

## Social Prescribing Monthly Newsletter – Dec 21



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Hello all,

It has been a year since we have been in post now and what a busy year it has been. Like many of you we have had to navigate how to best support people during the pandemic in a role that has a strong focus on connecting people back into their communities, but we have had some great successes despite the challenges!

We have enjoyed working collaboratively with practice staff, local communities and various organisations local and national to help patients find sustainable solutions and gain the tools and confidence for successful self-management. We attend regular community meetings to ensure we are up-to-date with everything that is happening in your communities and we have forged strong links with many voluntary and statutory services which has enabled us to get our patients to the right support as quickly as possible.

There is lots of Community services providing support over the Christmas period – please see the information below regarding Aspire and share with those who may benefit.

The connect4communities Programme manages a range of initiatives which aim to ensure that vulnerable families with children and individuals do not go without basic necessities such as food, fuel and warmth. In collaboration with community partners, it is led by Hampshire County Council and Isle of Wight Council and funded by the Department for Work and Pensions and the Department for Education. This winter the Household Support Fund has been distributed by Department for Work and Pensions (DWP) to support households in the most need with food, energy and water bills. This fund is in operation from 6 October 2021 to 31 March 2022.

[connect4communities](#) | [Children and Families](#) |

### News!

After successfully creating and running a Community Café in St Helen's which is now entering its 6<sup>th</sup> month, plans are now coming together quickly for several more Community Cafés in the Ryde Area to begin in the New Year.



**St Helen's Community Centre**  
**Mondays 2-4pm**



## Time for some short case studies

Referral reason; *Social Isolation and Low Mood*

\*George is in his 70s and until recently had been the primary carer for his wife who has dementia. George was diagnosed with his own health condition which affected his ability to continue being the primary carer for his wife and had to make the difficult decision upon a hospital admission to move his wife into a residential home. This meant that George lost his routine and his purpose. George was able to identify that he would like to try attending local community groups and eventually explore opportunities for volunteering. George felt he also might like to try "getting online" but didn't know where to begin so we referred him into The Skills Hub Programme at Aspire. George was supported by our service to attend

*Reason for referral; Low income*

\*Margaret was referred after visiting her GP due to stress. Her elderly mother had recently moved out of the family home and income had been reduced causing severe financial difficulty and fuel poverty. A referral was completed to The Footprint trust and Isle Help to see if a fuel voucher could be issued to bridge the gap before benefits were received again. A foodbank voucher was issued to reduce the financial strain and signposted to Aspire in Ryde for short term support with food until the foodbank opened. Housing advice was given regarding second bedroom tax and making contact with Sovereign to discuss downsizing to a one bedroom property. A referral was completed into CAB to have a finance and benefits check to make sure Margaret was in receipt of the correct levels of benefits. Margaret now attends Aspire each week for ongoing support and is looking forward to her Christmas Dinner with the community this year rather than being alone.

The logo for 'Kingdom Play' by Aspire Ryde. 'ASPIRE RYDE' is written in a small, sans-serif font above the word 'Kingdom', which is in a large, stylized, black script font. 'Play' is written in a smaller, black script font to the right of 'Kingdom'.

Aspire have 60 free places per day available for a play session, Christmas Activities and lunch within their Kingdom Play Activity Centre on the 20th, 21st, 22nd 23rd, 29th, 30th & 31st December, kids play and then join their parent/carer for a healthy, nutritious meal together.

If you know someone on income related benefits who may be interested all you need to do is contact Aspire Ryde and complete a booking form.

[info@aspireryde.org.uk](mailto:info@aspireryde.org.uk) or Tel: 01983 716020



### Support during the Christmas Period

Aspire Ryde are cooking Christmas Day Lunch again this year for those on their own. For those who would like a Christmas dinner but are unable to attend on the day Aspire will deliver a Christmas Dinner.

If you know anybody who will be on their own this Christmas or who would appreciate a Christmas Dinner please make contact with your social prescriber ASAP or direct with any of the services below.

Email: [Northeast.sp@nhs.net](mailto:Northeast.sp@nhs.net) or task via Systemone

Aspire – Tel: 01983 716020

Isle help (Click the link)

[Help Through Crisis | \(islehelp.me\)](https://www.islehelp.me)

**Services we have referred  
into or signposted patients to:**

Aspire Men in Sheds  
Knit and Knatter  
Gardening Group  
Arts and Crafts  
Age UK  
Adult Social Care  
Carers1 W  
Citizens Advice  
The Law Centre  
Housing Services  
You Trust  
The Foodbank  
Optio  
Sight for Wight  
IAPT  
Independent Arts  
Men Only Ryde  
Sing about  
SPARRCS  
Anxiety Café  
NRS  
Community Equipment Store  
The Independent Living  
Centre  
The Mobile Foot Clinic  
Falls Prevention  
The IOW MS Society  
The IOW Stroke Society  
IOW Ramblers  
Community Spirited  
People Matter  
Autism Inclusion  
Walking for Wellbeing  
Keep Active  
The Advocacy People  
Alzheimer's Café  
Sunshine Club  
Dementia Outreach  
Butterflies  
Working toward wellbeing  
Skills Hub  
Digital Inclusion  
Healthy Lifestyles IOW

