

Social Prescribing Initiatives: Highett Neighbourhood Community House & Hampton Community Centre

Service: Social Prescription

Main Component: Social prescribing is about linking medical patients with nonmedical sources of support within a community to improve health and wellbeing and reduce the strain on the medical.

How the program works?

Doctor/ Patient consultation – doctor identifies that a person may be socially isolated or experiencing loneliness and may benefit from connecting into social programs. The doctor provides a referral to meet with the Community Connector.

Community Connector meets patient (currently via phone or zoom), chats, obtains history, co-designs health action plan and connects them to a relevant activity, program, group or organisation. (Assessment / Goal Setting / Plan)

Community Connector would have multiple follow up consultations with the patient, at the community centre post COVID, to ensure the plan is appropriate.

Who is this for? Those experiencing social isolation and loneliness which may be impacting on their mental and physical health.

Outcomes: This is a pilot program in the Bayside City Council, City of Kingston, Glen Eira City Council areas. Currently (Nov 2020) there are 17 participating clients.

The aim is to elevate health and wellbeing outcomes in the community. To see improvements connected to self-esteem, confidence, reduced social isolation and loneliness.

Organisations-involved: Highett Neighbourhood Community House & Hampton Community Centre

Keywords: Social Prescribing

Link: <https://baysidecommunitycentres.org.au/>

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