

**Connecting communities help to
reduce isolation and loneliness**

SOCIAL PRESCRIBING

**Improving Health and Wellbeing with
Non Clinical Services in Inverclyde**



your
voice

Together, connected communities help to reduce isolation and loneliness and bring a sense of belonging.

Social prescribing is where an individual is connected to services or activities in their community, which can help improve their health and well-being. These activities are prescribed as a non-clinical alternative to a medical prescription.

HERE ARE A FEW EXAMPLES OF HOW SOCIAL PRESCRIBING CAN HELP:

- Tea and a Blether
- Men's Sheds
- Gardening
- Arts & Crafts
- Knitting/crocheting
- Stress management
- Healthy Eating
- Health walks
- Exercise (Zumba, Tai Chi...)
- Buggy Walks



Social Prescribers can help people:

- To access support to improve their health and wellbeing
- To develop social networks
- Increase access to preventative and early interventions for common health problems
- Help people who have ongoing health problems

We are very fortunate in Inverclyde as we have a great community spirit and thousands of people who give up their time voluntarily to look out/help people in their community.

There are also hundreds of community groups across Inverclyde which are run by people, for people - Social Prescribers can assist you in accessing them!

“My Mum has only been helped by Community Connectors for a few weeks but already it has changed her life. She loves going to Lyle Kirk Gateways and has made friends. The community Connectors are so helpful and friendly, so are the volunteers in the café. Keep up the good work”

CASE STUDY Referred by ICIL occupational therapist, this lady had been recently bereaved and was becoming isolated. Community Connectors arranged home visit and suggested the lady try Compassionate Inverclyde Hub on Tuesday and Lyle Kirk Gateways on Thursdays.

These both create welcoming environments for company and meeting people. We also assisted the Lady to apply for MyBus, which greatly improved her ability to get out of the house.

Community Connectors assisted for the first few occasions to access a taxi and attend the hubs. This enabled the lady to build her confidence and prevent her from being overwhelmed in a new environment.

“It has helped me come to terms with my husband’s Dementia. I don’t know how I would cope without them”

“I previously accessed small group day care although I didn’t really enjoy this, Community Connectors told me about Lyle Kirk Gateways. I now go every Tuesday and Thursday, it’s great I have met new friends and we enjoy a blether”

“If it wasn’t for Community Connectors I would be lost. It has taken me out of the house, I have met lovely people and really enjoy my singing group. Loneliness can be horrible and that’s why I feel the Community Connectors who work at The Voice do a wonderful job. Where would a lot of people be without them helping us? Keep up the good work”

CASE STUDY: Referred by a Crown House Social Worker, Community Connectors visited this client at home, he acknowledged his mental health suffers at times and he is reluctant to get out and about. His hobbies include music, in particular Bass Guitar. Community Connectors provided information of various opportunities where B could actively follow his hobby with the community.

Community Connectors encouraged the client to come along to the Recovery Jam at Your Voice, but he was initially reluctant to try this as he felt overwhelmed. Community Connectors continued to motivate and encourage, and met him at the group for the first few occasions to introduce him and build confidence within the group.

B is now a regular within the group and has been attending every Wednesday since December 2017, he has commented it gives him something to look forward to!

How does SOCIAL PRESCRIBING work?.

Social prescribing enables a GP or Primary Health Care professional to refer patients who suffer from social isolation, low mood, mild depression, long term conditions or physical inactivity to community support programmes and activities.

These can include:

- **Social Clubs**
- **Physical Activities**
- **Arts & Crafts**
- **Counselling**
- **Peer Support Group**
- **Advice and Guidance**
- **Volunteering Groups**

"A complete godsend to me. I was housebound and unable to drive due to visual impairment, they arrange and book MyBus for me which allows me to go to Port Glasgow Shopping every week and get out this house"

Who benefits from SOCIAL PRESCRIBING?

YOU DO! Social Prescribing is an alternative support which empowers people to take greater control over their own health and wellbeing. It brings many health benefits - better social connections, and improved physical and mental wellbeing.

GP's and PRIMARY HEALTHCARE PROFESSIONALS refer patients to the Social Prescribing Co-Ordinator, Sean Macfarlane, for non medical support through trusted community led organisations; this can reduce the demand on clinical services.

COMMUNITIES benefit from Social Prescribing - people make healthy choices, strengthen their resilience and stay connected to their community, reducing isolation and loneliness.

For more information, get in touch today -

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