

# APRIL 2017

WELCOME TO THE MARCH EDITION OF OUR MONTHLY NEWSLETTER FOR THE SOCIAL PRESCRIBING PROGRAMME  
ISSUE NO. 12



Services are available to anyone over the age of 18 who lives in South Essex and is not currently receiving secondary mental health care or crisis services. In particular, they can help if you're experiencing anxiety or stress, depression, bereavement or loss, sleep difficulties, anger issues, obsessive compulsive disorder, phobias and many other everyday problems. For more information, please follow this link : <https://www.therapyforyou.co.uk/>



## COMMUNITY CUPPA

Thanks to the Heart of Pitsea for the invitation to be part of the Community Cuppa event taking place at Pitsea Library every Wednesday afternoon - making a difference in the local community and creating opportunities for residents.

(L) Gill Buttwell - Heart of Pitsea

(R) Anita Hagan - Social Prescribing Volunteer

We have seen a steady rise in referrals – our total number of referrals received so far has hit 330+

The majority of these referrals have been for housing, benefit and mental health issues.

We are working with existing providers and seeking new providers to respond to demand for diverse services locally. If you know of an organisation who may be able to offer support, please get in touch with us on 294125 or emailing [spadmin@bbwcv.org.uk](mailto:spadmin@bbwcv.org.uk)



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14<sup>th</sup> – 21<sup>st</sup> May

## Dementia Awareness Week

Alzheimer's Society in Essex is encouraging residents and organisations to unite against dementia this Dementia Awareness Week (14-21 May). On **18<sup>th</sup> May 2017** service users, volunteers and charity staff will be having a **Singing for the Brain concert at Chelmsford Cathedral** to encourage local people to tackle dementia by volunteering, donating or campaigning for change.

The concert is from **13.30** and entrance is **free**.

This year's Dementia Awareness Week, Alzheimer's Society is asking people to come together to unite against dementia, forgetting their differences to help urgently find a cure, improve care, and offer help and understanding.

Dementia doesn't care who you are; it could affect us all. It's set to be the 21<sup>st</sup> century's biggest killer, with someone developing it every three minutes, and so many people are facing it alone.

People with dementia often feel – and are – misunderstood, marginalised and isolated but with the right support and understanding they can continue to live fulfilling lives and make a contribution to their communities.

**Everybody is invited to this event!**



Every year, in May, Dying Matters hold an awareness week in a bid to raise the national profile of talking about dying, death and bereavement and about making plans for the end of life.

This year the **Macmillan Carers Service** will be joining in with events all over Essex to let people know what they can do.

Planning – what can you do to get active in planning for death and dying?

Support – what can you do to help friends, family or someone in the wider community in times of grief and bereavement?

Conversation – what can you do to talk more openly about dying and death?

We are joining in the social media campaign, where images celebrating life have been shared, alongside poems and paintings to start off conversations. For more info:



 [facebook.com/diewellessex](https://www.facebook.com/diewellessex)

 [twitter@DieWellEssex](https://twitter.com/DieWellEssex)

 [dyingmatters.com](http://dyingmatters.com)

If you or someone you know is caring for or worried about someone who has a terminal illness the **Macmillan Team** can provide support, help people to talk and make plans that will help to achieve a better experience at the end of life.

Call us on 03007 70 80 90 or visit [www.carersinessex.com](http://www.carersinessex.com)

