

Social Prescribing and the Creative Industries

Chair **Kristie Naimo** *Achieving Results in Communities (ARC) CIC*

Apologies **Sally Harwood** *Brunswick Hub*

Kath Kimber-McTiffen *Wriggle Dance Theatre*

Jenny Davis *Arts Uplift CIC*

Sioda Adams *Earth-bound*

Stella Thebridge *Warwickshire Library Service*

Sally Harwood

Brunswick Hub

- Who am I?
- What does Social Prescribing in South Warwickshire look like?
- The Hub
- Social Prescribing aims
- What does Social Prescribing encompass
- Data
- How individuals are supported
- Reasons for referral
- Where referred/signposted to
- Pro-Chat-Einate
- What next?

I'm the Social Prescribing Officer at Brunswick Hub in South Leamington. I work closely with surgeries in the local area including Lisle Court, Croft Medical Centre and Spa Medical Centre.



The Hub is a community centre which provides a range of services to support individuals to improve their mental health and well-being, improve their employment prospects and increase their physical activity in the local area. Our busiest day is Wednesday when the Wellbeing Officer holds the Triple Link dementia group. We also offer a range of physical activities, advice clinics and health services. The cafe is the heart of the Hub where people gather before and after activities to enjoy a coffee or have some lunch.


Community based Social Prescribers;

- Sydni Centre
- Brunswick Hub

The Link Workers are based directly in surgeries across the area;

- East Primary Care Network (Fenny Compton, Harbury, Kineton, Southam, St Wulfstan)
- Leamington North Primary Care Network (Clarendon Lodge, Cubbington Road, Sherbourne, Waterside)
- Leamington South Primary Care Network (Croft, Spa, Warwick Gates, Whitnash)
- Kenilworth and Warwick Primary Care Network (Abbey, Avonside, Castle, Avonside, Chase Meadow, Priory)
- Stratford Central Primary Care Network (Bridge House, Rother House, Trinity Court)
- Stratford Surrounds Primary Care Network (Bidford, Hastings House, Meon, Shipston)

Timetable - January 2020

MONDAY	Times	How often	Cost
Lillington Job Club (AT LILLINGTON LIBRARY) 	10:00 - 12.00	Weekly	FREE
Shrubland Strollers Walking Group	11.45am	Weekly	FREE
Lunch Club for over 55s 	12:30 - 13:30	Weekly	£4.75
JayKays Dance Company 	16:30 - 21:00	Weekly	See Trainer
TUESDAY			
Baby Weigh Clinic	09:30-11:30	28th January	FREE
Employment Club	09:30 - 14:00	Weekly	FREE
Groove LITE (For mums and babies)	12:30—13:30	Weekly	£3
Prospects Drop-in (Careers advice for 16-18yr olds)	14.00 - 16.00	Weekly	FREE
CELST Lip Reading Course	14.00 - 16.00	Weekly	Visit www.celst.org.uk
WEDNESDAY			
Tai Chi	09:30 - 10:30	Weekly	£5.00
Citizens Advice (appointment only)	10:00 - 13:00	Weekly	FREE
Triple Link (for people with dementia and their Carers) 	11:00 - 13:00	Weekly	FREE
JayKays Dance Company 	17:00 - 19:30	Weekly	See Trainer
THURSDAY			
Employment Club	09:30 - 14:00	Weekly	FREE
Police Advice Surgery	AM	3rd	FREE
Aero-tone 	10:00 - 11:00	Weekly	£3.00
Seated Exercise 	11:00 - 12:00	Weekly	£3.00
Strictly Brunswick 	14:00-15:30	Weekly (from 17th Oct)	TBC
JayKays Dance Company 	16:30 - 20:00	Weekly	See Trainer
FRIDAY			
Computer Club (support to improve your computer skills; access to our IT facilities)	09:30 - 15:00	Weekly	FREE
SATURDAY			
JayKays Dance Company 	09:00 - 14:00	Weekly	See Trainer
MONDAY TO FRIDAY			
Coffee Shop	09:30 - 16:00	Daily (Fridays until 3pm)	Choice of Menu
Internet Café	09:30 - 16:00	Daily (Fridays until 3pm)	FREE

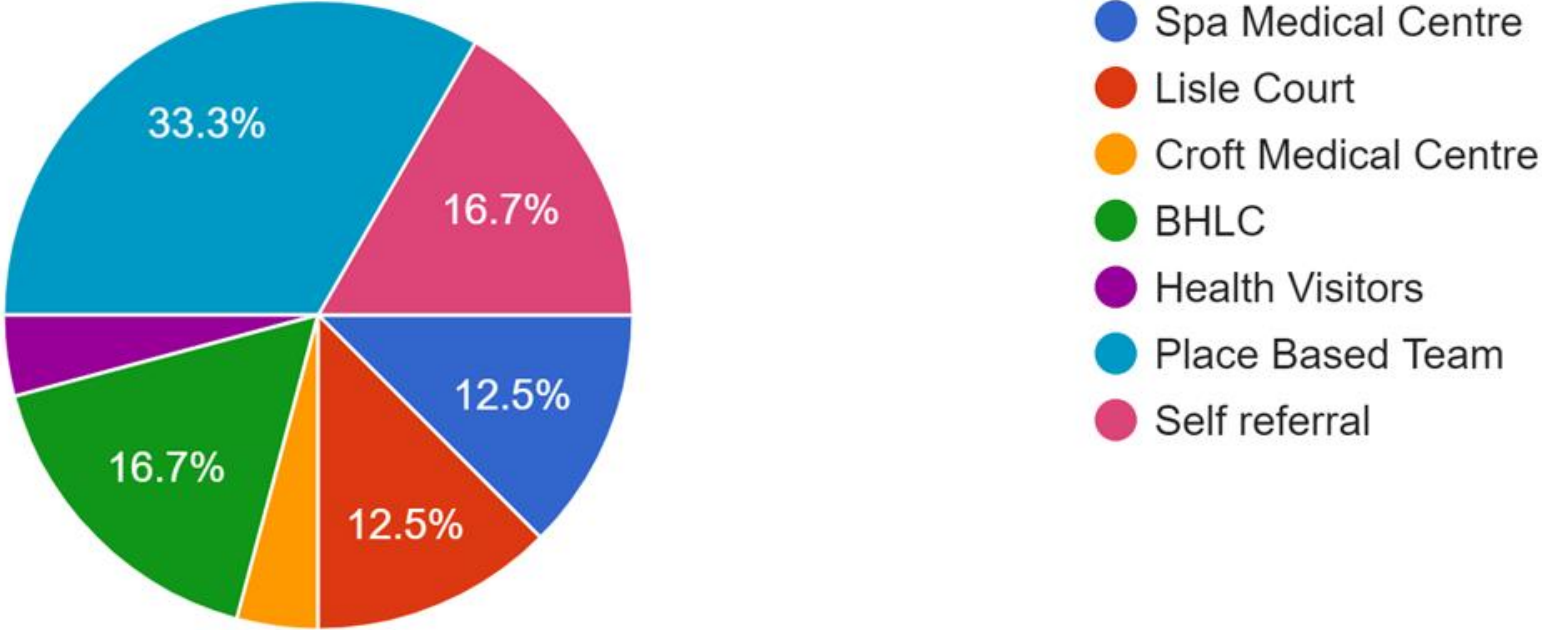
Social Prescribing aims to:

- reduce the number of GP appointments
- reduce patients presenting at A & E
- Reduce the number of emergency admissions to hospital
- Reduce the number of referrals to secondary care



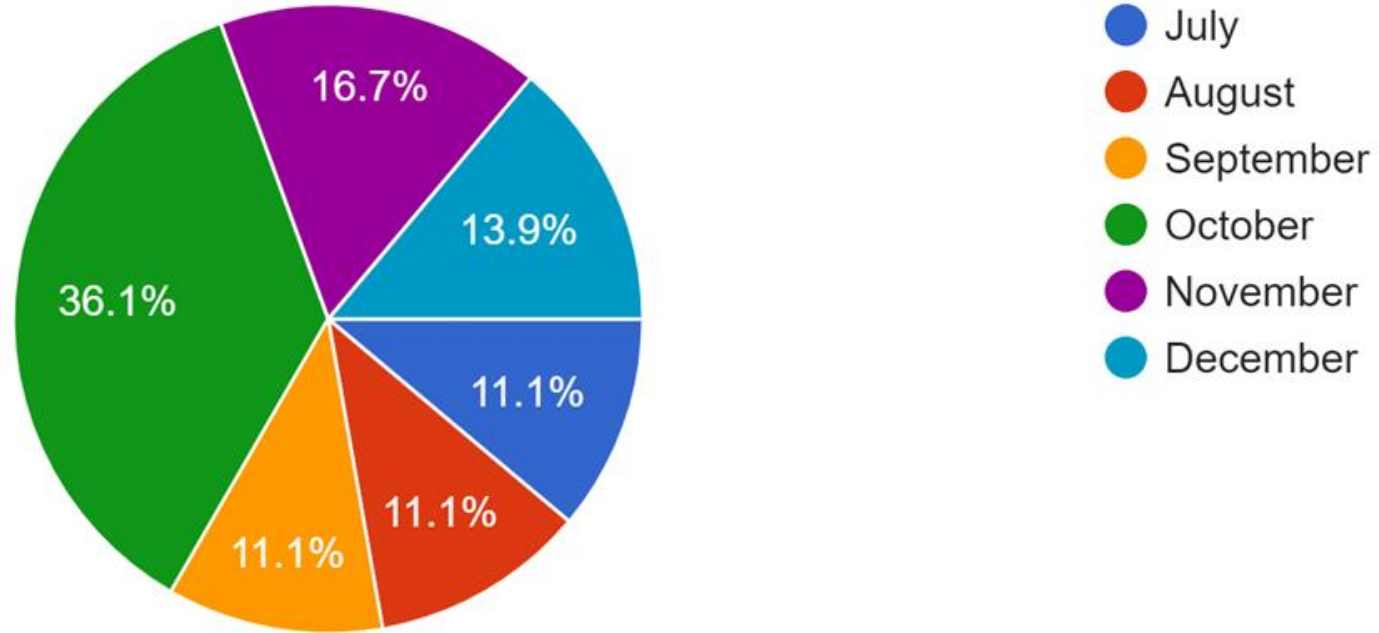
Where is the referral from?

24 responses



Month referred

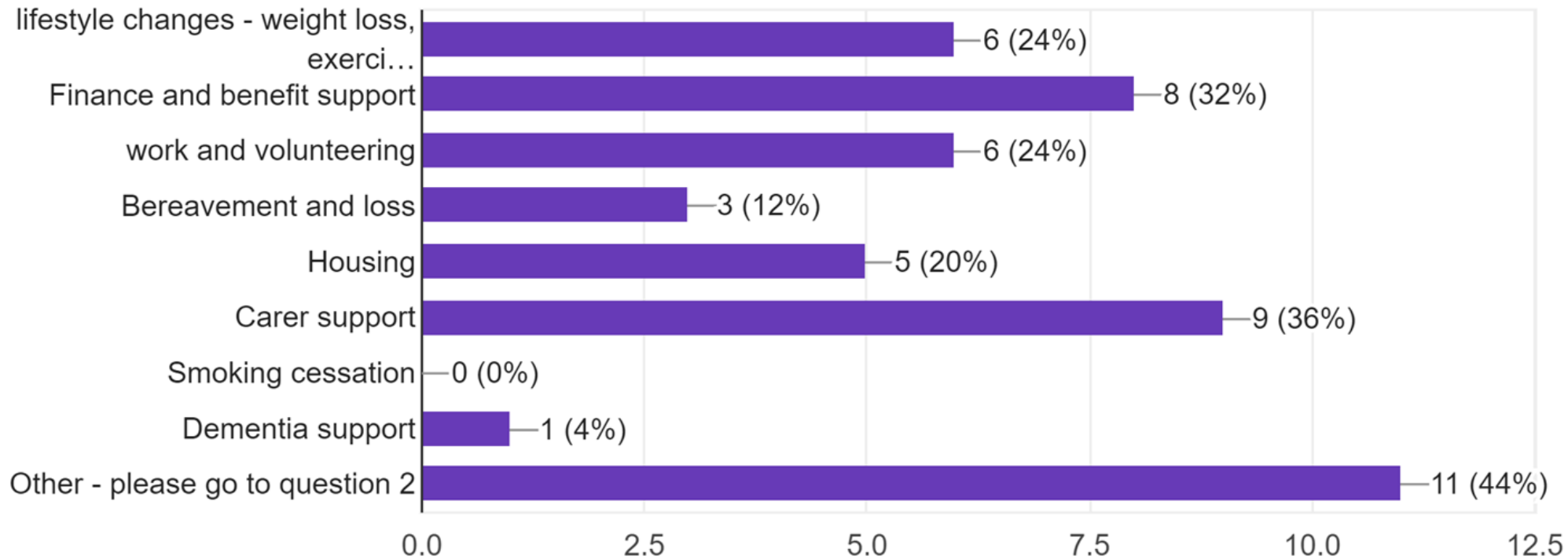
36 responses





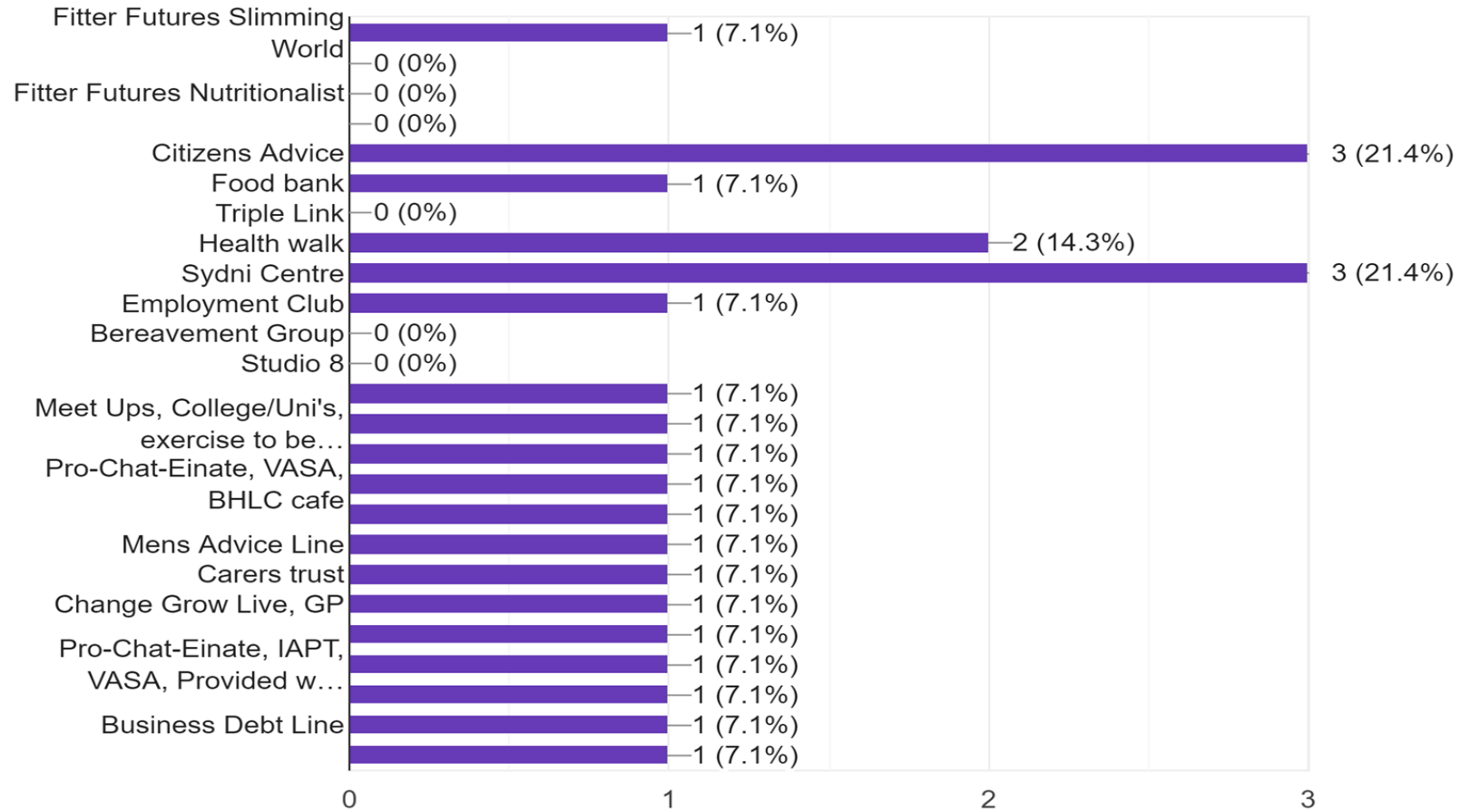
Reason for referral

25 responses



Where referred to?

14 responses



Where have they been referred to?

Pro-Chat-Einate takes place every Tuesday from 10.00 - 11.30 at Procaffeinate on Clemens Street.

We meet downstairs (through the fridge) and provide a safe space for those who like to chat and socialise in a comfortable environment.

The initiative was set up by Judi Watkin the nurse at Lilse Court Surgery. We work closely together to support individuals and encourage them to participate in other activities outside of the group. They have been on a cinema trip together and are currently planning a day trip.

As part of my role I take individuals along and support them to engage with new people and expand their social circle. We encourage participation in other local groups and welcome local groups to come along and talk about their activities.

Increase the links with community projects in order to support referrals. This will support individuals in many ways including reducing isolation, promoting positive mental health and giving individuals a purpose. It is important to be able to signpost to a variety of activities as everyone has their own interests.

There is potential to work in collaboration and offer activities within local centres, such as the Hub, this can reduce the anxiety for individuals if they are attending an activity in a familiar setting.

It would be great to find out what you offer and how people can become engage in your activities or services.

sallyharwood@brunswickhlc.org.uk

Kath Kimber-McTiffen

Wriggle Dance Theatre

Jenny Davis

Arts Uplift CIC



Rash wood care home-Suitcase Stories



Forge Mill Museum session-Suitcase Stories



Kenilworth library session



Kenilworth library session-OOTS



Bridging The Gap-Broadway sheltered housing



Grown Ups and Wigglers-Stratford Upon Avon



Grown Ups and Wigglers-Stratford Upon Avon

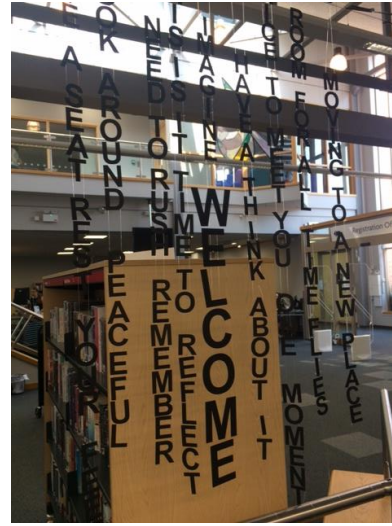


Inclusively Anjali-Tiddington Community Centre



Inclusively Anjali-Warwick Hall





Contact

jenny@artsuplift.co.uk

07946 585978

Facebook and twitter

@artsuplift

www.artsuplift.co.uk

Sioda Adams

Earth-bound



earth- bound

www.earth-bound.co.uk

Artistic Director: Sioda Adams

sioda@earth-bound.co.uk

07813 785882



earth-bound





earth-bound





earth-
bound



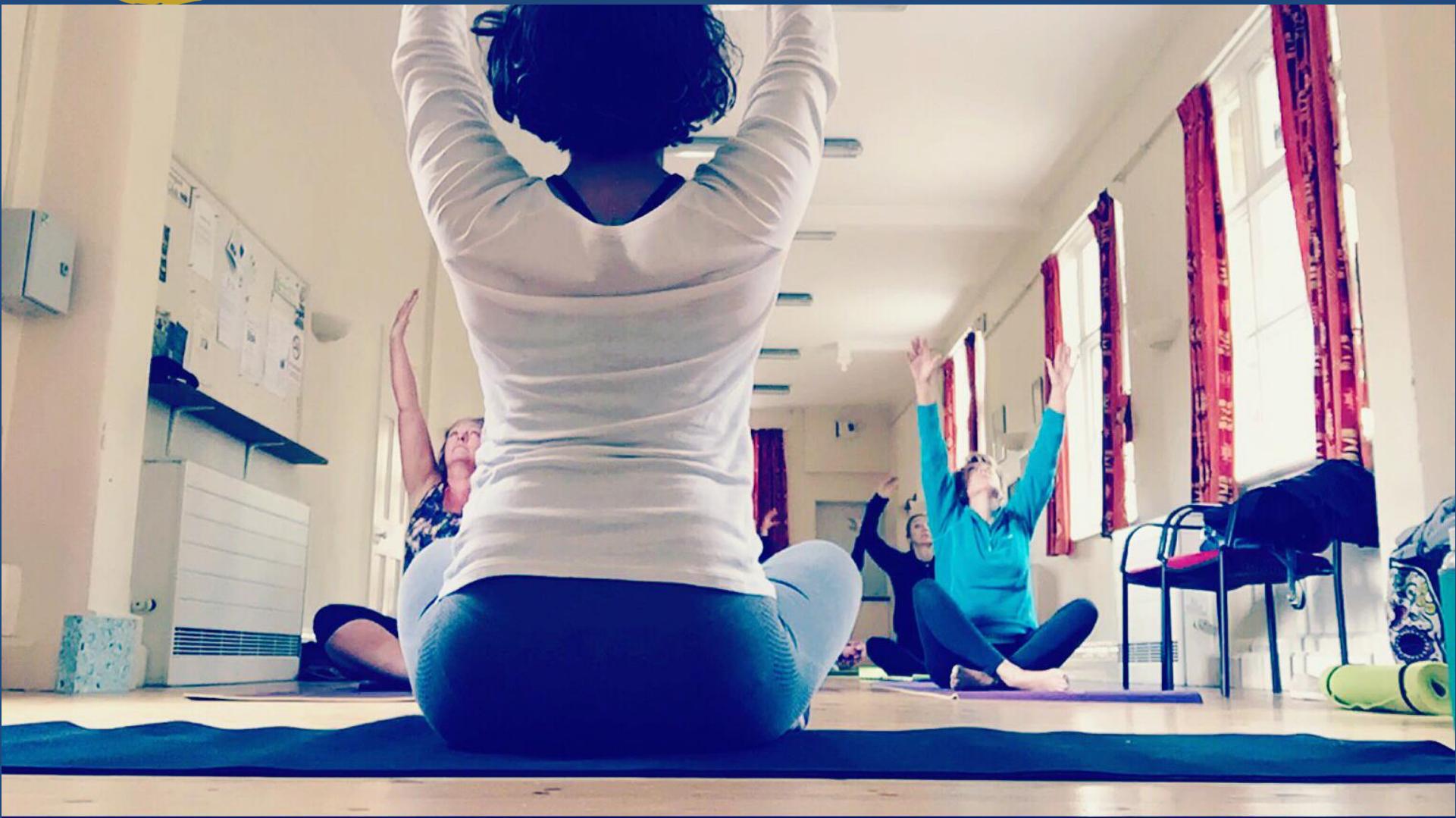


earth-bound





earth-
bound





earth-
bound





earth-
bound





earth-bound





earth-
bound





earth-bound





Stella Thebridge

Warwickshire Library Service

Wriggle

Dance Theatre

Kristie Naimo

*Achieving Results in
Communities (ARC) CIC*



ENTERPRISE