Line and Link	£25	N/A
Inside / Back Cover	A4	£250	N/A

Feature Packages

Multi-page features provide space for in-depth storytelling, thought leadership and elevated brand positioning.

Designed for established health and wellbeing brands, integrative clinics, specialist practitioners, training organisations and purpose-led businesses, these editorial-style collaborations offer a credible platform to communicate your expertise, philosophy and measurable impact in a way that builds trust, authority and long-term recognition.

Pricing begins from £350 depending on length and editorial input required. Please enquire for bespoke packages or guidance.

Advertising Discounts Available

- Multi-edition bookings
- Charitable wellbeing organisations
- Festival Partners, Sponsors, and Associates

Design & Copy Support

Editorial features are designed in-house to ensure alignment with the publication's tone and readership.

For advertisement design, professional creative support can be arranged through our trusted network of designers. Additional design costs will apply.

Editorial & Advertising Integrity

To maintain reader trust: Misleading, fear-based, or exploitative health claims are not accepted. All advertisers must align with the magazine's responsible wellbeing ethos

Have a Story Worth Sharing?

If you believe your organisation, initiative, expertise, or personal journey offers genuine value to the community, thoughtful proposals are welcomed.

Michelle is open to:

- Experience-led features
- Local spotlight stories
- Expert insight grounded in credibility and lived experience
- Insight-led showcases of treatments, services and experiences

Requirements

Print-ready advertisements must be supplied as a high-resolution PDF (preferred) or JPEG, built to the specified dimensions with a 3mm bleed and a minimum resolution of 300dpi.

For **design-inclusive packages**, advertisers must supply final approved copy, high-resolution JPEG logos and any required images by the agreed content deadline. Wallingford Wellbeing does not issue proofs for approval; it is the advertiser's responsibility to ensure all submitted content is accurate and final prior to publication.

Advertise:

To secure space in the next edition, discuss availability or explore whether your business or story is a good fit, please contact **Michelle**:

Call: [07974 129 234](tel:07974129234) | **Email:** info@WallingfordWellbeing.co.uk

www.WallingfordWellbeingFestival.co.uk