

Social Prescribing Case Study

Background...

Sarah is a young woman in her mid – twenties and the mother of three young children.

Referred by her GP via the Health Visitor for the Homeless

Issues

- She and her youngest two children living in one room in a hostel
- No outside space or Wi-fi
- Her other child, 9yr old boy with Asthma was living in London with her mother. Sarah feeling isolated.

...high anxiety, depression, insomnia

Support

- Telephone support to help build rapport
- Refer to A Better Start Southend (ABSS), which supports families with young children
- Also refer to Goodsam volunteer befriending service, whose weekly call helped relieve her isolation



Outcome

- Sarah said that it was a relief for her to have someone to listen to her and to feel that she had some support
- Calls from Goodsam helpful as it was another "grown up" to talk to

It was great for me to be able to refer Sarah on to an organisation, such a ABSS, with confidence as they are experts in their field and really able to support Sarah and her family.