



We
Support
Adults
16yrs+

Green Social Prescribing

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Specialist Social Prescribing
Linkworker





Agenda



- Why we like ‘Green Social Prescribing’!
- The role of Age UK Islington Social Prescribers in the project?
- Examples of parks activities
- Client case studies
- What else does AUKI help with?
- How to refer someone?

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Why we like Green Social Prescribing!



Green space

Natural stress
reduction



Keep active

Physical health
benefits



Keep creative

Mental health
benefits



Keep connected

Mental health
benefits + support
network!

We Support Adults 16yrs+



Our role in the project

CONTACT AGE UK ISLINGTON



gethelp@ageukislington.org.uk

020 7281 6018

GPs, health & social care professionals



WELLBEING CONVERSATION



Age UK Islington Social Prescribing Linkworker

- Lonely?
- Anxious?
- Depressed?
- Interests?
- Confidence?
- Mobility?
- How to get there?



'PRESCRIBE' PARKS ACTIVITIES



Approved Islington green social prescribing activities





Examples of activities

Caledonian Park:

- Dementia Friendly Walk, Health & History Walks
- Health & Bird Watching Walk
- Reminiscence
- Sculptural Heads Art Project
- Nature Inspired Arts & Crafts

Gillespie Park Ecology Centre

- Dementia Family Friendly Walk
- Intergenerational Events

Volunteering:

- Caledonian Park Community Garden Project
- Highbury Fields Garden Volunteers
- Reserve Volunteering at Gillespie Park
- New River Walk Community Gardens
- Whittington park Community Gardens

Men's Shed Gardening at St Lukes – Kings Square Garden

Wellbeing Walks with the Garden Classroom



Client feedback

"I cannot believe how much meeting and working with the groups have helped me. I shared some of the experiences with my counsellor and she also feels that I have made more progress in the past months than the past two years."

"I wanted to say a big thank you to you for encouraging me to attend the art workshop at the ecology centre yesterday. I have become very insular over the past two years. I usually find meeting new people exhausting & tend to avoid it."

- Examples of the broad support that Age UK Islington provides are given below.
- We have extensive knowledge of statutory & non-statutory specialist services available in the borough
- We don't just signpost, we help people engage with available support
- We have caseworkers who can provide support with different levels of complexity: SPLW / Enablement / Navigators / Information & Advice



What else do we provide support for?



Money

- Support benefit applications
- Debt management
- Access grants e.g. winter warmth
- Power of attorney



Social

- Network of social & exercise
- Find suitable social activities
- Find accessible transport & routes
- Support to start attending activities
- Befriending options



Independence

- Carers assessments - identify needs
- Obtain telecare monitoring
- Fall risk assessments
- Direct payment support



Home

- Find cleaners & domestic support
- Manage repairs and maintenance
- Organise a housing transfer
- Find suitable accommodation
- Help organise & manage a move



Health

- Exercise options for e.g. pain relief
- Help to find mental health support
- Re-engage with health services
- Support for substance misuse
- Support to keep warm



Work

- IT skills for keeping in touch & practical matters
- Help find volunteering & employment
- Finding education & training



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To refer clients for
support

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Contact Age UK Islington

020 7281 6018

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NHS professionals: [see our website](#)