

Social Prescribing Newsletter

Our Social Prescribing service is a client led, non-medical approach to improving health and wellbeing

How Social Prescribing helped a couple find community and friendship

Social Prescribing received a referral from the GP for a gentleman age 79 who lived with his partner. The gentleman and his partner were both isolated and wanted to find places to socialise.

During the first visit we discussed attending a local group together for the first few times. The gentleman and his partner agreed this would be helpful as it would be scary to go somewhere new.

The following week we met at the group where the gentleman got involved with slow tennis and his partner engaged with the other women at the group. Social Prescribing continued to accompany the couple until they felt comfortable enough to attend alone.

Four months later the couple are still attending the group every week and have even booked on some of the trips. Both have also engaged and befriended other patients that Social Prescribing have brought to the group, welcoming and helping them feel comfortable when they are attending for their first time.

Both said how very grateful they were for the support they had received from Social Prescribing and the group. Stating they had met so many lovely people and it has changed their lives.



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A 61-year-old's journey to independence with Social Prescribing

A referral was received from the GP for a gentleman age 61 who lived alone. The gentleman wanted support to become more socially active, make friends and reduce anxiety and depression.

Due to the gentleman's anxiety he struggled to want to meet initially but, after a few attempts he agreed to a visit.



After visiting him a few times to talk and build a rapport he explained how he only went out with family members and had not been out alone for years. We discussed the Wellbeing Walk and he agreed to attend with me.

Over a period of 5 months we attended the walks together. He did not engage with the other walkers for a while and always stayed at the back. Initially I picked him up but, eventually he got his car fixed which had been sitting on his drive for months and made his own way there.

He now attends most weeks and has begun to engage with the other walkers, no longer trailing at the back. We discussed counselling to continue to help support with his anxiety and depression and he agreed to try it.

His family have said how grateful they are for the time and commitment from the link worker to enable him to get out once a week alone which is something he has not done for years. They stated they have seen the change in him and are positive for the future.

"I had not been out of the house for years, my link worker was very patient, went at my pace and encouraged me to attend the Wellbeing Walks. I now attend every week it's the only time I go out without the support of my family."



Staff at Windmill Community Church who volunteer to run groups, trips and work in the cafe.

How Social Prescribing helped me access vital benefits

"I did not know I was entitled to any benefits, my link worker helped me apply for Attendance Allowance. It now helps pay for added cost like taxis to the hospital, a gardener, cleaner and meals on wheels."



WV Social Prescribing
A project of WVCAA

Stats

Last month Link Workers attended 114 home visits & 49 groups.



"I used to play a lot of sports and really enjoyed playing the soft tennis."

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