



How to engage with social prescribing hubs in your area

We strive to work as one joined-up team, collaborating with our NHS colleagues and creating strong local partnerships.

Since 2019, we have been transforming vacant space within our estate into areas that community groups, charities and unfunded services can use to help improve the health and wellbeing of their local area. We want to ensure that all our primary care customers are aware of the spaces and services available around them, to help strengthen and build on existing social prescribing networks, and ultimately be able to support more patients nationally.



You can find more information about how we're using our estate to support social prescribing on our website:

<https://www.property.nhs.uk/socialprescribing>

What is social prescribing?

The NHS Long Term Plan includes a focus on helping people stay healthier for longer and supporting community activities that help improve people's wellbeing; the fitter, healthier, and more socially connected we are, the less likely it is we'll need to access our local GP or other health professionals. Social prescribing is all about providing non-clinical routes to treatment for people with a range of social or health issues, giving them more choice and freedom to receive the support they need.

Patients with multiple complex needs can be referred by their GP to social prescribing services and link workers within their local community, where their needs can be assessed and appropriate services can be recommended. This could be anything from adult learning, employment support, mental health support or activity groups such as gardening and art groups to help improve confidence or reduce isolation.

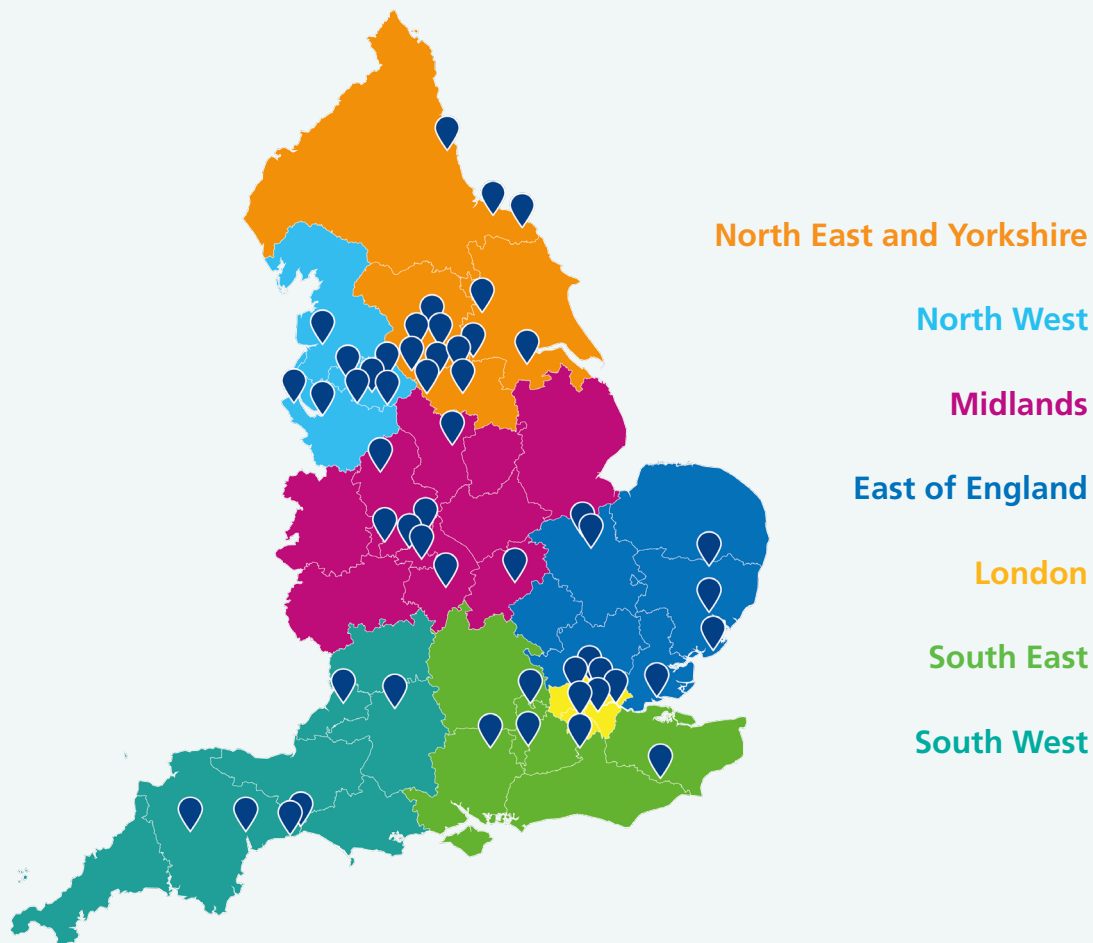
How can NHS Property Services help?

With more patients being referred into social prescribing networks, demand is increasing on the voluntary sector to deliver services that can help address specific social needs. In order to support the sector and better utilise our estate, we have identified and refurbished vacant space in our portfolio to create hubs that can be used by community groups to see patients and run sessions. We have also transformed poor quality,

unused outdoor space into active green spaces: allotments, sensory gardens, and outdoor gyms.

We will have more than 50 of these community spaces open around the country, and we want to make sure our customers are aware of the spaces in their area and what the services could offer, so you have a broader range of ways to support your patients.

Where are our social prescribing hubs?





What services do they offer and how can GPs refer patients?

You can find more information about some of our hubs and the services offered in this brochure, including details about how you can refer patients to these services.

We aim to update this list regularly and provide information about more hubs in the future.

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North East and Yorkshire

Heaton Medical Practice



Heaton Youth Health Hub



Please email Bradford Youth Development Partnership (BYDP) at: bydp@bydp.co.uk or call; **01274 201 240**



Heaton Medical Practice, Haworth Road, Bradford, West Yorkshire



We offer evening youth services provision (Youth Service / BYDP), one-to-one social prescribing link services to help direct people to the appropriate resources for non-clinical issues (HALE and Bradford Royal Infirmary hospital) and office use (BYDP). Days and times to be agreed.



GPs can make a referral through BYDP by emailing: bydp@bydp.co.uk





Holmewood Health Centre



Please email Sharon Townend, Social Prescribing Lead at:

Sharon.townend@bradford.nhs.uk



Holmewood Road, Bradford, West Yorkshire, BD4 9EJ



We offer one-to-one social prescribing link worker appointments, and act as a stepping stone venue for other services the link worker may want to introduce to service users.



GPs can make referrals by contacting the office on **01274 471 331** and leaving their contact details. Sharon will then be in touch.

Manningham Health Centre



Clarendon Hub



Please email Sam Monk at:

samantha.monk@haleproject.org.uk



5 Alice Street, Bradford, BD8 7RT



We offer social prescribing link services which can help direct people to the appropriate resources for non-clinical issues from Monday to Friday.



GPs can refer patients via SystemOne – this room was allocated for CLICS and social prescribers in Primary Care Networks (PCNs) 4,5 and 6.



North West

John St Medical Practice



Healthy Gems Hub Baby Bank



Please email Emma Longstaff at:
emma.longstaff@sharedhealth.org.uk or call us on;
07487 506 192



Healthy Gems Hub, 1 John Street, Oldham, OL8 1DF
Entrance is at the bottom of the hill next to the traffic lights - not through the GP practice



We offer practical provisions throughout the week, including baby and family hygiene essentials, sanitary products, baby formula, baby and healthy start vitamins, nappies and safer sleep equipment. We also offer GP advice sessions on Mondays and therapeutic coaching on Tuesdays, with health literacy sessions offered as required.

You can find more information on our website:
<https://www.healthygems.org.uk/the-hub-baby-bank>



GPs can make referrals to our service by completing this form:
<https://www.tfaforms.com/4905241>

Please note that our services are for families based in Oldham only.





Opportunities Together Hub



Please contact Jackie Stelfox and Tracey Goulden-Wood on:

01614 199 644 or email;

jackie.stelfox@stockport.gov.uk



8A Owens Farm Drive, Offerton, SK2 5EA



We offer tai chi on alternative Tuesdays and Wednesdays from 14:00-15:00 - booking required. We also offer Plant Can Grow volunteering opportunities and monthly Saturday socials between 12:00-14:00.



GPs can make referrals to our service by contacting Jackie or Tracey and they will be able to provide further information about how you can make referrals.





Midlands

Neptune Health Park



The Recovery College



Please contact us on:
01215 434 061 or email;
info@therecoverycollege.co.uk



Quayside House, Rounds Green Road,
Oldbury, B69 2DG



We provide a supportive educational environment, for people who have an interest in, or having personal challenges with their mental health. We offer a course which celebrates on successes, building on new skills and strengths, and we offer online courses that young adults can virtually enrol onto. Our gardening group runs on Wednesdays, times vary per term.

You can find out more by visiting our website:
www.therecoverycollege.co.uk



GPs can sign post people to the Recovery College, and individuals can self-enrol. To enrol please contact the college on **01215 434 061**.

Please note that we are open to anyone over the age of 18, free of charge, who live in Sandwell and Wolverhampton, this will include Dudley and Walsall from April 2022.





East of England

Kennedy House



Clacton Community Garden



Please contact us on:
01255 425 692 or email;
nicola.vella@cvstending.org.uk /
socialprescribing@cvstending.org.uk



Kennedy Way Community Gardens, Kennedy Way, Clacton, CO15 4AB



We offer My Weight Matters, walking groups, Kennedy Way Community Garden and allotments and Outdoor Fitness area. We also have raised beds, grasses areas with benches, refreshment facilities and a 'men's mental health shed' where service users will have the opportunity to work out in the fresh air, make new friends, learn new skills or become a volunteer.

We are open on Mondays, Tuesdays and Thursdays from 10:00-12:00 and Wednesdays 10:00-16:00.



GPs can signpost to our service. There is no need to book or make a referral, people can just turn up and ask to speak to a volunteer.





Unity Centre



Please contact us on:
01473 242 150 or email [Ellie Cracknell](mailto:Ellie.Cracknell@suffolk.nhs.uk) at;
eleonora.cracknell@suffolk.nhs.uk



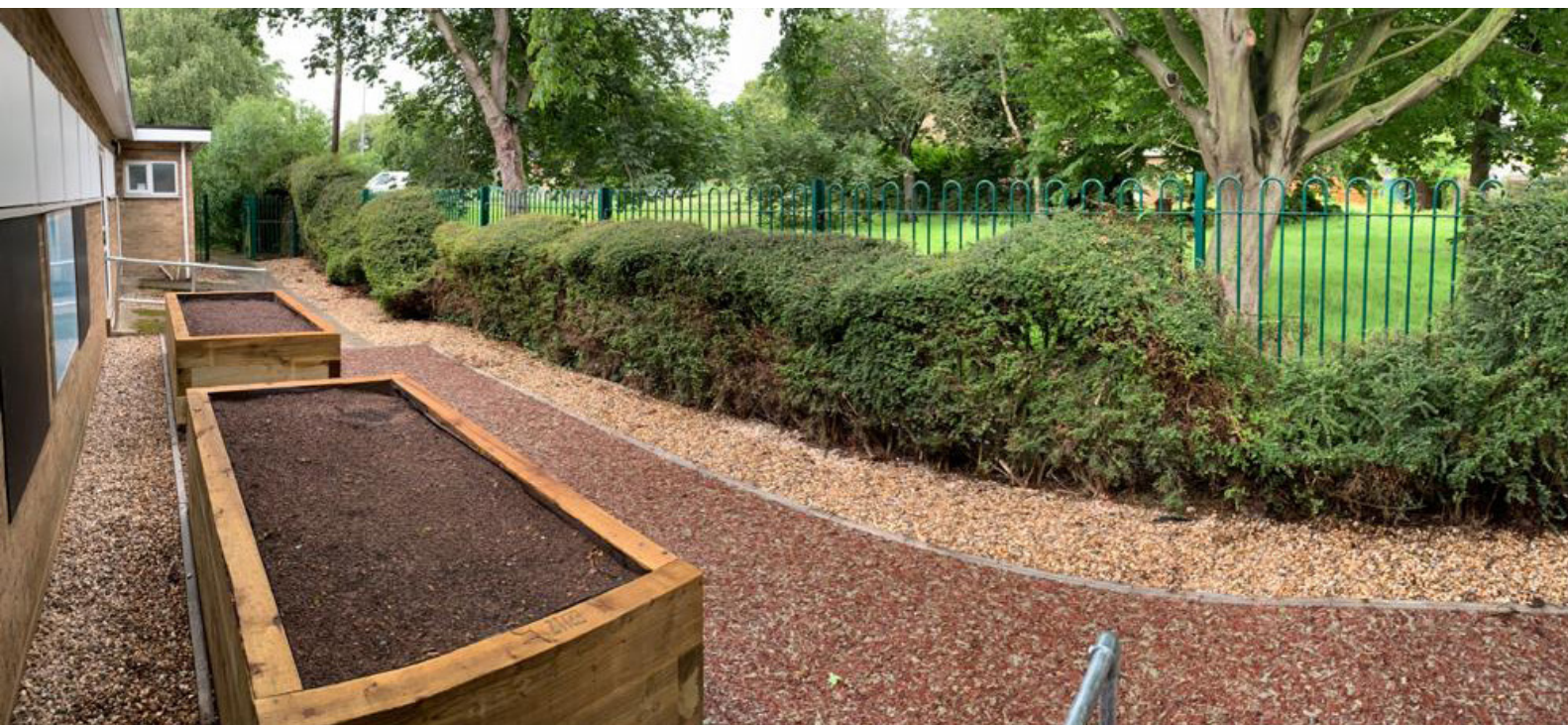
Whitton Clinic (Unity Centre), Meredith Road, Ipswich, Suffolk IP1 6ED



We offer a wide variety of services including: health walks, low impact exercise for women, functional fitness MOTs, Connect for Health services, coaching training, mentoring and employment services and we will shortly be offering Home Start maternity and post-natal support.



GPs can signpost to our service and patients can make a self-referral. Alternatively, GPs can refer to Connect for Health in the usual way through DXS.





London

Hurst Road Health Centre



Walthamstow Toy Library and Play Centre



Please contact us on:

020 8509 3401 or email Helen Crockford,
Director at;

E17toylibrarymanager@gmail.com



36a Hurst Road, Walthamstow, E17 3BL



We provide a safe and stimulating space for families with under 5s to play, learn and interact. We also provide a variety of volunteering opportunities for local residents to support with play work, cleaning and maintenance of toys in the toy library, gardening, admin and communications, maintaining our free book library and clothes rail.

Play sessions run Monday - Friday from 10:00-11:30 and Tuesday, Wednesday and Friday from 13:30-15:00. Tea and coffee is provided for adults and healthy snacks for children.

You can find more information about our services on our website:

<http://www.walthamstowtoylibrary.org/>



GPs can make referrals to our service by emailing:

E17toylibrarymanager@gmail.com, or calling;
020 8509 3401

Membership is free to families who have been referred by Social Prescribing. Our membership form can be found here:

<http://www.walthamstowtoylibrary.org/membership/become-a-member/>





The Listening Place



Please email Lucy Patterson, Visitor Support Team Leader at:
visitorsupportmanager@listeningplace.org.uk



3rd Floor Hunter Street Health Centre, 8 Hunter St, London WC1N 1BN



We offer free, face-to-face, 100% confidential support for people who are feeling suicidal. Support is delivered by highly trained volunteers by appointment.

Find out more at our website:

<https://listeningplace.org.uk/>



GPs can make referrals to our service by either calling:
020 3906 7676 or completing the referral form;
https://referrals.listeningplace.org.uk/referral_form/





Connected Communities Broadwater Farm Hub



Please call Stella Sumah on:
07970 156 301



Broadwater Farm Medical Practice, 2A Willan Road, N17 6BF



We offer advocacy, signposting, housing related support, benefits advice and help, employment, access to education, childcare, debt and financial support, social care referrals, form/application filling and community engagement/events. We also have the Broadwater Farm Children's Bank which is open on Tuesdays from 14:00-16:00.

You can find out more at our website:

<https://www.haringey.gov.uk/community/connected-communities>



GPs can signpost to our service. Patients can drop into the hub during opening times (Tuesdays from 09:30-16:00) or emailing:

connectedcommunities@haringey.gov.uk





South East

Beechcroft



Horley Health Hub



Please email us at:

abcltd.healthyhorleygarden@nhs.net



120 Victoria Road, Horley, Surrey, RH6 7BL



We offer frailty hub/service, community garden activities, women's group (Thursdays from 10:00-12:00), activities run by Health Champions, counselling provided by St Catherine's Hospice and community meeting space. There is also a 'Men in Sheds' style group and a repair café in development. We provide a variety of volunteering opportunities for local residents to support with the garden project and we are looking for volunteers to help with the set-up process for the Men in Sheds style group.

You can keep up to date with our activities and find out more about our services via our Twitter:

<https://twitter.com/HorleyHubGarden> and

Facebook page;

<https://www.facebook.com/HorleyHubGarden/>



GPs can make referrals to our service for patients of the Health Horley Primary Care Network (PCN) by contacting the relevant GP practice (Birchwood, Wayside & Smallfield) or email:

abcltd.healthyhorleygarden@nhs.net





EC30 – New Beginnings



Please call Rosie Cooper, Community Engagement Officer on:
01580 765 877



Recreation Ground Rd, Tenterden, Kent, TN30 6RA
Directly next to Ivy Court Surgery



We offer a range of additional support services including informal drop ins within our café and also scheduled meetings within one of our four consulting rooms. The services that we currently facilitate are: Tenterden Counselling Service, The Old School House Larder, CROP, Al Anon, Parkinsons UK, Age UK Dementia, Young Carers, Social Prescribing Team, Local PCSO Drop in and new Knit & Knatter group.

The details and timings for these services can be found on our website:

www.EC30.co.uk



GPs can signpost to our service. Our services are available to anyone within the Ashford Rural Primary Care Network, registered at either Ivy Court, Hamstreet, Woodchurch and Charing Doctors Surgery. A GP would refer someone to the Social Prescribing Team who then link in with us at EC30. Walk-ins are also generally accepted and we will do our utmost to help.





South West

Axminster Community Hospital



Project Food



Please email Kerry Morgan at: kerry@project-food.org.uk or call; **01297 631782**



Axminster Hospital Kitchens, Axminster Hospital, Chard Street, Axminster EX13 5DU



We offer free cooking and nutrition support for children and families, people with mental health problems and isolated people, including the elderly and people with hypertension, coronary heart disease, and/or type II diabetes. We also provide free one-to-one and group support for people to develop the skills, confidence and motivation they need to improve their diet for a better health and free fruit and veg boxes and homemade meals for people who are struggling to feed themselves a nutritious diet, for whatever reason.

You can find more information on our website:

<https://www.project-food.org.uk/>



GPs can signpost to our service. People can either get in touch with us directly themselves, or the health professional can contact us on their behalf. We have no formal criteria for people to qualify for support.



Do you have a suitable space?

If you have vacant space that you think would be suitable for social prescribing, have unused space outside your surgery that could be developed into a green space, or would just like to discuss potential social prescribing sites for development within your area, please contact our Customer Support Centre.



customer.service@property.nhs.uk



0800 085 3015

"I managed to cope with the virus, I didn't think about it, I just thought about this (garden), and managed to carry on with normal life."

Service user at Offerton Learning Disability Resource Centre

 0800 085 3015

 property.nhs.uk

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