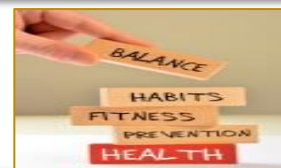
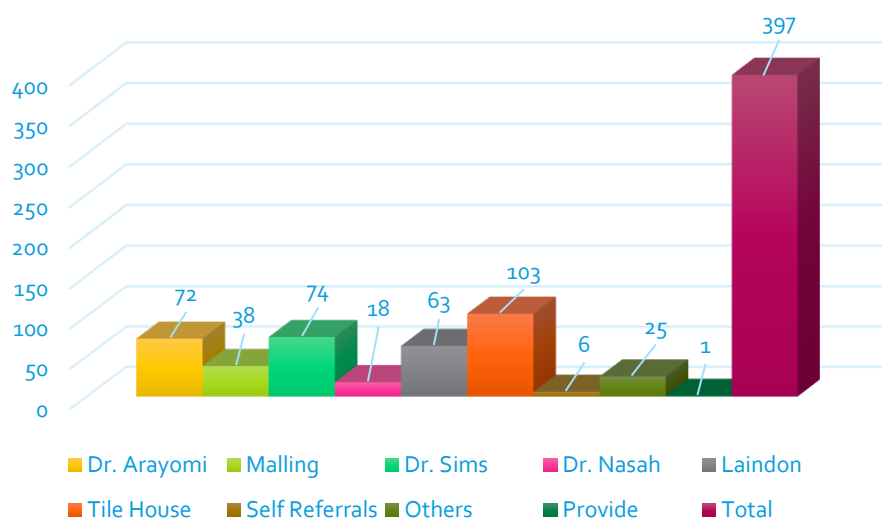


WELCOME TO THE LATEST EDITION OF OUR MONTHLY NEWSLETTER FOR THE **SOCIAL PRESCRIBING** PROGRAMME
ISSUE NO. 15



Referral Numbers



We have received 397 referrals to the project to date covering a range of issues including mental health, long term health condition, social isolation, physical exercise, etc.



To support these clients, a total of 333 referrals have been made to local Voluntary & Community Sector organisations.

A reminder of our target group – you can make a referral by calling 01268 294125

The service is open to all patients aged 18+ who present to their GP with issues that have a non-clinical underlying cause. These could include housing issues, debt problems, loneliness and social isolation, low-level mental health problems such as depression or anxiety, bereavement or domestic violence. The service covered the following patient cohorts:

- Patients risk stratified as vulnerable;
- Patients that are frequent attenders with identified medical need;
- Carers that the GPs think would benefit from support; and
- Patients that the practice are aware/suspect are socially isolated.

Client Case Study

Patient was referred to the project due to their long term condition (asthma), their mental ill health (depression) and social isolation. They were signposted to Volunteer Essex, referred for personal exercise and referred for help with CV development. Following engagement with the Social Prescribing project the patient:

- Registered with Volunteer Essex and volunteers in a care home
- Attends walk for wellbeing
- Is feeling more positive / has a more positive outlook



Stroke

association

We are delighted to welcome the Stroke Association to the project as a referral partner. Here is an outline of the organisation aims from Michelle Turner, Stroke Support Co-Ordinator for South West Essex.

The service is for anyone who has had a stroke or their family and carers and covers the whole of South West Essex. Our service can provide practical advice, essential information and emotional support. We work closely with clients to set their own goals and help them achieve them wherever possible. The service offers hospital and home visits, the opportunity to join the Aphasia café if they have communication problems following their stroke and a working age group for those within this age group to build confidence and make friends with people who understand.

We can signpost to leisure or social activities in the area and benefits advice can also be offered along with helping people complete the forms. We have a vast amount of literature to help stroke survivors understand the problems associated with stroke and ways in which they can help themselves. Referrals to the service can be made by anyone, self-referral, family, health care professional, and other organisations.

If you wish to make a referral please contact :

michelle.turner@stroke.org.uk

For further information on the Stroke Association:

www.stroke.org.uk/

"I just wanted to say thank you to you for the work you've done supporting the client (cancer) that I referred to you. The things you are going to put in place are really going to make a huge difference to her".

Anne Pettican, Counsellor, Therapy for You

Volunteer Testimonial

Because of illness I had been unable to work for a number of years and I considered volunteering. I started volunteering with the Social Prescription team in August 2016. I really enjoy the work and the people I work with. After being a volunteer for a while I saw a job vacancy which I thought looked interesting and I applied. In the past I would not had had the confidence to even consider applying and it is only as a result of the confidence I have gained during my time with the CVS that I applied for the job. I was successful and now work part time but I still volunteer at the CVS because I enjoy it so much and feel like I am making a difference



SOCIAL PRESCRIBING SERVICE

OUTCOMES



Outpatients

33% reduction in
outpatient
appointments
over a three
month period

64% of survey
respondents
increased feelings of
life being worthwhile,
increased satisfaction
with life and
increased feelings of
happiness



Personal Wellbeing



Referrals

333 referrals to
Voluntary &
Community
Sector
organisations

*"Many patients referred do not return
for the same issues. SP has helped to
reduce number of unnecessary
appointments"*

An overview of
cost avoidance
has indicated
overall
savings to the NHS
totalling £126,955

Savings

