YOUR SOCIAL PRESCRIBERS



MATILDA MOULAM

I am from Sheffield and live locally to Townships 1 & 2. I gained my BSc in Psychology in 2016 from Northumbria University then went on to complete an MSc in Health Psychology at Derby University in 2018. Alongside studying, I have worked as a supported living worker with individuals with learning disabilities which has given me experience in person centred holistic care.

LUCY BEAL

I am originally from Leicester but studied in Sheffield and gained a BSc in Nutrition, Diet and Lifestyle and an Accreditation with the Association for Nutrition in 2017. Over the last 2 years I have worked as a Health Trainer within Townships 18 2 supporting patients within GP practices and the community. This included how to lead a healthier lifestyle, as well as signposting to relevant services within the community.

REFERRAL ROUTES

There are various ways you can access this service, please see below:

- Self refer- using the details below or leave your details at your GP practice
- GP/Nurse/health professional
- Local community serviceshousing, CSW's, police, job centres ect.

CONTACT US



Lucy Beal: 07948905071 Matilda Moulam: 07950844081



Shortbrook Neighbourhood Hub Westfield Northway Sheffield \$20 8FB



lucy@mywoodhouse.co.uk matilda@mywoodhouse.co.uk



SOCIAL PRESCRIBERS

Supporting patients in the communities of South

East Sheffield





WHAT IS SOCIAL PRESCRIBING?



Social prescribing is a new role within the community to help better support and effectively signpost patients in a non-medical capacity. This works by making shared decisions with patients to make a holistic care and support plan.

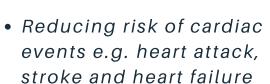
WHO IS ELIGIBLE?

- Individuals over the age of 16
- Has at least one long term health condition
- Is at risk
 of/suffered/previously had
 cancer or a cardiovascular
 event
- Individuals seeking to lead a healthier lifestyle

WHAT WE CAN DO

- Create personalised care plans with patients then provide support to achieve personal health goals
- Signposting and accompanying to local community groups
- Engage with the local community and help to create new activities and groups

BENEFITS



- Reduce the risk of developing cancer
- Improving quality of life
- Improving emotional wellbeing
- Decreasing social isolation
- Improve overall lifestyle e.g. stopping smoking, alcohol reduction, diet and exercise

It has been identified that the improvement of the below areas are key for reducing health inequalities in the South East of Sheffield

CARDIOVASCULAR DISEASE

Listed below are some of the ways you can reduce your risk of cardiovascular disease:

- Stopping smoking
- Reducing weight/BMI
- Increasing physical activity
- Maintaining a normal blood pressure
- Reducing alcohol intake to under 14 units a week for men and women



Attending cancer screenings when invited can promote early diagnosis alongside maintaining a healthy lifestyle. Below are the current screening programmes:

- Bowel screening- invited to complete from the age of 60-74, every 2 years
- Breast screening- Women invited to attend mammogram from the age of 50 to 71, every 3 years
- Cervical screening- Women invited to attend smear every 3 years from the age of 25-50 and every 5 years for over 50's