

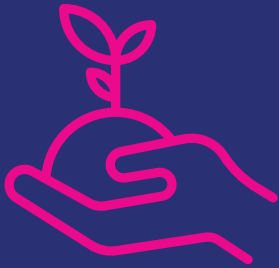
The MEEBBB social prescribing service works with patients referred from practices in the Mile End East and Bromley by Bow health network.



Referrals from GP practices are managed by a social prescribing coordinator at Bromley by Bow Centre. One-to-one support is offered to help people discuss issues and identify aims and goals.

People are signposted or supported to engage with community services that can help address their social, economic and health issues and provide them with on-going support.

People stories



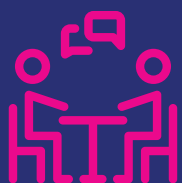
'If it wasn't for the gardening, for coming here to the centre where people are so friendly, I don't think I would be here now. Normally we keep stuff to ourselves but recently, people in the group have started opening up and helping each other'

'A big smile was offered and a cup of tea. I'm on my own now and no-one makes me a cup of tea'



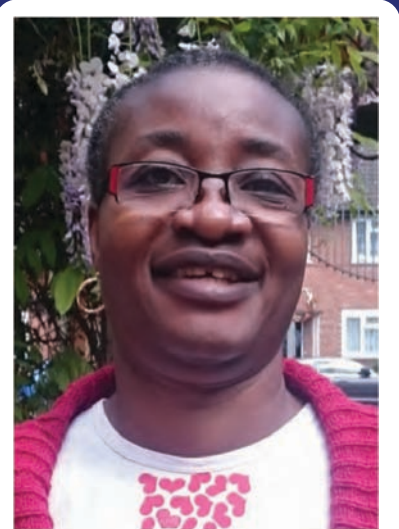
'The coordinator made me feel good, stronger. Just being there, so friendly - letting me talk'

'There was more time which meant I could discuss more. It takes a long time to be able to talk about things'



'People are super-friendly. I didn't know there were places like this. They really do care'

'I have been introduced to so many services I didn't know about'



'I was introduced to mindfulness, volunteering and employment support. It felt really great'



'The Para Legacy course I was referred to was really good and helped build my confidence'

A man whose 'life was falling apart' trains as a teacher

Initially facing many difficulties, the client was referred for support with housing and money issues including paying off his utility debts. He then volunteered at the Centre offering IT support to build confidence and increase his personal interactions with others. With encouragement from the coordinator, he followed a personal dream and started training as an IT teacher.

BBBC Advice Team: East End Energy Fit: Volunteering

Feeling isolated - now a stalwart of the gardening group



Living alone, the client could feel isolated and was sometimes prone to low moods. The coordinator referred him to a weekly gardening group at the Centre. A year later he is a regular attender, a member of the Centre community who supports and encourages other new joiners. He has made new friendships and has begun growing his own plants at home.

BBBC gardening group

A walking group led to a Spanish friend

Referred for support to increase activity and reduce social isolation, the woman talked to the coordinator about barriers she experienced as a Spanish national. She was referred for help to manage her money and encouraged to join an ESOL class. She was then supported to join a local walking group where she met another Spanish woman living locally.

BBBC Advice Team: City Gateway ESOL classes: Health Trainers

Activity course and gardening group building confidence

New to the area and without employment, the young man felt isolated. The coordinator referred and supported him to attend a twelve week physical activity course that helps address some of the barriers to employment and wellbeing. With increased confidence from passing the course, he then joined the gardening group; building skills and a social network.

Active Futures: BBBC gardening group

Connection to others and more hope for the future.

This older lady experienced loneliness and low mood following her husband's death. She wanted to meet others and make new friends. The coordinator helped her explore her grief and reflect on her future. She was introduced to a local bereavement group which helped her feel less alone. She now goes to monthly meetings and is planning other activities.

Tower Hamlets Bereavement group

Regular exercise, improved fitness and a new social network

A casual worker with erratic shift patterns, the man wanted to address his depression and isolation by becoming more active and meeting people. He was referred for flexible physical activities to fit around his work schedule and to a group to access regular exercise. He started playing badminton, creating an opportunity to increase fitness and rebuild his social network.

Health Trainers: Ability Bow



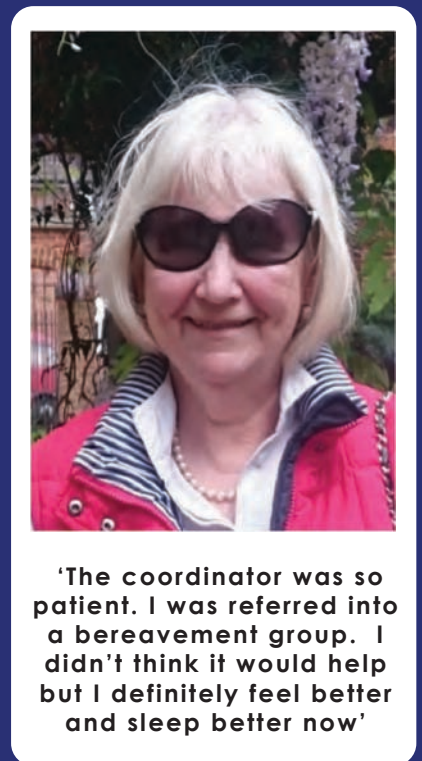
'I was referred into the gardening group. People really care and ask you how you are. If you aren't feeling sociable, no-one takes offence'



Taking positive steps towards employment

Openly sharing his experience of cultural barriers, unemployment and the effect on his mental health, the male client was referred by the coordinator for one-to-one employment support. He joined a digital inclusion project to build IT skills and created a CV during a workshop he took to local job fairs. At one event he was selected for interview and now feels more optimistic about his job prospects.

BBBC employment team: CV Workshop: Learn My Way
Digital Inclusion: MIND job fair: Tesco job fair



'The coordinator was so patient. I was referred into a bereavement group. I didn't think it would help but I definitely feel better and sleep better now'

Mindfulness and volunteering - helping life challenges

This lady was coping with many challenges including social isolation, financial uncertainty and unemployment. Working with the coordinator, she focused on practical issues she faced and formulated goals. Mindfulness training helped her improve her mental health. Working as a volunteer administrator at the Centre makes her part of a team and is helping building confidence towards employment

City of London Learning Well: BBBC employment team

Language translation support, when required, was generously provided by members of Centre staff

The Referral Pathway

