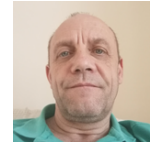




Who are we?

We are a small team of four with a big passion for our community.
We pull on the teams combined skills to ensure people are supported in the best way possible.

Peter Casson – Background in education, working with families and young people.
Peter has a strong understanding of pastoral support and the importance of early intervention, no matter what the age. Peter has a skill in supporting people to understand how social issues can affect overall health.



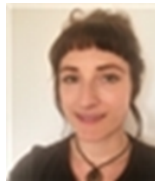
Chris Surtees – Chris has a wealth of knowledge around health and wellbeing, including smoking cessation and the impact that diet and a healthy lifestyle has on peoples overall wellbeing.
Chris strives to prevent non-clinical issues from becoming medical health problems.



Kirsty Harkness – Kirsty has vast experience and understanding around older people and the issues they may have, and has strong connections with the services who can support with this.
Kirsty is passionate about supporting the NT community to build pathways that enable people to make better choices.

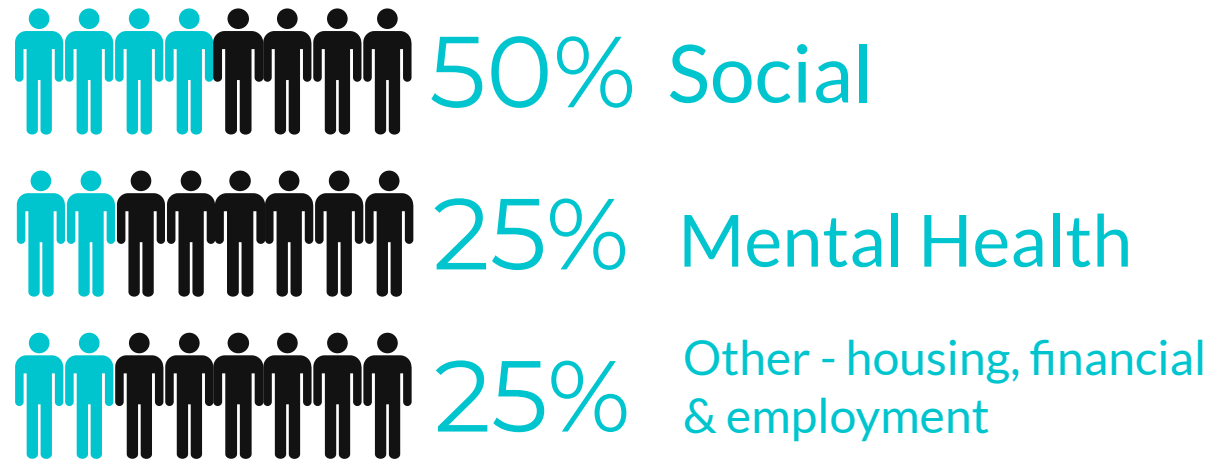


Nicola Bushell – Nicola has been part of the NT Social Prescribing network since 2014. She is passionate about taking a holistic approach to working with people, she understands the benefit of community connection, and uses these skills to support people to address the wider social detriments of health.





Primary reasons for a referral into the service June - December 2021



As a result of listening to what matters the most to those who we support, we have connected many people to various services & organisations within the borough. Some of these connections include – Talking therapies, Safe & Healthy Homes, Dreamshine, Unisus, VODA, Forward Assist, CAB, AgeUK, NTAS & Active NT.



North Tyneside Community Team Social Prescribing Case Study



Background

Dave is a 49 year old man who lost his wife 11 years ago. He owns his own home and due to poor mental health has been unable to work.

" I never thought things could get better. I thought the debt was the problem, but I now realise that debt was really the result of something else"



Issues

- £19k of debt and at risk of losing home.
- Has not opened mail for 11 years.
- Unable to work due to poor mental health.
- Unprocessed loss of his wife.
- No support network.
- Unable to leave house.
- High anxiety, and depression



Support

- Exploring what matters to Dave and focusing on solutions.
- CBT to address avoidance issues.
- Bereavement counselling come to terms with loss.
- Meditation class to manage thoughts.
- Step Change Debt Charity.



Outcome

- Learned tools to overcome barriers.
- Processed the loss of his wife.
- Gained control of his debt and finances.
- Found fulltime employment.
- No longer at risk of losing home.
- No longer on antidepressants.





For the latest Community Team leaflet and referral form [click here](#)

To join our Mailing List please [click here](#).

North Tyneside Social Prescribing Service
Family Gateway
Howdon Hub
Denbigh Avenue
Wallsend
NE28 0PP



Email: fcc.ntsps@nhs.net
Tel: 0191 432 4829