

SOCIAL PRESCRIBING SHOUT OUT

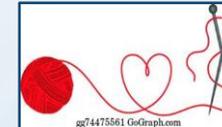
Hello! Welcome to the 2nd edition of the Social Prescribing Shout Out! We would love it if you would consider some of our current schemes when talking with your patients. Below are a few of the things we would like you to consider this month... please task the social prescribing team if you have anyone who may benefit from these projects. Please be aware this publication is for internal purposes only at this stage.

CARERS

We have been working alongside our health champions Jude and Alyson to make PHM calls to our Carers to identify further ways we can support them. These are progressing well and have been very beneficial in allowing us to identify need, make onward referrals and link into other services.



COMMUKNITTY KINDNOSE



Gillingham Community Kindness Group would like you to be part of its "Bringing Gillingham together while keeping apart" project for Red Nose Day. On **Saturday March 20th** for one day only we are aiming to cover the Town Meadow in knitted squares to form the biggest blanket ever made in Dorset – "**Hanky Blanky on the Town Meadow!**" This will then be made into smaller blankets to be donated to Comic Relief projects. We also wish to make a heart shape from pompoms to show that Love is at the heart of our Gillingham Community. Contact Liz Rose for further information; Liz.Rose@dorsetgp.nhs.uk

GREEN FINGERS

We currently have three local projects that provide gardening activities for the benefit of health & wellbeing. These are the Abbey View Garden (Shaftesbury), the Fontmell Friendship Garden (Fontmell Magna) and Green GANG (Gillingham). Let us know if you'd like more details or would like to make a referral.



SOCIAL PRESCRIBING DAY

On March the 18th we will be celebrating International Social Prescribing Day!

We will be sharing via email and social media some of our successes of the last year, ranging from social prescribing pandemic projects from online initiatives, telephone friendship groups and more! Why not help us raise awareness and follow our social media pages, share our success stories and let the world know how social prescribing has kept us connected, healthy, and engaged during a global crisis and beyond!

Link; [Sturminster Newton and Marnhull Community](#)



Kindness

[Shaftesbury Community Kindness](#)
[Gillingham Community Kindness](#)



COFFEE COMPANIONS

Coffee Companions holds a Companions Hour every Thursday 11am-12 at the Slade Centre.

This group is recognised as reaching out to people who are lonely and isolated. It is limited to 15 people and we have now reached our limit so are starting a new group on Wednesday 10th March.

Please let Liz Rose know if you think anyone would benefit from getting out and making friends.

Update

THE SINGING GROUP



Weds 10:30am via Zoom

Weekly singing group originally organised to benefit those with respiratory conditions, now also very much a friendly, peer supported, therapeutic experience. This Zoom group is being facilitated by SP team member Liz and Emma House, Music therapist
Please email liz.rose@dorsetgp.nhs.uk or task the SP team.



WALKING FOR HEALTH

Coming Back Soon! More details to follow as and when we have them.

TELEPHONE FRIENDSHIP GROUPS (TFG's)



TFG's are a great way for us to engage those that are lonely and or isolated, and gives us valuable weekly contact with several patients at once. There are currently 4 TFG's in operation but we have trained volunteers and are able to run plenty more!

We are thinking about an ARTHRITIS group and a CARERS group... is there a current need for these? Let us know!

What TFG's would you like to see added?
Please let us know!