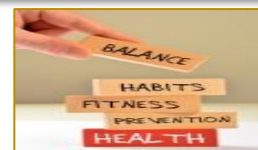


**SOCIAL PRESCRIBING**

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**WELCOME TO THE MAY EDITION OF OUR MONTHLY NEWSLETTER FOR THE SOCIAL PRESCRIBING PROGRAMME ISSUE NO. 13**

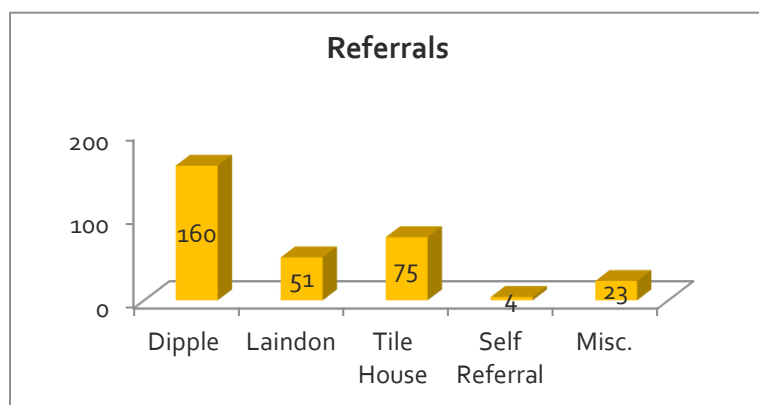


We are continuing to work with practices based at the Dipple Centre, the Tile House Surgery in Brentwood and the Laindon Health Centre. We have established new relationships with Northlands Park Children’s Centre, community health visitors and local social care providers. However if you wish to make a self-referral or know a patient or client that could benefit from our support then please contact us [spadmin@bbwcvcs.org.uk](mailto:spadmin@bbwcvcs.org.uk). We are particularly interested in clients with these issues:

**Mental Health  
Social Activities**

**Physical Exercise  
Financial Advice**

**Long Term Health Condition  
Carers/Social Isolation**



We have seen a total of 315 clients since the project began. This includes referrals from GP surgeries, self-referrals and community and voluntary sector organisations.

If you would like further information please contact us on the email address above.



We are pleased to invite you to the next CVS Forum to be held on Wednesday 21<sup>st</sup> June, 9.45am-12.30, Room 2, The Basildon Centre, St Martin's Square, SS14 1DL.

Enable East were recently awarded £1.8m Building Better Opportunities (BBO) funding for a 3 year employability programme. They will present an overview of how they developed delivery partnerships and their approach to the application.

To register for this forum please go to:

<https://www.eventbrite.co.uk/e/basildon-cvs-forum-effective-partnerships-tickets-35003300815>

SOCIAL PRESCRIBING

SOCIAL PRESCRIBING

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HEALTHY  
LIVING  
SOLUTIONS



Healthy Living Solutions is a Community Interest Company based in Wat Tyler Country Park, Pitsea, Basildon. This award winning social enterprise helps individuals, families and communities realise their potential. Most of the programmes are completely free to participants. They help people to gain confidence, to return to training and move nearer to work; offer food, nutrition and physical activity programmes and are currently helping Basildon residents to make better use of the GREAT OUTDOORS.

Basildon Borough Council are encouraging people to explore the Great Outdoors this summer with a range of activities including beginners Yoga, Tai Chi, Wellbeing Walks including 'StressLess Walk' Mindfulness walk, Nature Nurture wellbeing classes and support for new Mums, Fun family activities such as Mini Explorers and Mini Movers for parents/ grandparents and pre-school age children, women only beginners jogging sessions, summer holiday activities for the family and a Weight Management Support group in partnership with ACE, My Weight Matters. The activities will be in Wat Tyler Country Park, Northlands Park and the green spaces near Eversley Leisure Centre. The sessions are FREE to try and then just £2 to attend. If you bring a friend, you can both attend for free. For the full up to date timetable visit our website: [www.healthylivingsolutions.org.uk](http://www.healthylivingsolutions.org.uk)

Booking is required for all sessions and places are offered on a first come first served basis. To book/ keep up to date with activities at: [www.healthylivingsolutions.org.uk](http://www.healthylivingsolutions.org.uk)

For the full Great Outdoor programme [click here](#)

Tel 07856 766221/ Email:  
[Michelle.foakes@healthylivingsolutions.org.uk](mailto:Michelle.foakes@healthylivingsolutions.org.uk)

FEATURED REFERRAL

Female Patient: Long-term Mental Health & Depression, Alcohol Misuse, Self Harm

Issues Raised :

- ESA being stopped
- Numerous anti-depressant prescribed
- Is awaiting Mental Health Assessment
- Lost contact with Family after Father's death recently
- Evidence of historical physical and mental abuse
- Suffers from insomnia
- Self-medicates with alcohol
- Debt from unpaid utility bill

Advice/Action Agreed:

- Offered to accompany client at next Job Centre visit
- Offered Bereavement Counselling
- Offered entry-level exercise: Fitness in Mind Programme/Local Community Walk
- Offered sign-posting to Synergy for support with alcohol
- Referred to charitable Debt Counselling Service to address outstanding debt

Outcome:

- Medication reviewed by Hospital and sleeping slightly improved
- Attending weekly counselling sessions
- Additional support gained from Job Centre staff following meeting involving SP
- Attended introduction to Yoga in Brentwood
- Attending drop-in befriending service locally, and now involved in helping out in the tea-bar weekly at the group
- Considering attending alcohol support group

Monitoring client needs on monthly basis. Client supporting elderly neighbour who is socially isolated and has commented that feeling of self-worth has increased as they are being useful and helpful.

