

**This patient had been confined to their house for over 5 years, and is now attending a variety of social groups**

## What happened

The patient has not left the house for over 5 years due to obesity, domestic violence and depression.

They felt powerless to change their life and did not know which way to turn.

Via a connection at BCVS, the patient was encouraged to attend a local group.

As a result of attending the group, the patient was then able to access further support via the link workers at BCVS.



## How we helped

The Social Prescribing Link worker assigned to this patient supported them to access the following service providers:



**Nottinghamshire Women's Aid**  
for support with domestic violence



**Barnsley Premier Leisure**  
for weight management






**Talk Zone at Centre Place**  
for counselling for their teenag child





**CommuniTea at The Oasis**  
for social inclusion and affordable food

## Key outcomes and impact:

-  Improved mental health as a result of the connection to Oasis and the other groups.
-  Increased levels of physical activity as a result of the referral to BPL for their weight.
-  Better support for depression for both the initial patient, and their child, due to the counselling received by NWA and TalkZone.

## Patient Quote:

 I am so grateful for all the support at a very difficult time in my life. I could not have done it on my own. My life is so much better now, and my teenager is also getting the help they need from Talkzone. 



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