

Rushcliffe Social Prescribing Service



WEIGHT MANAGEMENT

With Rushcliffe Social Prescribing
Service, PartnersHealth

IMPACT FROM SOCIAL PRESCRIBING INTERVENTION

Patient X was keen on the idea of a gym referral as it had the guided induction. She began attending the gym 2-3 times a week and swimming once a week, with the long-term goal of attending one of the classes.



She eliminated unhealthy foods from the house to avoid temptation, and began cooking more nutritious meals.

She also started playing badminton with her partner. By the end of our sessions Patient X was feeling better both physically and mentally. This was despite going through some difficult times, such as losing her uncle unexpectedly and her father becoming unwell.

Were introductions and community connections made?

Exercise referral scheme –
Bingham Arena

Social Prescriber
Resources



FEBRUARY
TARGET AREA:
OBESITY

CONFIDENCE

Patient X, aged 43. Referred for weight loss support. Patient X was wanting to lose weight as she stated she wanted to raise a child in a healthy environment.

Have you noticed any health benefits?

"I feel different now"

"This feels like a forever change"

BENEFITS

**LONGEVITY &
QUALITY OF LIFE**