

OCTOBER NEWSLETTER

WELCOME TO THE OCTOBER EDITION OF OUR MONTHLY NEWSLETTER FOR THE SOCIAL PRESCRIBING PROGRAMME



LAUNCH OF SOCIAL PRESCRIBING SERVICE IN BRENTWOOD

THE TILE HOUSE SURGERY

We have extended our service into the Brentwood area, in partnership with Brentwood CVS. We are delighted to have Dr Sarah Hildebrand and her team at the Tile House Surgery on board and all the staff have been very welcoming.

We started delivering on the 8th November and it is already proving very popular with the number of initial referrals.

Referrals for October and November are positive and we look forward to supporting registered patients to improve their health and wellbeing, by signposting to local Community & Voluntary Organisations.



Referrals this month:

Dr. Arayomi	3
Malling Health	4
Dr. Sims	5
Dr. Nasah	2
Laindon Health	2
The Tile House Surgery	17
Self Referrals	2
TOTAL	35

Please note: You can refer patients to our service with a quick telephone call to Pauline on 01268 294125.



CASE STUDY

Long term condition, social activities, mental health.

At the initial interview, patient's issues were:

- Patient has moved from Dorset, is a victim of domestic violence.
- Although a British citizen, patient hasn't got family in England as they migrated to Australia.
- Currently lives with a family friend in Pitsea and gets support.
- Feels anxious and depressed.
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- ciatica
- Can't cope with stress. Is on antidepressants, steroids and strong pain killers.
- Doesn't eat much, can't walk far as is in pain.

Advice given/action taken:

- Discussed seeking therapy, patient has already attended mood classes with Therapy For You, found it raw and painful. Feels that it is not helping for now but may try again in the future.
- Patient would really like to meet new people and be less isolated. Referred patient to Sue Hayes Heath Fitness for group exercise, Nordic walking and other activities.
- Discussed finances, currently getting ESA, discussed applying for PIP. Referral made to DIAL for benefit advice.
- Patient wants to volunteer. Registered client with Volunteer Essex.

Outcomes: Patient attends exercise classes every week, she has been awarded PIP.

Patient is now employed.



AN INTRODUCTION TO MENTAL HEALTH

On 2nd November Sheila and Maureen from Basildon Mind provided us with a very interesting and worthwhile training session on mental health.

This training gave us an overview of the vast array of conditions and illnesses surrounding mental health which will form a useful basis to build on when dealing with patients who present with these issues.



BASILDON BBWCVS

ANNUAL GENERAL MEETING

THURSDAY 17th NOVEMBER @ 12.00

CONFERENCE ROOM, GEORGE HURD CENTRE

An informal affair, this will be a great opportunity to meet staff, trustees and volunteers. Lunch is provided, please let us know if you are attending and have any specific dietary requirements.