



Social Prescribing Link Worker Impact Case Study

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| Name of case study: Social Prescribing Link Worker – Wolverhampton PCN | |
| Brief overview of case | A Social Prescribing Link Worker with Wolverhampton PCN highlights support provided to a newly widowed woman in 70s who was experiencing loneliness and isolation. By listening to the her and linking the woman with various activities, both things she enjoyed previously and others she expressed an interest in, this SPLW was able to provide the both the support and understanding the woman needed to try out local activities and get back out into the world. |
| Summary of the support provided | Provision of support to a newly widowed 70-year-old female experiencing isolation and loneliness. Connection with area activities. |
| Summary of outcome and impact (please include quotes) If published elsewhere, please include links. | <p>Background</p> <p>70-year-old female referred to Social Prescribing for support following the death of her husband. Had been a widow for 6 months, and despite having 2 very supportive children, found herself feeling lonely and isolated. She had also recently retired from her job as a nurse and life had become quite empty for her, as she was used to being very busy looking after her patients at work and her husband at home.</p> <p>What mattered to client</p> <p>During our first session, it was clear that she was still grieving and was very emotional. She felt it was important that she learned to 'move on with life' but didn't know how or if she could do this. She agreed to my support, and we agreed to take things slowly. There were plenty of people around her suggesting what she could and should do, but she wasn't sure she was ready or wanting to do those things.</p> <p>The first couple of sessions were based around holding a confidential space for her to explore what mattered to her. There were lots of tears in our first few sessions, but she acknowledged that for her, what mattered was for life to feel worthwhile, and for her, this would mean being connected to others and doing things with her time that she enjoyed. Additionally, feeling connected to her Christian faith was also important.</p> |



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| | <p>Actions taken</p> <p>JN agreed that she would be willing to try activities, ones she had previously enjoyed but stopped doing, and open to trying new activities.</p> <p>JN agreed to let me know if she would like support to attend activities and would be willing to give feedback about whether she found the activities I signposted her to helpful.</p> <p>We sat and listed her previous interests and hobbies to find appropriate groups/activities and I also offered to attend a group with her if she felt uncomfortable to go alone We met at the GP for review sessions over the course of about 6 months</p> |
| <p>Lessons learned/Tips for others or future plans (optional)</p> | <p>Outcomes</p> <p>Found a weekly coffee morning group that was run by Age UK at a supermarket local to her.</p> <p>Found the walk to the coffee morning group kept her active and she met some friendly women, some of whom were also widowed.</p> <p>Became more aware of other services run by Age UK and they helped to make her home more energy efficient free of charge.</p> <p>She had previously enjoyed knitting when her children were young, and I signposted her to a local Knit and Natter group, where she could resume her hobby again.</p> <p>She was referred to the Social Prescribing Support to Connect project run by Access to Business to help improve IT skills so that she could continue to stay connected to groups online during the pandemic.</p> |

Case studies are likely to be published on the NALW.org.uk website and associated social media channels, as well as potentially used with partner organisations to enhance research and promotion of issues impacting social prescribing link workers. Submission of case studies implies consent for wider distribution.