



City and Hackney Social Prescribing April 2021

WELCOME to the second City and Hackney Social Prescribing newsletter! But what is social prescribing? We are not doctors, nurses, or counsellors, but we do look at a person's situation in the whole; we recognise that social issues such as isolation, housing problems and financial stress can contribute to poor physical and mental health. We work across Hackney through GP practices.

Through a 45-minute assessment, we discuss what is important to the client, how they feel things could be better, and then make a plan together to support those changes, often by linking with other organisations who provide targeted support. We offer up to six sessions; currently via telephone consultation. Whether you want to get fit, volunteer, access benefits advice, learn to cook or make new friends, simply get an appointment with a social prescriber by mentioning us at next appointment with your GP. This April, our newsletter shall focus on how to make the most of being outside this spring as lockdown restrictions ease.

PUTTING A SPRING IN YOUR STEP

During Lockdown, many may have found getting outside less appealing. What can we do to get rid of our fears and increase our motivation?

Some have focussed on counting their steps to become active by setting a goal each day. The phrase "if you go, I'll go" is a powerful one. In research on female participation of sport and activity produced by Sport England, a key motivating factor in becoming more physically active was taking part with a friend, relative or colleague. However, some may prefer to venture out alone and counting steps can be boring! Green spaces, such as parks and gardens, can be a means of escape and a peaceful way to become more active.

So, what is the point of visiting green spaces? The book *Shinrin-Yoku* by Dr Qing Li explores the art and science behind forest bathing, essentially where people visit parks, woodland, or forests. The book reports being in green spaces for just (cont.)

30 minutes a day can support our immune system and long-term mental health and wellbeing. Scientists have also noticed a significant difference in the air quality in green spaces in London compared to busy roads just metres apart. Below we will explore ways in which we can enjoy our green spaces more in Hackney.

End.

NEW! Hackney Social prescribing are leading a Wellbeing Walk. For anyone at any pace.

Every Tuesday 1pm. From 20th April 2021.

(40 minute walk, including stops)

Meet outside Richmond Road Surgery, 136 Richmond Rd, Hackney, London E8 3HN. Please arrive 15 minutes before.

For more information email sadie.alleyne@family-action.org.uk

OUR PLACE OUR GARDEN

A local gardening revolution.

I met (via zoom) with Charlie, the founder of Our Place Our Garden. The organisation has 7 volunteers who support Hackney residents to maintain their gardens in E8. As Charlie points out “it’s more than gardening” as volunteers befriend and encourage residents to gain confidence and independence to use their garden, meet neighbours, and grow vegetables for one another! For more information on how to get involved contact: charlierice29@gmail.com



Our Place Our Garden: Brian’s garden in E5 completed!

OUR TOP 5 HACKNEY GREEN SPACES!

Curve Garden and Outdoor Café:

A café hidden behind busy Kingsland road. It has a strong community feel as locals grow vegetables and herbs. Perfect if you don't fancy long walks just yet and happy to sit outdoors.

St Marys Secret Garden:

A serene, gated garden to pop into, have a walk around and buy a couple of plants. Open to the public Tuesdays 10am-1pm for free.

Springfield Park: For scenic views of greater east London and beyond. Beware - Hilly!

Victoria park: Want it all? Cafes, toilets, Ponds, big grassy spaces, flower beds? Vicky park has it all with nice wide flat paths which connect nicely to the canal.

Woodberry Wetlands and West Reservoir: Vast expanse of water, wild shrubs, and stunning views. You can also swim in West Reservoir (booking via the GLL app)!

ENJOYING SPRING INSIDE!

Listen for FREE to Bird Song Radio with the Royal Society for the Protection of Birds:

<https://www.rspb.org.uk/birdsongradio>

Listen while meditating, cooking, cleaning, or just while sitting at home.



Useful numbers:

- [FamilyLine](#) is a free service available to support adult family members on all aspects of family life issues via telephone, text message and email. Whether it's emotional support or practical advice on any aspect of parenting or broader family issues, call: 0808 802 6666 text: 07537 404282 email: familyline@family-action.org.uk or live web via our website www.family-action.org.uk
- Hackney Council Coronavirus helpline, for those who have been financially affected: [020 8356 3399](tel:02083563399) <https://hackney.gov.uk/coronavirus-financial-support/>
- Coronavirus Vaccine information : The three vaccines being offered to protect against coronavirus are free of charge via the NHS. They have been through rigorous clinical trials and following lots of tests were approved by the British Medicines and Healthcare products regulatory agency (MHRA). For more information go to: <https://hackney.gov.uk/coronavirus-vaccine>

City and Hackney Social Prescribing Service, Family Action Unit 7 - The Textile Building, 29a-31a Chatham Place, London E9 6FJ (Unit 7 entrance is on Belsham Street).