

ASPIRE Social Prescribing Case Study 3

Judy*, who is in her 60s, was referred to ASPIRE social prescribing by a colleague, as her wellbeing was affected by multiple stressors in her life, including physical health, family difficulties, low mood she struggled with for years, and the impact of Covid-19. Reflecting back, she noted: “I think I was in darkness a lot of my life, you know.”

Judy engaged with the Social Prescribing Coordinator to discuss her needs and preferences for activities she would like to engage with to improve her physical, emotional and social wellbeing. Initially, she was very reluctant to use online platforms to engage with activities and programmes. However, after a number of trial runs with the Coordinator and learning about Zoom, her confidence and motivation to use online platforms had increased.

She decided to join the online wellbeing group programme over 4 sessions, after completion of which she met with the Coordinator on Zoom individually. She noted: “It was the start of lots of things for me” and recognised the progress she had made: *“I have learned how to filter. I can stop and say “Right what’s happened here?”... To know what’s going on in your head (...). It doesn’t take away the stress... But it lessens it and then you’re ready to face it.”*

After her positive experience joining a group online, she discussed other opportunities for group support with the Coordinator. Judy chose to engage with a Living Well programme- a programme for adults with long-term health condition, currently delivered online due to Covid-19.

She summarised her experience of the programme:

“And then I went on a course, which helped a lot, about health and long term health management.(...) when I got on that course it made me realise that what I had were only little things compared to what a lot of the other people had and it made me grateful.”

Judy recognised how her social needs were connected with her wellbeing: *“This whole thing is about talking to people and getting in there you know...”* and how her confidence in social situations had increased: *“I’ll be able to converse with people without blushing. Opening my mouth and not feel that I’m not relevant.”*

The Coordinator continues to contact Judy every week for a chat about her wellbeing and social needs. She remains positive about her progress and plans to commence an online WRAP (Wellness Recovery Action Plan) programme soon.