

# AUGUST NEWSLETTER

WELCOME TO THE AUGUST EDITION OF OUR MONTHLY NEWSLETTER FOR THE SOCIAL PRESCRIBING PROGRAMME



Farry (SP Navigator) with Amanda Nicholls one of our newly recruited volunteers



## CARERS WEEK 2016

As a continuation of the spotlight put on family carers during the Carers Week 2016, Essex County Council is organising a series of Carers Roadshows, recognising the County's 146,000 unpaid carers.

*The Basildon event will be held on 29th September 2016 – at Basildon Library from 10:00- 14:00*

The aim of the Roadshows is to inform and empower carers – ensuring that all carers are aware of the range of support available to them. The objective is also to reach people who look after someone who may not consider themselves carers to make them aware that there is help available to them. If you would like to find our more information, or confirm your attendance, please email [Monika.Gandy@essex.gov.uk](mailto:Monika.Gandy@essex.gov.uk)

Referrals to date	
Dr. Arayomi	27
Malling Health	19
Dr. Sims	34
Dr. Nasah	11
Laindon Health	21
<b>TOTAL</b>	<b>112</b>

Peer Group Sessions in Laindon – we are exploring another venue and hope to have the first session in place by mid-September.



## CASE STUDY

### Reason for referral

Mental Health, Social Activities.

Others: Ulcerative colitis, Asperger's syndrome

### At the initial interview:

- Patient explained that he has been battling with stress and it has caused his colitis.
- He was working in Primark, Southend but due to illness cannot currently work.
- Postponed his university this year due to illness.
- Would like to volunteer and keep busy.
- Lives with parents and is financially ok

### Advice given/action taken:

- Discussed and registered with Volunteer Essex.
- Patient said he enjoys swimming and would attend Basildon Sporting Village twice a week.
- Discussed therapy regarding his stress, patient said he takes medication and didn't feel therapy is for him at this stage.
- Patient will be going to Walk for Wellbeing every Thursday morning.

Client has been attending Walk for Wellbeing, he really enjoys it. He is going back to university in September. Also resumed work in Primark.

18.8.15- Met client at the walk, he is happy with progress made.

DO YOU  
HAVE.....

Any spare time?

An interest in working  
within the Voluntary  
& Community Sector?

Willingness to work  
with vulnerable  
people?

Please get in touch to  
find out more about  
our volunteering  
opportunities



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