



SOCIAL PRESCRIBING & HEALTH AND WELLBEING COACHING NEWSLETTER 2025 / 26

As we celebrate another year of Social Prescribing, we have put together this newsletter to highlight the remarkable impact of social prescribing and health and well being coaching, showcasing the positive changes it has brought to individuals' lives and the strength it has fostered within our community. From new initiatives and expanded services, to inspiring stories of personal growth and connection, we're excited to share our achievements and celebrate the collective effort that has made this year such a success! We hope you enjoy reading about the difference that we are making together and we thank you for all the support you have given throughout the year to make this possible.

A WARM WELCOME!

We are delighted to introduce Adam, the newest addition to our team, who has joined us as a Social Prescriber dedicated to the Nuneaton North area. Adam brings a wealth of passion for community wellbeing and will be working closely with patients to connect them with local groups, services, and activities that support their health beyond the GP surgery.

Whether it's finding a new hobby, accessing financial advice, or joining a local walking group, Adam is here to help our service users lead happier, healthier lives.

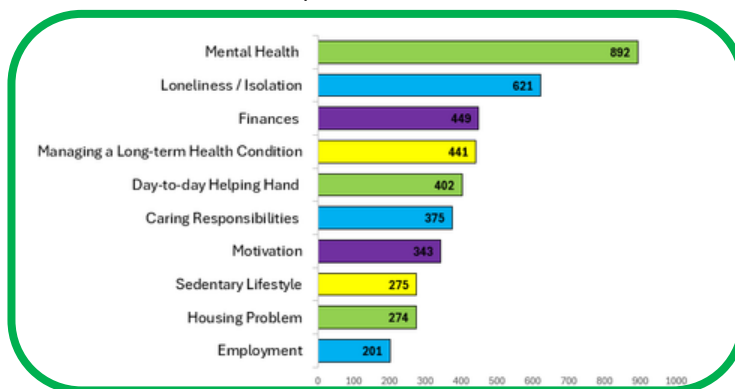
Please join us in giving him a very warm Nuneaton & Bedworth PCN welcome!



REFERRALS UPDATE

Did you know that in the last year, our GP practices have sent over 2,546 Social Prescribing & Health & Wellbeing Coach Referrals to our team!! 🎉🎉

The top referral reasons :



Our team have made 3,591 onward referrals and 1,802 signposts to local community groups and services on behalf of our patients, connecting them to organisations that can support with what matters most to them!!

Our amazing Social Prescribers have identified and have access to over a whopping 900 different services they can connect you with!

All of these can be found on the JOY Marketplace... The JOY Marketplace isn't a place for unique finds and handcrafted goods – it's a hub for valuable support services! We believe in fostering a community that cares, and that means connecting you with resources that can make a real difference.



Find support now at <https://services.thejoyapp.com/>

🌟 CELEBRATING OUR TEAM 🌟

TEAM CHAMPIONS

We have a lot of talent in this team so in 2025/2026, we identified areas where team members had particular expertise and created "Team Champions" to share their knowledge across the wider team. Our team members have specialist knowledge in different areas as shown below and we asked them to pull all of that information together and created a document, our "Team Champions Bible" which anyone can now refer to for support. Now, these champions are basically our "go-to" people for different topics.



Benefits



Drugs & Alcohol



Housing Adaptations



Housing / Homelessness



Learning Disabilities, ADHD & Autism

PROFESSIONAL GROWTHS



Our Lead Social Prescriber, Karen Ashby, was delighted to be appointed by the National Academy for Social Prescribing (NASP) to their Link Worker Advisory Group (LWAG) in June 2025 🎉🎉🎉

Through this group role, Karen is involved in advising NASP when designing, implementing and developing their work by providing grassroots perspectives and feedback, and has the opportunity to contribute towards national and local development in social prescribing.

LWAG members bring their skills, knowledge, expertise and guidance to support work and strategy. They work closely with NASP's Healthcare Integration Team, while advising across NASP's work and programmes to ensure that link workers' voices are represented throughout.

Sophie has recently achieved her Level 2 accreditation in Digital Promotional Activities.

While Sophie continues to be a vital cornerstone of our team, she is now officially expanding her impact by also joining our Social Media Team. We are so proud of her dedication to professional growth and can't wait to see her creativity in action!

Well done Sophie! 🎉🎉



HEALTH & WELLBEING COACH ACCREDITATIONS



We are thrilled to share that Hannah, one of our Health & Wellbeing Coaches, has now achieved her full accreditation of Health & Wellbeing Coaching and our other Health & Wellbeing Coach, Nicci, is due to complete in the next few months!

Exciting things are also on the horizon, Nicci is looking at launching a new menopause peer support group in Bedworth later this year. Watch this space for more details coming soon!

Well done to you both! 🎉🎉



HOT OFF THE PRESS!

Our Lead Social Prescriber, Karen Ashby, has been invited to a special parliamentary reception in the House of Commons, to launch the new World Health Organization Collaborating Centre for Social Prescribing Policy and Development.

The National Academy for Social Prescribing (NASP) has been designated as a WHO Collaborating Centre, recognising England's global leadership in the field and the growing importance of social prescribing in future health policy. WHO Collaborating Centres are institutions recognised for their scientific leadership, national standing and proven track records in their fields. As a Collaborating Centre, NASP will work in partnership with WHO to support health systems worldwide to develop effective social prescribing programmes.

Hosted by Dr Becky Cooper MP, Chair of the All-Party Parliamentary Group on Global Health, the reception will celebrate the launch of the centre and showcase the impact of social prescribing in the UK and around the world.



SPREADING THE WORD!

Not only are we being recognised within our PCN and local community — we're now receiving national recognition too!

The National Social Prescribing Academy have featured our team in a new article, and even included an inspiring story from one of our patients who has come so far through social prescribing support. ❤️

We are so proud of our team and all the amazing work we do each year. Every day we strive for excellence in patient care, and this recognition truly reflects the dedication, compassion, and impact of our staff.

👉 Take a look at the article here:

<https://socialprescribingacademy.org.uk/resources/taking-the-first-step-how-social-prescribing-can-help-when-money-worries-affect-our-health/>

Here's to continuing to make a difference — together!





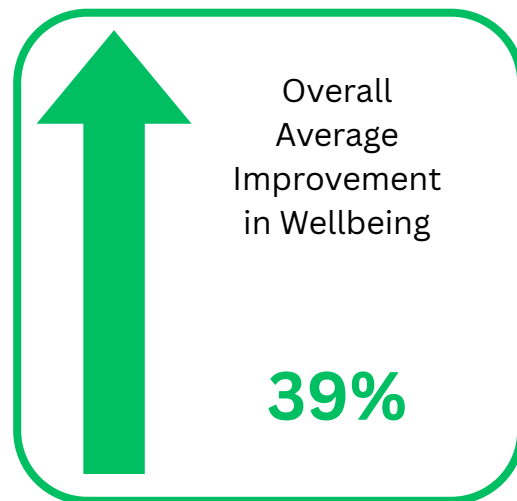
AVERAGE IMPROVEMENT IN WELLBEING BASED ON ONS4 SCORES

At the heart of everything we do is a simple question, are we truly making a difference? To measure the difference we make, we ask four questions at initial assessment and upon discharge.

1. Overall, how satisfied are you with your life nowadays?
2. Overall, to what extent do you feel the things you do in your life are worthwhile?
3. Overall, how happy did you feel yesterday?
4. On a scale where 0 is “not at all anxious” and 10 is “completely anxious”, overall, how anxious did you feel yesterday?

From March 2025 - March 2026, here is what we found...

	Average Baseline	Average Follow-up	Average Improvement %
Satisfaction	4.5	6.2	38%
Worthwhile	5	6.6	32%
Happiness	4.4	6.4	45%
Anxiety	4.8	2.9	40%

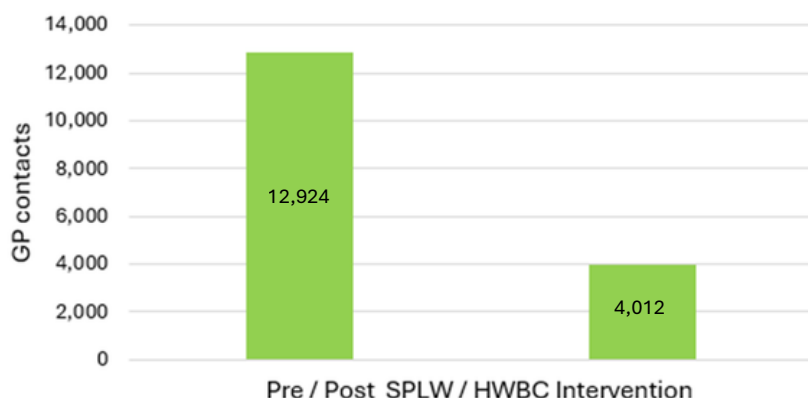


*Anxiety scoring is inverted with a lower score indicating an improvement.

REDUCTION IN GP CONTACTS

Not only have we made an impact on our patients, earlier in 2025, our Digital & Transformation team worked with JOY to see what impact Social Prescribing was having on our member practices. After investigation, the data showed that following Social Prescribing / Health & Wellbeing Coach intervention, there was an incredible reduction of 68% in GP contacts!

Reduction in GP Contacts Following SPLW / HWBC Intervention
April 2024 – March 2025



Overall % Change



*Based on the sample size of 481 patients April 2024 – March 2025. GP contact reduction is calculated by tracking the number of times the patient medical record is updated by a GP or similar job title (e.g. Doctor or General Practitioner) in the 90 days prior, during, and 90 days post Social Prescriber Link Worker intervention.

☀️ GROUPS WE ARE PROUD TO OFFER TO OUR PATIENTS... ☀️



We continue to listen to our patients and identify what groups are needed to address loneliness and isolation amongst our community as well as other factors such as inactivity, all of which play an important part in our overall health and wellbeing.

There are some exciting "green" updates on the horizon, too! Our Lead Social Prescriber Karen, working in collaboration with Warwickshire Wildlife Trust and WCAVA, has explored how we can bring the healing power of nature to Nuneaton and Bedworth. While we eagerly await the outcome of our joint bid for a dedicated community garden, we haven't been sitting still!

By working in collaboration with our fantastic partners, we have been able to develop and grow all of the amazing groups below...



GARDENING SESSIONS



Whilst we eagerly await the outcome of our joint bid later in 2026, Nuneaton and Bedworth PCN in collaboration with WCAVA and the Warwickshire Wildlife Trust, successfully launched the Gardening and Nature for Wellbeing Group.

Our Gardening and Nature for Wellbeing sessions offer a relaxed space to improve your mental health through connecting with the community and nature. We start each session with a friendly "social start" over tea and biscuits, followed by hands-on nature activities shaped by your own interests. It's a collaborative environment where you can learn new skills, share your favourite hobbies, and even take a piece of the experience home with you!

Since we started in November 2025, we have had 29 referrals and the group is currently at capacity so we are really hoping for a successful bid outcome so we are able to expand the group further!

Patient Feedback:

"The group has really helped me connect with other people who like nature and birds, something that was a bit of a lonely interest before"

"I know this may sound silly, as I know the group is about gardening, but it has really helped me just learn to be around people again"

WALK & TALK



Our Walk & Talk group continues to grow, with 242 patients registered since launching in 2024. This group provides a supportive space where people can connect, talk, and improve their wellbeing through walking together and enjoying a cuppa afterwards. We're proud of how the group is developing and look forward to welcoming even more people in the future.

We meet every Thursday at alternating locations from 1.30pm - 3.30pm.

Nuneaton: Meeting at Saints Cafe Walking around Riversley Park and back to Saints Cafe.

Bedworth: Meeting at The Mayors Cafe Walking around Miners Welfare park and back to The Mayors Cafe.

To join, ask any member of your GP practice team to send a referral for to our social prescribers who will be in touch to sign you up.

Patient Feedback:

"I really enjoy walk and talk, I feel that I actually have a purpose when I go. I can't explain why, but everyone is very welcoming and accommodating. I really enjoy the quizzes when we go back to Saint's cafe after the walk"

ACTIVE SKY BLUES



We are thrilled to share that our Active Sky Blues program, in collaboration with Sky Blues in the Community, continues to go from strength to strength.

Since our launch in 2024, the impact on our local community has been incredible, with a total of 385 patients joining the program to improve their health, mobility, and wellbeing! Sessions are held at the Newtown Centre and Bedworth Heath Community Centre.

Both professional and self referrals can be made via this link: <https://forms.office.com/e/kbjwDBb29K>

Patient Feedback:

"The sessions are a lot better than what I was expecting, there is lots of information and both members of staff are very supportive. I feel more energised and refreshed every week"



PAIN CAFÉ



Since launching our Pain Cafe in collaboration with Pure Physiotherapy in January 2025, we have received a total of 118 registrations! Due to high demand, not only have we changed venue in the last year, we have also recently confirmed a second monthly session on the first Tuesday of each month, starting from the 3rd March!

This group now meets on the 1st & 3rd Tuesday of each month at Saints Nuneaton.

Both professional and self referrals can be made via this link: <https://forms.office.com/e/wQUNT1xn3C>

Patient Feedback:

"I didn't want to come today, I was anxious, tired, and sore, but I am so glad I did. I always come out positive and more accepting of what life is and what life can be."



SEATED EXERCISE



Since launching our Seated Exercise Class in October 2024, we have received a total of 198 referrals! Due to the increasing demand for this group we launched a second venue in Nuneaton at the Newtown Centre in June 2025!

These classes run every Tuesday from 2.15pm - 3.45pm and Wednesdays from 2pm - 3.30pm at Volunteer Friends and every Friday from 2pm - 3.30pm at WCAVA Newtown Centre.

Both professional and self referrals can be made via this link: <https://forms.office.com/e/33kiuRMe8C>

Patient Feedback:

"I enjoy both sides of the session, I haven't been a dancer but enjoy the routine to music, the exercise class is lighter and allows me to still do exercise keeping my body moving."



WALKING FOOTBALL



Since the launch of our Walking Football sessions back in November 2024, we have received a total of 67 sign-ups! Our participants are truly enjoying the chance to stay active, rediscover their love for the game, and—most importantly—have a great laugh with teammates. Whether you're a seasoned pro or just looking for a bit of fun and fitness, there's always a spot on the pitch for you!

This group meets on Fridays from 11am - 12.30pm at the Jubilee Centre. Due to the success of this session, we are looking at expanding and setting up a second session in Bedworth in 2026 / 2027!

Both professional and self referrals can be made via this link: <https://forms.office.com/e/fZKkrRRzkG>

Patient Feedback:

"Like I say the support is just amazing and the other people that attend will support each other. It makes me so happy on a Friday, and it gives me something to look forward to. It's something that I need in my life."



BUGGY TALK



Since launching our Buggy Talk group in October 2024, we have received a total of 80 referrals! Being a new parent can be both joyous and challenging, and connecting with others who understand the journey is invaluable. This group is not just for new parents, it also serves grandparents and caregivers!

Buggy Talk runs every Wednesday 9.30am - 10.30am in Miners Welfare Park (meeting at the Mayors Cafe), Bedworth and every Thursday 9.30am - 10.30am in Riversley Park (Meet at Saints Cafe), Nuneaton.

Both professional and self referrals can be made via this link: <https://forms.office.com/e/ODUmMFnmFm>

Patient Feedback:

"I really enjoy Buggy Talk, it's a really good group where I can socialise with other people. I saw the group advertised on Facebook and it instantly caught my eye and as a new mum looking for things to do, this was great! I really enjoy the fitness aspect but also going back to the café for some food, drink and socialising with other parents."



COMMUNITY ENGAGEMENT



SHREE HINDU GUJRATI SAMAJ

Building on our commitment to inclusive healthcare, we are proud to announce that we have now formed a wonderful relationship with the Hindu community in Nuneaton.

As part of this collaboration, we are now offering a monthly seated exercise class at the Hindu Samaj. These sessions are designed to improve physical mobility and wellbeing in a familiar, welcoming environment. By bringing these classes directly into the community, we are ensuring that staying active is accessible, culturally sensitive, and—most importantly—fun!

This partnership marks another step in our mission to move healthcare beyond the surgery doors and right into the heart of the places you gather.



NUNEATON UNITED INTERFAITH FORUM

Karen, our Lead SPLW, regularly attends meetings of the Nuneaton United Interfaith Forum which was created last year. The forum brings together representatives of all faiths alongside local councils, MP's, health organisations, police and education representatives. The forum exists to promote mutual understanding, friendship and respect among people of all faiths and beliefs in Nuneaton and the surrounding area, and to provide a platform for dialogue and cooperation on matters of shared concern.



RCCG COVENANT RESTORATION ASSEMBLY

Recently our Lead Social Prescriber, Karen Ashby and our Digital Lead Bradley Hough visited RCCG Covenant Restoration Assembly (Higher ground) Bedworth. The visit was a success and now we are looking to collaborate to bring a befriending service to the local community as this was an identified area of need.

Watch this space and see how this progresses!



ADDRESSING HEALTH INEQUALITIES

In 2024 and 2025, we set out to prove that healthcare isn't confined to waiting rooms. Our Social Prescribing team began venturing into the heart of our local communities, building bridges and fostering wellbeing in unique, culturally sensitive ways.

Two compelling milestones of this journey were our dedicated work with the Gypsy, Roma, and Traveller communities and our engagement within the Gurdwara, both of which are still ongoing. Our Social Prescribers established regular monthly support sessions.

These initiatives highlighted the power of personalised, community-driven support, demonstrating how social prescribing can effectively address the specific needs of diverse populations. By moving beyond the clinic rooms, we've turned individual expertise into a shared win for the whole community.





OTHER PROJECTS



HEALTH JUSTICE PARTNERSHIP PROGRAMME

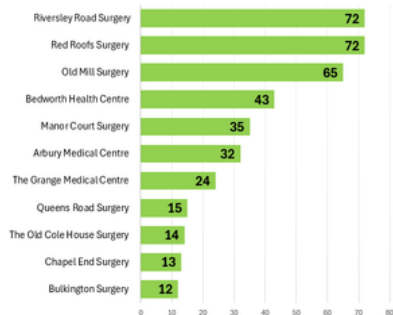
The Nuneaton and Bedworth PCN Social Prescribing Link Worker (SPLW) team, Central England Law Centre and Citizens Advice Bureau formed the Health Justice Partnership (HJP) Programme to provide integrated support for patients facing social, legal and financial challenges.

Patients identified by SPLWs are referred directly to specialist caseworkers at Citizens Advice and the Law Centre for tailored support with issues such as housing, benefits, debt, and asylum matters.

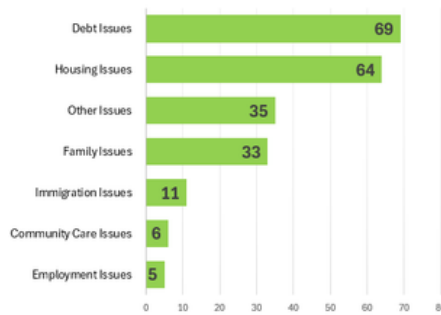
This project has created an invaluable direct referral pathway between the SPLW team and HJP partners, bringing meaningful benefits to patients and offering a strong model of collaborative neighbourhood health working.

Since the project began in February 2025, the programme has supported 397 patients.

Referrals Made for each Practice



Top Referral Reasons



225 Clients supported with benefits advice giving a total income gain of £161,073

75 Clients supported to make savings giving an expected debt relief order total of £265,119

COMMUNITY CONNECTOR TRAINING

Sophie and Karen have been busy delivering Community Connector training to local community organisations within Nuneaton & Bedworth.

This training equips services with the knowledge in how to use the JOY Marketplace which allows them to connect vulnerable individuals within the community to local services for support. The JOY Marketplace is an online directory of services that are available to our community to support with issues they are facing that affect their physical or mental health & wellbeing. You can browse and search for services that meet a persons specific needs, signposting individuals giving them all of the information they need to find the correct support.

Where have we been?

We've had the privilege of visiting the George Eliot Hospital Chaplaincy to train their volunteers together with Volunteer Leads at the hospital who will now spread the word further, Volunteer Friends, Citizens Advice Bureau (Health Justice Partnership) and WCAVA.

The feedback has been wonderful. By training more "Connectors," we are creating a web of support that is more resilient and easier to navigate for everyone.

Building these bridges between organisations isn't just about efficiency—it's about making sure our community feels seen, heard, and supported.

The JOY Marketplace is public facing so it can be accessed by anyone! To access this site, use the following link:-

<https://services.thejoyapp.com/>





EVENTS ATTENDED THIS YEAR



WELLBEING FOR LIFE FESTIVAL ✨

On 10th May 2025, it wasn't just the sunshine lighting up Nuneaton – the Wellbeing for Life Festival brought vibrant energy to Riversley Park.

Our Digital Team, Lead Social Prescriber, PCN Manager, and Health & Wellbeing Coaches from Sky Blues in the Community were all in attendance, representing Nuneaton and Bedworth Primary Care Network.

Throughout the day, the team connected with local residents, answered questions, and shared information about the wide range of services we offer to support our community's health and wellbeing.



WORKWELL EVENTS

On the 16th July 2025, Nuneaton and Bedworth PCN hosted an event in collaboration with Workwell at Saints Cafe Nuneaton.

The event was designed to support patients who are experiencing challenges with employment due to mental health concerns or physical health barriers. We invited individuals who may be struggling to access or sustain work, providing them with an opportunity to connect directly with supportive services in a welcoming and understanding environment.

Following the success of our July event, we were delighted to hold another session on the 23rd October at The Harbour Centre in Bedworth.



I just wanted to tell you, what a difference you have made to me.
I am delighted and want to say how wonderful the service was at the event.
It was so nice, everyone knew what they were on about. I think it is wonderful, and everyone was incredibly professional.
Everyone was so kind and genuine, and it was clear that you want the best for people.
I am ready to change my life!

WCAVA NEW YEAR, NEW YOU EVENT

On 22nd January 2026, Nuneaton and Bedworth proudly attended the New Year's Resolution Event hosted by Warwickshire Community and Voluntary Action (WCAVA) – a fantastic community-focused event dedicated to helping residents start the year feeling motivated, supported, and inspired.

Our team was delighted to be represented by our Lead Social Prescriber, Health & Wellbeing Coaches, Dieticians, Mental Health Practitioners, and Digital Team. Together, we were on hand to offer guidance, practical support, and friendly advice to anyone looking to make positive changes in 2026.

The event brought together a wide range of organisations and services, offering valuable information and advice.

It was inspiring to see so many local residents coming together with a shared goal of improving their health and wellbeing. Events like this highlight the power of partnership working and the importance of accessible community support.



WHAT CAN OUR TEAM SUPPORT YOU WITH?



Social Prescribing

Sometimes we may struggle in our day to day lives but clinical support or prescriptions are not always the answer to our problems. A Social Prescriber is someone who is there to provide a helping hand, to refer or signpost you to the correct services and provide support that will be of benefit to you in helping to improve your overall wellbeing, no matter how big or small the issues you are facing.

Many things that affect our health can't be treated by doctors or medicine alone, like loneliness, debt, or stress due to financial pressures or poor housing. Social prescribing provides non-medical support by connecting people to services to address these challenges, and other unmet needs.

Social Prescribing Link Workers listen to people and try to understand their situation by identifying their unmet need, using a 'what matters to them' approach. They then "link" that person to community services, statutory services and information that can help.

The aim is to support people to address these needs holistically, using a person-centred approach, thus giving individuals a greater sense of control over their own health and wellbeing.

Health & Wellbeing Coaching

People often have already received advice on how to make healthy changes in their life. They already know what changes to make but circumstances make these changes difficult to start or keep up.

That's where Health Coaching comes in. Health & Wellbeing Coaching is a service offered to help create lasting change to improve a persons well-being and over-all health.

It is a series of person centered sessions designed to help you work through goals and develop the skills needed to take control of your own health. It helps increase motivation and develop a healthier way of living life in a way that works for you.



SOCIAL PRESCRIBING CASE STUDY

Summary of Situation:

Mr A was referred to the Social Prescribing team from his GP for chronic stress, he was a carer for his disabled Wife. Mr A explained that his housing situation was contributing to his stress, and the only way he felt he could help himself to escape this, was to drink alcohol. He reported that his neighbours who lived above him, were constantly banging, shouting and running around all evening and late into the night. Despite reporting this, the situation remained the same. He was unable to leave the property due to his caring duties, could not sleep, and felt trapped. Mr A described how he had become short tempered, miserable, and drinking to numb the stress.

Actions / Interventions:

A Social Prescribing Link Worker (SPLW) visited Mr A and his wife at home to gather an understanding of the situation. His wife confirmed how the situation was affecting her husband, and in turn, herself. Firstly, the SPLW made a referral to P3 Housing Support, so that Mr A could be given advice on alternative housing options. The SPLW offered to make a referral to CGL, however he declined at the time, due to him drinking to help him manage his situation. He said if it was not for the stress, he would not drink. The SPLW contacted the Housing Association, and explained the severity of the situation. A meeting was arranged for the following week at Mr A's home. In attendance was the Managed Move Officer, and two housing support officers and the SPLW.

Outcome / Impact:

Whilst awaiting the outcome from the Housing Association, Mr A had a meeting with P3. There he was offered the opportunity to look at a property in Nuneaton – in sheltered accommodation. Mr A was unsure at first, as it was only a one-bedroom property, as he and his wife did sleep in separate rooms.

However, when they looked at it, they said it was perfect, safe and was on the top floor, so no one living above them. They have access to a lift, and his wife has 24 hours life line. Mr A said that he “broke down in tears” when he was offered a new home. Mr A now feels as though he can go out and leave his wife for short periods feeling that she is safe from any retaliation, he is sleeping better, and reports that he could not be happier.

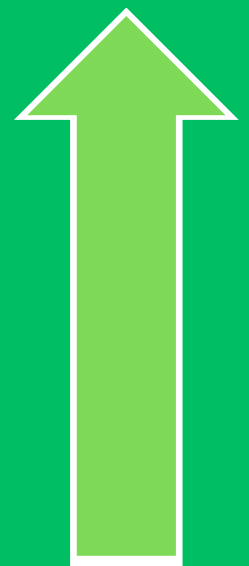
Mr A used to live with his curtains drawn, and was excited to tell me, they now have them open all day. Mr A and his wife feel more positive and at ease, and Mr A said that they are now sharing a bedroom again.

Length of Intervention: Two Months

ONS4 Score (Improvement in Wellbeing)

Base Line
35%

Follow Up
65%



Patient Feedback:

Mr A's words: "My wife and I love where we are living at present. We feel much safer living here than we did living at our previous address. As for my drinking, I will be honest with you, I am still drinking beer but nothing compared to what I was drinking where we used to live. As for the service I got from you and the professional support I got I want to say a big thank you. I would definitely without fail recommend you if I ever felt someone else could do with the support you gave my wife and I. Thank you for working in a kind and understanding and professional manner helping me get back on the right path. I definitely feel now I have a purpose to still be here compared to before."

HEALTH & WELLBEING COACHING CASE STUDY

Summary of Situation:

Miss B was referred to the Health & Wellbeing Coach (HWBC) team as 41 year old who had suffered a stroke, has limited mobility and fatigue.

Actions / Interventions:

The HWBC began by exploring what elements of her lifestyle she would like to change/work on. Miss B had been trying to manage her condition and was aware that she would benefit from setting small achievable goals to increase activity, eat more healthily and become more confident socially. Was asked how she felt it would benefit her. "Activity will lift mood and help me to feel better about my body."

Miss B set a goal of 5 – 7k steps a day with a plan to walk in her lunch break and in the evenings. Barrier was weather and work/family commitments. She planned to overcome this barrier, wear suitable clothing and recognised that any increased activity is better than none. Explored the best days of the week to walk in the evenings, aware of the benefits. Miss B expressed an interest in activity classes, so the HWBC signposted her to Fitter Futures Exercise on Referral and Yoga classes.

Second session the HWBC built on the first, her activity had increased, building up time spent and intensity and feeling the benefit, becoming more motivated. Work starting on a new kitchen which Miss B felt would put a stop to her healthy eating plans, so did her own thinking about batch cooking meals and freezing so safe in the knowledge that she has a healthy meal each evening. Miss B had extensive knowledge in what a healthy balanced diet looked like.

The following sessions the HWBC concentrated on building her knowledge, skills and confidence as she can experience low mood as a result of her stroke.

Has a small business making and selling craft items which she can use as a distraction technique. Confident to attend craft workshops to hone her skills. Miss B also booked several craft fairs, which will increase social interaction. As she enjoys crafts, the HWBC signposted to Arty Folks and The Makery who run craft sessions. The last sessions were spent concentrating on the motivation to carry on with her new habits, Miss B was also signposted to the Womens Institute for social interactions.

Outcome / Impact:

Miss B also recognised that low mood was becoming more infrequent due to increased activity, recognising that being outside in daylight and taking in her surroundings were having a positive effect.

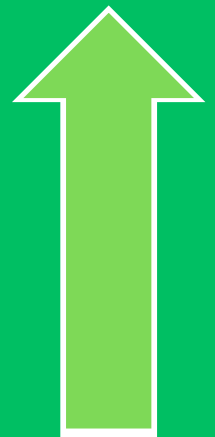
Miss B felt motivated as this change was making her feel good about herself. She felt confident enough to book a short solo break in Wales to enjoy walking and taking in the scenery.

Length of Intervention: Two Months

ONS4 Score (Improvement in Wellbeing)

Base Line
32%

Follow Up
80%



Patient Feedback:

She was grateful for the support, Miss B said that it was great to talk things out. "I think I already knew what I had to do to improve my lifestyle and be happy, I just needed a helping hand along the way to figure it out."

You having the time to listen to me and be non judgmental gave me the motivation to achieve my goals."

WHAT DO OUR PATIENTS HAVE TO SAY ABOUT US?

I just wanted to say a big thank you, you have been amazing!

I have been on the sick from work due to family stress, you were there at the end of the phone to listen and offer support. Your kind, calm, understanding approach has allowed me to open up about my feelings and realise the importance of self care.

I do not think you are aware of how grateful I am for the weekly phone calls, check in's and endless support. Everyone should be made aware of this amazing service that you offer. I am now back in work, ensuring I have self care and 'me' time regularly, joining in with Sky Blues and awaiting a gym subscription.

I would highly recommend this service to anyone who just needs that extra support to improve their mental health and wellbeing. I cannot thank you enough, you have made such a difference to me and my family. Thank you :)

I have had a really supportive journey with you. You were incredibly understanding and were able to provide me ongoing support for me to feel good in my body through healthy eating and exercise. This process has been very pleasant and I am grateful to you, you have made this process a lot nicer to go through. Through this incredible support, I have been able to loose weight and feel comfortable with my body and understand its ok to have bad days.

Thank you for the support you have given me despite my prognosis. You have reminded me of the importance of compassion and dignity at the end of life, and your positivity has made a meaningful difference in what time I have left.

You have sent me so many things that have been helpful. You have been really helpful and given me the courage to speak to my daughter. Thanks for all you have done.

Feel that everyone should have this service. You were such a great help with putting me in touch with CAB etc. I would never of known what to do"

I was a couch potato before. I didn't do anything. Now I absolutely love the Seated Exercise class. Doing things, I never thought I would. It's fun and love the Social. You have helped me so much. I didn't know that anything like this service existed, and didn't know what to expect, but it's great"

Hi, I would like to take this time to send feedback for the services and care we have received from you. From the moment we initially spoke to you, you have been an absolute source of knowledge, relief and support and have gone above and beyond at every level. It has been really hard for us looking after our mother in law following a bad fall and an alzhiemers diagnosis and you have given us so much support. Knowing what is available, what we can do to help and sometimes just listening through my frustrations. Thank you so much for the bottom of my heart...

You have given me the push I needed. I was fighting with my own head, and you have encouraged me to take control and to realise there is no quick fix. It's changing habits.



WHAT DO OUR PARTNER SERVICES HAVE TO SAY ABOUT US?

My experience of working with the Social Prescribing team in Nuneaton & Bedworth PCN has been nothing short of exceptional. Together we have facilitated our Chronic Pain support cafe which we have now been running each month for over a year, and we are excited to be offering a second group in 2026! Through this, I have had the pleasure and privilege of working with Karen, Jess, Sophie, and some of the rest of the team closely who have all been immensely helpful in planning and running the cafe. Their expertise and insights are invaluable, and I am very proud of the partnership we have grown through doing this together. Thank you to all of the Social Prescribing team for all of the work they do in supporting the community, we are very lucky to have such an amazing team!

Kieran Wibberley, Pure Physiotherapy



A member of the Social Prescribing team has attended all of our gardening for wellbeing sessions in 2025. They have been brilliant to work alongside - supporting and encouraging their patients, getting stuck into activities themselves and feeding back about the impact they have seen for people. They are friendly, warm and welcoming to everyone and take the time to listen and consider how they can best help people - referring them on to a wide range of other services that can support them (e.g. pain management group).

Anna Wright, Warwickshire Wildlife Trust

Warwickshire Community and Voluntary Action (WCAVA) is a local voluntary sector infrastructure charity supporting organisations within Nuneaton and Bedworth. We are proud to work alongside the Social Prescribing team at Nuneaton & Bedworth PCN, both through our strategic role and through delivery as managers of The Newtown Centre in Nuneaton.

At the Centre, we host a range of activities, creating welcoming, community-based spaces where Social Prescribers can confidently refer patients. This includes initiatives such as those supported by the PCN, such as the seated exercise sessions delivered by Sky Blues in the Community, which provide accessible physical activity opportunities for people who may be managing long-term health conditions, mobility challenges, or social isolation.

As a voluntary sector infrastructure organisation, we also see the broader impact of social prescribing. By connecting patients to trusted community organisations it strengthens the local voluntary sector ecosystem and helps ensure that community groups remain a core part of preventative health and wellbeing support.

National Social Prescribing Day is an opportunity to recognise the essential bridge the Social Prescribing team provides between primary care and the community. We are proud to work alongside them to create a more connected, preventative and person-centred system of support across Nuneaton and Bedworth.

Alison Thompson, WCAVA



I am a Health & Wellbeing Coach who works alongside the Nuneaton Social Prescribers. Their care, expertise and support is second to none, and is hugely appreciated by patients, and myself. We run the Pain Café with them, and they are always offering help and guidance to attendees, and they play a huge role in the success of the Café's. I have referred many patients to them, and hear consistently positive feedback in return from the new friends they have made, support they have received and groups they have attended. Thank you!

Emily Chatterton, Pure Physiotherapy

I have had a very positive experience working with the Social Prescribers at Nuneaton & Bedworth PCN. The team are approachable, responsive, and genuinely committed to supporting patients needs that impact their health and wellbeing. Working together has enabled smooth transitions between secondary care and community-based support, as this has been particularly valuable for patients who require additional social, emotional, or practical support.

Ravinder Gill, George Eliot Hospital

Over the past five years, our partnership with the Social Prescribing team at Nuneaton & Bedworth PCN has been instrumental in bridging the gap between clinical care and community support. By working closely together, we have established a seamless referral pathway that ensures patients, many of whom are facing significant hardship, are quickly connected to the practical and social help they need. Whether it is facilitating transport through our Medicar service or ensuring food security through our delivery packages, this collaboration allows us to reach those most in need before their circumstances escalate.

Beyond the essential logistics of support, the heart of our work lies in combating loneliness and social isolation. Through the referrals we receive for our friendship lunches and coffee and craft groups, we have seen firsthand how social connection acts as a powerful medicine. The Social Prescribers act as a vital link, identifying individuals who are isolated and introducing them to a community where they are welcomed, heard, and valued. It is a privilege to work alongside a team so committed to treating the "whole person" rather than just the symptom.

We are incredibly proud of what we have achieved together. As we look ahead, we remain dedicated to strengthening this partnership, ensuring that no one in Nuneaton and Bedworth has to face financial strain or social isolation alone. By integrating our community-based services with the expertise of the PCN team, we are building a more resilient, connected, and supported community for everyone.

Mannie Kalsi, Volunteer Friends

Working with the Social Prescribing team has been incredibly positive for both our staff and the individuals we support. By building links across our teams, we've been able to reach groups of people who have gone on to benefit greatly from the WorkWell service, some of whom may not otherwise have accessed employment-related support. This collaborative, joined-up approach has not only strengthened referral pathways and supported individuals into the WorkWell service, but has also enabled our team to share a wider range of options to support people on their journey towards work and improved health. The Social Prescribers person-centred approach has been central to this success. Their ability to listen, understand each person's circumstances, and connect local residents to the right support at the right time has made a real difference. We truly value the partnership and the positive impact it continues to have across our communities and look forward to further collaboration moving forward.

Joanne Prosser, Workwell



Thank you for all your support!!

Let's look forward to the next year and all we can achieve together!

