

## **Social Prescribing Link Worker Impact Case Study**

<b>Name of case study:</b> Woodhouse District Community Forum	
<b>Brief description of the client's/patient's issue</b>	Mrs C was one of our first referrals back in November 2019, sent from a community support worker. She is a 74-year-old lady living alone after her husband passed away. She fell from her mobility scooter leaving her with a huge leg wound. This caused Mrs C to struggle with mobility and knocked her confidence in getting out and about independently. Mrs C previously received treatment for lung cancer which affected her memory. As a result of her immobility, Mrs C is overweight which increases her risks of other health conditions. She is also lonely as she does not have friends and is stuck at home alone.
<b>Summary of the support provided</b>	<p>After getting to know Mrs C and finding out what was important to her and what sort of support she required, we were able to create a personalised care plan together. We organised a referral to a local befriending service, plans to attend a local chair exercise group, and supported her to the local shopping centre to register with a mobility shop (First time out of house other than hospital visits in 13 months).</p> <p>However, as a result of COVID-19 and the subsequent lockdown, support has been entirely over the phone. We organised an NHS volunteer scheme referral as Mrs C had no means of getting food shopping. We called at the same time each week to check in and have a chat. One-week Mrs C was told that her cancer had returned and so we listened to her worries and feelings, as well as giving her the contact details for local cancer support services.</p>
<b>Summary of outcome and impact (including quotes)</b>	Mrs C's support is still ongoing and will continue until after lockdown so that she can be supported to see through her initial plans. As a result of our support so far, Mrs C has had a reliable contact every week which could offer emotional and practical support.
<b>Tips for others or future plans (optional)</b>	The NHS referral led to a friendship and once lockdown is lifted, Mrs C has plans to invite her NHS volunteer round to her house for tea and cake, to thank her for her support.