What is social prescribing?

It is a partnership referral system which promotes health and wellbeing by encouraging people to become more involved in the community through hobbies, activities and social groups. Anyone can refer themselves for this, or an organisation can refer them to it.

In Wakefield you can access support via your GP practice or you can contact one of the charities involved (details are on the back page).

What people say about the help we have given them

"It's like a family at St George's, it's marvellous. I always feel welcome and I can come any time. I need St George's in my life". This means a great deal to her because she has had a number of emotional events and issues within her family, 3 deaths as well as 3 births. She told me, "St George's saved my life."

Female, aged 70

"At Appletree community allotment (run by Spectrum People) I always feel welcomed and accepted for who I am and I can do as much or as little as I feel. Being outside and enjoying the garden takes my mind off my problems."

Female aged early 50s, who is a wheelchair user

"I found myself becoming more expressive than I imagined, I started getting out of my comfort zone and it helped me to become mindful and reflective of my behaviour."

Male, 50's in recovery from addiction

Next steps

Wakefield's Way is a partnership between the following organisations.

For further information contact:

Spectrum PEOPLE

Email
spectrumpeople@spectrum-cic.nhs.uk

Telephone
01924 311 400

Website
www.spectrumhealth.org.uk/spectrum-people

LIGHTWAVES COMMUNITY TRUST

Email
ayub@lightwaves.org.uk

Telephone
01924 200 039

Website
www.lightwaves.org.uk

st george's

Email
Sheena.lbbotson@stgeorgeslupset.org.uk

Telephone
07379429599

Website
www.stgeorgeslupset.org.uk

Havercroft & Ryhill Community Learning Centre
Serving our local and wider communities

Email
katherine.walker@havercroftcentre.com

Telephone
01226 727824

The 5 ways to wellbeing…

CONNECT · BE ACTIVE · TAKE NOTICE · KEEP LEARNING · Give

SPSP003 (03/20)

Wakefield's Way

Your social prescribing journey across the district

Wakefield's Way *Your* social prescribing journey across the district

Individual's Journey

Need help and support → **Referral or self-refer** → **Meet and talk with worker** → **Own action plan agreed**

STEP 1

- **Healthy lifestyle:** healthy eating, exercise, stop smoking.
- **Managing symptoms:** recovery college, talking therapies.
- **Work/volunteering:** volunteering with organisations, work skills eg. CV writing, interviewing.
- **Money matters:** Cash Wise, Money Smart, basic budgeting.
- **Housing:** WDH, housing associations eg. Fusion, Saviour's Trust, Riverside.
- **Feeling positive:** building resilience, self-confidence and coping skills courses.
- **Overcoming loneliness:** attending local community groups, improving social skills.

STEP 2

- **Anyone can refer individuals to workers, includes self-referral.** Workers meet with individuals, listen to their needs and signpost to appropriate services and organisations.
- **Workers are based with voluntary/community sector organisations:**
  - St George's
  - Spectrum People
  - Lightwaves
  - Havercroft & Ryhill Community Learning.

STEP 3

- **Immediate contact**.
- **Signposting** on to the best place to help, eg. local support groups, council, housing association services, higher education, charities etc.
- **Community development** to encourage individuals to get involved, eg. local groups, craft groups, support groups, tea and talk.
- **Go onto setting up their own local networks** (community circles worker).

STEP 4

- **Referral should go to whichever worker is best placed to help** (this prevents someone being 'passed around').
  - This may depend on if you already know one of the charities, but you are able to contact any of them. All see under 18s and support families.
  - When you meet a worker they will ask you to agree some basic actions and a plan to get these underway. Each action will be something that you agree is achievable. Timescales will also be agreed.
  - The worker will ask a few questions about how you feel and follow these up at a later date. This could be in person, by phone or by letter/email.

Offer help and support → **Decide who to refer to** → **What will they provide?** → **What does this mean?**

Professional's Route