



Hampshire & IoW Social Prescribing Network Newsletter June 2020



Welcome to the first edition of the Hampshire & Isle of Wight Social Prescribing Network Bi-monthly Newsletter. We hope this will be an informative resource for Network Members to use and/or share relevant resources & links during the COVID-19 period alongside the programme of topical Webinars.

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Hampshire & Isle of Wight SP Network Webinar



Hants & IoW Social Prescribing Network Health Questions & Answers Webinar

Date: Thursday 16 July 2020 Time: 2pm to 3pm

Diary invites have already been sent but please let me know if you wish to be added to this circulation

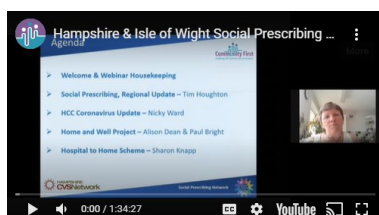
Hampshire & IoW Social Prescribing Network Webinar

'How Social Prescribing & Local Services are Adapting to COVID-19?'

The Hants & IoW Social Prescribing Network held its first ever Webinar on Tuesday 19 May 2020. The event was attended by 43 delegates.

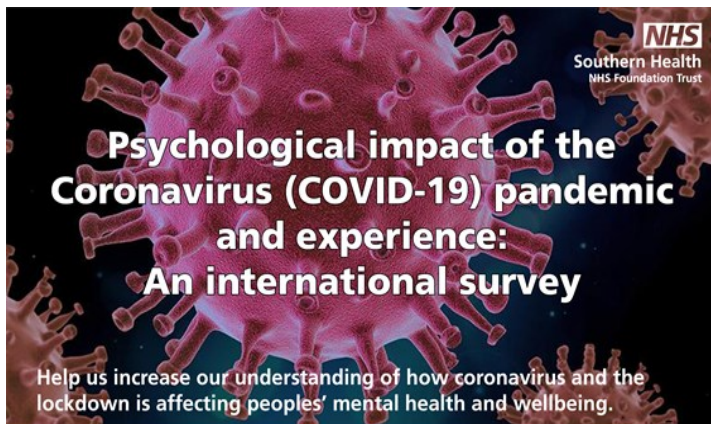
The Webinar is available to watch online at: www.youtube.com/watch?v=hZc6Vy955Sg

More information and resources can be found at: <https://www.gva.org.uk/groups/social-prescribing/> or www.cfirfirst.org.uk/news/hants-iow-social-prescribing-webinar-19052020/



Southern Health Global Study into the Psychological impact of Coronavirus

Donna Simpson, Lead Health Connector, Extended Primary Care Team, Southern Health NHS Foundation Trust Researchers from Southern Health NHS Foundation Trust are leading a collaboration group in a global study into the psychological impact of the Coronavirus pandemic and lockdown.



The study, which is available online here and open to anyone over 16, aims to explore the impact coronavirus and the lockdown is having and will continue to have on our emotions, behaviour and wellbeing.

Prof Shanaya Rathod, Consultant Psychiatrist & Director of Research at Southern Health said:

“The global impact of COVID 19 will be felt by us for a long time. Our study aims to investigate the psychological impact of COVID 19 on general population, healthcare workers, patients with COVID and individuals with vulnerabilities.”

Whilst some restrictions have been eased this week, forms of social distancing and isolation are set to continue for many months. Reactions to these conditions will vary across individuals and studying how people react and cope will play an important part in shaping how the NHS responds to any future crisis.

The study is linked to the Medical Research Council global health research programme led by the Portsmouth-Brawijaya Centre for Global Health, Population, and Policy, University of Portsmouth and involves a whole range of partners across the NHS. This includes large organisations such as the Royal Free Hospital in London as well as local colleagues from Portsmouth Hospitals, Solent NHS Trust and Hampshire Hospitals. Mirroring the truly global scale of the pandemic, the study is also being shared by partners across the world, including, Pakistan, India, Bangladesh, Singapore, Egypt and Bahrain amongst others. The study aims to not only look at how the virus has impacted on our own mental health across the UK but then compare it to others from different countries.

Professor Rathod added: *“The global platform and use of validated questionnaires allows the study to assess the wider impact of culture, political landscapes and impact of different responses in different countries. As a result we will be able to understand and strengthen our ongoing responses and those for any future crisis.”*

With Over 55 sites across the UK and dozens across the globe either already running the survey, in the process of setting it up, or expressing their interest, it is hoped the study will provide researchers and the NHS with much wider view of how the pandemic has affected people. This data can then be used to adapt and improve our responses to future crisis, allowing a more personalised approach to psychological support.

For more information on Southern Health’s Research Department please visit: www.southernhealth.nhs/research

You can take the survey by following this link: https://southernhealthnhs.fra1.qualtrics.com/jfe/form/SV_6h8XB1eTTWvkspn

For full details of this article:- <https://www.southernhealth.nhs.uk/about/news/psychological-impact-of-coronavirus-study/>

Notes: The study has been fully ethically approved by the Health Research Authority.

The study is linked to the Medical Research Councils global health research programme (MR/N006267/1) which is led by the Portsmouth-Brawijaya Centre for Global Health, Population, and Policy, University of Portsmouth.

Large Supply of PPE

Paper Mountain of Fareham Road, Gosport, are designated stockists of emergency PPE equipment. All PPE is certificated, brand new and tested in stock for immediate supply. Masks, gloves, eye protection and hand sanitiser are all available, priced much lower than many major suppliers, with no minimum order.

Visit www.paper-mountain.net for more information.



Update for Care Providers

Adults' Health & Care Coronavirus (COVID-19) updates for care providers in Hampshire

To help ensure that they continue delivering high quality care and support to Hampshire residents during the Coronavirus (COVID-19) outbreak, Hampshire County Council's Adults' Health and Care is regularly sharing information and updates with Hampshire care providers at: www.hants.gov.uk/socialcareandhealth/coronavirus/care/commissioned-services Information includes a [Social Care providers COVID-19 resource pack](#)



Hampshire
County Council



JUNE 2020

The story and impact so far...

Despite the challenges of COVID-19 Home & Well has supported:

145 people for the main service

121 signed up for PSR

61 helped with energy & utilities advice

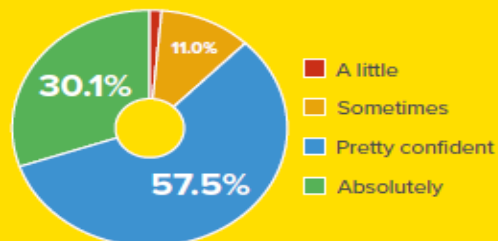
32 for water tariffs

This is particularly important for hospital patients being discharged from hospital, to ensure they have the support they need to keep well in their home and avoid readmittance as they recover.

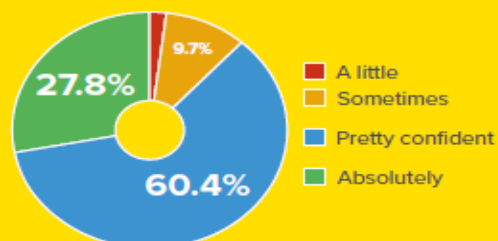
Home & Well is co-ordinated by Citizens Advice Hampshire. Find out more [here](#).

A sample of people Home & Well helped were asked, after receiving support from Home & Well Remote, how they felt:

Feel able to cope at home:



Confident in their ability to deal with problems:



5188_06/20

Mental Health

Mental Health Services during COVID-19 are aiming to deliver their usual level of support during the crisis, so individuals should be encouraged to access help when needed.

Below is a sample of a resource provided by Fareham & Gosport CCG, which includes details of Fareham Mind Wellbeing Centre, italk, SilverCloud, Connect to Support Hampshire, Samaritans, Shout, SANE, StayingSafe.net, Papyrus, CALM, Mind, Relate, Citizens Advice, Every Mind Matters and Domestic Abuse helplines. The resource is available to download in full at:

www.gva.org.uk/wp-content/uploads/2020/05/COVID-19-Mental-Health.pdf



Connect to Support Hampshire Website

Connect to Support Hampshire (www.ConnectToSupportHampshire.org.uk) is a website commissioned by Hampshire County Council aimed at Hampshire residents (over 18 yrs) to help them remain independent, well and connected to their communities.

The website currently contains a [COVID-19 resource page](#) which hosts useful information and links to assist older & vulnerable Hampshire residents during the pandemic – the page is being updated regularly. The page includes information on a wide range of topics including:

- Information from the government,
- where to go for community help in Hampshire,
- resources for older people,
- help for those with long term health conditions
- money matters
- mental Health
- a useful Utility companies and household emergency section as well as sections on Domestic Abuse and Scams and false information.



During 'lockdown' we are looking for new ways to promote Connect to Support Hampshire to Social Prescribers and would be happy to:

- Offer Social Prescribers and support agencies an opportunity to meet up virtually via Zoom/MS Teams (or another virtual programme)
- Send a selection of paper publicity material, such as flyers promoting the website
- Provide article promoting the website for any newsletters or website space you may have.

The website is also supported by a FREE downloadable App – which can be downloaded from Apple iTunes and Google Play stores – search 'Connect to Support Hampshire'.

Southern Health leading global study into the psychological impact of Coronavirus Please contact connectsupport@hants.gov.uk for more information.

Researchers from Southern Health NHS Foundation Trust are leading a collaboration group in a global study into the psychological impact of the Coronavirus pandemic and lockdown.

The study, which is available online: https://southernhealthnhs.fra1.qualtrics.com/jfe/form/SV_6h8XB1eTTWvkspn and open to anyone over 16, aims to explore the impact coronavirus and the lockdown is having and will continue to have on our emotions, behaviour and wellbeing.

**HAMPSHIRE
DOMESTIC
ABUSE SERVICE**

Hampshire domestic abuse services, including refuge, are still available and mainly provided via telephone, email and online. Face to face support is unavailable due to national measures introduced.

See local information of Covid-19 updates in Hampshire. National resources and guidance on domestic abuse are also available. In an emergency dial 999. If you are unable to speak - dial 999 and then enter 55. This will transfer your call for assistance without you having to speak.

<https://www.hants.gov.uk/socialcareandhealth/domesticabuse>

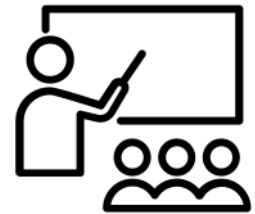
Social Prescribing Free Online Training

Fran White from Hampshire & Isle of Wight Sustainability Partnership has kindly shared a link to a free pilot online training session facilitated by the Bromley by Bow Centre. It specifically focuses on supporting people over the phone. There is also a helpful telephone assessment template [here](https://www.bbbc.org.uk/news-and-resources-social-prescribing-training-supporting-vulnerable-people-over-the-phone/?mc_cid=6a1ef759a6&mc_eid=624fbac309).

Social Prescribing Pilot Online Training: Supporting vulnerable people over the phone

On Thursday 9th April 2020, Bromley By Bow Insights held a pilot online training session for #socialprescribing link workers and community service delivery staff on Supporting vulnerable people over the phone in the COVID-19 crisis.

Take a look at our telephone assessment template [here](#), and check out the full training session below!



Energise Me

Investing in Communities

Energise Me and Sport England are launching a new Investing in Communities project. The project will support groups across Hampshire and the Isle of Wight in the wake of COVID-19. It aims to reduce widening inequalities in physical activity and sport.

Physical activity boosts wellbeing. It also reduces our risk of developing major illnesses by up to 50%. Energise Me and Sport England want everyone to enjoy this benefit. But some communities are less likely to take part in regular physical activity. COVID-19 research shows that the pandemic has compounded this. It has led to challenges for voluntary groups too.

Investing in Communities will tackle these inequalities head on. Energise Me will work across Hampshire and the Isle of Wight to identify groups who are most in need.

The project will support:

- people from lower income families
- people from Black, Asian and minority ethnic communities
- people living with long-term health conditions
- people with disabilities

We will invest in these communities in ways that will benefit them the most. This might be financial, but it could also be time, expertise or support to make connections. The important thing is that we act now to protect the health and wellbeing of our communities.

If you are helping people from these communities to be active - or you could be - please contact us. What do we mean by active? That is for them to decide. It may be walking, gardening, dancing, hula-hooping or doing yoga or workouts at home.

If you are passionate about helping people to move more then we want to hear from you. Our contact details are:

Penny Woods
penny.woods@energiseme.org
07540 238 139

Emma Dovener
emma.dovener@energiseme.org
07592 383 173

Investing in Communities Project

Energise Me is working with Sport England on a new Investing in Communities project. The aim of the project is to support groups across Hampshire and the Isle of Wight in the wake of Covid-19. Some communities are less likely to take part in regular physical activity – people from low income households, from Black, Asian and minority ethnic communities, people with disabilities and those with long-term health conditions.

The COVID-19 pandemic has compounded this. We know it has led to challenges for voluntary groups too. They may be struggling to survive. Or they may lack the resources and skills to act and provide what their communities need. Investing in Communities aims to tackle these issues and inequalities head on.

We will invest in voluntary groups in ways that benefit them and their communities the most. This might be financial, but it could also be time, expertise, support, or training. It may help an organisation to keep going over the next 6 months so they can then support local people to be active. Or it may help them to change or adapt what they can do to support them to be active now. For more details contact:

Emma Dovener (emma.dovener@energiseme.org) or Penny Woods (penny.woods@energiseme.org).



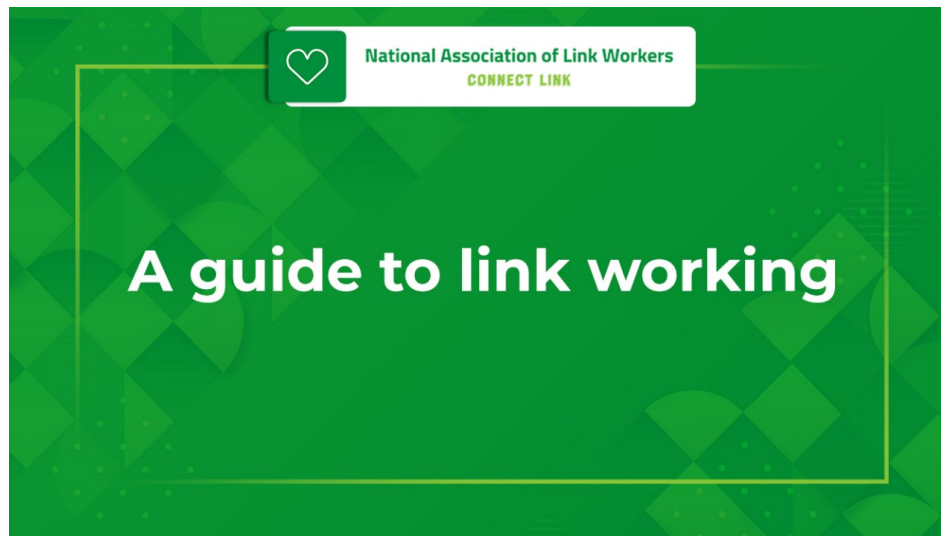
National Association of Link Workers

CONNECT LINK

Please find below a few articles advertised by the National Association of Link Workers.

A Guide to Link Working: Did you know, social prescribing and health coaching are types of Link Working to empower people take control of their health and wellbeing? Below is the link for a 10 page guide to link working.

The link: <https://www.nalw.org.uk/wp-content/uploads/2020/05/A-guide-to-link-working.pdf> and share our guide to gain clarity on 2 models of delivery.



National Academy for Social Prescribing article: Read and share Christiana Melam's recent article on:- <http://www.socialprescribingacademy.org.uk/coronavirus-covid19-pandemic-validates-the-role-of-social-prescribing-link-workers/>

National Academy for Social Prescribing

HOME ABOUT OUR VISION NEWS BLOGS

Coronavirus (Covid19) pandemic validates the role of Social Prescribing Link Workers

This blog from Christiana Melam, CEO of the National Association of Link Workers sets out a compelling argument for recognising the role of social prescribing link workers in responding to the COVID pandemic. If you are interested in finding out more about the organisation and how they support link workers join @nalwuk #LinkWorkerChat on 5th May, 6-7pm to learn more or contribute to discussions.

Coronavirus (Covid19) pandemic validates the role of Social Prescribing Link Workers

Covid19 brought into limelight why we need Social Prescribing Link Workers and how essential their role is. National Association of Link Workers's members have reported increased workload, as GPs, nurses, and the entire healthcare system increasingly utilise them to support their patients' welfare needs. There is currently

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Popular Recent

Helpful new COVID 19 resource - Personalised Wellbeing Plan template
3 April 2020

Social prescribing: new national academy set up
23 October 2019

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