



Normandy Therapy Garden

The Therapy Garden is a horticulture and education charity that uses gardening to generate positive change. The social prescribing team has had the opportunity to refer clients to the Normandy Therapy Garden as part of the green social prescription.

There are several social and therapeutic horticulture projects that the team offer, ranging from 'Gardening for Wellbeing', a 6-week programme aimed at supporting individuals who have anxiety or mild mental health concerns or who simply wish to learn new skills, 'Garden Pastimes' sessions for those living with Dementia or Alzheimer's and 'Stroke of Genius' sessions for stroke or brain injury survivors.

Projects include table top gardening tasks or crafts with a horticultural theme and are either inside or outside depending on weather or ability. The garden can cater to people with disabilities, with facilities including raised flower beds, as well as clients facing mental health challenges or who may be suffering from loneliness. The teams work in smaller groups alongside volunteers and horticulturists.



All of these sessions are held in a wheelchair-friendly environment and also include lots of coffee and tea breaks and a time

to stop, chat and socialise. There is a small fee attached to these classes to cover the costs.

Please contact the social prescribing team for more information.



WELCOME TO VOLUNTEERING

Volunteering is a great way to reduce social isolation, make friends, build confidence and learn new skills!

The Social Prescribing (SP) team has a close working relationship with Alice Sheppard who runs the Welcome to Volunteering (WTV) project at Voluntary Action South West Surrey (VASWS). Below is a story of a recent client journey;

Patricia was initially referred to the SP team who had a discussion with her based on what 'matters to you'. Patricia was made redundant during the pandemic, was suffering from long Covid and struggling with her mental health. Patricia felt isolated and wanted to give something back but felt very anxious about volunteering and didn't know where to start. As part of her support, a referral was made to the WTV project to offer Patricia bespoke support and guidance to find the right volunteering opportunities for her.

Alice at WTV took the time to understand what Patricia enjoyed and any barriers she might face when it comes to volunteering.

Patricia began to volunteer at the VASWS office, answering emails and providing much-needed admin support, which really helped to grow her confidence. With renewed confidence and self-belief, Patricia then applied for a role at the Royal Surrey and was successful. She also put herself forward to volunteer at a community café and was a huge asset to the team.

“ You were so kind and so approachable that I could talk to you, if it wasn't for you I would still be sat here thinking I couldn't do it ”

Patricia has pushed herself out of her comfort zone and made amazing progress in a short time. It is lovely to hear the sense of achievement in Patricia's voice when she talks about her volunteering experiences. Patricia felt that she couldn't have done this without the person-centered support given by the WTV project.

For more information on 'Welcome to Volunteering' please contact the social prescribing team.

Exercise Pathways

EXERCISE CAN IMPROVE HEALTH AT ANY AGE



It has been a very challenging time, especially for those living alone, the over 70s and anyone with serious health conditions. Social Prescribers encourage people to move more and get active at any age, including those aged 50, 60, 70, 80, 90+ referring them to an activity that suits the individuals needs. Listed below are a selection of the exercise pathways where Social Prescribers refer their clients.

LTHCs EXERCISE CLASSES

• Cardiac rehabilitation

These exercise classes are run for people who have had a heart attack, suffer from angina, surgery, stent or other heart related problem.

• Parkinsons exercise classes

Pilates/PACET classes - Weekly PACET class, combination of Pilates and PD Warrior exercises. **Paracise** and **Wobble** classes are also suitable.

• STROKE REHABILITATION

Aerobic exercise and aqua exercise for stroke survivors and those with similar disabilities such as multiple sclerosis, car accident victims, brain damage, etc.

• **SURREY ADULT LEARNING** – provide some subsidised exercise classes on their **PASSPORT TO WELLBEING SCHEME**.

• **MANY SPECIALIST ONLINE CLASSES** for sufferers of LTHCs

OLDER ADULTS AND FALLS PREVENTION

• **Paracise** - Gentle on the joints to improve posture, balance, mobility and flexibility.

• **WOBBLE/Otago - Strength and Balance/Falls Prevention**

It starts and ends in a chair.

• **FLexercise** - MOVING to music.

3 GOLDEN Wellbeing Rules

These will increase people's chances of having a relatively trouble-free and independent old age.

1 Become fitter – even if you already have one or more long-term conditions.

2 Actively reduce your risk of developing disease (through leading a healthy lifestyle)

3 Adopt a positive attitude to life, its problems and opportunities.

• **U3A** in **Guilford, Milford, Haslemere, Cranleigh, Womersley** run a range of exercise classes

• **Move It or Lose It & Extend Seated Classes** can be great fun and build strength and balance

• **The Clockhouse, Milford** and **Hasleway, Haslemere**

• **The Hive, Park Barn** run exercise classes for older adults

• **Bowling Clubs** in local areas for exercise, community spirit and social interaction

PATIENTS SUFFERING WITH THEIR MENTAL HEALTH

• **Oakleaf** - Free of charge
Range of activities from *Fitness classes, Football, Pilates, Yoga, Mindfulness*

• Canterbury Care Centre

Mental health & learning disabilities. Amazing centre where everyone is welcome. Very inclusive Dementia clients welcome and carers can join in the classes.

• Sport in Mind - Free of charge

Football, Tennis and Tai-Chi

LEISURE CENTRES

• **Cranleigh Leisure Centre** and

• **Guildford Spectrum** offer a range of exercise classes

EXERCISE ON REFERRAL/WEIGHT MANAGEMENT

12 week programme for people suffering with LTHCs/OBESITY/MENTAL HEALTH

Guildford Spectrum is the main **Exercise Referral pathway**, all about **improving wellbeing through exercise**. Specialist instructors at the Spectrum will guide clients through a 12-week scheme with a bespoke programme of supervised activity tailored to their individual goals and health needs.

Cost is £75 (£25pm) for a tailored 3 month exercise programme with a 1 hour consultation to start and then reviews at week 4,8 & 12.



photo of a WOBBLE exercise class

Referrals

Any member of the practice staff and any health or social care professional can refer to the Social Prescribing service.

Please find a copy of the referral form attached to the accompanying email.

