



☎ 01606 884444

✉ admin@brightlifecheshire.org.uk

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Social Prescribing in Cheshire



Christine McMahon

Social Prescribing Manager



Sue Downham

Social Prescribing Coordinator



Julie Gaffney

Social Prescribing Coordinator



Donna Corless

Social Prescribing Coordinator

Brightlife Social Prescribing is taking place in rural areas of Cheshire West around Northwich, Malpas and Tarporley.

GPs and Healthcare Professionals wishing to make a referral into Brightlife should email referrals@brightlifecheshire.org.uk or call our Social Prescribing Manager, **Christine McMahon** on 01606 884442.

Social Prescribing Referral Form



Social Isolation, Loneliness and Health

We know that loneliness and social isolation have a significant impact on the health and wellbeing of older people. The combined negative effects of loneliness and social isolation include everything from increased risks of dementia, mental health problems and falls, to increased recovery times, A&E admissions and GP visits.

“Loneliness and social isolation are harmful to our health: research shows that lacking social connections is as damaging to our health as smoking 15 cigarettes a day.”

Holt-Lunstad, 2010

At Brightlife, we design and fund interventions that provide older people in the region with the confidence, means and opportunity to overcome loneliness and social isolation. Our innovative and effective programmes allow older people to access support within their own communities, helping to reduce the strain on health and social care services. We work with health professionals across Cheshire West and Chester to directly refer older people into these programmes, via the Brightlife Social Prescribing scheme.

How it works...

Brightlife Social Prescribing offers a way for people to address loneliness and social isolation. We provide a one-to-one personalised intervention and will link people through their preferred means into a wide range of community-based services – through signposting, supported access, accompanied visits – that can help people to improve and manage their own wellbeing. People can also self-refer or other organisations refer in with the person's consent.

Our uplift funding is to provide person-centered support in rural areas around Northwich, Tarporley and Malpas. Please get in touch with us if you live rurally and are registered at any of the surgeries below:

Northwich Rural Leaflet

Rural Alliance Leaflet

| Northwich Rural | Rural Alliance |
|-------------------------------|---|
| Danebridge Medical Centre | Bunbury Medical Centre |
| Firdale Medical Centre | Farndon Health Centre (The Village Surgeries) |
| Middlewich Road Surgery | Kelsall Medical Centre |
| Watling Street Medical Centre | Malpas Laurel Bank Surgery |
| Weaverham Surgery | Tarporley Health Centre |
| Witton Street Surgery | Tattenhall Village Surgery |

Brightlife originally delivered four schemes for social prescribing in Cheshire West, in two villages (Malpas and Tarporley), town (Winsford) and a city (Chester).

We support people to manage the transition between formal healthcare and community services in these areas, helping older people to discover what they can do and what they enjoy, and allowing them to rebuild their own social support networks.

There are three tiers of engagement available depending on how vulnerable the person is, ranging from basic signposting into available services, through to intensive and on-going support including access to peer befriending projects. We are working in collaboration with the NHS Link Worker and colleagues in partner social prescribing projects in each areas.

“Community engagement can support people to lead an active, healthy life and flourish, adding meaning, connections, social elements and a sense of worth”

Steptoe S and Fancourt D (2018). Community group membership and multidimensional subjective well-being in older age. J Epidemiol Community Health

Information on Social Prescribing

Downloads

- ↓ [Telephone Prompt Sheet for Social Prescribers and Link Workers](#)
- ↓ [Social Prescribing Evaluation Infographic](#)
- ↓ [Referral Form](#)
- ↓ [Social Prescribing Leaflet](#)
- ↓ [What does successful social prescribing look like?](#)

Videos

What is Social Prescribing

What is social prescribing?

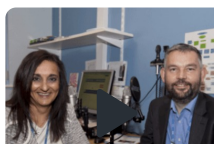


Podcasts



Episode 2: Diagnosing loneliness

When it comes to visiting a GP, sometimes all we need is a pill, an injection or a simple pat on the back... But how does diagnosing a patient who's feeling lonely differ to the usual clientele passing through a doctor's doors?



Episode 2: Diagnosing loneliness



Discover Brightlife

Useful Links

Inspiring Brighter Communities – Chris Cannon talks of her experience

[Read more](#)

Staying connected in lockdown

[Read more](#)

Making Sense of Social Prescribing

[Read more](#)

Social Prescribing - Our Health

[Read more](#)

Making sense of Social Prescribing

[Read more](#)

Health Referrals - Key Messages

[Read more](#)

Social Prescribing Health Referrals - Ageing Better

[Read more](#)

Insights into Social Prescribing

[Read more](#)

Social Prescribing - National Academy Set Up

[Read more](#)

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 admin@brightlifecheshire.org.uk

Brightlife 314 Chester Road, Hartford, Northwich, Cheshire, CW8 2AB

Brightlife is a partnership led by Age UK Cheshire. Reg charity no 1091608



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