

Social Prescribing Initiatives: Connecting Communities Social Prescription Program | Hervey Bay Neighbourhood Centre

Service: Social Prescription

Main Component: Hervey BNC's Connecting Communities Social Prescription program aims to support and empower every person to connect, participate, contribute and thrive in the Fraser Coast community.

Based on models developed in the UK, social prescribing is proven to improve health outcomes by addressing the issues of social isolation and loneliness within our community. The program has been funded by the Queensland Government's Communities Innovation Fund and enables health care professionals to refer patients to a HBNC Community Connector, to co-design a non-clinical social prescription approach to improving their health and wellbeing. Residents can also refer themselves to the program.

Participants work closely with one of our friendly team to help identify activities, hobbies, sports or groups that may be of interest to them. Our team can also help assist with any barriers or challenges participants may have attending social activities such as transportation, access or financial issues and may provide ongoing referrals to other service providers in the community.

Who is this for?: Anyone aged 18 and over, living in the Fraser Coast Region (Queensland) , in need of support to connect to local groups, activities and event, or wants to improve their health and wellbeing through social connection

Outcomes: The HBNC Connecting Communities is a three-year pilot program has been funded by the Queensland Government Communities Innovation Fund to help address social isolation and loneliness in the Fraser Coast Community.

The program focuses on addressing the challenges of social isolation and loneliness among vulnerable community members in the Fraser Coast region through a social prescription model in collaboration with existing community-based organisations and activities.

The key objectives of the program are:

- Decreased social isolation
- Decreased levels of loneliness
- Improved wellbeing
- Improved sense of purpose
- Improved community awareness and knowledge of activities and groups in their neighbourhood

Organisations-involved: Hervey Bay Neighbourhood Centre

Keywords: social isolation, loneliness, regional Queensland, social prescribing, neighborhood center, social engagement

Links: <https://www.hbnc.com.au/social-prescription>

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