

EMMER GREEN SURGERY PATIENT NEWSLETTER – FEBRUARY EDITION

SOCIAL PRESCRIBING - WHAT IS SOCIAL PRESCRIBING?

Social prescribing is an approach that connects people to activities groups and services in their community to meet the practical, social, and emotional needs that affect a person health and well-being.

How can social prescribing help you? Social prescribing could help you if you are experiencing any of the following.

Feeling socially isolated/looking for more social contact. Wanting to improve your physical health. Lacking confidence. Or needing to find some practical support and information to improve your situation.

Your GP or Healthcare practitioner may recognise that you would benefit from some additional support to improve your health and well-being.

Once they receive a referral, they will contact you by phone or Email to make an appointment to suit you.

For example: Bill has been feeling depressed since his wife died (he was her full-time carer). He is prescribed an anti-depressant but would like to get out of the house to regain some purpose in his life. The social prescriber has the time and skills to help bill find a range of activities and services in the local community. For bill this might be a health walk for exercise, fresh air, and company. Joining the Men's shed or timebank to share his skills with others. He would be put in touch with cruse bereavement for some emotional support.

If you feel this is something that could help you, please speak to one of our clinical team for a referral.

WELCOME TO OUR NEWEST TEAM MEMBERS.



Reception Team

Rebecca Hollinshead has joined Sharon and the other ladies in the team.

PCN Manager

Hannah Wilson will be working with us and Balmore Park surgery.

MONTHLY STATISTICS FOR JANUARY - VIA EMMER GREEN SURGERY WEBSITE

In the month of November, we had **837** repeat prescription requests. We also had **54** New patient requests.

We offered **972** face 2 face appointments and **28** of those patients did not attend.

PLEASE cancel your appointment so we can give this to someone else to attend if you can no longer make it. Thank you.



Feeling lonely

This campaign, focussing on those aged 16-34, will encourage people to 'Lift Someone Out of Loneliness', through simple, low-cost actions to help someone who may be feeling lonely, knowing that this is likely to help them feel less lonely too.

Loneliness has no common cause. Sometimes it can be triggered by a life event or change in situation, or it may not be triggered by anything at all.

We all experience feeling lonely in different ways. This means there are a range of ways we can try to overcome loneliness, and we need to identify the help and support that works for us. It's important to remember that loneliness and difficult feelings can pass.

While loneliness is a feeling, we can all relate to, sometimes admitting we feel lonely is much harder. We want people to talk more openly about feeling lonely and the impact that loneliness can have.

Sometimes it can feel easier to reach out to someone else who may be feeling lonely. There are plenty of simple actions you can take to help lift someone out of loneliness and in doing so, it might help you to feel less lonely too.

Feeling lonely is something that all of us can experience at any point and it can have a huge impact on our wellbeing. It's important to remember that these feelings can pass and that there are lots of ways we can help each other too. Please follow the link below for some practical advice and tips on how to help yourself and others. You can also contact one of the helplines in the support section.

<https://www.nhs.uk/every-mind-matters/lifes-challenges/loneliness/>