

Social Prescribing Project – 6 Month review.

The Oasis Social Prescribing Project started in June 2022, it has been kindly supported by the Rothschild Foundation, through their Covid 19 Support Fund.

The funding enabled us to employ a full-time project worker, to develop a new Social Prescribing project in Chesham, offering a holistic approach to health and wellbeing by connecting people to initiatives that help improve mental health and wellbeing in response to the impact of Covid-19.

On award of the funding, we researched extensively so that we could develop our model based on best practice from within the Social Prescribing movement. To do this we engaged with the Thriving Communities South-East Team, part of the National Academy for Social Prescribing, an organisation supporting national voluntary organisations to develop their social prescribing ideas, so they can develop projects and approaches which have a greater impact, wider reach and help reduce health inequalities. We participated in the Learning Together training course, attended a range of webinars and had some great one-to-one sessions with Esther Watts, Thriving Communities Team.

Being a member of the Thriving Communities network has helped us develop our engagement model, with some great ideas and an understanding of where problems may occur, whilst offering a platform for communicating with a network of other social prescribing professionals, sharing ideas and learning from each other.

The Social Prescribing Project is based at our Bagnall Project, an ideal venue, as we are able to offer a wide range of different services and activities from within the same building. The 6-month review report summaries activity and outcomes to date. We are achieving what we had set out to do and the project has been well received within the local community and with partners. The weekly community café sessions, where people can drop in without an appointment, have been extremely successful, with people attending regularly and friendships developing between attendees.

You will see from the report that we have been promoting the new provision far and wide in the local area, with our Social Prescribing Video receiving our youtube channels highest views. We have attended many local events, promoted in local newsletters and maximised our social media channels to promote the Social Prescribing Project and increasing awareness of the growing Social Prescribing movement.

We have learnt things along the way, and have been able to add new activities to our offer based on customer feedback and requests. The recent Thriving Communities Fund Report – Aug 22, provides a wealth of information to help us enhance our model as it reviews 37 Social Prescribing projects over an initial 12-month period last year.

We are looking forward to the next 6 months and feel we can take the Social Prescribing project further with new activities, supporting our local community following the impacts from the Covid -19 pandemic. Specific thanks should go to Zoe Sole our project worker, she wrote the review report and whose motivation and ideas have helped make the project a success and also thanks to Jenni Parker, our Operations Manager for leading on this new and innovative project.

Colin McGregor-Paterson – CEO.

The Oasis Partnership

Social Prescribing Project Six Month Review



Contents

Lives Touched	3
Case Studies:	4
Reoccurring themes:	6
Other organization we have worked with/ linked to	6
Moving forward:	7
Pictures:	7

Lives Touched

Since launching the Social Prescribing Project in June 2022, we have worked with 263 people (average of 44 per month) with 83 individuals seen more than once. As seen in Table.1 lives touched are broken down into three categories. Clients are people we are working with on an ongoing and regular basis, having received an initial consultation, completed a referral form, an initial assessment and a follow up session creating a wellbeing plan. Initial consultations include people we have met with only once or twice for example at events, phone enquiries etc. which commonly involve signposting or that could turn into a referral.

In Table 1, BBB stands for Bagnall Brew and Biscuits, a weekly community café event set up in May 2022, these numbers are attendees to the community café session who do not fall under the other two categories. However, many social prescribing clients attend BBB, Table 2, shows the monthly attendees to the session. Table 3

Table 1. Social Prescribing Monthly Totals May-Oct 2022				
Month	Clients	Consultations	BBB	Total
May	3	23	4	30
June	7	27	19	53
July	14	14	14	42
August	14	20	18	52
September	21	8	14	43
October	18	18	7	43
Totals	77	110	76	263
Average	13	18	13	44
<i>Clients seen more than once = 83</i>				

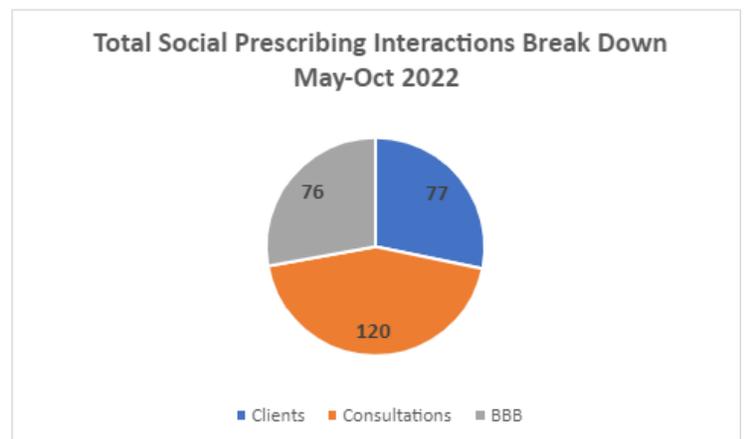
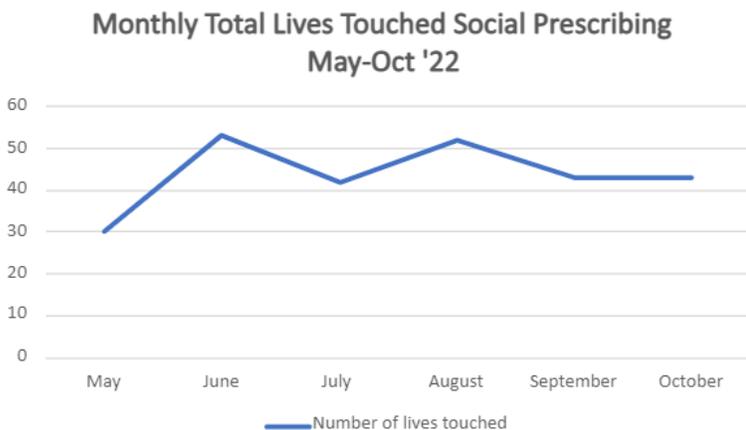
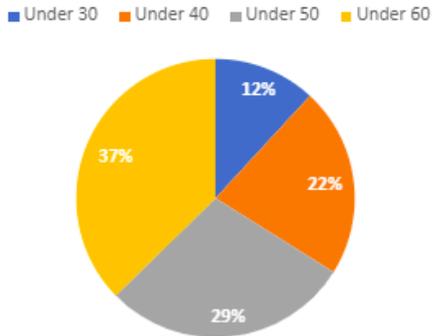


Table.2 Bagnall Brew and Biscuits Monthly Attendance	
Month	Total Monthly Attendance
May	3
June	34
July	31
August	47
September	41
October	39
Total	195

Table 3. Age Range
 SOCIAL PRESCRIBING CLIENT AGE DISTRIBUTION



Case Studies:

Ben



I met Ben (26) at the first Bagnall Brew and Biscuits session in May 2022.

Ben came with his dad having recently finished university and was looking for work. I referred Ben to our Routes to Work service to support his job search. Ben has since engaged with various activities including: a 6-week cooking course, Equine therapy, art group, and walking group.

At first, Ben was shy, quiet, and nervous, with his dad doing most of the talking, in part due to his Autism. However, Ben has become a familiar face at Bagnall, making particularly good friends with Frank, another social prescribing client. Ben now volunteers at a book shop, helps tend the gardens at a local hospice, and attends meetings at Autism Bucks.

The Oasis Partnership
Social Prescribing Project Six Month Review

A goal we discussed during our weekly catch ups is Ben driving his car on his own. He achieved this recently, driving a short distance on his own for the first time since passing his test a year ago! We have discussed plans to take regular journeys, going further each time, building confidence and independence.

Ben continues growing more confident, sociable, trying new things, and working towards his goal of paid employment. We continue to have regular check ins which Ben is always grateful for, and we will continue to support him.

John

John (19) was referred by Christians Against Poverty (CAP) in June 2022. He was new to the area, moving into emergency housing, experiencing mental health difficulties, learning difficulty, limited reading and writing ability, a mental age younger than his actual age, and classed as a vulnerable adult, with little support.

John was in rent arrears of £330.00, partly due to his limited understanding of the paperwork around his new housing, and the benefits he was entitled to. I subsequently supported John in a successful application for housing benefit, and a Helping Hands (Bucks Council) application which paid off his rent arrears. Once debt free, I assisted John in setting up mobile banking and a standing order paying the service charge for his flat, subsequently preventing further arrears.



Since June, I helped John: Register with his local GP surgery, apply for Personal Independent Payments (PIP), enroll and attend Math's and English lessons with Bucks Adult Learning, attend a 6-week cooking course, and regularly go to Bagnall Brew and Biscuits. Moving forward, John is now looking for work, which he is doing with the support of our Routes to Work Service, and I continue to work with him with regular check ins.

Sally

Sally (61) came to Oasis through the Routes to Work service in July 2022. She had been widowed the year previous, stopped working, and caring for an elderly relative. My colleague identified Sally was not quite ready to return to

employment just yet, and therefore referred her to social prescribing. Sally has since engaged with weekly art sessions and the walking group.



More recently, she has begun the process of becoming an Oasis volunteer, utilizing a voluntary role as a steppingstone towards paid employment.

The Oasis Partnership Social Prescribing Project Six Month Review

Sally has become another familiar client at Bagnall, engaging with sessions has brought routine, increased confidence, and support into her life. At times when she has been struggling, we have chatted over the phone, text, or in person, sometimes all she needed was someone to chat with over a cup of tea. I am confident Sally will eventually achieve her goal of paid employment, and in the meantime will be an asset to us as a volunteer.

Reoccurring themes:

Considering the cost-of-living crisis we are seeing many clients struggle with finances. As a result, there has been a rise in food bank referrals, and helping hands applications to help with things such as rent arrears, fuel vouchers, and funding for necessities including clothing. Many clients also have queries regarding benefits for example, what they are entitled to and understanding changes in their benefits.

Lots of social prescribing clients are unable to work, economically inactive, or currently looking for work. It has therefore been important to work closely with our Routes to Work service. However, due to financial circumstances most people do not have the funds for health and wellbeing activities, and therefore require free or low-cost groups, activities, and support.

We have noted many people accessing social prescribing have additional needs including learning difficulties, ADHD, and Autism. We therefore work closely with Talk Back, ensuring we provide the best suited information and sign posting for their needs

Other organization we have collaborated with:

- Buck Adult Learning
- Buckinghamshire Mind
- Bucks Culture
- Chiltern Food Bank
- Chiltern Music Therapy
- Citizens Advice bureau
- Connections
- Job Centre/ DWP
- Men in Sheds – Positivity Sanctuary
- Occupational therapists
- P3 – Talk Back – Chilterns Rangers
- Sunflower Support (Ukrainian Support Group)
- Waterside Community Association



Moving forward:

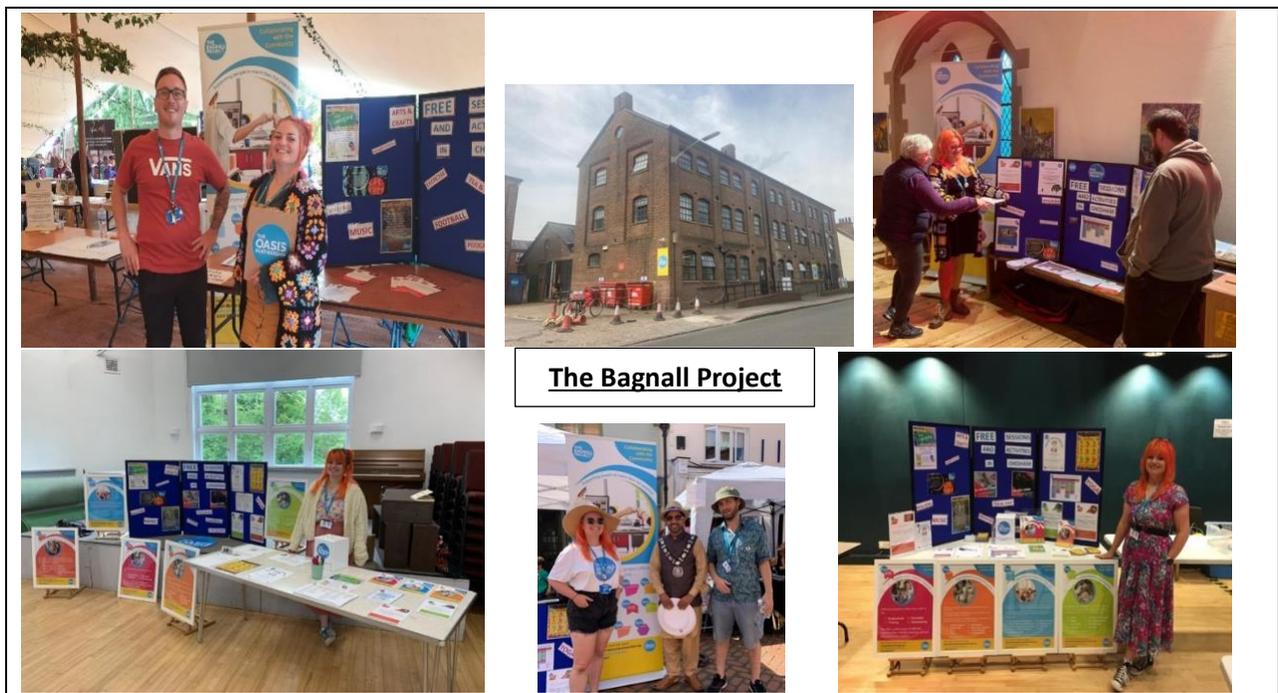
The past six months have shown a need for social prescribing in the local area. Following the success of our community café (Bagnall Brew and Biscuits) we are looking to expand the activities on offer. From the 10th of November 2022 we will host a weekly sewing circle and floating the idea of a men’s mental health group, currently gaining feedback from current clients. Approaching Christmas and winter months, we expect to see people looking for warm spaces. We will continue to offer this as well as signpost to other organisations such as our local church, a two-minute walk from our premises, who offer a weekly warm spaces and hot food.

In the next six months we are keen to gather feedback from clients and improve services based on their thoughts and experiences. We want to provide help, support, and activities that are needed and informed by those we work with. We would therefore like to introduce a service user council, giving people the space to inform the service so we can better serve those accessing social prescribing, in creating a better and sustainable service.

Oasis has recently recruited a full-time volunteer manager, thanks to a donation from Garfield Western, in addition to this new post we have also recruited the manager for our Friends2Gether, National Lottery funded project, both of whom will be able to enhance our offer within the social prescribing service we provide.

Pictures:

Events/ advertising the service:



The Bagnall Project



The Oasis Partnership
Social Prescribing Project Six Month Review



@OasisBucks YouTube Channel

What is Social Prescribing?

Let's Be Frank
WED • 1 MIN LEFT

Play

In this episode we spoke to Zoe Sole, our new Social Prescribing Project Worker. We asked the million dollar question, "what is a Social Prescribing?" and found out all about the new project and her new and exciting role for helping to reduce isolation and disadvantage in the community. We also got to know Zoe a little better with a quickfire Q&A and lured her into being the first inductee into our new and regular guest feature "Three For Freedom".

By popular demand, this episode we also introduce the listeners to our new intro/outro music which was proudly written by a budding 7 year old Mozart named Ronnie during our recent Easter half term kids camp!

What is Social Prescribing?
Let's Be Frank



Colin McGregor-Paterson • You
Helping Bucks residents build a better place to live, work, visit and enjo...
4mo • 🌐

Super excited to be officially launching our newest service today, Social Prescribing, thanks to the Rothschild Foundation for funding this vital project. ...see more

Want to know more about our Social Prescribing project which was launched on Monday? Listen here - one of our own podcast produced in our Frank Hodge Podcast Studio - named in memory of one of our Trustees, that sadly passed last year. Esther Watts thanks for all your support with our new project. #healthandwellbeing #socialprescribing #backtrack

The Oasis Partnership
4mo • 🌐

Fancy listening to our Social Prescribing podcast? Hear our Zoe explain what we do and how to get involved. ...see more

Listen to our Zoe on the Social Prescribing

The Oasis Partnership
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Introducing the Bagnall Sewing Circle - a sewing and craft group for the whole community- every Thursday from 12 - 2 at The Bagnall Project, 71-79 Waterside, Chesham, HP5 1 PE. FREE of charge and open to all! No need to book - just turn up.

Some materials will be provided but do feel free to bring along your own projects. Knitting, sewing, crocheting, embroidery and various crafts will be available!

#chesham #craftgroup #freeactivities #buckinghamshire #buckscharity #theo... See more

Introducing the Bagnall Project Sewing Circle

Different crafts & abilities welcome including:

- Knitting
- Crochet
- Lace making
- Embroidery

FREE Tea, Coffee & Biscuits Provided

Where: Bagnall Project, Waterside HP5 1PE
When: Thursdays 12-2 every week
*Please bring your own materials
limited FREE materials will be available*

No need to book
Just turn up!

For more information contact Zoe Sole on 07593394180 or zoe.sole@oasispartnership.org or visit our website www.oasispartnership.org

TheOasisPartnership @TheOasisCharity • Sep 12, 2021
Social Prescribing is coming to Oasis in Chesham.

We are super excited to have received a grant from The Rothschild Foundation.

Find out more on our website.

#socialprescribing #community #Chesham
buff.ly/3E108aN

Local Community Newsletters.

Waterside Matters

SEPTEMBER 2022

Who's WHO in Waterside?



Meet **Zoe Sole** - *Social Prescribing Project Worker at the Bagnall Project, Waterside*
The WCA have been working with the Bagnall Project on Waterside. We recently caught up with Zoe Sole about a new **FREE** community service that has recently launched.

What is the Bagnall Project?

The Bagnall Project is our premises in Waterside where the charity, The Oasis Partnership, operates from. Its purpose is to host free and low-cost groups, activities, and services to maintain and improve people's health and wellbeing. This includes free yoga, mindfulness, meditation, music sessions, help finding work, social groups, and much more! We are continually looking to expand the sessions we offer depending on the needs of the community.

Tell us more about your role and what Social Prescribing is

Social prescribing addresses the non-medical side of health and wellbeing, things a doctor may not have the capacity to address. This includes helping people engage with their local community, groups, activities, help, and support. For example, starting a new hobby, craft, or sport, getting help regarding finances, housing, employment, and mental health. Social prescribing covers a wide range of support, working on an individual, holistic basis, to provide a wraparound service.

Who is the service for and how can people get involved?

Anyone in Chesham and the Chilterns (including Missenden, Amersham, Beaconsfield and the Chalfont's) over the age of 18 can self-refer to this free service via our website www.oasispartnership.org by clicking the 'get in touch button', or calling me directly on **07563394180**. People who benefit from social prescribing include individuals experiencing:

- Loneliness and social isolation
- Long term health problems
- Mental health difficulties
- Physical ill-health
- Recovery from substance misuse
- Recovery from covid
- Older adults
- Complex social needs affecting wellbeing
- People who want to find out how they can get involved with their local community

What does the support look like ?

Once a referral is received, I will meet the client to complete an initial assessment to get to know them better. We will work together to set up a wellbeing plan, which depending on a person's needs may include things such as making referrals to clinical and non-clinical services like counselling, employment support, and substance misuse services. Setting goals for instance, getting out the house, going for a walk, joining a new club, learning a new skill, or contacting an old friend. This support can be on going over several weeks or months, whereas other people may benefit from a one-off conversation and sign posting.

To find out more see <https://oasispartnership.org/the-bagnall-project-timetable/>

Thank you for reading this report. We look forward to continuing to grow and develop our Social Prescribing Project and reporting about this next year.