

AIM: Tackle the challenge of inadequate services for patients with mental health issues through designing more specialised social prescribing support for these patients

Target goals/outcomes:

- To engage with up to 25 patients from across the PCN in wellbeing cafes, 12 sessions delivered by mid Feb
- To ensure patients are aware of other support networks within the Borough

Highlights:

- The Team work!
- Really nice mix of participants who are all engaging and supporting of each other

Impacts:

- ✓ After 10 weeks in the Wellbeing Cafe, all 19 participants experienced a 100% improvement in these areas and the 5 areas of wellbeing (Give, Connect, Be Active, Take Notice, Keep Learning)

19 Participants

68% of Participants identified as Female

32% of participants identified as male

84% of participants identified within minority ethnic groups

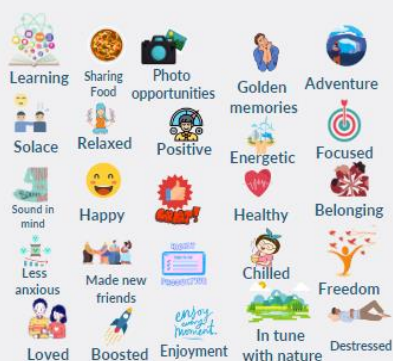
WHAT A DAY TRIP CAN ACHIEVE

GREENWICH AND THE CHRISTMAS LIGHTS - MONDAY 19TH DECEMBER 2022

Feelings before



Feelings after



How satisfied have you been with the trip?



How did you feel before the trip?



How did you feel during the trip?



How do you feel now?

