

## 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 1& 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 services- housing, CSW's, police, job centres ect.

## CONTACT US



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## SOCIAL PRESCRIBERS

Supporting patients in the  
communities of South  
East Sheffield



**South East Sheffield**  
**People Keeping Well**  
**Partnership**



# 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



- *Reducing risk of cardiac events e.g. heart attack, stroke and heart failure*
- *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*



## CANCER SCREENING

*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*