

MARCH 2017

WELCOME TO THE MARCH EDITION OF OUR MONTHLY NEWSLETTER FOR THE SOCIAL PRESCRIBING PROGRAMME
ISSUE NO. 11



We are delighted to welcome Barnardo's Childrens Centres as one of our referral partners. We are currently setting up a referral pathway and in discussion regarding the delivery process.

The Childrens Centres run a wide variety of activities and groups in the area, e.g. Fun with Under 5's, Baby Massage, Toddler Groups, etc. and groups for parents. Further information can be found here :

<http://www.essex.gov.uk/Education-Schools/Early-Years-Childcare/Pages/List-of-childrens-centres.aspx>

DON'T FORGET

You can make a referral simply by calling 01268 294125. It's much quicker.

Referrals this month:

| | |
|----------------|----|
| Dr. Arayomi | 3 |
| Malling Health | 1 |
| Dr. Sims | 3 |
| Dr. Nasah | 0 |
| Laindon Health | 10 |
| The Tile House | 9 |
| Self Referrals | 2 |



Active Basildon Network Meeting

We were invited to Orsett Hall on 3rd March to give an overview of Social Prescribing.

A worthwhile networking opportunity to promote the benefits of the project.

Thank you for the invitation.

SOCIAL PRESCRIBING

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This week is Autism Awareness Week. It's estimated that about 1 in every 100 people in the UK has Autism Spectrum Disorder (ASD) and more boys are diagnosed with the condition than girls.

Living Well Essex has a fantastic 'Autism Hub' on its website, with 40 pages packed with useful information on living with autism, caring for those with the condition, and the important facts you should know. Please follow this link for further information...

<http://hit.lw/AutismHub>

CASE STUDY

Reason for referral - physical exercise and social isolation.

When client interview was conducted, we found out client is being treated for high blood pressure. She informed us that she lives with her younger brother and his wife. She was born in England, left when 6yrs old. She came back last year at the age of 45.

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 brother and sister-in-law. She feels this has had a huge impact on her health hence the high BP. She pays for her upkeep but says she doesn't eat properly as they hide food from her and leave her knocking the door to get in for hours. She gave an example that she went to work yesterday morning, came back at 7 pm, the brother didn't open the door for her until 10.30pm. She sat outside in the cold for 3.5 hours.

Discussed client's options, 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. I helped her search for HMO (Houses with multiple occupants) and registered with sparerooms.com, also advised client to use the library. The client said she doesn't have time to join group exercise but she will be walking a lot. I searched for local activities and her community group. Client said that although she would love to engage and socialise, she works many hours and doesn't have enough time but will try in the near future.

Update

Spoke to client, she has now moved out, resides in Laindon. Feeling happier, she has gone back to GP for a blood test and checked her blood pressure. Client has joined ACE Weight Management programme and is steadily losing weight.

