



Social Prescribing

DEAL AND SANDWICH PRIMARY CARE NETWORK

Newsletter

Social.prescriberpcn@nhs.net

March 2025



Our New Directory of Services

Exciting news! We now have a directory of services available to you, which lists statutory, voluntary, community and social enterprises that can support you with your health and wellbeing. This is available through the QR code and Deal & Sandwich Primary Care Network Website.



The Rotary Club of Deal

On Monday 24 February Lucy and Sarah J joined The Rotary Club of Deal at their weekly lunch to receive a generous donation of £400 for our Parkinson's Peer Support Group. This money was raised at their Not The Burns Night event. Pictured is Garry Costain handing over the cheque to Lucy.

April Autism Roadshow

Due to the fantastic response we had to our October Neurodiversity Roadshow we have decided to hold another Roadshow at Betteshanger Bowls Club on Thursday 3rd April 4pm-6pm. Currently we have IASK, Carers Support, Includes Us To and Shaw Trust attending the roadshow.

Balmoral Free Digital Support Session

On Monday 17th March 1.30pm-3pm Balmoral surgery will be holding a Digital Support Session for their patients with the support of Digital Kent. This will be an opportunity to receive support with setting up the NHS App. To book a place or find out more please contact:

kmicb.registrations.balmoral@nhs.net
or the surgery directly.

FREE DIGITAL SUPPORT SESSION AVAILABLE

BALMORAL SURGERY
17TH MARCH 2025 - 1:30PM-3PM



Would you like help setting up the NHS App?
Using the App enables you to:

- Request prescriptions
- Check for available GP/ nurse appointments
- Check test results and imaging
- See your GP health record
- Review upcoming and past appointments
- Check if you need urgent medical help using 111 online

To book a place or find out more, please email
kmicb.registrations.balmoral@nhs.net



Our team focuses on what matters to you, taking into account your non medical needs. We can support with linking to services that can support with issues such as housing, finance, low level mental health, employment, bereavement, social isolation, lifestyle changes, and many more.

Freedom Butterfly Support Group

United Families have recently started a new Domestic Abuse/Violence support group for females called Freedom Butterfly Support Group. The group is held on Friday's 10am-1pm and is led by trained volunteers.

Please contact 07511 486 972 for further information regarding the group.

The poster features a central text area with a white background and a gold border. At the top left is the 'BRAVE' logo with a man's face. At the top right is a 'Pregnancy Pain Deal Kent' logo with a pregnant woman. At the bottom left is the 'Freedom Butterfly' logo with a butterfly. At the bottom right is a circular logo with a woman's face and the text 'WOMEN BEREAVED TO LIVE'. The text on the poster reads: 'FREEDOM BUTTERFLY SUPPORT GROUP', 'United Families UK welcome you to our new weekly support group.', 'Our group of trained volunteers, welcome all females, who are currently experiencing or have experienced all forms of DA / DV', 'Our group offers a warm and friendly space, to gain support and professional advice, ensuring you that you are no longer alone throughout this Journey you are facing in life.', 'Enjoy a Cuppa Tea and a slice of cake, whilst seeking support Anyone interested, can be referred or contact us directly for location details', '07511 486 972', 'Fridays 10am till 12 in Deal'.

DDC Veteran's Handbook

On Monday 3rd March, we met with Neil Chester, Community Development Officer from Dover District Council and Armed Forces Lead. Neil has developed a Veteran's Handbook, a comprehensive guide designed to support former service members and their families. The handbook is packed with valuable advice and resources to help navigate life after the armed forces, providing essential information on welfare, housing, employment, and more.



The guide is available at GP surgeries and can also be accessed online via the Dover District Council website under Armed Forces Support.



Kent & Medway Recovery & Wellbeing College

Recovery College provides free health-related courses to anyone over 18 years old. These courses help you make sense of your own experiences and learn how to take care of yourself and your loved ones. They will be at Age Concern Sandwich on Monday 31st March 1.30pm-3pm for a talk on Men's Shed's.

Dover Big Local

Some of the team popped into the Dover Big Local Hub based at the Charlton Centre in Dover to find out a bit more about them. We met some services that have a drop in there including Shaw Trust & Kent Enablement and Recovery Service (KERS). There was a supported cookery session in progress which the participants were really enjoying.

There is a regular programme of events and groups at the Big Local Hub. Some groups are open for anyone to join in and some are for particular groups of residents. Drop into the hub or phone 01304 449385 to see which sessions are available.

Pilgrims Hospice Bereavement Walk & Talk

Pilgrims Hospice Stepping Stones provides a range of volunteer-led bereavement support to any adult living in the east Kent region. They are delighted to announce the launch of their new Walk & Talk group for bereaved adults in the Deal area.

Meeting on a Wednesday morning, their trained bereavement support volunteers lead a gentle paced walk along the promenade from Walmer towards Deal Pier, lasting approximately 45 minutes, with a stop for a coffee along the way, or at the end of, the route.

The group is for any bereaved adult, regardless of the circumstances of their loss, or length of time since bereavement. There is no requirement to have previously received Pilgrims Hospice services.

For more information or to register with their service and book onto their Deal Walk & Talk group, please contact:

steppingstones@pilgrimshospices.org

Tel: 01233 504127 (option 2)

Please note Stepping Stones is a self-referral only service, they are unable to accept referrals from third parties



Referral Process

People can be easily referred to link workers from a wide range of local agencies, including your:

- *GP Practice or other healthcare setting*
- *Police, Community Warden, Fire service,*
- *Local authority*
- *Social care services*
- *Housing providers*
- *Voluntary, community and social enterprise (VCSE) organisations*

Self-referral is also encouraged!

Social Prescriber Compliments:

Thank you very much for coming yesterday. You were so very helpful. Thank you for the summary for Mum's blue badge application.

I just wanted to say a huge "well done". You have achieved so much in the last year, and have helped a lot of patients.

I'm just so thankful to you and the sp gang for helping people in these situations I know I always say it but its given me comfort knowing he is supported and offered a new life line from yourselves.

Thank you so much for organising my medication to be delivered

We appreciate all your help and your hard work.

Just wanted to thank Social Prescriber for her help, it was very much appreciated

Thank you for the work you are doing with them. As well as helping them it is a great weight off my mind.

Meet the Social Prescribing Link Workers



Katherine Shonk

Hello, my name is Kat and I am the **Senior Social Prescribing Link Worker**. I have been in the role for 4 years. I have a keen interest in Autism and Learning Disability support.



Sarah Ebdon

Hi I'm Sarah Ebdon, I have been working as a **Social Prescriber** for 3 years. I have a lot of experience in supporting with benefits maximisation and older individuals.



Lucy Miller

Hi, I'm Lucy, I have worked as a **Social Prescriber** for the last 2 years. I have a keen interest in Community Development and overcoming isolation.



Sarah Jones

Hi, I'm Sarah Jones I have been a **Social Prescriber** since October 2023. I have experience of working with Children & Young People and Dementia.



Emma Ashby

Hi, I'm Emma I am the **Social Prescribing Care Coordinator** and have been in the role for the last 6 months. I have experience in Carers Support and Hospital Discharge.



Social Prescribing

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PRIMARY CARE NETWORK

 (01304) 744075  social.prescriberpcn@nhs.net

 @DealSandwichPCNSocialPrescribing



Social prescribing is all about providing support to access a range of non-clinical services, groups and activities. It enables you, whether old or young to play an active role focusing on the wider aspects affecting your wellbeing and supporting you to stay healthy both physically and mentally.

We can offer social support related to such things as: -

- Housing related queries
- Welfare benefits & debt advice
- Help with daily living tasks
- Making lifestyle changes
- Children and young person support
- Combating isolation/loneliness
- Living with anxiety/depression
- Living with autism/ADHD
- Accessing community groups & activities
- Navigating the health & social care system

We've also a range of groups and programmes to support physical and mental wellbeing that are open to all patients, so please get in touch and tell us "WHAT MATTERS TO YOU!"



We continue to accept self referrals for Deal and Sandwich Patients!



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