



HALE

Health Action Local Engagement
Healthy Living Project

HALE's Social Prescribing Service — Case Study

*Sonia aged 75 was referred to HALE's Social Prescribing service by her GP for support with her weight, pain management, low mood and isolation.

*Sonia now lives alone following the death of her spouse. She does have a car which enables her to get out and about to do shopping. *Sonia takes a very active role with her grandchildren. This includes taking them shopping, having meals out and being involved in their leisure activities.

When HALE's Social Prescriber and *Sonia first met, they focused in the areas she needed support, which, at the time was to attend Slimmer's World to help manage her weight better.

*Sonia also told her Social Prescriber she had been suffering with pain and this was as a result of Osteoporosis but that this was under investigation. HALE's Social Prescriber undertook research to find local support groups for Osteoporosis.

HALE's Social Prescriber was able to provide a leaflet on pain management and gave *Sonia information about The Health Trainers service and the weight management programmes run by dieticians.

*Sonia was linked into walks and activities offered by Champions Show the Way and Practice Health Champions.

*Sonia has decided to take up Tai-Chi as she knows that weight bearing exercise will benefit her health.

HALE's Social Prescriber also helped Sonia to review her diet and helped her to understand portion sizes better and suggested keeping a food diary of what she ate. Sonia has lost weight and is really proud of herself

Sonia is no longer as isolated and suffering from low mood as she was. She has started a more positive approach to her mental and physical health and pain management.

"I am amazed there is so much to do and think I might try joining the walking group."

**Name have been changed to protect identity*