

# Greater Derby PCN

Spring/Summer  
2023

## Social Prescribing



ddccg.socialprescribers@nhs.net



Find us on  
Facebook, Greater  
Derby Social  
Prescribing



ddccg.socialprescribers@nhs.net



@GreaterDerbySP



### **Social Prescribing Making a Difference!!!!**

**Below is an example of how Social Prescribing can support someone to increase their health and wellbeing. No one person's experience of Social Prescribing will be the same as every person is treated as an individual and supported in a way that is tailored to their personal needs based on 'what matters to them'**

#### **Case Study**

A 56-year-old lady was referred to the Social Prescribing Service, suffering from anxiety, depression and social isolation. She had recently lost a close family member and a close friend, while also being a carer for her grandson who has social problems. The patient had gained weight and found it difficult to do anything and her sleep was very erratic. The house was cluttered which also made her feel down and overwhelmed. The Social Prescriber met this lady and they had a long chat about the things that she used to enjoy and what she wanted to achieve during her time with the Social Prescriber. Together they decided to walk to a local café and talk over a cup of tea, and through doing this made her realise that she could start by doing a little walking and then build on this. She began by taking short walks and then progressed to going out shopping with her husband. As a result of this moving around became a lot easier and she felt that she was walking for longer and faster. The patient was still not sleeping well, and things were still worrying her, but she began not to feel 'fed up all the time'. One of the concerns was money so together with the Social Prescriber decided to apply for extra benefits that she was unaware of being entitled to. This led to picking back up a past hobby of crafting and started to make space in the house, by selling some things and donating others to a local charity. The space created could also be used by the family to be together. The patient began to take control back in her life and even started proceedings to adopt her grandson. While everything is not as she wants it to be in the longer term, she feels that she is now coping better than she used to.

## Social Prescribing Groups in the Community

### Spondon Coffee Group

Spondon Liberal Club



No booking just turn up!  
Every Monday 12:30pm-2pm  
(excluding bank holidays)  
For more information call Rebecca on  
07950279809

### The Markeaton Coffee Group



No booking just turn up!  
Every Thursday 11am-12:30pm  
For more information call Sean on  
07376476949

### Mickleover Next Door Neighbours Coffee Group



No booking just turn up!  
Every Wednesday 11am- 12:30pm  
For more information call Jane on  
07950275890

### Holly Court Coffee Morning

Meet every Friday 10 - 12  
@

Holly Court Community  
Centre

For more information call Jane on  
07950275890

### Normanton Walk & Talk Group

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 with you.

For more information, please contact your Social Prescriber on  
07950276794

# #SocialPrescribingDay



Thursday 9<sup>th</sup> March 2023, marked #SocialPrescribingDay. The day was a national day with events going on throughout the country. To mark the occasion here within Greater Derby PCN social prescribers from the team, raised awareness of the role at 2 surgeries within the PCN. They set up a stall in the reception area of Derby Family

Medical Practice (See Below the 2 pictures on the left) and Vernon Street Medical Centre (The picture on the right). The aim being to promote the role of the social prescriber to patients that attended the surgery. Making patients aware of the role within their GP practice team and the types of issues they could get support with. The stall had a host of information from healthy eating, information on blood pressure to stopping smoking. At one of the surgeries we were also met with Howard Simpson, Mental Health Link worker, so patients are aware that we work in collaboration with other practitioners and that they may also form part of the support package.



## Charity Event for National Guide Dog Week

Cake and Biscuits were offered at the Nags Head Mickleover coffee group and Derwent Valley Medical Practice for a donation to the guide dog charity and an opportunity to purchase a raffle ticket.

**Raised £121.10**



## Social Prescribing in the Community



A mental health awareness day was organised by Derby City Council's Public Health Community Engagement Manager and staff at The Pakistan Centre. The intention was to raise awareness about mental health in the community, targeting women who attended the community hub warm spaces initiative. As part of this a social prescriber was invited to talk to participants attending the session. The purpose of the session was to raise awareness about mental health & wellbeing and to let women in the community know that there is support available, should they require it. The presentation from the social prescriber highlighted what mental health is, some common mental health problems and looking after your mental health. Also, the role of the social prescriber was explained. Once the presentation was delivered, participants had the opportunity to come and speak to the social prescriber confidentially about any issues concerning them regarding their well-being. A couple of participants did come and talk to the social prescriber and were signposted to relevant sources of support. Having delivered the presentation, the social prescriber was invited to attend a few more warm hub sessions and speak to participants confidentially.

### **Greater Derby**

### **Social Prescribing Service**



**Everyone needs a bit of help from time to time.**

**Social prescribing can help with what impacts on your health & well-being, focusing on what matters to you.**

**It all starts with a chat.**

## Chronic Pain Peer Support Group

Are you struggling with Chronic Pain? Caused by conditions such as Fibromyalgia, Arthritis or Neurogenetic pain. The support group is here to help share experiences and offer support when needed.

**Rebecca House, Uttoxeter Old Road, DE1 1GF**

**Every other Tuesday 12 noon -1:30pm**

### Meeting dates 2023

Tuesday 2 <sup>nd</sup> May	Tuesday 25 <sup>th</sup> July
Tuesday 16 <sup>th</sup> May	Tuesday 8 <sup>th</sup> August
Tuesday 30 <sup>th</sup> May	Tuesday 22 <sup>nd</sup> August
Tuesday 13 <sup>th</sup> June	Tuesday 5 <sup>th</sup> September
Tuesday 27 <sup>th</sup> June	Tuesday 19 <sup>th</sup> September
Tuesday 11 <sup>th</sup> July	Tuesday 3 <sup>RD</sup> October

## Managing Chronic Pain in 10 Steps

- 1, Be realistic. Be honest and learn what you can about your physical condition, including dealing with anger and frustration.
- 2, Get involved. Take an active role in dealing with your condition. Find all the options available to you.
- 3, Learn relaxation and the value of distraction. Learning to breathe and relax properly can be a very simple and helpful step.
- 4, Recognise thoughts and feelings. The mind affects body, and the body affects the mind.
- 5, Safe movement combined with deeper breathing can improve your mobility.
- 6, Set priorities. With reduced energy and reduced mobility, it is important to set the priorities in your life.
- 7, Set realistic goals. Break big tasks into smaller, much more manageable steps that are achievable and pace yourself.
- 8, Know your basic rights
- 9, Communicate clearly and effectively with your family and healthcare professionals. Tell them of your anxiety and depression related pain.
- 10, Rediscover hope, by using the above 9 strategies you can increase your general sense of wellbeing, break the pain cycle, reduce suffering and retake control of your life.

**For more information please contact:**

**Jane: 07950275890**

**Sean: 07376476949**