

Social Prescribing Newsletter

Introduction

What is Social Prescribing?

Support towards better health and happiness

Social Prescribing is a method of linking people with non-clinical sources of support within the community. At Burnham Health Centre, our link workers offer confidential, 1:1 support to patients referred from their GP or health care professional.

The patient is at the heart of our Service and has access to several appointments with the Link Worker over a six-month period.



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Referral Examples

Social Prescribing is a short-term non-medical service supporting individuals to improve their health, wellbeing and independence by taking a holistic view of their lives. We support patients for up to 3 months, completing a support plan and setting goals.

We do not have set criteria for referrals; we will support patients on a case by case basis, however, here are some examples of people we can support:

Problem	Typical Support
Social isolation/ loneliness	Referring to befriending services and encouraging attendance at social groups. Building a Relationship with the patient and providing a mentoring service if required.
Transport problems/blue badge applications	Advising patients about transport options in the area and looking at the costs of these. Offering support to complete forms.
Bereavement	Signposting to Cruse bereavement counselling or other appropriate counselling support.
Inadequate housing	Providing advice and referring to organisations such as Shelter and P3 who can support tenants with their housing situations.
Financial problems/ poverty	Signposting to the money advisory service, debt support services, Citizens Advice and the DWP. Help to complete benefit applications & basic budgeting advice, signposting to agencies if appropriate.
Carers for a family member	Offering advice on how to support family members with a disability and signposting to organisations such as the Alzheimer's Society and Carers Bucks.
Information about social care	Advice on how they can access social care via social services. Advice on Assistive Technology.
Improving physical activity and health	Signposting to local groups for physical activity and wellbeing exercises. Referring to services such as Live Well Stay Well.
Support for long term conditions	Can offer support for those with long term conditions to manage their conditions more independently. CLW's will be offering Peer Support for LTC.
Mental Health	Signposting to counselling, peer led social groups, wellbeing groups, befriending and accessing crisis support. Accessing resources/reminiscence packs for older adults with Dementia.
Older Adults	Help to access shopping & cleaning services and general advice around practical support. Signposting into Age UK services. Assistive Technology advice.
Young people	Advice on education and work opportunities, support for isolation and signposting to online counselling. Social media support groups for conditions.

Community Link Workers are working directly with Buckinghamshire Mind to deliver the Social prescribing project and are easily able to access a wide range of support for patients via their services.

When you complete a referral, please could you ensure that the patient is aware of their referral so they can expect contact from us.