



Newsletter – February 2022

Welcome to the first Newsletter for Social Prescribing for the Bourne Galletly Medical Practice. We have been working hard to establish a range of holistic services as part of our commitment to patient wellbeing and health education. To support these vital services we have established a Patient Health and Education Suite which is staffed by our Social prescribing link workers, welfare counsellors, Health and Wellbeing Coach and associated organisations all sharing the joint aim of supporting our patients.

What is Social Prescribing ?

GP's and nurses tell us that a lot of people visit them feeling isolated and lonely. Patients may be stressed at work, have financial issues, housing problems, bereavement or the stress of managing a long-term health condition.

When this situation is recognised the patient can be referred to the Social Prescribing link worker, who can contact the patient, listen to their issues, identify what matters most and then support them to access the appropriate services, activities, or organisations to help improve their wellbeing.

Our link worker for the practice, Kelly, has been providing this service for just under a year and has supported over 100 patients with practical, emotional and social support. We also welcome self-referrals into the service, leaflets are available in the surgery or you can contact Kelly directly by emailing: lccg.socialprescribing.slr@nhs.net or Telephone 01778 562200.

Due to the success of this role we are about to seek an additional link worker. If this is of interest keep your eye out on our web site (www.galletly.co.uk) under the situations vacant tab.

Walk 'N' Talk group

Our Walk 'N' Talk group was set up last June as a weekly walking group of around 8 members that would enjoy a walk from the surgery continuing through the Wellhead Park for approx 30-40 minutes and stopping off for some refreshments at a local café before heading back to the surgery. We meet alternate Thursdays outside the main entrance at 11.00am/11.30am.

This has proved an extremely popular activity. People that have taken part have said they appreciate the opportunity to be outside in the fresh air and in all weathers! enjoying good company and making new friends over a pot of tea and a chat. Please ensure you pre-book a place before attending as this is a small group.

Due to the success of this group we are currently looking for a new volunteer to help run this group. If you enjoy walking, want to meet new people and have a couple of hours spare each week on a Thursday, please get in touch with Kelly on 01778 562200.

Connect20 Group

This will be a new group planned for April 2022 for our younger adults to come and meet other like minded people of their own age. Held in our new 'Information and Wellbeing suite' within the surgery. We would like to invite all patients in their 20's to come along and use this opportunity to meet new people and make friends. When we have friends to talk about our day with over a cup of coffee, support us in times of struggle or cheer us on in times of joy, we are at our happiest and healthiest. This group will start on 1st April, meeting every Friday between 2.00 – 3.30pm, there is no need to register or book, please feel free to just drop in. Everyone is welcome.

Welfare Counsellors

In March of this year, we are looking forward to welcoming four new welfare trainee counsellors who will complete their training with us here at the

practice. Our counsellors will be available to provide talking therapy which will involve them listening to and helping patients to find new ways to cope with emotional issues they may be experiencing.

Health and Wellbeing Coach

We have successfully recruited Amy as our first full-time Health and Wellbeing coach for the Practice, Amy will be joining us in March, and we look forward to welcoming her to our team.

Amy will be able to support our patients on a one-to-one basis, supporting with nutritional/diet needs, smoking cessation, weight loss management and helping patients to manage their long-term health conditions. Amy also wishes to introduce, sitting exercise classes, falls prevention and many other services including on-line video classes utilising her extensive skills and experience.

Macmillan Outreach

We are currently in discussion with Macmillan to provide an outreach service here at the Practice for those living with cancer. The aim is to provide vital support for this patient group through what is a difficult time, not only for the patient but also for those close to them. We anticipate to have much more details of this new service in the next newsletter.

Benefits/Employment Support

We currently have an outside agency providing us with their services every fortnight, situated in the 'Health and Wellbeing Suite' patients can access a work coach who is able to assist our patients with advice on benefits through illness, employability skills training, CV writing, vocational training, explore options regarding changes of career, support with access to work and retention work, which will assist employees at risk of losing employment remain in work. An appointment can be arranged through Kelly on the surgery telephone number.

Best wishes,

Bourne Galletly Practice Team