

Social Prescribing Day 14th March - Celebration Week

Mansfield North Social Prescribers met this week to mark the event and to reflect on their work over the past six months. They recognised their success stories and remarkable support offered to multiple citizens across the local community, giving them time to focus on themselves and consider 'what really matters' to them.



Social Prescribers: Rose Severn, Kate Fox, Kirsty Worboys and Alison Foad

They acknowledged the numerous sessions they delivered at Focus Point, a local community centre in Mansfield Woodhouse and how they enjoyed working with additional AARS roles who brought along other skills to the group, including support for those struggling with their Mental Health, Limited Mobility and offered ideas for healthier lifestyles. They ran celebration events during December and enjoyed craft activities, tabletop games and sporty sessions, including chair-based exercises and co-produced sessions with local Volunteers and grant aid funding.

The team were also heavily involved in ensuring the most vulnerable patients were offered support over the Christmas period with Household Grants, fuel poverty, meals, co-facilitated Smile project gifts for those in need, distributed toys from Mission Christmas and referred into The Gift of Christmas project.

We worked alongside the Volunteers from all the projects and are in gratitude to them and the busy elves in Warsop at the Town Hall. Partnership working recognises the innovative approaches Social Prescribers offers to the most vulnerable people and especially those facing hardship, sofa surfing or become homeless through unforeseen circumstances. Social Prescribers were also actively involved in the Feeding Mansfield projects and meetings, ensuring support went to those who needed it the most.

Social Prescribers continue to support Veterans, Serving Military and Service Leavers at the Walk and Talk sessions at Mill Waters, offer link working at a local breakfast club and helped to sell poppies in Morrisons during the period of Remembrance. We also helped marshal at the Remembrance Parade in Warsop and joined the community in a ceremony to mark the sacrifice given by those who served.



Helping campaign organisers from RBL at Morrisons in Mansfield



Social Prescribers were recently on hand to greet citizens at a busy MSK event at Oak Tree Leisure Centre. Citizens, who had wider health problems, were invited to attend a multi-agency event to support them to complete “What Matters Most” passports and to see what local support was available to them. Staff were available to help them navigate local services and find solutions to problems they were facing and impacting on their MSK conditions. The aim was not necessarily to reduce waiting lists, but to support signposting, make face to face introductions, get real connections with a personalised care approach, make every contact count and support people to improve their own health rather than be ‘done to’.

In addition to our regular caseloads, we also ran a workshop to young people in Year 11 attending an Enterprise Day at Pics, ensuring students get school and work experiences to take them into the “world of work”.



*Supporting Veterans and Volunteers
at the poppy stand in Morrisons*



Rose Severn and Alison Foad, Senior Social Prescribers, were pleased to acknowledge the work and success the team had been involved with over the past few months and recognised the huge efforts by all people involved in these collaborative approaches across Mansfield North as part of our Social Prescriber Link Worker Celebration Week.

*Patients and Veterans joined us at our
Christmas party at Mill Waters.*

*Bull Farm Winter Wonderland ensured
Santa attended with gifts for everyone!*



*Kirsty checking if she
was on the naughty or
nice list!*

*We also recognised that
Kirsty recently
celebrated a “special”
birthday and a house
move too*

