



World Suicide Prevention Day - 10th September

World Suicide Prevention Day is hosted on 10 September each year by the International Association for Suicide Prevention and provides the opportunity for people, across the globe, to raise awareness of suicide and suicide prevention.

Suicide is the single biggest killer of men under the age of 45 in the country, but suicides among teenage girls and young women have almost doubled in recent years.

TALK TO US!

We know you are super busy, however, we're always here to have a chat!

Perhaps you're unsure about a referral, would like to find out more about what we do, or you just want to get to know us more!

Please get in touch!!



Team News & Updates



This month we have been out and about...

Our entire Social Prescribing team undertook the '**Ask Me**' training provided by My Sisters Place. This training educated our team members on how to approach conversations around domestic violence and how to approach this subject in a considerate and discreet manner.

This training also highlighted the concerns and difficulties people may have in leaving abusive relationships and how to support people through this process.

Our team members Aron & Lorna are now working on organising an upskilling workshop with Tees Valley Buddies for the wider Social Prescribing team.



Want to know more about Social Prescribing? We now have our own webpage on the Middlesbrough & Stockton Mind website which you can view over at

Social Prescribing (middlesbroughandstocktonmind.org.uk)

Team News & Updates



This month we have been out and about...

Our Team Member Teresa has been working with a patient who was experiencing loneliness and isolation following a recent family bereavement. The patient previously had vast experience working with horses and was very keen to get involved in volunteering.

Teresa made contact with Unicorn Centre and arranged a visit with the patient where she was given a tour and completed paper work to enable her to commence her volunteer role working directly with the horses and other staff members.

"I can't thank you enough for the help and support you have provided, this is invaluable" Feedback for Teresa

Emma recently attended the 'Creating Active Lives, Together' event hosted by You've Got This. Emma was there with SP colleagues from Rooted In Nature and other PCNs, as well as R&C council.

We were able to talk to individuals from all different sectors and organisations such as Sport England and Public Health, about ways of working, health inequalities, the benefits of Social Prescribing, and the value of networking and sharing knowledge and resources



Team News & Updates



Since the weather has been picking up our Social Prescribing team have been holding more appointments in local areas such as parks and having more walk and talk sessions.

Walk and talk sessions offers the opportunity to reduce stress, relieve body tension, improve circulation and help clear your mind. This is an alternative to more traditional face-to-face sessions strolling through a natural environment has a comforting effect and people are more likely to open up in much more casual and relaxed environment.

The environment also encourages more holistic thinking, rather than a strictly clinical/medical focus and we have found that being outside in green spaces helps improve peoples mood. Walk and talk sessions are also ideal for those that are looking for help with weight management as it helps them become more active. Our Social Prescriber Aron received this email from a patient after their first walk and talk sessions

Hi Aron, Thank you so much for taking the time to meet me and have a chat. I met my 10k steps after our walk which I have not done in months!





Live Well Feel Well: Case Study

Below is a case study for a patient that our team member Lorna has been working with.

Lorna started working with patient from the local area who was referred for low mood and isolation and on meeting wanted support with finding their purpose in life and becoming more independent.

In the first few sessions we worked together to understand the patient's priorities and goals they would like to achieve.

Patient decided they wanted to address their low mood and lack of routine. Lorna took the patient to a Rooted in Nature taster session which they enjoyed and have since been going twice weekly. This increased their self-esteem and improved their mood alongside helping them to develop their social circle.

Lorna supported the patient to explore further education that was available including open evenings for colleges, assessments and enrolment. Patient has now chosen courses to further develop his education and work towards higher education and/or employment. This has helped patient to start the journey to becoming more independent.

Lorna now supporting patient to reduce isolation and has attended Tees Valley Buddies walk and talk groups and Community Ventures activities with them.