

NEWSLETTER JUNE 2016

FOR PRACTICE STAFF AT DIPPLE & LAINDON SURGERIES



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

UNLOCKING SOCIAL PRESCRIBING LAUNCH!

On 17th May we successfully launched our Social Prescribing Project at the St Georges Suite, Basildon Centre. The event was oversubscribed and attended by various local organisations who wanted to find out about becoming a Provider Service. Key note speakers included: Janet Wheatley CEO Voluntary Action Rotherham – National Leaders in Social Prescribing. Related presentation and documents available on BBWCVS website. www.bbwcvs.org.uk



L-R: Helen Lax-Strengthening Communities ECC, John Lesley, Accountable Officer BBCCG, Krishna Ramkhalawon- Public Health Commissioner ECC, Chris Evans, Chief Officer BBWCVS



Diane Wooller, Care Coordinator at Laindon Health Centre, when asked her view of the service, said...

"I am very excited, I often tell people about the project and promote it to patients. I do most referrals from the surgery. I sell it as 'may want to have a chat, find out what is available, or meet up for a coffee'. Farry and Jean are wonderful, Farry and I meet each week, I talk to my manager about the project during my one-one session - In fact, the Community Matron asked to refer a patient on her behalf."



Mon	Tues	Wed	Thur	Fri
Dr. Nasah	Dr Arayomi			
Malling Health		Malling Health	Dr. Sims	Laindon Health Centre

We would like to support our clients' and those who care for them. We are considering setting up a Peer Group Session in Laindon, to provide activities signposting and befriending ... if you have any thoughts about what could make the best impact, please let us know: 01268 294125

CASE STUDY

Reason for referral was physical exercise and social isolation.

When the client interview was conducted, I found out that client is being treated for high blood pressure. She lives with her brother and his wife.

The client has children abroad, she works as a carer and supports her children back home. She feels isolated, hasn't got any friends and is being mistreated by her brother and sister-in-law. She feels this has had a huge impact on her health and hence the high BP.

Discussed client's option, mediation and moving out. The client chose the latter. Client wanted help as she hasn't got access to the internet and doesn't know what to do. Helped her search for HMO (Houses with Multiple Occupants) and registered with sparerooms.com. Advised the client to use local library. The client said she doesn't have time to join a group exercise but she will be walking a lot. Searched for local activities within her community. Client said that although she would love to engage and socialise, she works many hours and doesn't have enough time but will try and make an effort to.

Outcome:

Spoke to the client, she has now moved out, she resides in Laindon. She feels happy, she has gone back to GP for a blood test and to check her BP. She has joined ACE Weight Management programme and is steadily losing weight.

Referrals to date	
Dr. Arayomi	17
Malling Health	17
Dr. Sims	26
Dr. Nasah	9
Laindon Health	21
TOTAL	90

