

Social Prescribing

Did you know that around 20% of patients consult their GP for what is primarily a social problem?

Did you ever hear about Social prescribing and how this can link people in with community activities to improve their health and well-being?



To learn more book a place on a Social prescribing event. Click on the date below

Thursday 15/10/20 PM
Thursday 19/11/20 PM
Thursday 7/1/2021 PM
Thursday 4/2021 PM

In 2020-2021, due to COVID19 restrictions the SP experience will be on-line or in small groups in outdoor or large spaces where physical distancing can be maintained.

Programme

1. Watch recommended videos and consult websites on Social Prescribing on the Sub-deanery website
Fill in self-directed learning declaration form
2. Identify with the help of the tutor a patient who would benefit from SP, discuss the referral with the patient, make the referral
3. 'Attend' a Social Prescribing event (depending on what SP organisation/link worker can offer)--
'accompany' (virtually?) link worker to do a Health and Well-being plan or follow up a client
-do a Health and Well-being assessment under supervision of the link worker
-visit to Healthy Living centre (if physical distancing can be managed)
-link in to Webinar organised by Spring Social prescribing (eg. Chronic pain, falls prevention etc.)
and short discussion with link worker after event
-actively being involved in 'befriending'
-volunteer at 'drop-in' centre
-attend an Early Intervention Hub meeting (virtual)
4. Prepare a reflective piece on the overall SP experience and share with Primary care team

Social Prescribing Organisations in SWF:

Oak Health Living Centre (OHL), Lisnaskea <https://www.oakhealthylivingcentre.com/>

mPower, Fermanagh <https://fermanagh.mpowerhealth.eu/>

Arc Healthy Living (AHL), Irvinestown <http://www.archlc.com/>

Early Intervention Hub <http://www.cypsp.hscni.net/wp-content/uploads/2016/06/Family-Support-Hub-A5-Omagh.pdf>