

Wellbeing Services Malvern

Partner newsletter 12, March 2024

Social
Prescribing
Day 2024



Social Prescribing Day 2024

Social prescribing is a model of care that recognises the impact of social factors such as poverty, isolation, and loneliness on health and wellbeing. It offers healthcare professionals a means of referring people to a range of non-clinical community supports that can have significant benefits for their overall health and wellbeing. By prescribing these activities alongside or instead of medication, healthcare providers empower patients to take an active role in managing their health while fostering social connections and improving overall wellbeing. It's about 'What Matters to the Person' rather than 'What is the Matter with the Person'

Social Prescribing Day is an annual event celebrated this year on 14th March, dedicated to raising awareness about the benefits and significance of social prescribing in healthcare. On Social Prescribing Day, link workers, healthcare professionals, community organisations, policymakers, and individuals come together to highlight the impact of social prescribing on people's lives. In Malvern we worked to raise awareness of social prescribing with a series of posts on our social media channels, including a 'day in the life of a social prescriber' video featuring our Sarah. Click here to see a Day in the Life @AdviceSWorcs

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Social Prescribing Service Update

The social prescribing team is at full strength and has received over 660 referrals since April 2023.

Referrals are still mainly coming via the GP surgeries, but also from Adult Social Care, the Neighbourhood team including nurses and occupational therapists and partner agencies such as the Jobcentre and Platform Housing.

We are also increasingly working more closely with community groups, attending on a regular basis so that we become familiar faces and helping to break down the barriers to accessing support. This is something we will continue to build on, including working more closely with the Community Builders in the district.

In December we worked with the Octagon

centre and the Rotary Club to distribute some Christmas hampers to our clients. It was a lovely way to spread some Christmas cheer and was very much appreciated:

"Made my eye's water that did I just don't get it I was happy, that is the kindest thing anyone has done for me, a big thank you! I put it [Christmas Hamper] by the Christmas tree, it makes it look better now"

"I received two bags of wonderful items yesterday from the rotary club. Thanks so much. Means a lot to me after everything this year has thrown at me"

The Circle Group update

The Circle group is now into the sixth set of 12 week sessions. The group has recently had taster sessions of a sound bath and seated yoga which were very relaxing. They have been planting seed and doing art activities while making connections with each other and with other activities that are available outside the group.

One participant said: **'It has been so good to meet members of the group that I would otherwise not have done. The activities were surprisingly thought-provoking and it was beneficial to hear other people's thoughts and comments. An excellent series of sessions'**

At the moment funding for the Circle group is due to run until the end of October this year which will allow us to run a further two groups. The feedback from participants has been excellent and in most cases their wellbeing has improved dramatically through taking part. We will be seeking opportunities to keep the group running if funding allows because we have seen the positive impact it has on people.

If you know of anyone who would be interested in taking part in a group, please email sue.wilkie@citizensadvice.org.uk for more information.

Social Prescribing Case Studies

Phil* is very isolated and anxious and has difficulty coping. One of his worries was the state of his garden, which had become badly overgrown. I worked with Age UK to find a gardener and persuaded Phil* to let him come and clear it completely.

Phil* has now taken over the arrangements himself and will contact the gardener to come in, which is working to keep his garden under control.

I am working with him on an ongoing basis because he is now engaging with me well and is no longer worried about reaching out for help when he needs it.

Lucy* had to give up her flat and move in with family to care for their health needs. This meant were three of them in a 2 bed flat which was causing a great deal of stress.

Initially she was told she would not be eligible for a move to a larger property, but I was able to work with the family GP and the Housing Options team to prove there was a

medical need for care and that the most cost effective way of providing this was if Lucy* was living with the family, rather than relying on statutory services.

Eventually we were able to secure a move to a 3 bed property for the family. While I was working with she became more confident and I could see the improvement in her wellbeing.

*Names have been changed



Being Well Service

The Being Well Service, a joint project with Age UK Worcester & Malvern Hills, aims to connect people who are not currently in contact with any services but who need help with their wellbeing, to local sources of information and support.

Over the last few months the Being Well Coordinators have established regular drop-in sessions in Upton, Tenbury, Clifton and at Malvern Job Centre. They are planning more in Powick, Suckley, Great Witley, Martley, Kempsey and The Octagon to provide good coverage across the district coverage, as well as in Age UK Charity shops which may be easier for some people to access.

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