

SOCIAL PRESCRIBING

HOLGATE'S QUARTERLY NEWSLETTER

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Christmas Cost Of Living Crisis

Christmas can be an expensive time of year for many families at the best of times. However, with the current cost of living crisis and increasing energy bill prices this Christmas is set to be the most expensive yet with many families having to scale back and choose between heating and eating.

However, our Social Prescribing team have many links to both local and national services that can offer support to families in these difficult times.

If you have any concerns or are struggling to afford to heat your home this Christmas, please get in touch with our Social Prescribing service by either asking your GP or Reception staff to refer you to us.

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

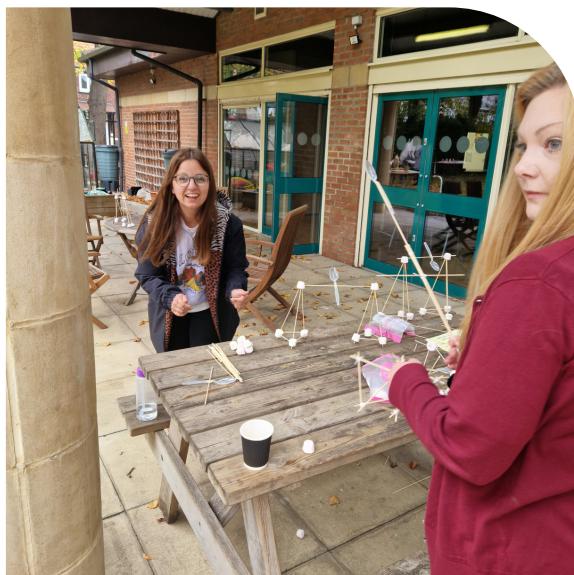
This month we have been out and about...



Last month we had our first Social Prescribing Development Day. This day involved several workshops around managing risk, building relationships with clients.

We also had some wellbeing sessions ran by Rooted In Nature which involved making cards out of pressed leaves, building catapult's out of sticks and marshmallows and building bird feeds out of fat and seeds.

I can't thank you enough for what you've done for me and the directions you've guided me in and shown me how to deal with anger and feelings. Before I was just inside myself and I didn't care about life - now I feel so different. It really has been amazing thank you. -Patient feedback for Bridget



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

middlesbroughandstocktonmind.org.uk

Team News & Updates

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"The job that people like you do make life a lot easier for people like me" -Feedback for Aron from a Patient

"Thank you for all your support over this last few months. I don't know where I would be without the help you gave me.

I still have many very bad days but at least i do get out of the house occasionally now. I hope to improve over time ."

-Feedback for Bridget from a Patient

This month team members have taken part in several trainings. Aron has taken part in the ASIST Suicide Prevention training & Bridget has taken part in her Safeguarding Children training

Lorna recently took part in safeTALK training which involved exploring how to talk to others about suicidal feelings. There was lots of discussion and learning around the signs and language that someone may be using to communicate these feelings with you and how to approach supporting someone who is feeling suicidal.

Team News & Updates



This month we are pleased to announce we are in the first few weeks of a new pilot of the Frailty Clinic. This is taking place at North Ormsey Surgery and is facilitated by our team member Teresa, and clinical practitioner Julie.

The frailty clinic provided the opportunity for patients to have their medical and health needs addressed by Julie and social needs by Teresa, including advice, onward referrals to other support agencies and organisations and where carers needs are addressed.

The feedback we have received from patients has been very positive.

Live Well Feel Well: Case Study

Below is a case study for a patient that our Children & Young people's team - Zone Boro - have been working with. Our Children & Young people's team work with those aged 7-11.

Our link work is based on an intensive therapeutic model. Our aim is to build a strong, formative relationship with each child we work with.

X is a relatively new health referral from Holgate PCN. This child is 10 years old and has a diagnosis of autism. They were referred to Zone Boro due to declining mental health. They are a school non-attender, having only attended three times since September. The family already has a number of services involved, but X has withdrawn from support, including trusted school contacts. X rarely comes out of their bedroom and has not met face-to-face with any current support staff.

Our Link Worker (LW) initially went to meet with Mum in the family home and the LW was advised that they may have to chat to this child through their bedroom door and that they're unlikely to get a response. During the conversation with Mum, X unexpectedly came and sat on the stairs. Our LW made sure that her contact with X was warm, brief and compassionate.

On her next visit, X was already sat downstairs. Again, our LW greeted X warmly. After a short time, X joined Mum and our LW, even asking our LW's name. The LW spent time explaining who she was and what they could do together; she made sure that X understood that she is there to be a friend and that sessions together would be planned around the things X loves to do.

On the third visit, X had already set up a game of monopoly for the three of them to play, explained the rules in depth and even let our LW win! X also showed our LW newly learnt scooter skills and wants to teach her some of these next time she visits; X is particularly excited about this!

Mum is over the moon with progress made in such a short space of time and is thoroughly enjoying seeing elements of the 'old X' back again. She is very much looking forward to the next steps.

Our LW will continue to make time to build a strong, solid relationship with both Mum and child and, as time progresses, look at settings outside of the home that X feels safe in for future sessions such as the GP Practice or school. We will focus on small steps and building confidence, trust and self-esteem, giving X the building blocks needed to return to their learning and the social world.