

NEWSLETTER

FOR PRACTICE STAFF AT DIPPLE & LAINDON SURGERIES



WELCOME TO THE JULY EDITION OF OUR MONTHLY NEWSLETTER FOR THE SOCIAL PRESCRIBING PROGRAMME BASED IN PITSEA AND LAINDON.

ST LUKE'S HOSPICE AFTERNOON TEA – CARERS SUPPORT FIRST ANNIVERSARY

We met with Lita Walpole, Carers Support Co-ordinator, in June for a tour of the Hospice and to ensure they were part of the project so we are able to refer our clients to their excellent range of services for help and support.

On 15th July the SP team were invited back to SLH for their Carers Support 1st Anniversary celebrations. It was good to meet with Lita again, as well as the carer champions and some of our project partners. Great networking opportunity. The cakes weren't too bad either!



Referrals to date	
Dr. Arayomi	19
Malling Health	18
Dr. Sims	29
Dr. Nasah	10
Laindon Health	21
TOTAL	97

An update on our peer group sessions.....the first of these will be held on **Tuesday 9th August** at Presidents Hall in Laindon to provide activities, signposting and befriending. This will be a chance to get an idea of content for future sessions.



CASE STUDY

Client was contacted immediately after referral, he declined an appointment as he was being seen by mental health team (First Response) and has been involved with Family Mosaic for 18 months. It took a month from initial referral to the date he was seen.

Reason for referral: **mental health, financial advice, social isolation, very frequent attender.**

- Client moved from Hutton to Pitsea last August after both his parents passed away. He lives in HMO, he hates it and would prefer to live alone. He said the place is filthy, tenants don't clean after themselves and it bothers him.
- Client is under the mental health team. In the past, he suffered severe depression also has high BP
- Knows very few people in the area, attends church.
- Walks a lot, struggles to sleep, said medications do not work.
- Has a brother but estranged.

Advice and discussion

- Would like to work as he gets bored.
- Client is computer shy, most jobs are advertised on line. Need to explore computer literacy courses in the area.
- Client would like to volunteer. Advised to register with volunteer Essex and an appointment arranged for 6/4/16.

Since then:

Client has been linked up with Heart of Pitsea for voluntary work.

Has been referred to Signpost for extra help with job search. Still attends Ingeus (Jobsearch agency) and was referred by DWP.

11.5.16 - Client had a job interview at Argos

19.5.16 - Client's mental health assessment to be carried out in BUH.

6.6.16 - Client has secured full time employment. He has started work and he feels very confident in his job and is enjoying it.

If you think your patient would benefit from a one to one confidential meeting with us, please get in touch and remember...ANY health professional can refer to us by either completing a referral form, giving us a call on 294125 or emailing spadmin@bbwcv.org.uk



THANK YOU

"Farry was very helpful. She managed to broaden my horizons. I am very grateful and very happy with the service given".
Quote from this client

