

Appendix 4

Wellbeing Connect - Menopause

- ▶ On the third Tuesday of each month at the St Mary's church in Hinckley the social prescribing team host the Wellbeing Connect event. This event enables people living with a long-term health condition or carers of someone with a long-term health condition to connect with and support each other, thus improving overall wellbeing.
- ▶ The Wellbeing Connect event in March was aimed at women between 30-60 and focused on women's wellbeing and the menopause. While the Social Prescribers were expecting a good turn out, they were stunned to see just how many actually attended the event when the queue spanned from the front door, right through the car park and onto the street! As soon as this was spotted it was all hands-on deck for the social prescribers who sprang into action with admitting 180+ attendees safely and swiftly, providing free drink tokens and making themselves available for any questions participants had. There were also short talks given by local services such as Hinckley Leisure Centre and Health & Wellbeing coaches, who highlighted how their services have been tailored and can support those going through the menopause.
- ▶ Lucy Moore, Senior Social Prescribing link worker for Bosworth PCN summed the day up by saying: "Many attendees said to me or the team there today that it is especially clear and demonstrated the need locally for menopause groups and support to be established. The visiting services were thrilled at the sign up to their offers, which is an amazing collaboration of services working together today with Social Prescribing."



Wellbeing Connect - Long Covid

► We had 23 patients attend the Long Covid Wellbeing connect which is a great turn out for the first session considering the short time frame we had to organize and promote. We can build on this for our next Long Covid offer and plan for the next one.

► Attendees were made up of patients of varying age suffering with Long Covid, and it was interesting to see our youngest attendees coming with their mum who were aged 13yrs and 16yrs old, who have suffered terribly with serious impacts for the whole family following covid, resulting in the 16yr old now being a F/T wheelchair user and with significant health issues. The mum came desperate for help and signposting, so the Covid nurses and Lucy Moore ensured the family were spoken to and supported. The mother left thanking all and mentioned that she felt better for coming and they now have a support plan both under the nurse side for long Covid and wider supports with social prescribing for financial and social links that are much needed.

► The visiting services we had attend were:

- LLR MIND
- HBBC Welfare Support Officers
- HBBC Active Together
- Feel Good Tennis director Neil who has following our collaboration with his team created a Long Covid Tennis programme starting on 28/05/24 which is fantastic!

