

Health Innovators Pilot project: Hounslow Asylum Seekers and Refugees (SPIP31) – Khadijah Arije , Cheryl Chin

(Social Prescribing Team Leads)

AIM: To engage unregistered populations in Hounslow, specifically migrant, asylum seekers and refugees using an outreach SPLW.

Target goals/outcomes:

1. Improve **health, nutrition and social capital** for residents of two hotels in Hounslow, many of whom are asylum seekers and refugees
2. Understanding from residents what matters most to them and engaging them in available community support and activities

Highlights:

- Social Prescribing Link Workers enabling direct links into the community
- Holistic approach supporting health lifestyles, providing advice/information and signposting to further support available

Impact:

Held initial tea & talk sessions with residents:

- Common themes of resident needs were: English language lessons, food & nutrition, warm clothing, and physical activities (access to gyms & outdoors)
- 8% of service users were invites to tea & talk sessions

Held activities to meet needs highlighted in tea & talks including walks & language lessons, and exploring food support for future sessions:

- 82% of SPLWs involved in the project attended prep training activities
- 100% of service users improved according to mood charts after the activities
- 50% of service users attended the activities

