



The Front Room - Health and Wellbeing Hub

Over Wyre Medical Centre has been welcoming patient groups and the charity sector to our community room “**The Front Room**” since 2019. Our concept of a community room has evolved into our very own Health and Wellbeing Hub with our resident social prescriber in a full-time post to maximise the potential of this facility and to reach out to our patients in need of social and wellbeing support. This concept of holistic support within a healthcare setting is known as “social prescribing.”

Social Prescribing

Social prescribing can have an amazing impact on people's health and well-being. Many things that affect our health can't be treated by doctors and medicine alone. Areas such as housing, finances, mental health, job loss and isolation can be tackled at our Health and Wellbeing Hub to generate some very positive outcomes. The process involves listening to what matters to the patient and signposting and connecting the patient to the correct community group, referral, or therapy.

The “Front Room” is our well-established Health and Wellbeing Hub which embraces social prescribing and health coaching within Over Wyre Medical Centre. Our social prescribing and health coaching team make pivotal differences to patient's lives. Some of our successful cases have been finding suitable housing for families at risk of homelessness. Several isolated patients have attended community groups to make social connections. Patients have had financial advice from professional agencies and as a result feel more financially stable. Patients with mental health problems have been welcomed, supported, and guided to a service or group, gaining confidence and self-esteem to independently manage their anxieties and recognise their own triggers.

New members of the Team

Given the growth of the Front Room Health and Wellbeing Hub, we previously expanded the team to include our Health and Wellbeing Coach, Julie Derbyshire. Julie has been the cornerstone to our Health and Wellbeing Hub and brings with her a passion for fitness, health, and motivation. Her skills will enhance what we already offer with weight management, health and activity and some areas of isolation. She will also support our evolving in-house groups.

In January 2024, we welcomed our other resident Health and Wellbeing Coach, Sam George, who has since made her mark working on wellness from a physical point of view focussing on weight loss management and diabetes control, closely liaising with our chronic disease nurses.

I am also pleased to welcome our new Social Prescriber, Jess Desjardins who joined us at the start of October. Jess is super eager to start drumming up some business and has said, “I am so excited to embark on this journey of social prescribing. The Front Room is dedicated to supporting you in achieving your goals, connecting with others, and enhancing your overall well-being. Let's make positive changes together!”

Please call the Medical Centre on 01253 204491 to book an appointment with Jess or pop in the Front Room for a chat.