

Social Prescribing to improve mental health and wellbeing.

Community Connectors

Working with GPs across Hastings, Rother, Eastbourne, Seaford and Hailsham.



69% reduction in GP appointments made with patients referred to the service after receiving support.

Social prescribing supports people to better manage issues impacting on their mental health and wellbeing.



1,183

support sessions were provided (patients received an average of 3 support sessions).



55%

of patients referred to local services and activities actively engaged with the organisation/s they were referred to.



Of the patients who accessed the service:

85%

had a mental health diagnosis of depression or anxiety.

60%

improved understanding of their mental and physical health to self-manage their condition/s.

54%

were female.

46%

were male.

Top Support Areas

1. Wellbeing, health & leisure
2. Financial, debt & welfare benefits
3. Housing



184

Number of local organisations and activities the service supported patients to access.

These included: Health in Mind, Food Banks, Hastings Advice and Representation Centre (HARC), Wellbeing Hubs, Money Advice Service, Active Hastings, Sussex Community Development Association, One You, ACAS and counselling services.



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What people say about the service...

“Community Connectors is my right-hand person to support complex patients with social and mental health issues. I know when I refer a patient that they will be heard. Together we provide a truly holistic service.” - Local GP

“We have been really grateful for the service. Patients have said very positive things. It also enables us to free up time to deal with chronic disease and acute issues as we are able to signpost appropriately.” - Local GP

“Social Prescribing has been a great addition to the team. We can now signpost directly to them, which means we are seeing less social issues and have more time to concentrate on medical problems.” - Local GP

“Community Connectors is a much needed service here and will be very beneficial to the patients.” - Local Patient Participation Group

“Community Connectors is the service that can focus on the other element of health and wellbeing in the community that we are not able to.” - Local GP

“Having the Community Connectors service eases the pressure from the GPs. It means more patients can get to see a GP and those experiencing issues impacting on their mental health can see a Community Navigator and access the practical support they need.” - Local GP



Find out more

For more information visit www.southdown.org or contact Stephanie Foard, service manager of Community Connectors at Southdown.

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