



Greater Derby PCN

Spring 2024

Social Prescribing Newsletter

ddccg.socialprescribers@nhs.net



Find us on Facebook, Greater Derby Social Prescribing



ddccg.socialprescribers@nhs.net



@GreaterDerbySP



National Social Prescribing Day 2024

To celebrate National Social Prescribing Day 2024, Greater Derby Social Prescribers held an event at Derbion community room, where they were joined by other social prescribers from Derby City and from various community organisations that we work alongside of to support a person's needs.

See video summary of the day:

<https://www.youtube.com/watch?v=VuBo4zpfr3w>



Patient Case Study

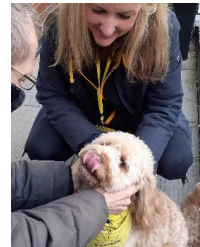
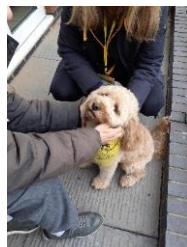
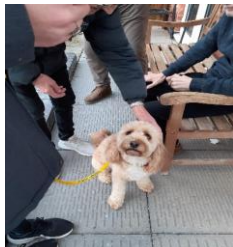
This patient had to leave his home and go into residential care due to mental health problems. The staff at the care home raised concerns to his GP as he was becoming withdrawn and not engaging with any of the other residents. His GP sent a referral to the Social Prescriber to try to address his low mood and isolation.

The first phone call from the Social Prescriber was difficult as he was reluctant to speak, however over a few weeks a relationship began to build, and he started to talk about how he was feeling since going into the care home. The Social Prescriber talked to him about the things that used to make him happy, and he had always found a lot of pleasure from owning a dog and his dog would also calm his anxiety.

The Social Prescriber contacted Therapy Dogs UK and was put in touch with a local therapy dog owner who was happy to visit the care home. A visit was arranged and on arrival the staff stated that the gentleman had been in his room for the past ten days and was refusing to get dressed or come downstairs. The staff explained that they would inform him that they were there but were not hopeful that he would see them.

After ten minutes from being told, the gentleman came into the lounge, dressed and keen to meet the therapy dog! He spent a couple of happy hours with the dog and its owner, talking about his dog and the therapy dog etc.

This was a good outcome and hopefully a repeat visit soon 😊



Living Well with Long Term Pain

As part of a city-wide project to support people to live well with long term pain there has been support groups and sessions set up in various locations around the city that individuals can attend. Social Prescribers are working with Derby County Community Trust as they will be delivering a 6-week pain management program, based on the ten footsteps to living well with pain. Once a person has completed the 6-week course they will be offered a 6-month physical activity program for activities offered through Derby County Community Trust. Below is an outline of just some of these sessions on offer.

Forever Active

This is a healthy lifestyle program for older people living in Derby City and aims to address loneliness/isolation and physical inactivity. Walking football, chair-based exercise, gentle physical activity sessions and coffee, cake and quiz mornings are also delivered to engage participants.

Menopause Matters

Targeted at peri menopausal and post-menopausal women and aims to support them with their symptoms and side effects of the menopause in an inclusive and welcoming environment.

Team Talk

Aims to support men (18+) who suffer mild mental health issues offering them a secure, friendly space to socialise and talk openly about their thoughts and feelings. The aim to create and maintain a positive and relaxed atmosphere where people can meet others who maybe experiencing similar mental health issues.

Sessions run from various venues across the city including Derby County Community Trust's office and offer a range of activities which include table tennis, PlayStation games and cards. In addition, sports are used as a tool to support anxiety and moods.



Chronic Pain Peer Support Group

This support group is for people struggling with chronic pain caused by conditions such as fibromyalgia, arthritis or neurogenic pain. Support group to help share experiences and offer support when needed.

Support Group

Rebecca House

Uttoxeter Old Road

DE1 1GF

Every other Tuesday 12noon-1:30pm

For more information or to book a space please contact

Jane 07950275890 or Sean 07376476949

Support Group

Fairdene Court

Lowerdale Road

Derby

DE23 6XE

Every other Thursday 10:30am-12noon

For more information, please contact.

Shabana 07539775510

Greater Derby PCN Sunflower competition

Equipment provided:

- Plant pots
- Compost
- Seeds (different varieties)



How to grow:

- Fill pots with compost until about 2/3 full
- Use your finger to poke a hole in the middle of the compost.
- Drop seed into the hole and top up compost.
- You may want to add a label if you are growing different varieties- tongue depressors make a good plant label!
- Water and continue to do so regularly.
- Your sunflowers should start growing in 1-2 weeks.

Good luck & Happy Growing!!!

Submit your photos of your sunflowers to GDPCN Ops team by the 31st of August 2024 for the chance to win!!!!!!

GDPCN PRESENTS A

.....
**WELLBEING EDUCATION
EVENT**

DR HELEN GARR

THE WELLBEING GP

.....
19/06/2024

2-4:30PM

MST TEAMS

Workshop 1:

'Recharge your batteries'

.....

Workshop 2:

'Cultivate confidence and banish Imposter Syndrome'

.....

Open to all staff working within Greater Derby PCN



Greater Derby
Primary Care Network

Looking back over the Christmas period 2023/2024

Social Prescribers Christmas Collection

Due to the cost-of-living crisis and to support people and families in the community the Social Prescribers wanted to support the organisations that they turn to make this possible. In December 2023 there were donation boxes left inside the GP practices in order for anyone to donate tinned foods, non-perishables, warm items of clothing and toiletries.

These were all collected and delivered to the Padley Centre and Derbyshire Refugee Solidarity just before Christmas. Below in the picture is Social Prescribers, Jane & Ellie delivering goods to the Padley Centre.



Greater Derby PCN'S Christmas Bauble Competition



The Social Prescriber's Community Groups

The community groups ran by the Social Prescribers all had various meals and celebrations on the run up to Christmas.

Below are some pictures from the Mickleover and Allestree groups.



Social Prescribing Groups

Spondon Coffee Group

Spondon Liberal Club



No booking just turn up!
Every Monday 12:30pm-2pm
(excluding bank holidays)
For more information call Rebecca on
07950279809

The Markeaton Coffee Group



No booking just turn up!
Every Thursday 11am-12:30pm
For more information call Sean on
07376476949

Holly Court

Coffee Morning

Meet every Friday 10 - 12

@

Holly Court Community
Centre

For more information
call Jane on
07950275890

Mickleover Next Door Neighbours Coffee Group



No booking just turn up!
Every Wednesday 11am- 12:30pm
For more information call Jane on
07950275890

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Every other Thursday 10:30am-12 noon

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Shabana on 07539775510

Social Prescribers are for everyone.



I am a
**WELLBEING
CHAMPION**



Ask me for Wellbeing information