



Social Isolation and Social Prescribing

Social Prescribing Information, Initiatives and Services

[Social Prescribing Roundtable November 2019 Report:](#) Consumer Health Forum (CHF) in partnership with the Royal Australian College of General Practitioners (RACGP) and the NHMRC Partnership Centre for Health System Sustainability.

[Creating our Future- Result of the National Arts Participation Survey August 2020:](#) provides new evidence about the role arts and creativity play in Australian communities.

[Evidence for Role of Arts in Health and Wellbeing Fact Sheet:](#) from World Health Organisation (WHO) Regional Office for Europe.

[Social Prescribing: Pilot program](#) IPC Health, North Western Melbourne Primary Health Network, Australian Health Policy Collaboration at Victoria University and Brimbank City Council.

[Reclink Australia:](#) offers a range of programs that are open and accessible to all people and is focused on social inclusion. Programmes for socially engaging most vulnerable in our community include the Reclink National Program, Street Games, the ActiVIC program and the Reclink Connect program.

[Bolton Clarke Research Institute:](#) Bolton Clarke is a national provider of personal care, nursing and allied health support and residential and retirement living. The multidisciplinary Research Institute drives innovative improvements in how quality care is delivered and is supports living a life of fulfillment. An overview of the latest projects are available in the [Research Report](#).

[HOW R U?](#) a volunteer delivered social support.

[Social Connection in Older Age Symposia, Melbourne & Brisbane 2019 podcast series](#)

[Nhill West Wimmera Health Service Initiatives-](#) Cafe Health, Friends Across the Ages, and Community Gardens. **Cafe Health** is a monthly meeting, held in a local cafe (or now, public space or on-line), that takes discussions about health out of the health setting. **Friends Across the Ages** actively supports one on one connections between older people and younger community members. **Community Gardens** is a proven model for social engagement that encourages physical activity and healthy eating and in the future may include community dinners to further extend the impact across the community.

[Umbrella Dementia Cafés](#) are a network of informal and multigenerational community social groups for families and people living dementia. The cafés are currently operating in Blackburn, Blackburn North, Box Hill and Rosebud. During restrictions they are on-line via zoom.

[Safe Haven Café:](#) Set up by St Vincent's Hospital, Melbourne for people requiring mental health support who may present to the ED but are not requiring acute care at that point. Peer support workers and volunteers with a lived experience of mental health issues available to assist. See also [here](#)

[Friendship Cafes: Women's Association of South East Melbourne Australia \(WASEMA\)](#) - provide a safe, welcoming environment for isolated women in South East Melbourne to come together, relax, connect with others, make new friends and contacts, share experiences, learn new skills, find pathways for training, employment and entrepreneurship, access necessary services, receive support and referrals.

[Social Participation Among Older Adults Receiving Community Care Services](#): Macquarie University study highlights opportunities to improve the social connections of older adults in home care.

[Social Isolation and Loneliness – a Neighbourhood House Perspective 2020](#) : by David Perry, Neighbourhood Houses Victoria

[House of Commons Library Social Prescribing Research Briefing Paper September 2020](#): details the development of social prescribing policies in England and provides an overview of schemes in the devolved nations.

[Ask Izzy](#) – free service for people looking for support, Ask Izzy can help find nearby services including housing, meals, healthcare, counselling, legal advice, addiction treatment etc.

[Friends for Good](#): a volunteer driven not-for-profit organisation that includes a Friendline

[Gather My Crew](#): helps to activate a 'support crew' to help during tough times.

[Telecross Red Cross](#) can provide a daily telephone call to people who live alone and are at risk of an accident or illness that may go unnoticed.

[Inner North Multidisciplinary Team \(INMD\)](#): cohealth pilot of exercise model for Collingwood

[U3A Online](#): offers many useful resources for older people, especially those who are geographically, physically or socially isolated. The courses are informal and offered as Independent Study.

[Men's Sheds](#): deliver a wide range of services, aims to improve the health and wellbeing of members and reduce the number of men who are at risk from preventable health issues that may emanate from isolation

[Neighbourhood Houses](#): provide a range of services and opportunities for social connection. Neighbourhood Houses across Central Victoria are working on innovative 'Wellbeing Scripts' using human-centred design, connecting clinicians, community and a breadth of social/health/wellbeing activities.

[Parks Victoria](#): Nature is good medicine. Promotes social connections and offers guided park walks

[Animal Assisted Interventions for Young People experiencing homelessness](#)- program implementation and outcomes by Dr Jess Heerde, Department of Paediatrics, Melbourne Medical School, The University of Melbourne.