



NWL GP Federation  
Working together for our patients

# Social Prescribing in North West Leicestershire



# Your social prescribing link workers

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# How will we support people?

- **Give them time**  
to share what's most important to them and to explore their strengths, priorities, interests and values
- **Identify unmet needs**  
and discuss underlying issues affecting their health and wellbeing
- **Co-produce a personalised support plan**  
setting realistic goals and reviewing progress
- **Support and encourage them**  
to utilise services and get involved with local groups
- **Empower them to take control of their own health and wellbeing**, so that they are less reliant on health professionals





# What else will we do?

- Attend meetings at local GP surgeries to discuss appropriate referrals
- Support existing community groups to be accessible and sustainable
- Help people to start new groups in their community





# Aims

- To improve quality of life and emotional wellbeing
- To reduce feelings of loneliness and anxiety
- To increase physical activity, which could improve mental health, help people stay well for longer and lessen the impact of long-term conditions





# Additional information

- We will work with people over six to twelve sessions
- People may be placed on a waiting list if our caseload is full
- In normal circumstances, we would meet people at their GP surgery, in their own home, or in a community setting, but at present, we are mostly supporting people over the phone
- We know that meeting a group for the first time can be daunting, so we may join people until they feel comfortable
- At present, we are only able to accept referrals from GP surgeries



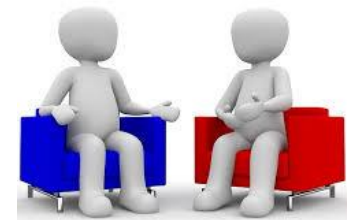


# Who could benefit?

**Social prescribing is more than just pointing people in the right direction, as it particularly supports people who lack the confidence or knowledge to get involved in community groups or approach agencies on their own.**

**Referrals are encouraged for people who:**

- **Have poor mental wellbeing**
- **Are frequent healthcare attenders**
- **Have mild to moderate depression or anxiety**
- **Have one or more long term conditions**
- **Are lonely or isolated**



*(At present, we only able to support patients aged 18 and over)*





# Links to further info

- **What is social prescribing - The Kings Fund (02 February 2017):** <https://www.kingsfund.org.uk/publications/social-prescribing>
- **Social prescribing animation - Healthy London Partnership:** [https://www.healthylondon.org/our-work/personalised\\_care/social-prescribing/](https://www.healthylondon.org/our-work/personalised_care/social-prescribing/)
- **Case studies:** <https://www.england.nhs.uk/personalisedcare/upc/comprehensive-model/case-studies/>
- **Making Sense of Social Prescribing – University of Westminster:** <https://westminsterresearch.westminster.ac.uk/item/q1v77/making-sense-of-socialprescribing>