

## Prestwich Social Prescribing Newsletter



Welcome to our third edition newsletter. We are extremely excited to share with you who we are, what we do and how we can help to support you in our brilliant community!

If you are unfamiliar with the term 'social prescriber', Let me fill you in.

### **Who are we?**

Julie Bentley and I (Jo Murray) are your Social Prescribers, in Prestwich. We work with all 6 GP Practices in Prestwich.

Please see our contact details at the bottom of our newsletter.

### **What we do?**

We provide safe places for you to chat, meet like-minded people & work with you by listening to what it is that matters to you through a totally personalised wellbeing conversation then supporting and empowering you to access this to help improve your overall health and wellbeing.

## Why/how can we help you?

We offer non-medical support and at our local drop-ins/walks & other community groups you can access support immediately. You can access information and news on all that goes on in your community. You gain ongoing access/support as well as making new friends and building your confidence.

### What did we get up to in October!

Here's a few pictures we had taken from the events we had going on last month!

We have started up our additional social pages. We are now on Instagram and TikTok. We wanted to have social networking platforms for all ages, so thought we would jump on with both!

This was our idea for a while, wanting to reach everyone to reach out to a wider audience & spread the word on where we are, what we have going on etc.

Our Instagram & TikTok will have a different slant to our facebook. People go to different social platforms, pending on their age. As the younger generation 'live on' these pages. We figured daily posts and more in sync with what those younger patients are looking at/for.

We had our 40's-60s group at McDonalds. This new group takes place on the 2<sup>nd</sup> & 4<sup>th</sup> Monday of every month between 10 am – 11:30. This has been a support to those patients who feel they just want a chat but feel a little out of place at our older community groups. It is an additional community space to talk through any nonclinical worries/issues.

Julie and I now have an office space, based at The Creative Living Centre. We now offer weekly appointments on Wednesdays. This allows patients a safe space, with privacy and hopefully encouraging those individuals to venture out of their home. The in-between step, from home to us, then possibly a group. Our community groups can feel overwhelming for people at first, as they are rapidly growing. This can be daunting for some.

This has been brilliant, so far. Patients can see what The Creative Living Centre do, whilst their there. We both feel this builds people's confidence and gives them consistency as well as a safe place for patients to chat. It is also good chance to catch up with Shelly who runs the centre, as well as Julie & I. There are always ideas & problems to bounce back off one another, so this weekly spot works wonderfully!

*We had our 15 years celebration of Church Lane Community Centre.*



The room was filled with such a great spirit. There was a wonderful spread of food for all those fabulous folks who showed up. Thank you to all those involved, who keep this Community Centre going.

Margaret of course has lots of great groups here. Margaret stood up to thank all those involved for their support, time and help. Included, was our great volunteers. Who if it wasn't for their kindness, caring nature and support. We would struggle as our group keeps growing. So thank you to you all. You know who you are!

We had our happier & healthier meetings with some of our patients, last week. This is a group we have on after our community group on a Tuesday. Every couple of months we have this meeting. To discuss what is going on, air issues, voice new ideas, question the changes, and support individuals. Things which may be worrisome. The issues raised, were then put to councillor Eamonn O'Brien on his visit. This gave people the opportunity to ask these questions and feel a little more assured on the changes, issues and certain disruptions arising as part of Prestwich regeneration.



As you can see in the image above, we have our happier & healthier calendar, ready to sell (just in time for Christmas!). Two of our patients who attend our weekly community group, have created this, compiling together photographs of Manchester and have created a brilliant calendar for us all. This will raise money for further activities at our community group. This project has given both individuals a great sense of achievement and has been a joint effort with our team and other members of our group, who have rallied around to help! Please contact either Julie or Joanne to pick up your very own calendar!

## Here are the 'top 10 things' that we've helped people with, this month

Helping people live happier and healthier lives. Less stress more smiles!

if you would like a chat around improving your own wellbeing, please get in touch.

- Housing issues such as leaks, damp, mould, moving into better more suited accommodation.
- Improved activity levels
- Feeling less isolated and less lonely
- New social projects – Photography/Calendar
- New friendship groups and meals out with new friends made.
- Menopause support and discussions

- New group for people under 30 or caring for someone under 30 years old.
- Using the NHS app, support with IT/Tech/e-mails etc
- Pension credit applications, where to get help.
- Breaking down language barriers in community settings and finding new ways to do so via certain apps!

### Our walks details are as follows:

1. Whittaker Lane Walks Meet us outside Whittaker Lane Medical Centre on the 2nd and 4th Thursday of every month at 2pm for a social stroll to a local cafe, enjoy a brew and chat before returning to Whittaker Lane. We have The Birches walk on the same day, same time now. We all get to catch up at the lakeside café!
2. Welcoming Walks Meet us outside Church Lane Community Centre, Church Lane, Prestwich at 12 noon every Tuesday for a local walk followed by a brew at our social drop in afterwards.
3. Walk This Way! Meet us outside The Birches Medical Centre, Polefield Road, Prestwich at 2pm on the 2nd and 4th Thursday of every month for a social local nature walk.

### Where can you find your social prescribers:

1. Church Lane Community Centre Church Lane, Prestwich Tuesday 1:00pm –3.00 pm
2. The Phoenix Centre Drop-in, The Phoenix Centre, St Marys Park, St Marys Road, Prestwich on the 2nd and 4th Thursday of the month term time only. 10am-12pm
3. McDonald's Whitefield Social Catch-up on the 2<sup>nd</sup> and 4<sup>th</sup> Monday of each month, 10:00 – 11:30 am if you are aged between 40-60 years old.
4. Social Lunch drop in, The Croft, St Hildas Church, Whittaker Lane, Prestwich – 3<sup>rd</sup> Thursday of the month 11am – 12:30pm

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