



## Action Together

Action Together runs the Tameside Social Prescribing Service. Action Together's mission is to develop strong and vibrant voluntary and community action in Tameside. In addition to our own services, our extensive local knowledge and links to statutory agencies and Tameside's volunteer and community infrastructure means we are able to help people explore a wide range of solutions to create the best possible support package. This can include social opportunities, volunteering, or confidence building and linking to public sector support where needed.

## Tameside Social Prescribing Service:

The Social Prescribing service for Tameside helps people who are experiencing loneliness or isolation by linking them to support available within their local voluntary and community sector, so that they can take control of their own wellbeing and feel more able to self-manage their long-term health conditions.

**What we do:** we work with people one to one, to help them identify their strengths and personal goals. We meet in an informal setting and use a conversational approach (informed by training in coaching, asset-based approaches and motivational interviewing) to get to know them and start them on their journey. They develop an individual wellbeing action plan and meet periodically with a social prescribing officer to help them stay on track until they are ready to take this forward themselves.

## Who is the service for?

Professionals working to support health and wellbeing in Tameside (i.e. GP's, Social Workers etc) can refer patients to the service who meet the following referral criteria:

- Over 18 years of age
- Socially isolated or at risk of becoming so
- One or more long term condition (including; Cancer, Diabetes, COPD, Asthma, MS, Parkinsons, Anxiety, Depression, ME, Fibromyalgia, CVD)
- People who are willing and able to engage in community based social activities without the support of a carer (carer's can receive support from Tameside's carers centre).



## Who don't we work with?

- We are not a 'care' provider, and do not undertake any aspects of personal care, financial management, home adaptations or transport.
- We do not usually work with people who are unable to go out, as our support is tailored towards getting people 'out and about'. We look at this on a case by case basis. Eg if they have someone to assist them or if confidence is the limiting factor we can work on that.
- We work directly with our clients, and so need to have their consent and contact details rather than a family member or carer.
- We do not work with people who's primary need is complex mental health support/are in crisis (i.e. actively suicidal, or not well enough to 'self-help').

Where we get inappropriate referrals we either, get back to the referer with a suggested organisation that could help, or refuse the referral. This is taken on a case by case basis.

## Referral into the service:

We accept referrals from Health and Care professionals, and voluntary sector partners.

The majority of our referrals come from GP practices, Neighbourhood teams (including social workers and district nurses), and mental health services. We also receive referrals from a range of partner agencies across Tameside.

Our primary method of referral is via our easy to use **Elemental system**; an online platform that links directly to the EMIS system used by most GP practices, we can give any referer a log in for this system.

Health Professionals sometimes don't know who to refer to, as there are several wellbeing services in Tameside, such as Be Well and Live Active, as well as a range of established VCFSE groups. Our message is if referrers are used to making referrals to other services they should continue to do so, but if in doubt please make a referral to us. We share referrals between services and are all working together to make sure the client gets to the right place.