



HALE

Health Action Local Engagement
Healthy Living Project

HALE Social Prescribing Service — Case Study

A 70 year old lady, Susan from Thornton Surgery, came to the COPD group (Chronic Obstructive Pulmonary Disease) which had been set up and supported by HALE's Social Prescriber. The group was set up to support people with COPD and help them manage their condition. This lady was managing her condition very well with medication and regular exercises at the gym.

However as she was now retired and her husband was still working she found that she was in the house for long periods of time on her own. She did have friends and neighbours but mainly passed her time tracing her family tree on the computer (a solitary pursuit) and crocheting but without much purpose for the things she was making.

When HALE's Social Prescriber introduced Susan to a Knit and Natter group at a local arts centre and went along with her first time, Susan was surprised that she had never been there before and was even more delighted that the ladies were knitting baby hats and gloves for charity. Something she really enjoyed making. The following week Susan took along some matching hats, gloves and a blanket that she had made during the week and is now teaching one of the other ladies to crochet.

In addition Susan was so delighted with the Social Prescribing Service she has referred one of her friends and a neighbour and is planning to get involved in other activities in the area in the future as she makes new friends.

