

Social Prescribing June Monthly Update

Brighter Birkenhead PCN

JUNE 2020

Update

The social prescribing service has now been providing support for 3 months and we have had a fantastic response from practices with over **3000** referrals of patients needing social, practical and emotional support during COVID-19.

For Brighter Birkenhead in June:



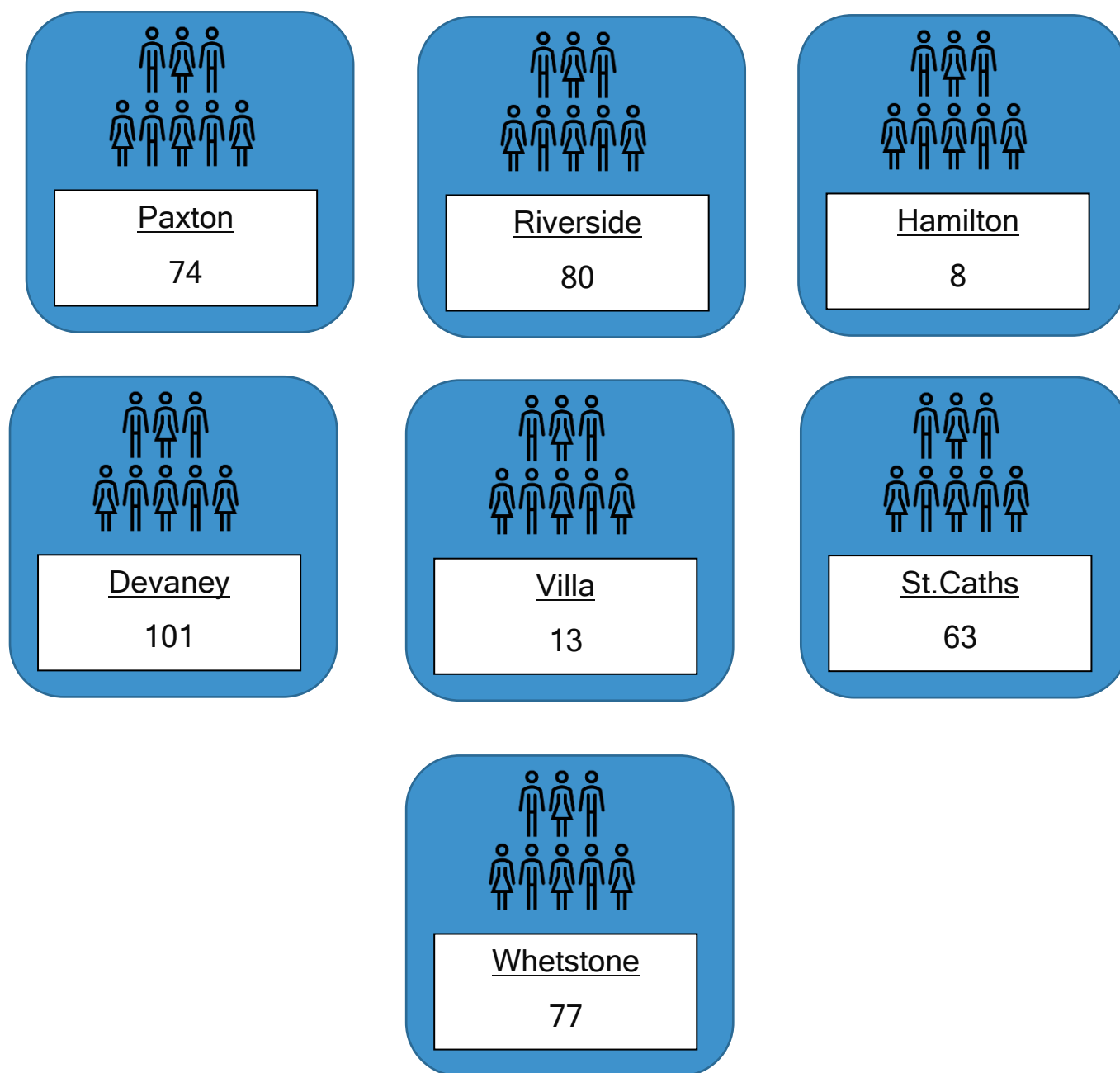
More calls are scheduled throughout July working through current lists such as

- Shielded patient lists

- Mental health and depression patient registers
- Frailty lists
- Asylum seekers and refugee lists
- High risk lists
- Patients aged 80-100

Throughout May we have had individual referrals from practices of patients requiring social prescribing following a clinical call/assessment.

Surgery breakdown - June Calls



Signposting services this month:

Autism services, Energy Project plus, Journey Men Wirral, Men Cap, Tomorrows Woman, Wired, Fire Service, Talking Together, WEB, Wirral Mind, CAB, AGE UK.

Team update:

Recruitment has just finished for new roles within the team which are part of the DES additional roles these roles are health coaches and will be for Healthier South Wirral and Healthier West Wirral. The health coaches will be part of the practice to talk about physical activity, healthy eating and lifestyle change. The health coaches will deliver healthy eating courses to support the current weight management pathway and will deliver these courses virtually during COVID then moving forward will deliver them within practices. The health coaches come into post on 10th August then will do mandatory training. Once they have began in their role I will send an update of the outcomes and impact of these roles in practice.

Staff bio's:

During June your 3 Wellbeing Practitioners have now merged into your PCN and practices. Thank you all for making them feel so welcome they are excited to become part of your PCN and make a positive impact. Please see below information regarding your Wellbeing Practitioner:

- Paul Griffiths (Supporting St.Caths and Villa Medical Centre)



I am a Social Prescribing Wellbeing Practitioner and I joined Primary Care Wirral in April 2020. My previous role was as a Psychological Wellbeing Practitioner for which qualified in 2012. I have worked in social care and mental health since 2004 including outdoor instructor/mentor, Support Worker in Primary Care and a 21 bedded supported accommodation for male ex-offenders. I also have experience working with people affected by drug/alcohol misuse and homelessness issues. I enjoy

listening to people and helping them to explore their resources to enable them to help themselves.

Previously I worked in numerous jobs including mechanic, painter and decorator, tractor driver, groundworker, labourer, fruit picker, washer upper, installation of ventilation and extraction systems, hod carrier, driver and more.

Outside of work I like to grow plants, shrubs and trees. I especially enjoy spending time with my eldest daughter Eleanor and she enjoys it when we fix the car together and I teach her what to do. She is very good at it and is hoping the lockdown is lifted sufficiently so she can attend Glasgow University in autumn 2020.

- Cheryl McCullough (Supporting Devaney, Hamilton and Whetstone)



I qualified from John Moores University with a Psychology Degree in 2001. Following this role, I carried out a lot of voluntary work in mental health, which eventually led me to an interest in supporting an individual more holistically. My most recent role has been as a Complementary Therapist carrying out reflexology and acupuncture working in a physiotherapy clinic supporting clients with physical disabilities and mental health issues and working in various advocacy supportive roles and as a therapy coordinator. I have worked in various settings, working with individuals with issues such as learning disabilities, Family breakdown, mental health issues, homelessness. Prior to this role I was working as a Personal Assistant to the Clinical Director at the Royal Liverpool

Hospital. I am passionate about encouraging others to realise their potential and facilitate autonomy in their own lives.

Outside of my work, I enjoy spending time with my family. I have a passion for animals, and I enjoy poetry for which I have recently participated in a radio show to air my work. I am also passionate about nutrition and the importance of health also.

- Ruth Harris (Supporting Paxton and Riverside)



I am a Counsellor. I qualified in 2012 specialising in Cognitive Behavioral Therapy. Since 2012, I have worked in a variety of settings working with a wide range of clients including children and young people. Within these settings I worked with several issues: bereavement, family breakdown, relationship issues, alcohol/drug misuse, domestic violence, suicide ideation, abuse and trauma. I have a particular interest in trauma, and recently completed training in this area, subsequently providing on site Psychological First Aid to a group of people following a traumatic incident. I am passionate about empowering others to facilitate change.

In my free time, I enjoy running and generally keeping fit as well as spending time with my godchildren

Referral Pathway

The referral pathway will be due to change as of the week commencing 3rd August as all Wellbeing Practitioner will then be inducted into their practices and individual set up of EMIS will be completed.

The new pathway will run very similar to the clinical pharmacists and tasking will be the referral route. A group has been set up called 'Wellbeing Practitioners' where all 3 Wellbeing Practitioners have been added to the group. We have done this to cover annual leave and sickness so the team can work together and support each other and the practices.

I will send a comms statement out the end of July to introduce the new pathway and tasking system. Clinics will be set up for each Wellbeing Practitioner on the day they are in your practice.

	Monday	Tuesday	Wednesday	Thursday	Friday
Wellbeing Practitioner Paul	HUB (Admin day)	St Caths AM	Villa PM	Villa	St. Caths
Wellbeing Practitioner Ruth	HUB (Admin day)	Paxton AM	St.Caths PM (Riverside patients)	Paxton	Riverside
Wellbeing Practitioner Cheryl	HUB (Admin day)	Devaney	Hamilton	Devaney AM	Whetstone PM

Please see rota below:

What can we offer:

- Practical, mental and emotional support. Connecting with services which may benefit and improve patients physical and mental wellbeing
- Advice and support with shopping, money, housing and welfare
- Talk with and reassure patients of any concerns or issues they may have
- Be a friendly voice during these isolating and lonely times

We can support you in calling any lists of patients that may need further support such as those identified as high risk, shielded, frailty, experiencing mental health including anxiety and depression.

Referrals, Patient and General Enquiries

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Service enquiries

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