



# Greater Derby PCN Social Prescribing

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Issue 3#

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## SUMMER EDITION



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### **Examples of Social Prescribing Support impacting on real people**

The Social prescribing service incorporates the five ways to wellbeing, which is an evidence-based model that can improve your physical and emotional health. Support is individualised for each person depending on their needs and what matters to them. This makes it a flexible service and can be difficult to demonstrate how it works, so here are some real-life examples using real case studies from the Greater Derby Social Prescribing Team.

#### Case Study A

Referred to Social Prescriber over a year ago – having suicidal thoughts and struggling to feel motivated to start Uni in September 2021, lives with Autism and ADHD. Has a young son who he was struggling to care for as he didn't feel a worthy parent. Resistant to counselling as had been through CAHMS at school. Weekly input from Social Prescriber, discussing anxieties and changing mindsets. Now finishing his first year at Uni. Has a new relationship and has rekindled old friendships from school so he is socialising more. Changing habits around bedtime has improved sleep and in parallel his mood has lifted. Now sole carer for son and happy he can provide the best care for him. Sometimes the traditional counselling methods aren't for everyone due to past associations but with input from a Social Prescriber they can be supported to make their own decisions and talk through their anxieties every step of the way.

#### Case Study B

Referred with low mood, anxiety, and depression due to past trauma, fibromyalgia and osteo arthritis. Started weekly walks with social prescriber to discuss anxieties and make plans to move out of the pain cycle they were in. SP referred to pain clinic which has helped by teaching management techniques and offered specific, condition related support. Referral to New Leaf to help clear out a bedroom to aid a more restful sleep. I put her in contact with another patient with the same conditions and they now support each other with regular telephone calls. She now goes to several groups a week and my main job now is to remind her to make sure she rests sometimes! There's no magic wand to take the pain away but with the right support it can be managed to allow life to happen at the same time.

#### Case Study C

Presentation- 45-year-old man asylum seeker, staying at a hotel. Reports he is feeling isolated and anxious, wants to get into a routine but is not allowed to work and can't receive any benefits. Wants to go to the gym but has not received his ID card to prove he is an asylum seeker. Has high blood pressure and hypertension. Referred him to local refugee and advice centre- he enrolled onto English lessons, participated in group activities at the centre (morning run group, arts, and crafts). Supported him in contacting Migrant help to obtain his ID card- is a 4 week wait Supported him in contacting a local gym who is willing to take him as member Attended the refugee week football group at the county trust After 4 months- Seen by the nurse- blood pressure readings normal. Reports he felt a lot better and was grateful for what social prescribing offered

- Seen by myself- continuing sessions at the county trust, attending the gym and refugee centre, still awaiting his ID card
- Enrolled onto Derby College for a ESOS course
- No longer required my support, completed a feedback form 😊

What Greater Derby Social Prescribers have been doing out in the community!!!!



### Mickleover Partnership Group

The Mickleover Partnership Group is a group of local Organisations – Social Prescriber, Local Area Coordinator, Derby City Council, WI, Tesco, and many others, who have joined together to support the Mickleover community. We had a huge success with the jubilee cream teas, which were delivered to residents who couldn't access the celebrations and today saw the start of our new project; a free coffee morning at Holly Court community rooms. We will be there every Friday 10am-2pm so come and join us for a cuppa & a chat and tell us about your thoughts on how you would like the group to develop.



### Spondon Group

#### Social Prescribers Coffee Group



**Every Monday 12:30pm-2pm**

Come along and enjoy a free tea or coffee in a non-judgmental environment, where you can meet new people. Also, the Social Prescriber will attend to offer support and information if required. Occasional guest speakers will be attending to give information and answer any questions on various topics from various organisations.

If you have any questions or would like more information call **Rebecca Social Prescriber** on

**07950279809** or email: [ddccg.socialprescribing@nhs.net](mailto:ddccg.socialprescribing@nhs.net)

### New Group Normanton Walk & Talk Group

The Normanton walk and talk group will be every Tuesday 1pm-2pm. Meeting at the Indian community centre, we will then take a walk to Normanton Park. Refreshments at the Normanton café will be available, please make sure to bring money along with you.

For more information, please contact Sabiha Ashfaq on 07950276794  
Or alternatively you can send us an email on [ddccg.socialprescribing@nhs.net](mailto:ddccg.socialprescribing@nhs.net)

What Greater Derby Social Prescribers have been doing out in the community !!!!!

### Mickleover Next Door Neighbour's



#### Celebrates 1<sup>st</sup> Year Anniversary

July '22 saw the first anniversary of the Mickleover Next Door Neighbours Social Group. To mark the occasion, we celebrated with a lunch at Mickleover Golf Club.

The group meet at **The Nags Head every Wednesday, 10:30 – 12:00**, for a cuppa and a chat and the occasional guest speaker to keep things interesting.

A Social Prescriber is always at the group to offer a bit of extra support if needed.

If you think you might be interested or would like some more information, give **Jane (Social Prescriber)** a call on **07950 275 890**.

### New Social Prescribing Group Starting in Allestree

If you feel you are lonely, isolated, or just want to make new friends. Join us for a cup of tea/coffee @ The Four Seasons Cafe, Park Farm, Allestree. No need to book just turn up!

**Starting Thursday 15<sup>th</sup> September 10:30am-12noon**

**If interested Contact Sean on – 07376476949**

**Social Prescriber Greater Derby PCN**





**Working together with community organisations**



### **Derby County Community Trust**

Deliver a wide range of physical activity and health programmes designed to improve the health and wellbeing of patients living with long term conditions across Derbyshire.

Their tailored support creates a safe environment for patients to exercise to support their recovery from or live with varying medical conditions, including high blood pressure (hypertension), diabetes, COPD or asthma, stress anxiety and much more.

Sessions take place locally in a range of community and sports settings and offer a variety of activity from walking football to Dance fit.

If we could help you to become a happier and healthier version of yourself, please get in touch with one of our health advisors to find out more contact.

Jess Needham or Jon Fairbrother

[Jess.needham@dcct.co.uk](mailto:Jess.needham@dcct.co.uk)

[Jon.fairbrother@dcct.co.uk](mailto:Jon.fairbrother@dcct.co.uk)

### **COMING IN SEPTEMBER**



## **Social Prescribing Allotment**

**Greater Derby Social Prescribing have come together with Derby County Community Trust to offer an allotment space that enables Social Prescribers to work with patients from an allotment space provided by the trust.**

## Give a little time and you can



Lots of the community organisations that social prescribers work with to support people's health and wellbeing rely on volunteers to make this happen. If you would like to give a little of your spare time to make a difference to someone. Below are a few of the organisations in the community that are looking for volunteers.



### **Befriending Service**

#### **Can you spare an hour of your time?**

Have you a little spare time to visit a lonely elderly person? It won't take much to make someone's day. And will make yours too!

How long, how often and what you do is up to you. Perhaps a cup of coffee and a chat? Perhaps a little walk or a game of cards?

Call/text Jeremy 07966 284963



### **Supporting people who are in genuine need, to create and maintain a safe, healthy, and 'homely' living environment**

Volunteers Needed to declutter, organize, clean do simple DIY tasks, decorate and/or gardening.

Whilst providing friendship, in the homes of people facing significant barriers and disadvantages.

A wide range of roles

No experience necessary

Email: [hello@newleafderbyshire.co.uk](mailto:hello@newleafderbyshire.co.uk)

Or call 07449 721 710

Our mission is to improve the mental health, wellbeing, self-esteem, confidence, and social inclusion of people in Derby and Derbyshire

