

SOCIAL PRESCRIBING & LIFESTYLE ADVICE

MALVERN TOWN PATIENT NEWSLETTER



Issue 2 April 2021

Citizens Advice South Worcestershire are working in conjunction with your Malvern GP surgeries to provide extra help and support for patients with non-clinical issues. We are running two projects to help with general wellbeing:

Social Prescribing

The Social Prescribing service is designed to help people with a range of problems that are not medical, but have a direct impact on their sense of wellbeing. Claire and Jacqui work with clients for up to 6 months, starting with an initial discussion that can last up to an hour. We will listen to you; find out what is important to you and start to make an action plan to tackle your worries at a pace that suits you. We try to help people find their own solutions and connect them with local groups, services and activities that can help, tackling any barriers to taking part.

Some of the things we can help with include:

- Money worries, debt, benefits and budgeting
- Employment and learning
- Housing
- Social isolation and loneliness
- General wellbeing and help with healthy behaviours
- Feeling more connected and helping in your community

Referrals to Social Prescribing are made through your GP or other health professional so if you would like to make an appointment please ask at your Doctors Surgery. We take referrals from any of the Malvern GP surgeries: Malvern Health Centre, New Court Surgery, St Saviours Surgery and Whiteacres Medical Centre.

Lifestyle Advice



Lucy and Sabine work with clients for a period of up to 6 months by setting goals and creating a plan to support positive change. We work Tuesday - Friday and will be working with you in the way you are most comfortable with including telephone, web based appointments (zoom) and face to face when Covid restrictions permit.

Areas we can help with: •Weight Management •Smoking Cessation •Alcohol Reduction •Improved Wellbeing •Becoming more active

If you are aged 18+ and registered with a Malvern GP surgery as above, you can ask your GP or health professional for a referral, or you can get in touch with Lucy or Sabine directly (Tuesday to Friday): on 01684 563611 (Option 2) or email worcscab.socialprescribing@nhs.net.

We also hope to be able to bring you information about exciting new projects in the community in April 2021 to kick start your health routine and give you support to focus on a healthier you. It's been a tough winter and the activities opening up below are hopefully great opportunities to get more active and we hope will encourage you to start to get out and about again.

Get Active - Walk Fit & Walk2Run

8 week progression walking programme £20 ideal for beginners.

Qualified Walk Leader, Rachel Nicholls will support you each week with full advice and tips.

Booking is essential. To check availability, to find out more and book your place please email us getactive@malvern hills.gov.uk

Next Couch to 5km (now called Walk2Run) programmes will be starting on Tuesday 20 April (10-11am) at Hanley Swan and the other one will be starting on Monday 10 May from 6-7pm in Malvern. Both courses are 12 weeks long and are £30 per person.

<https://www.malvern hills.gov.uk/community/get-active>

Pickersleigh Garden Project

Between 10am & Noon every Friday.
Opening Fri 9th April

The garden can be found by the play park on Elgar Avenue. For more information email Alison at: alison.knowles@platformhq.com

or call/text 07595 609749 or call in



Osborne Court Hydrotherapy

Osborne Road, Malvern Link, Worcestershire, WR14 1JE

Opportunities to have sessions in the pool only 3 people at a time ring the centre for more information regarding opening times and session availability Tel: 01684 612 727



Walking for Health (restarting 14th April)

Wednesday short walk starting from Prospect View medical centre at 2pm. Bus stop nearby. Also from other locations please see Walks Programme on Worcestershire Walking Network main page. Road walking approx 30 - 45 minutes sometimes up to 75 minutes dependant on route with refreshment stop at the end

For more information please contact:
Jenny Brown 01684 578935 email jenn_brown@btinternet.com

<https://www.walkingforhealth.org.uk/content/malvern-sole-mates-wednesday-walk>



Useful Websites:

www.nhs.uk/live-well/exercise/get-active-your-way/

www.bhf.org.uk/information-support/support/healthy-living/staying-active/getting-active



"I feel better for knowing these things are out there. You will keep me too busy to be depressed!" - Social prescribing patient, Malvern Health Centre