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**Milly Southworth**

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**From:** HIRONS, Jessica (QUAY LANE SURGERY) <jessica.hirons4@nhs.net>  
**Sent:** 12 November 2021 15:58  
**To:** HIRONS, Jessica (QUAY LANE SURGERY)  
**Subject:** Wellbeing hub drop-in Torpoint Library  
**Attachments:** Wellbeing Hub promo (002).pdf; SP LEAFLET - print version.pdf

Good Afternoon,

I am really pleased to be able to end the week on a real positive and share details of the new Wellbeing Hub Café drop-in at Torpoint Community Library on Wednesday afternoons. Every week I will be there for anyone to drop by for a cuppa and a chat with a Social Prescriber. The fantastic Awenek Studios will be offering art activities (alternate weeks), plus we intend to invite other practitioners and experts along to offer support and share skills with the local community. As ever the wonderful library team will also be on hand to help with books or other support that is always available during library opening hours.

If you or someone you know is experiencing loneliness, feeling a little low or has lost confidence in getting out and about, please do join us, we are a really inclusive group and would love for you to come along.

Plus if you know of any practitioners or community partners who might like to join us for a session or two please pass this on and ask them to contact me.

Please share far and wide, have a lovely weekend.

All the very best.

*Jessica Hirons*

**Social Prescribing Link Worker**

Age UK Cornwall & Isles of Scilly

<https://www.ageuk.org.uk/cornwall/>

QUAY LANE SURGERY, ST GERMAN'S: 01503 230088 <https://www.quaylanesurgery.co.uk/>

RAME GROUP PRACTICE, TORPOINT: 01752 813277 <https://www.theramegrouppractice.co.uk/>

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## Social Prescribing

Saltash, St Germans, Torpoint, Rame and surrounding areas

Connecting people with services for better health and wellbeing

1:1 support for individuals from a dedicated Social Prescribing Link Worker



### FOR MORE DETAILS...

To find out more about social prescribing generally go to:

[www.england.nhs.uk/personalisedcare/social-prescribing](http://www.england.nhs.uk/personalisedcare/social-prescribing)

or talk to your GP, healthcare professional or Patient Service Advisor at reception who can connect you to your local Social Prescriber.

QUAY LANE SURGERY, ST GERMAN'S: 01503 230088  
RAME GROUP PRACTICE, TORPOINT: 01752 813277

**Wellbeing Hub Drop-In sessions now available at Torpoint Community Library, Wednesday PM.**

**Wellbeing Hub pop up sessions coming soon to Millbrook, Cawsand, Donderry and St Germans.**



### HOW WILL IT HELP?

The idea behind social prescribing is to help you to have more control over your own health and wellbeing by finding ways to improve how you feel in a way that suits you.

Studies show that people with social prescriptions often get better and feel better faster than those treated with medicine alone. And because it works, it's happening more and more.

- Improve your mental and physical health
- Meet new people
- Learn a new skill or activity
- Increase self-confidence & self-esteem
- Have a better quality of life
- Get involved in your community

**What people have said:**

*"It was a great help and made a real difference to my mood."*

*"It's good to find a non-medical person that one can talk to face-to-face. They came up with suggestions and prompted me to look more widely. I was encouraged to do things that I had left behind."*

Why taking care of your health involves more than just medicine.

Get specialist support for your most difficult medical issues by talking to our Social Prescribers.

Community connectors who will meet with you, exploring what local support could improve your health and wellbeing.

Can be introduced to a support group, a new activity or local services. Can help you to find legal advice, help with housing – helping you to find services and resources are



Social Prescriber  
Jessica Hirons

Contact your local surgery to book an appointment or

## WHAT SUPPORT CAN I GET?

Our social prescribers can help you with a range of issues, including:

- social isolation
- befriending services
- bereavement
- accessing legal advice
- emotional wellbeing
- mental health support
- being a Carer
- respite services
- cancer care services
- long term health support
- poor health linked to housing
- accessing the workplace
- volunteering
- debt management
- healthy lifestyle
- weight management
- getting out and about
- joining groups: activity based, arts based, outdoor activities etc.
- digital access to services



## HOW DOES IT WORK?

Anybody can use this service free of charge. To get an appointment you can:

- Ask your GP, healthcare professional or any member of your surgery team to refer you.
- Come along to our Wellbeing Hub drop-in on a Wednesday afternoon at Torpoint Community Library. 1-3PM



# Wellbeing Hub

Community • Support • Advice • Mindful Crafts  
Health Information • Friendship • Groups

Come along for a cuppa and chat  
with your local Social Prescriber  
at **Torpoint Community Library**  
every **Wednesday 1-3pm**



Mindful crafts provided by **Awenek Studio** c.i.c.

For more info, contact Torpoint Community Library



Primary Care Network

