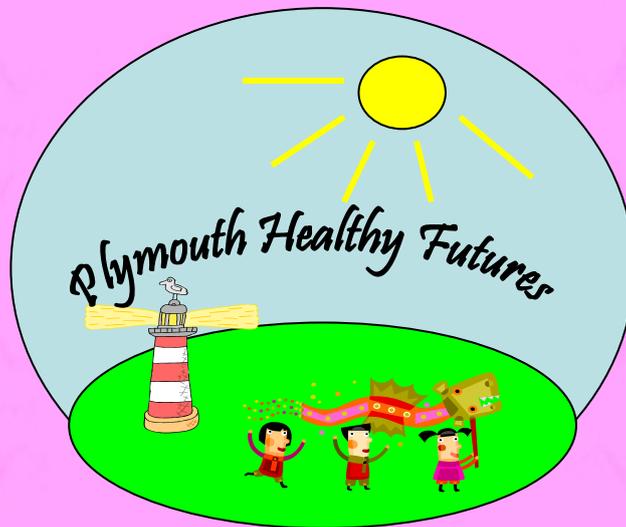


Plymouth Healthy Futures Programme



A community based social prescribing service working in partnership with health professionals

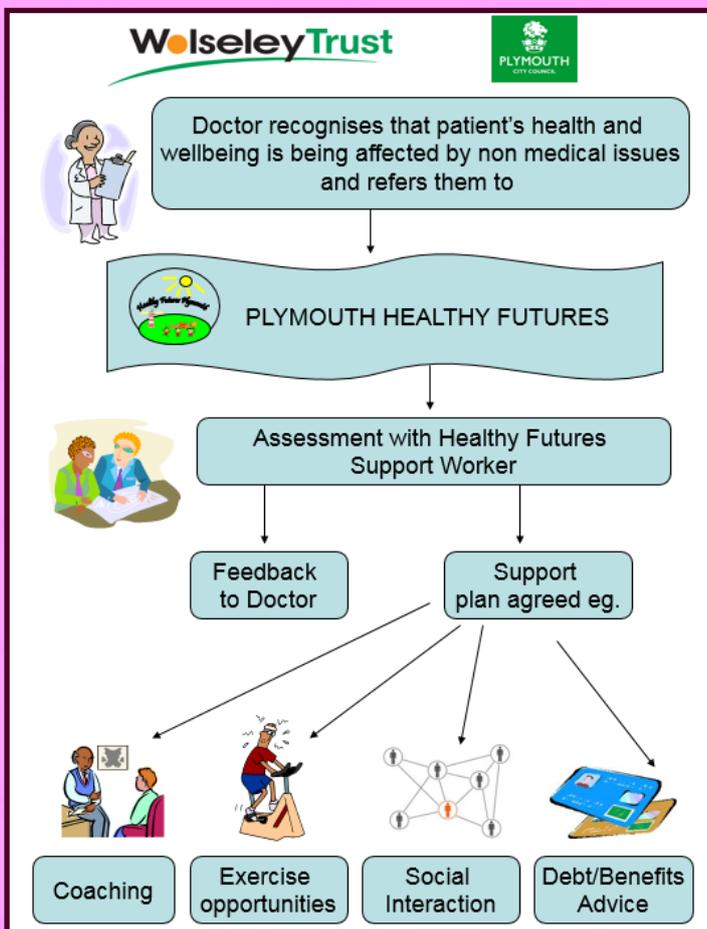
What is the Healthy Futures Service?

Plymouth Healthy Futures supports health professionals working with patients who are in need of support to address non clinical issues that may be adversely affecting their health and wellbeing.

The service offers a combination of information and support to individuals in order to identify the most appropriate services and to help them to overcome any barriers that may be preventing them from accessing the services that they need.

We always provide feedback to referring health professionals to let them know about progress made and of any significant issues arising.

How Does Healthy Futures Work?



Examples of the sorts of issues that we might help with

Welfare and housing benefits — assisting with understanding of regulations and processes, completing application forms, support at meetings with Jobcentre Plus, support with PIP and ESA assessments and at tribunal hearings.

Housing — liaison with landlords, information about housing allocation processes and accessing specialist housing support.

Employment - independent employment advice via in house service, free access to internet for job search and JSA claims etc.

Physical exercise opportunities - referrals made, to exercise opportunities such as dance classes, community gyms and walking clubs.

Depression, anxiety and loneliness - In many cases coaching sessions enable individuals to identify changes that they can make that will help to resolve issues. However, we also make referrals to counselling services and signpost to befriending groups and activities that offer lonely people opportunities for social interaction.

Many of our service users need support with more than one issue. Our initial assessments take a holistic approach to identifying all the needs of the individual including support around lifestyle choices relating to smoking, alcohol consumption, diet and exercise.



Who provides the service?

Plymouth Healthy Futures is provided by the Wolseley Trust in partnership with Plymouth City Council Public Health Department.

Healthy Futures has a staff team of three which is supported by volunteers with relevant expertise such as life coaching skills.

Service governance is provided by a Stakeholder Group that includes representation from Plymouth City Council, Livewell Southwest and participating GP surgeries.

Case Studies

A person nearing retirement age, with both physical and mental health issues, needed support in taking forward appeals against welfare benefits decisions that had left them struggling to manage financially whilst having no realistic prospects of future employment. Support was given to deal with correspondence from Jobcentre Plus, to liaise with their GP to collate required medical evidence and attendance at two tribunal hearings which resulted in successful outcomes and a much happier individual.

A person who was caring for a terminally ill relative whilst dealing with their own mental wellbeing issues was facing eviction from their home as welfare benefits payments were not being received and Housing Benefit had been withdrawn. Assistance was given to resolve welfare benefits issues and restore Housing Benefit which had been withdrawn incorrectly so that eviction was averted and other payment arrears were resolved.

A person in their twenties had suffered a traumatic bereavement that had resulted in them finding it difficult to engage in any social activities or employment. Healthy Futures supported them to access independent employment advice and helped to identify further volunteering opportunities. Additional help was obtained to address bereavement issues and so a referral was made for counselling.

Our Contact Details

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