



CASE STUDY TEMPLATE – TOWER HAMLETS SOCIAL PRESCRIBING

Initials or pseudonym BK

Patient unique number or EMIS number (links back to secure patient notes)

Patient age at time of referral 53

Patient gender female

Ethnicity African

Headline

Client whose mental health has recently deteriorated is supported to manage through Christmas and to access welfare and mobility services

Reason for referral and presenting problem – Maximum 50 words

Patient had chronic pain and chronic severe depression, recent admission to Brick Lane Ward and under HTT. Psychiatry advised referral to an exercise service. Pt has had ESA claim rejected and has limited finances.

Details of social prescribing intervention (including number of sessions) – Maximum 100 words

During four appointments the client explained that following her recent hospital stay her benefits had been changed and she was refused PIP. She had no money, had to sell her car which was her only way of getting around and was relying on the support of her son to help her do the shopping and get out of the house.

Number of face-to-face sessions

4

Community services signposted and referred into

1. First Love Foundation three times
2. Dial a ride form completed
3. Taxi card form completed
4. Advice service referred to for support to appeal PIP decision
5. Crisis grant applied for

Identified needs addressed by intervention

- Weight management
- Increase exercise
- Healthy Eating
- Smoking, drugs, alcohol and other addictive behaviours
- Anxiety/Stress/Depression/Low mood
- Social Isolation
- Learning/Training/employment
- Money/Debt/Benefits
- Housing Issues

Outcomes as a result of intervention (including engagement with services)

Client received £75 crisis grant to cover her weekly subsistence, she was referred to the First Love Foundation food bank three times and was invited to their Christmas party. She has appealed her PIP decision and is receiving ESA and applied for UC. She has returned to ReWork, who she was previously working with prior to her mental health deterioration in order to gain employment. She is considering joining Ability Bow in order to exercise more and improve her back pain. She is regularly using Dial A Ride to get her shopping.

Patient quotation (if available): The service has been very helpful I enjoy the service and the way I was helped out with so many things I did not expect. I don't know where I would be without the Social Prescribing service.

Permission sought and agreed for case study/quotation use in service reporting and communications? Only anonymised

Potential for inclusion in focus group research: client wishes to stay anonymous for reporting requirements but happy to attend focus group in future

Social prescriber name Anny Ash

Pilot name NW 6
