



‘Social Prescribing’ in action... Miriam’s Story

“I feel a little bit better for just having some information”

A bit of background...

Miriam is 37 years old and from Mirfield. She has been dealing with a lot of issues recently and was referred to Better in Kirklees by her GP who felt she could benefit from some additional support. As well as the medical treatment that she is receiving, the GP hoped that linking her up with a social group or activity might also help with her depression, anxiety and low mood.

Miriam’s GP also indicated that she has high cholesterol and could benefit from some form of gentle exercise or physical activity to reduce this and help improve her overall health and wellbeing.

Miriam is also keen to learn more about managing her stress and anxiety through alternative therapies which provide self-management techniques that she can replicate at home.

Getting involved with BiK...

Miriam was referred to BiK by her GP and came to meet our Wellbeing Worker Petra at one of our regular surgery sessions. The GP hoped that we would be able to provide more information about local support groups, activities and services.

Miriam has been very down, not feeling in control of her life, and struggling as English isn’t her first language. She asked us to help her to access different activities and also services that provide advice and support specifically for women.



The benefits...

Through working closely with BIK, Miriam has been able to find just the right kind of help she has been looking for. This includes:

- Support to access a series of 'Positive Care Programme' sessions, being delivered by Touchstone in partnership with Connect Housing. These are designed to enable people to explore health and wellbeing through alternative therapies and techniques.
- Provided information and accompanied to Women Centre drop in for advice and information.
- Set up attendance at a peer support group for managing low mood and depression
- Referral to a specialist family law advisor.



What next?

Miriam is keen to become more active this year and is enthusiastic about joining local walks in her area to get this going.

Better in Kirklees is supported by:
Community Partnerships
4th Floor North, Civic Centre 1
High Street
Huddersfield
HD1 2YU

Tel: 01484 225142
Email: community.partnerships@kirklees.gov.uk

Get in touch with the team:

Better in Kirklees
Touchstone
Dewsbury Business Centre
13 Wellington Road East
Dewsbury WF13 1HF

Tel: 01924 846808
Email: bik@touchstonesupport.org.uk
Twitter: @BiKTouchstone

Website: www.touchstonesupport.org.uk

Keeping you active, and involved

