

NEWSLETTER

FOR PRACTICE STAFF AT DIPPLE & LAINDON SURGERIES



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

Spring Edition – May 2016



Introducing the Social Prescribing Team

L-R: *Pauline Whale – Project Administrator*
Jean Broadbent – Project Manager
Farry Ismail – Social Prescribing Navigator

Referrals taken, up to week ending 13.5.16

Dr. Arayomi	11
Malling Health	10
Dr. Sims	21
Dr. Nasah	5
Laindon Health	11
TOTAL	58

Session Times

	Mon	Wed	Thur	Fri
9.30-12	Dr. Nasah	Dr. Arayomi		
9.30-4.30	Malling Health	Malling Health	Dr. Sims	Laindon Health Centre

Did you know?
All Surgery Staff members can refer to Social Prescribing
01268 294125



Case Study

Reason for referral

Long term condition, Social activities, Physical exercise

At the initial interview, Patient issues were:

- Has arthritis, bladder problems, high blood pressure.
- Lost son last year due to suicide.
- Feels anxious and very lonely.
- Cannot walk much due to pain.
- No friends, lives with her brother who's moved from abroad.

Advice given/action taken:

- Discussed seeking therapy, bereavement counselling, patient not very keen but will think about it.
- Discussed activities, patient would like to exercise but is scared of pain. Client recently had an x-ray and her doctor is exploring further. Referred to Sue Hayes Health for bespoke exercise programme that suits patient taking into account condition.
- Discussed joining social/activity clubs as this might help with isolation.

Since then, patient has benefitted from exercises and is seeking bereavement counselling. This has also helped patient to feel more positive. Client recently contacted SP saying "I just want to thank you for your support".

The following Provider Organisations that have signed up to social prescription for referrals are:

- *Motivated Minds*
- *Family Mosaic*
- *Carers Essex*
- *Sue Hayes Health*
- *DIAL*
- *Signpost*
- *Therapy for You*
- *Heart of Pitsea*
- *Changing Pathways*
- *Bereavement Support*

UNLOCKING SOCIAL PRESCRIBING

Launch Event: Tuesday 17th May 2016, 9.30 – 12 Noon – St Georges Suite, Basildon Centre

Setting out the National and Local vision, to gain an understanding of the Social Prescribing Service and how it can impact upon local community and Health Services.

Open to Voluntary, Community & Networking groups to discuss the future direction of Social Prescribing and an opportunity to network with Commissioners and Organisations.

<https://www.eventbrite.co.uk/e/social-prescribing-conference-tickets-23994297590>

