



Greater Derby PCN

Winter 2023

Social Prescribing



Social Prescribing - Making a Difference

Case Study- Patient A

Patient A was referred to Social Prescribing due to social isolation, being a young, new single mum, she was finding life extremely difficult. As a result of this patient A had locked herself away in her home and was not receiving any support whatsoever. After working with this lady and starting to build a trusting relationship, patient A disclosed that her mum had been very supportive, so the social prescriber discussed how she would feel about spending time with her mum and allowing her to help out with the baby. The social Prescriber also discussed different activities that the patient might like to take part in, such as mother and baby groups, where she could meet other new mums and maybe form some friendships.

Patient A stated that she enjoyed walking and wanted to get outside into the fresh air, so information was provided by the social prescriber about some local walks that were free of charge, where she could socialize with other adults. Patient A stated that the baby often slept through the walks which allowed her to enjoy chatting to people and enabled her to feel like a person again and not just a mum. From talking with patient, A, it started to become apparent that she was struggling with decisions about what was best for the baby, so it was suggested that the children's Centre could offer support for both the patient and with providing checkups for the baby.

The outcome of the support offered by the Social Prescriber was that the patients mum was going to help with looking after the baby and provide an occasional overnight, so that patient A could have time to herself or to go out and enjoy being a young person again. Patient A is now getting out of the house more and feels a lot more relaxed, she has made new friends from the sessions that she is attending and feels more confident knowing that she has support from, family, friends and the children's Centre.

Case Study- Patient B

Patient B is a lady in her 60's who had been suffering from psychological abuse from her partner for many years. A referral to Social Prescribing was received for support with anxiety and the patient's housing situation. Patient B had lost interest in her work, which she used to be passionate about and her problems were on her mind constantly. After speaking to this lady, she was determined to get back to a good place that 'felt normal' to her. By giving the patient the time to talk and express how she was feeling enabled her to think about what would be best for her and the steps that she could take towards this. Together we made a referral to Talking Mental Health for CBT, to help to manage her feelings. The Social Prescriber was also able to support the patient to change the tenancy agreement into her sole name, this gave her the independence and security to start building more positive thoughts. While the patient did have strong family relationships, she did not have any friends independently outside of family or work. Working together by discussing different activities that were available locally, I was able to support her into attending local groups, where she was able to build friendships as an equal as opposed to being a boss or a parent. This gave her the ability to be herself, to relax in the company of others and to build relationships within a social environment.

Community Organisations

Derby Safe Haven

Derby Safe Haven is a responsive and tailored mental health service for anybody experiencing a mental health crisis/period of mental ill health and is in need of immediate support.

Open from 4:30pm-12:30am

365 Days a year

Open to anyone aged 18 years or over.



Call: 03300083722

or drop in at 309 Burton Road, Derby



Helping Derby Livewell for free!!

- ❖ **Quit Smoking** (support & free treatments)
- ❖ **Free NHS health checks** (40-74-year-olds)
- ❖ **Lose Weight** (12 months free support)
- ❖ **Livability** (help for adults and children with learning disabilities to lose weight)

Online: www.livewellderby.co.uk

Telephone: 01332 641254



Vitaminds- NHS Talking Therapy

We all experience times when we feel like we can't cope, sometimes this can start to affect our everyday lives and prevent us from doing the things we normally do.

Vitaminds can offer support with:

- ❖ Depression
- ❖ Low Mood
- ❖ Excessive worry or overthinking
- ❖ Excessive worry about your health or physical condition.
- ❖ Stress & Anxiety
- ❖ Panic attacks
- ❖ Sleep problems
- ❖ Phobia(s)
- ❖ Obsessive compulsive disorder
OCD
- ❖ Experience of a traumatic event

Online: www.vitahealthgroup.co.uk

By Phone: 03330153496

8am-8pm Monday-Friday

9am-12:30pm Saturday



Talking Therapies

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.

Some of the issues we can offer support with are:

- Social Groups
- Housing Issues
- Financial Issues
- Low level Mental Health
- Isolation
- Befriending Services
- Help with Benefits



Greater Deby PCN is a network of 11 GP practices in Derby:

Brook Medical Centre
Chapel Street Medical Centre
Derby Family Medical Centre
Derwent Valley Medical Practice
Mickleover Medical Centre
Mickleover Surgery
Park Farm Medical Centre
Park Lane Surgery
Peartree Medical Centre
St Thomas Road Surgery
Vernon Street Medical Centre

For more information please contact:



ddicb.socialprescribers@nhs.net



01332 959230

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

Allestree Warm Hub

St Nicholas Church

Tuesdays
(term time only),
3.15pm-5pm
@
2 Lawn Ave,
Allestree,
Derby
DE22 2PE

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

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
For more information please contact:

Jane: 07950275890

Sean: 07376476949

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.

Fairdene Court, Lowerdale Road, Derby, DE236XE

Every other Thursday 10:30am-12 noon

For more information please contact:
Shabana on 07539775510

Coffee & Chat

Meet your Social Prescriber and Health & Wellbeing Coach

- Free blood pressure check
- Weight Management Support
- Healthy Lifestyle
- Non- Clinical Support
- Referrals into the community

Drop in anytime between 10am to 1pm on a Thursday at St James Centre- Malcolm Street

Lister House Surgery
Derby Family Medical Centre
Peartree Medical Centre
St Thomas Road Surgery



**Holly Court
Coffee Morning**

Meet every Friday 10 - 12
@

Holly Court Community
Centre

For more information
call Jane on
07950275890

Mickleover Community Shop:

Every Monday & Thursday in the community tea rooms, run by Our Mickleover.

Mickleover Warm Spaces

- Community tea rooms- Thursday's & Fridays
- British Legion-Wednesday's, Thursday's & Friday's

Look after your health and wellbeing this winter.

DIET

Consuming fewer processed foods can lead to better brain and emotional health. From a young age, we're taught that eating well helps us look and feel our physical best. What we're not always told is that good nutrition significantly affects our mental health, too. A healthy, well-balanced diet can help us think clearly and feel more alert. It can also improve concentration and attention span.

Conversely, an inadequate diet can lead to fatigue, impaired decision-making, and can slow down reaction time. In fact, a poor diet can actually aggravate, and may even lead to, stress and depression.

PROCESSED FOOD



SLEEP

Tips for Sleep Hygiene



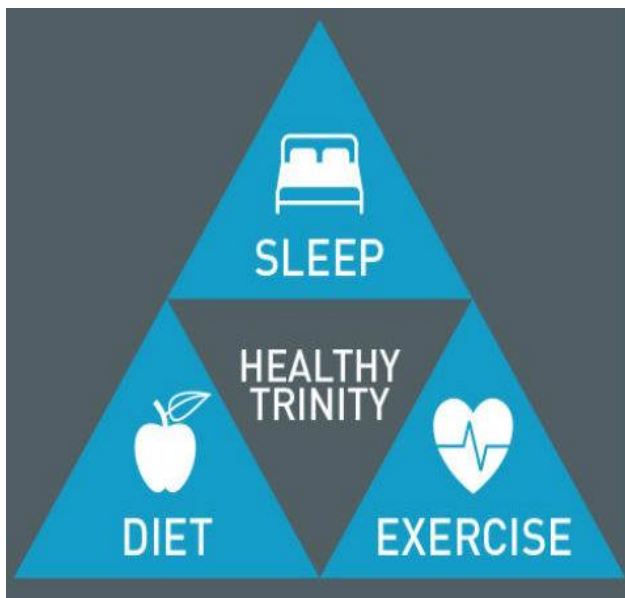
EXERCISE

Exercise can:

- Help with depression & anxiety.
- Decrease Stress
- Increase self-esteem & self-confidence.
- Better sleep
- Boosts the brain.

20 minutes of exercise a day, can link into everyday tasks.

- Brisk walking
- Water aerobics / Swimming
- Riding a bike
- Dancing
- Tennis
- Pushing a lawn mower
- Hiking
- Rollerblading
- Dog walking
- Gardening
- Gym
- Thai Chi / Yoga
- Housework / Cleaning





Christmas Collection 2023

Christmas is fast approaching and we understand that some people may be feeling the stress due to the cost of living crisis. We want to help those who support people and families throughout the year so we are collecting

- Tinned food/Non Perishables
- Warm items of clothing
- Toiletries

For The Padley Centre & Derbyshire Refugee Solidarity

For more information on how to donate speak to your surgery.



Warm Spaces

With the cost-of-living increases there is various warm spaces in Derby to help to support people.

Rosehill Children's Centre- Wednesday's 1-3pm

Derwent Children's Centre- Wednesday's 1-3pm

Sinfin Children's Centre- Tuesday's 1-3pm

Alveston Library- Monday 1-5pm, Tuesday 9:30-5pm, Thursday 9:30-7pm, Friday 9:30-5pm & Saturday 10am-1pm

Mickleover Library- Monday 1-5pm, Tuesday 10am-5pm, Thursday 10am-7pm, Friday 10am-5pm & Saturday 10am-1pm

Normanton Library- Monday 9:30-5pm, Wednesday 9:30am-7pm, Thursday 1-5pm, Friday 9:30am-5pm & Saturday 9:30am-1pm

Riverside Library- Thursday during regular coffee morning 10:30am-12noon. Monday-Friday 9am-5pm & Saturday 9am-1pm

Littleover & Blagreaves

Monday- 9:30am-3:30pm @ St Peters Church Hall

warmspace@stpeterlittleover.org.uk

Tuesday- 9am-1pm @ Newmount Methodist Church

warmspace@newmount.net

9:30-4:30pm @ Littleover Methodist Church

warmspace@lmclife.org.uk

Wednesday-10:30am-3:30pm @ Littleover Baptist Church

enquiries@littleoverbaptists.org

Thursday 2:30pm-4:30pm @ Littleover Methodist Church

warmspace@lmclife.org.uk

Friday 9:30am-Noon @ Havenc.co.uk

Warm Spaces- Offered by Mickleover Anglicans

All Saints Church, Etwell Road, DE3 ODL

St Johns Church, Devonshire Drive DE3 9HD

Monday-10am

Internet café: St Johns Community Links

Tuesday-10:30am

Stiches: All Saints Church Centre

Wednesday- 10am

All Saints Café: All Saints Church Centre

Friday-10am

Rest Stop Café: St Johns Community Links

Bamblebrook Community Centre

Stockbrook Street

Hosts an open access safe warm space.

9am-4pm Monday-Friday

Help with:

- Foodbank/community fridge
- Debt & Money Advice
- Library Services inc free data
- Free drinks
- Someone to talk to
- Groups & drop in space.

Part of the Staywell Derby Family

Community Care Hub @ Craddock

**Community Hall, Craddock Avenue, Spondon, Derby,
DE21 7HS**

Tuesdays 11:30am-4:30pm

Fridays 9:30am- 2:30pm

Warm welcome/Food

Supplies/Support/Events/Education/Advice

Need a food parcel?

Call 01332346266 or 07938340655

Derwent Oak

Aspire & Feel Alive Hub CIC Warm Welcome

Mondays 10:30am-3:30pm (cooked meal served at 1pm)

Tuesdays 10am-12 noon (breakfast & Zumba from 11am)

Thursdays 10:30am-3:30pm (breakfast & light lunch at 1pm)

Bingo, crafts, films and many more activities.

Mugs & Mugs of teas and coffees

For more info or to book a place please get in touch!

Email: Robert_shade@hotmail.com or phone: 07969383015

Facebook: Aspire Community & Wrestling Alliance or Feel Alive Hub CIC