



MEEBBB Social prescribing

List of referred services April 2015 – March 2016

Health, wellbeing and healthy lifestyles support

Health Trainers – personal support and motivation for adults across Tower Hamlets who wish to lead a healthier lifestyle. Support can involve creating a personal health plan plus access to a range of local activities aimed at increasing wellbeing including exercise, smoking cessation and cooks and eats groups.

Fit4Life – Exercise, weight management, healthy eating and motivational support for patients with a BMI above 30 and comorbidities (27.5 South Asian population)

Active Futures – a 12 week para legacy training programme that supports young people to overcome barriers to employment and wellbeing, focusing on physical activity.

Macmillan Social Prescribing Service – a social prescribing service for adults living with and beyond cancer in the London boroughs of Hackney and City, Waltham Forrest, Newham and Tower Hamlets.

Mindfulness Group – a 6 week beginner's course teaching the basic principles and practices of mindfulness. The group runs at the Bromley By Bow Centre and is facilitated by Learning Well, a community based programme of classes and workshops to promote and enhance Health Recovery and Wellbeing.

Our Parks - a new initiative bringing free group exercise classes, led by experienced, fully qualified and insured instructors, to local parks in partnership with Councils / Local Authorities.

Ability Bow - a community gym open to all but they focus their support on people with disabilities or long-term health conditions who may experience barriers to exercise, from not feeling welcome in a gym to not appreciating what exactly are the benefits of doing exercise.

Women's Swimming Sessions – Better, Mile End Leisure Centre, making swimming accessible everyone so we have a number of specialist sessions including women only, men only, disability, under 5s and seniors.



<p>Supporting services for those with identified physical, emotional and mental health needs</p>	<p>Asian Women's Lone Parents Association - works to support Asian women who are lone parents, and their children, by providing services that enables them to improve their lives and wellbeing.</p> <p>Compass Wellbeing – a dynamic social enterprise based in East London, formerly known as the Tower Hamlets Primary Care Psychology and Counselling Service, with over 30 years of experience providing psychological therapies to General Practice and the local community.</p> <p>My Support – a day service supporting adults with a range of learning, physical and complex needs, promoting inclusion.</p> <p>Mind in Tower Hamlets and Newham - a community mental health charity providing services so that anyone with a mental health or emotional issue has somewhere to turn for advice and support.</p> <p>Tower Hamlets Bereavement Support Group - for anyone who has been bereaved, whether that's a few months ago or many years ago. It is a free and informal group.</p> <p>Young Carers Project - giving young carers the opportunity to take a break from the daily responsibilities of being a carer, to mix with other young carers in a social setting and engage in sports, leisure and social activities. The project supports young carers on any issues concerning them and offers one to one advice and guidance from the borough's core team of personal advisors.</p> <p>Women's Trust Domestic Violence Support – helping any woman in London affected by domestic violence and abuse to overcome the mental and emotional harm and rebuild her life, by providing women-only, client-led counselling and support services.</p>
<p>Community activity and social groups</p>	<p>Gardening Group – free weekly volunteer led gardening group supporting people to develop a broad range of skills as well as developing group based social skills, supporting good mental health and reducing social isolation.</p> <p>Digital Inclusion Group – supporting people to develop IT skills, helping them access social and health related services online. Enabling people to do anything from booking a GP appointment, increasing their social networks or finding information about benefits applications.</p>





Massage Sessions – one off volunteer led massage session for community members held at the Bromley By Bow Centre.

MeetUp.Com – online resource enabling people to connect with likeminded people, a way of finding online groups and communities linked with interests, activities and hobbies set up by members of the public.

Health Trainer Walking Group - a weekly walking group led by a local health trainer, taking different routes around the local community, providing gentle exercise and social interaction.

Grandmas' Breakfast Club – a weekly group for older Bengali women to meet, socialise, eat and plan cultural events, facilitated by the Bromley By Bow Centre and the Bromley By Bow Health Partnership.

BBB Health Centre Walking Group – a local weekly walking group predominantly for Bangladeshi women facilitate by a patient advocate from the health centre.

BBBC Painting Group – free volunteer led weekly painting group for people from the local community facilitated by the Bromley By Bow Centre

Stifford Centre – Stepney Green community centre aims to make a change through providing services that will inspire people and provide them with optimum opportunities to make positive changes to their lives. From simple information, advice and guidance to participating in sessions and activities, volunteering and training.

Age Uk East London – offers advice, information, befriending and a wide variety of activities for older people across East London.



<p>Befriending service, volunteering</p>	<p>Tower Hamlets Friends and Neighbours - an independent charity which supports over 400 isolated and vulnerable older people each year, who do not have regular support from family or friends. Offering a range of befriending services includes home visits, telephone support, information provision, support with accessing health and social care services, advocacy, consultation, and activities inside and outside the home.</p> <p>Tower Hamlets Volunteer Centre - helping people find the right volunteering opportunity, recruiting volunteers for a wide variety of non-profit organisations and groups in Tower Hamlets. Working with these groups and their Volunteer Co-ordinators to provide them with free information, training and advice on all aspects of volunteering.</p> <p>Do.It.Org - listings over 1m volunteering opportunities online that are posted by volunteer centres, national/local charities and voluntary groups. Enabling 200,000 people every month to donate their time and build their skills, Do-it ensures that almost 50,000 organisations find the help they need to provide vital services to the community.</p>
<p>Social Welfare, Legal Advice and Money Management</p>	<p>Bromley By Bow Centre Advice Team – providing social welfare advice around housing, benefits and other financial issues. Giving generalist support including help with money management, crisis loans and utility debts.</p> <p>The Legal Advice Centre (LAC) - one of the oldest legal advice agencies in London, provide advice across Tower Hamlets and South Hackney. The LAC offers housing, welfare and employment advice as well as family law. The advice is provided by telephone, during drop-in sessions and through an appointments system.</p> <p>VoiceAbility – providing NHS complaints advocacy in Tower Hamlets. VoiceAbility advocates help people understand their options and work towards best outcomes.</p>
<p>Adult learning and skills development</p>	<p>Tower Hamlets College - an East London College offering education and training to under 19s and Adult Learners as well as employment-based training.</p> <p>City Gateway Women's Project - City Gateway Women's Programmes enables local women to gain independence, access employment and integrate better in their communities by developing skills and confidence. Drop-in activities and courses in Poplar, Stepney and on the Isle of</p>



	<p>Dogs, offering study opportunities from ESOL to vocational courses and apprenticeships.</p> <p>ESOL classes - English language lessons for students of English as a foreign language and young learners, facilitated by many providers across the borough.</p> <p>The Idea Store – educational community centres across Tower Hamlets that offer library services along with adult learning courses and extensive activities and events programmes.</p>
<p>Employability and employment programmes</p>	<p>Bromley By Bow Centre Employment Engagement Team – providing one to one support for people needing help getting into employment, learning or volunteering.</p> <p>Capital Talent - employment programme, in partnership with Barclays, matches the untapped potential of local people with the needs of local employers. Programmes offer support to younger people and the over 50's.</p> <p>Bromley By Bow Centre CV Workshop – helping people to create CV's supporting them to increase their chances of finding paid and voluntary work.</p>

Source: Social Prescribing Coordinator May 2016

