

Tackling Neighbourhood Health Inequalities in Newham Primary Care

South One Primary Care Network

Project: Serious Mental Illness (SMI) comorbidities and weight management supporting patients with a BMI of over 30 or a BMI of over 27.5 for patients from black and ethnic minority groups

Aim

To deliver preventative work to SMI patients with long-term conditions and comorbidities.

Key outcomes

- 183 patients were referred to weight management
- 53 patients succeeded in losing weight, with an average 4.5% weight loss
- 77 patients were signposted to 18 different community services

Main actions



- Secured two specialist Health and Wellbeing coaches to work with social prescribers to lead project and bring expert guidance to our patient groups
- Encouraged patients to engage with the weight management offer and referred to Xyla services
- Followed up with each patient who did not engage to understand their reasoning and support with fuller understanding of impacts

Next steps

- To work with local partners to offer residents / patients healthy cooking classes
- Will incorporate processes developed in this project in day-to-day activities.



Proactive Social Prescribing projects

Project 1: Common mental health illness and diabetic / pre-diabetic patients aged over 65

Social prescribers and Health & Wellbeing coaches engaged with 94 pre/diabetic patients aged over 65, with common mental health illness. They:

- Explained what pre-diabetes is
- Ensured patients completed physical health checks
- Referred patients to local services, including Age UK East London and Xyla Health and Wellbeing services.

PCN held cookery classes at Canning Town library to educate patients on healthy food substitutes and easy changes.

Project 2: Community Garden Project

South One PCN community garden takes place every Tuesday 11:00 – 12:00 at Star Lane Medical Centre, where patients volunteer to grow and share vegetables.



"Gardening together was a lifeline. And I found it through social prescribing. I would encourage anyone feeling low to reach out. There is help and hope."
Patient feedback

