



Holistic Mental Health approaches; how social prescribing can support you and your clients

Over the past four years, Ipswich and east Suffolk have commissioned a model for social prescribing called Connect for Health. Social prescribing is a crucial opportunity to make a difference to people's lives and is an important approach to self-management of mental health. It is based on a clear rationale that supporting people to access and use non-medical sources of support can help address poor mental health and contribute to improved mental health. There are a wide range of approaches to social prescribing for mental health, these use different models, target different populations and have different intended outcomes. At this event, we will hear how social prescribing can have a positive impact on clients' mental health, and how the service has supported people through the coronavirus pandemic.

Join the event to hear from different VCSE organisations and social prescribing experts and discover how incorporating mental health support into social prescribing techniques can benefit your clients.

Speakers: *Dr Dean Dorsett*

Tom Brown

Dr Amy Mallett

Shilpa Desai

GP Clinical Lead for Personalised Care and Social Prescribing

Green Light Trust

Cohere Arts

Social Prescribing Link Worker (BAME Connect for Health)

Thursday 19th May 2022 • 7pm – 8.15pm

Microsoft Teams meeting

Join on your computer or mobile app

[Click here to join the meeting](#)

[Learn More](#) | [Meeting options](#)

Training sessions commissioned by NHS Ipswich and East Suffolk CCG are **FREE to attend** and open to all staff working across the Suffolk and North East Essex Integrated Care System.

Please contact j.lawton4@nhs.net with any queries or for more information.

Feedback from previous online education evenings:

“Clear, engaged, knowledgeable speakers.”

“Very relevant and practical tips and highlighted a service that I wasn't fully aware of”

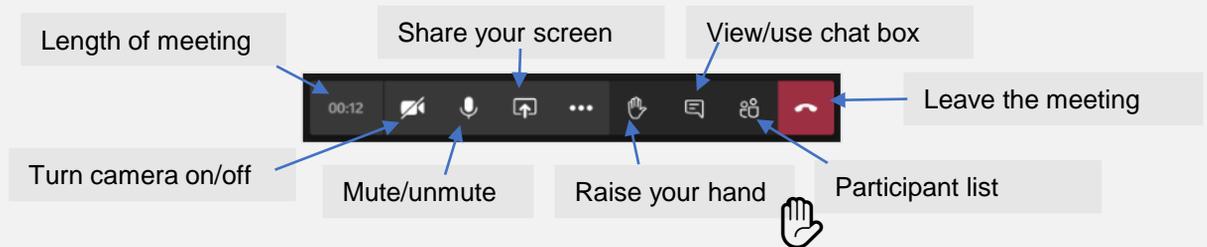
“It is great to hear directly from individuals delivering Mental Health Services and being able to ask questions about the services they deliver.”

Save the date:

The next Mental Health Education Evening will be on the 16th June and will be on older people's mental health

How to Join and Participate in a Teams Meeting

- If you have Teams Desktop App all you need to do is click on 'Join Microsoft Teams Meeting'. Alternatively you can join by phone by dialling the number and using the conference ID provided (please note phone charges apply).
- The meeting will start promptly at the given start time. Please ensure you are Logged onto the meeting in good time through the Microsoft Teams link included in the calendar invitation notes sent to you by the meeting organiser.
- If prompted to enter your name when logging in, please login with your name.
- Please ensure once you are logged into the meeting that your microphone is muted.
- If you join late, join quietly and do not interrupt the conversation or the presentation.
- Background noise and audio feedback can disrupt the meeting. Please turn off your phone or anything else that might distract you or the other participants. When you are not speaking, please mute your mic.
- There will be an opportunity for questions after the presentations. If you wish to ask a question please use the 'raise your hand button' this can be found on the centre tab of your screen. When asking a question, please first state your name – this will help to identify you amongst a large number of people in attendance.
- Alternatively, if you have a question during the session, you can ask it via the conversation on the right-hand side and we will come to it at an appropriate point.
- The meeting will be recorded for educational purposes. By joining the meeting you are giving consent to being recorded.



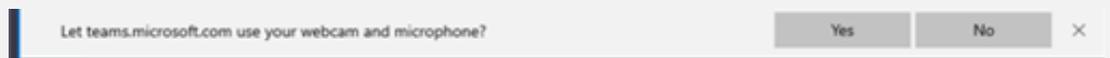
Instructions to join a 'Teams' meeting via the web link



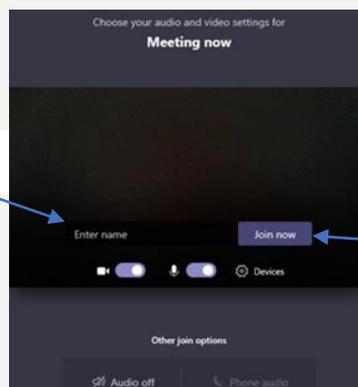
1. Click join on web instead

2. A window will open:

Click Yes so others can see and hear you in the meeting.



3. Enter your name



4. Click join now