

MERRY CHRISTMAS.....MERRY CHRISTMAS.....MERRY CHRISTMAS.....MERRY CHRISTMAS.....



WINTER NEWSLETTER

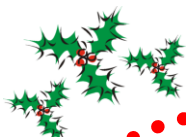
WELCOME TO THE WINTER EDITION OF OUR MONTHLY NEWSLETTER FOR THE SOCIAL PRESCRIBING PROGRAMME
ISSUE NO. 9



We recently met with Mark Smith from the Samaritans and are delighted they have signed up to the Project. The local Branch of Samaritans celebrates its 50th anniversary in 2017. Established in 1967 their volunteers have been providing confidential emotional support for anyone going through a difficult time who just need someone to listen to them.

The Samaritans are available by phone (Freecall 116 123), or email (jo@samaritans.org) and you can even pop-in for a chat during most days near the town centre at 16 Little Lullaway, SS15 5JJ.

There are now 38 registered providers on the Social Prescription referral list.



Health Intervention Training

Our thanks go to John Gear from Provide for delivering a very informative training session covering their role within the health environment. The course covered :

- 📁 Awareness of Health & Wellbeing Services available in Essex
- 📁 To have an awareness of the effects poor lifestyle choices on health
- 📁 To enable delivery of brief intervention to patients, carers and staff on health and wellbeing issues
- 📁 To know how to refer service users into our service

This course was very successful and we plan to offer this to our referral network in the New Year.

Referrals this month:	
Dr. Arayomi	4
Malling Health	1
Dr. Sims	2
Dr. Nasah	0
Laindon Health	0
The Tile House	35
Self Referrals	0
Sub Total	43
TOTAL	203



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Provide

Delivering NHS and Local Authority Community Services

Provide have also recently joined us to become one of our referral partners. Janine Potter, Community Capacity Builder for South West Essex is working closely with us.

Provide is a healthy lifestyle integrated service that was commissioned from 1st April 2016 for 5 years.

There is a central access point/Triage by telephone 8am-8pm Mon – Friday to enable a smooth referral process.

What Provide offer:

- Triage process/Social Prescribing (single point of access)
- Stop Smoking Support
- Lifestyle coaches 1:1 support
- Increasing Activity (Exercise Referral programme, Health Walks, Get Active)
- Healthy Eating/Weight Management referrals
- Managing Health (EPP)– Long term conditions (6 week programme)
- Falls Prevention Exercise programme
- Working Well
- Health Champion training

Trained triage staff will talk to patients about lifestyle changes they want to make and assess their readiness to change, confidence and importance levels.

We would be happy to refer any patients who could benefit from any of these services. It's easy to make a referral to Social Prescription – call 01268 294125.



WHILE YOU WAIT FOR CHRISTMAS.....

- Take the children out for a long walk in the fresh air
- Give time to the less fortunate
- Clear out your cupboards and donate unwanted, in date, food to your local food bank.
- Visit the local Christmas Market in Basildon, open every day
- Be vigilant whilst shopping, take care of your belongings

WISHING YOU A MERRY CHRISTMAS AND A HAPPY HEALTHY NEW YEAR

More details of the Social Prescription referral partners can be found on the Connect Well Essex website <http://connectwellessex.org.uk/>

