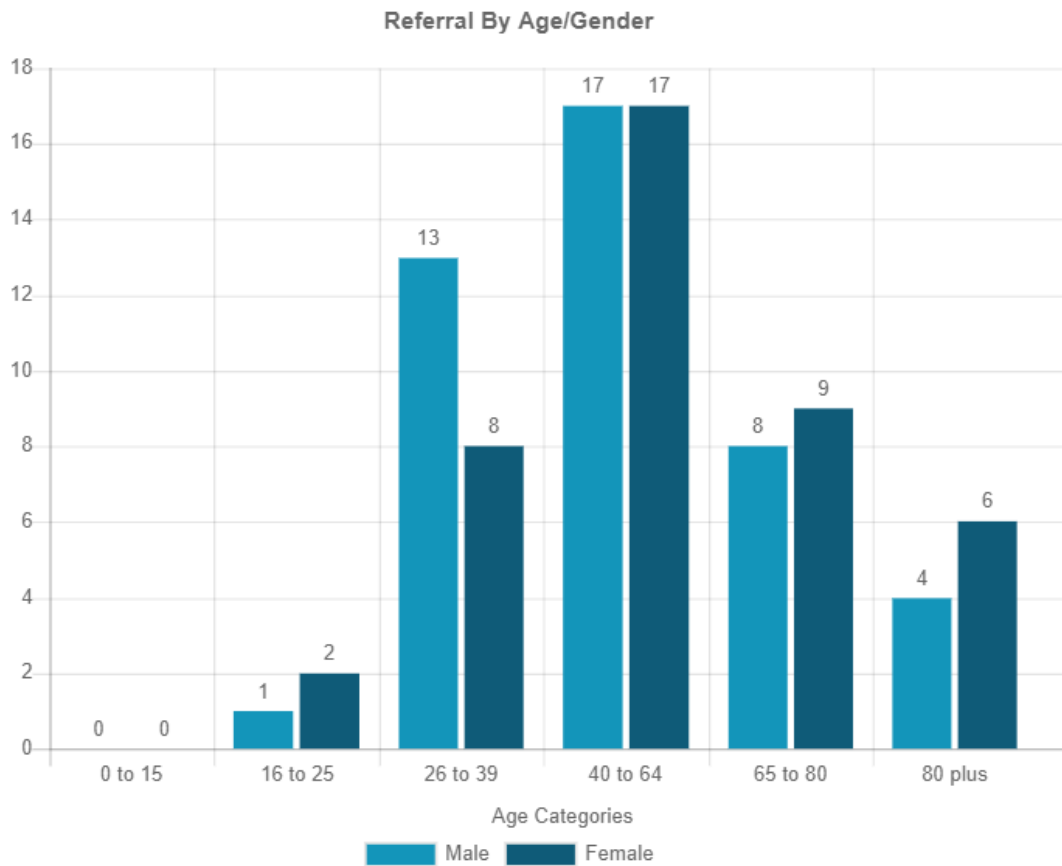




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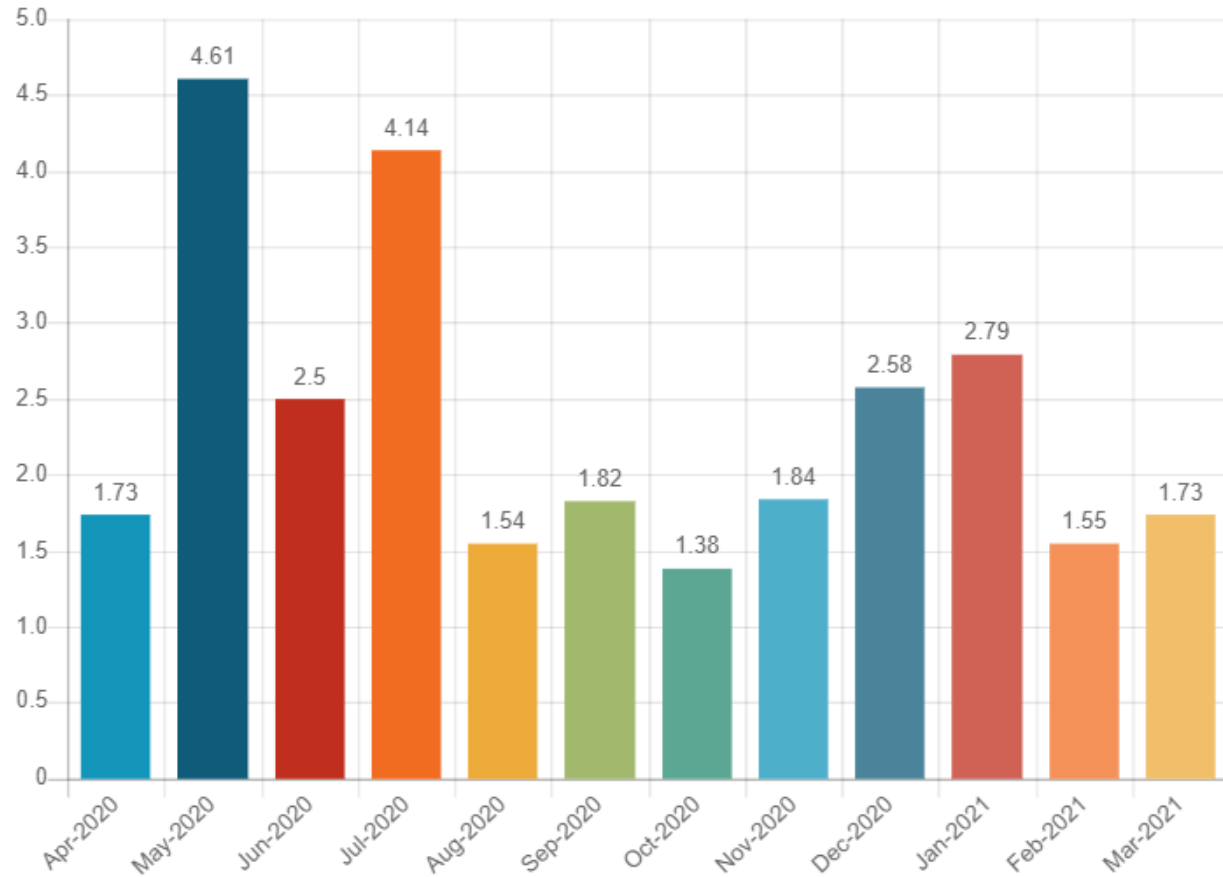
The Community Team have many years experience of delivering Social Prescribing in North Tyneside and accept referrals for people aged 18+ (the graph shows the profile of referrals received in the first quarter of 2021.)

They understand that a person's health can be affected by a number of different things and so take a holistic approach by finding out "What matters to you?".

They will then offer practical and emotional support to help the person understand and identify what might make them healthy and happy, and help the person to make a plan and work through it.



SWEMWBS - Change Report



The graph shows the change in SWEMWBS score made by all clients referred to the community team in the year from April 2020, demonstrating the positive impact of social prescribing on wellbeing.

If you have any feedback about this newsletter, please email [Locality Lead helensmith@firstcontactclinical.co.uk](mailto:Locality Lead helensmith@firstcontactclinical.co.uk)

Phone: 0191 432 4829 Email: [fcc.ntsp@nhs.net](mailto:fcc.ntsp@nhs.net) [www.firstcontactclinical.co.uk](http://www.firstcontactclinical.co.uk)

## Background

Claire was referred to the Community Team to build interests and friendships. However, she had a young son and there were financial constraints, in addition to a difficult home situation.

## Intervention

The initial appointment with Claire showed how much emotional strain she was under when she burst into tears during the conversation. The Link Worker allowed time for Claire to compose herself and, after a few minutes, she continued to explain what was important to her and how she would like to develop and progress. She identified previous experiences and transferable skills that she would like to use to help people. The Link Worker supported Claire to improve her resilience to difficult situations at home, and helped Claire identify volunteering as a viable option for her to explore.

## Progress

Over a period of time, during which Covid restrictions hampered progress, the Link Worker supported Claire to access local services to update her CV and explore options around volunteering. Claire followed up on initial conversations by arranging meetings with the relevant services and attending them. Claire now feels empowered and in control of her life.

"I think I learned to let go a little better."

## Measures

Initial SWEMWBS score 10

Final SWEMWBS score 34