

# Social prescriber team

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# Social prescribers

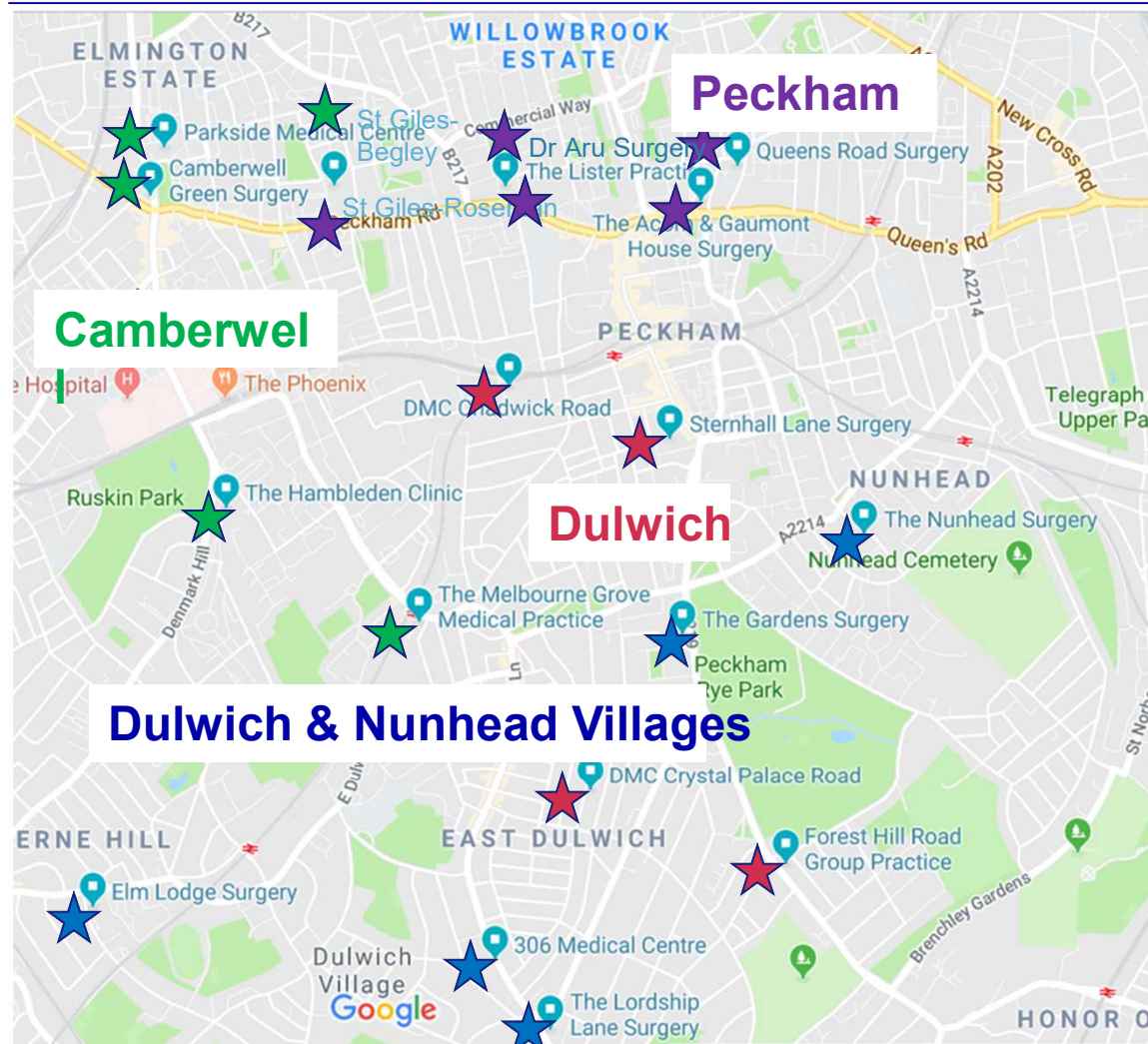
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- We have four social prescribers covering South Southwark
  - each member of the team is linked to a neighbourhood
  - You can learn more about the team and their knowledge and experiences in the following slides
- To refer to the team please either
  - Elemental: this is integrated with EMIS so you can make a referral with three clicks
  - or email email [ih.socialprescribers@nhs.net](mailto:ih.socialprescribers@nhs.net)



# South Southwark PCN



## Camberwell Dr Roger Durston

- Camberwell Green
  - Melbourne Grove & Hambleton
  - Parkside
  - St Giles-Begley
- ## Peckham Dr Kishor Vasant
- Acorn & Gaumont
  - Dr Aru
  - Lister
  - Queens Road
  - St Giles-Rosemen

## Dulwich & Nunhead Villages

### Brenda Donnelly

- 306
- Elm Lodge
- Gardens
- Lordship Lane
- Nunhead

### Dulwich Dr Gavin McColl

- DMC-Chadwick
- DMC-Crystal Palace
- Forest Hill
- Sternhall Lane



## Gay Palmer (Camberwell)



Hi my Name is Gay Palmer. I have been a qualified nurse for 20 years. I have enjoyed using my skills and knowledge within community nursing in District Nursing Teams within diverse communities. I have also enjoyed working for Department of Work and Pensions, completing medical assessments liaising with various agencies to support the process.

My last role was a complex discharge co-ordinator within a hospital discharge team, supporting wards to safely discharge people from hospital, supporting the MDT to put services in place to safely maintain a person once discharged. These diverse roles have allowed me to develop knowledge about long term conditions, the determinants of health and the impact they have on a person's well being and also to look at ways of how to support an individual to change their approach to their health and well being. I have gained vast knowledge from various specialists that has broadened my knowledge in long term condition management, benefits, dementia, learning disabilities, rehabilitation, mental health, GP and community services, CCGs, palliative and end of life care. And the list goes on.

Outside of my 9-5, i am a mother of a 10 and 8 year daughter and son. I enjoy reading, live music events. I am also able to sing and have led choirs and travelled around the UK, Europe and South Africa due to my singing





## Helen Newick (Peckham)



I was an early starter in healthcare and the community, learning first aid as a cadet member with St John Ambulance. As an adult volunteer I became an advanced first aider, senior operational manager and commander, volunteer manager of 180 members aged 5-85, and the organisation's representative in Lewisham and Southwark.

Naturally gravitating to the NHS I have worked in pre-hospital care, taking 999 calls in the London Ambulance Service, then moving into primary care with the Lambeth GP Federation. There, I facilitated the MDT meetings. Both this and my knowledge of the local voluntary and community sector made me well placed to socially prescribe and support the care navigator pilot that was rolled out through.

Most recently I've been working in a dementia care home as a Lifestyle Coordinator and scheduling chair football, balloon volleyball, bingo, signing and arts and crafts. I spend my spare time volunteering with Scouts supporting the Beavers, Cubs, Scouts, Young Leaders and Leaders in their personal development.







## Jenifer Ingleton (Dulwich & Nunhead)



My background - I joined the Womens Royal Army Corp at 16 years old. I served 23 years attached to the Royal Signals and Army Welfare Service.

My 12 years experience as a Army Welfare Worker looking after the wellbeing and social needs of serving soldiers and their families have given me a foundation and experience to take on the role of the Social Prescribing Link Worker.

On leaving the Services I went on to run my own health and fitness franchise, qualifying as a exercise to music instructor. This I did for 14 years. I retired from that due to a aggravating back injury incurred from my service life. I went on to pursue my interest in network marketing, combining this with my six years experience in general practice as a receptionist and care navigator.

I love keeping fit especially cycling and group fitness classes..



## Tracey Brodin (Dulwich)



After living and working in Germany for over ten years, I moved back home to the UK and started to work in Private Nursing homes before joining the NHS 20 years.

I've worked in a variety of support roles since, with various groups of individuals and organisations. My background includes mental health, women's health and in my last role I was working as a "RA" in the established Hackney based Adult Community Rehabilitation team, alongside Physio, Occupational Therapists and Speech & Language Therapists.

I am a lively person, love engaging with people and finding what makes them tick! I am passionate about mental and physical wellbeing and strongly believe in the social prescribing model of care, to enable people to achieve their best quality of life, within their local community. I love all kind of Art and cycling.

