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|  |  | Social Prescribing | Autumn/Winter 2022  Issue# 1 |
|  |  | **HAPPY NEW YEAR 2022** | |
| INSIDE  **Social Prescribing**    **News**    **Real Life Case Study**    **Community Orgaisations**    \_\_  New finds this week  Add description text here to get your subscribers interested in your topic.  \_\_  Corporate newsletter  Add description text here to get your subscribers interested in your topic.  \_\_  The observer  Add description text here to get your subscribers interested in your topic. |  | What is Social Prescribing? Many things can affect your health, from feeling isolated or lonely to work, money, housing problems or managing long term health conditions.  Social Prescribing Link Workers are there to help you to work out what will help you to improve your health and wellbeing and to put you in touch with the people and activities that might make you feel better, by exploring ways to improve how you feel in a way that suits you  That is why social prescribing works together with community organisations and groups to help to strengthen the community and improve people’s health and wellbeing.  **Greater Derby PCN Social Prescribing Service Covers:**   * **Park Farm Medical Centre • Mickleover Medical Centre** * **Park Lane Surgery • Mickleover Surgery** * **Brook Medical Centre • Chapel Street Medical Centre** * **The Vernon Street Medical Centre • Derwent Valley Medical Practice** * **Derby Family Medical Centre • Peartree Medical Centre** * **St Thomas Road Surgery**   **Referrals must be a registered patient at one of the above surgeries** | |
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| Social Prescriber sets up new group A picture containing indoor  Description automatically generated  **Social prescribers are there to take the time to find out what matters to the individual and to help them to access the support needed to make positive changes in their lifestyle, physical and mental wellbeing.**  **Real example Case Study (no real names have been used)**  **Bob was referred predominantly for a lifestyle change. He was suffering from social isolation and anxiety. After many unanswered calls Bob agreed to us having a chat. We talked about where he was in his life, how he had got to that point and the things he wanted to change. He had tried several therapies before, but they were always a limited timescale and Bob needed more time to build up trust and confidence in someone. Over several weeks of telephone conversations I earned Bob's trust and he agreed to meet me. It was small steps; we started off with ten-minute walks around his local park then started to manage to stay out for longer and go further afield. We developed techniques for managing his anxiety so he could have trips to the shops, top up his phone/gas/electric and even go to the bins in the daylight. Previously these things had simply not been possible because of his extreme anxiety.**  **After several months of support Bob was able to respond when an old friend made contact – he had been ignoring him up until then because he didn't have the confidence or self-confidence to accept his offers of getting together. They have since enjoyed lots of days out together and life is much better.**  **He still has times when he wants to hide way but with my support he never goes right back to where he was because we discuss what's happening and he now has the tools to get back on track.** | |  | One of our recent projects is a new social group in Mickleover called ***Mickleover Next Door Neighbours***. The group was developed in response to many referrals listing loneliness, anxiety and isolation as main reasons for referral. The groups aim is to bring the community together and offer a safe place for people to meet, discuss concerns and offer mutual support. We have events and the picture above shows a recent History of Mickleover talk from one of the groups. We have held an exercise and meditation session, an essential oils demonstration and everything is always rounded off with a cupper and a chat.  **We meet every Wednesday 10:30 – 12:00 in Mickleover Community Centre** |
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| **Social Prescribing Working Together with Community Organisations**  **Universal Services for Carers in Derby**     * **Carers Conversations** * **Wellbeing Calendar of activities to improve physical and Mental health** * **Free Training opportunities** * **Emergency Plans**   **Contact: 01332 228777**  **carers@citizensadvicemidmercia.org.uk**    Derby Counselling Centre  **Derby Counselling Centre** is a local self-funded independent charity located close to the city centre. **An Affordable Service** that makes the benefits of counselling accessible to all **A Short waiting time** Usually, considerably less than the NHS norm **Fully Confidential** Weekly counselling sessions in a safe environment with non-judgmental listening and empathic feedback. **Counselling is also available** through Zoom, Skype, Facetime or by telephone.  **Derby Counselling Centre 75 Ormiston Road, Derby DE1 2JH 01332 366863** [**stressaid@hotmail.co.uk**](mailto:stressaid@hotmail.co.uk) Helpline Numbers **Derbyshire Mental Health Helpline**  **0800 028 0077**  For immediate and out of hours mental health support, the Derbyshire Mental Health helpline and support service is available 24 hours a day, 7 days a week.  **Samaritans**  **Call 116 123 for free** |  | Derby City Council logo      **Money Sorted in D2N2 provides support and**  **personally, tailored interventions for people**  **experiencing financial difficulty. It can help you**  **take control, build your confidence and skills**  **and help you tackle barriers and problems in**  **order to improve your financial well-being for the longer term.** |