

**Table discussions**

Following the presentations there will be an opportunity to hear about some of the partnership projects in Nottinghamshire.

There will be an hour for this which will be split into 3 slots of 20 minutes so you will have an opportunity to move around the tables to hear about 3 different projects & ask questions.

The projects for discussion will be:

**Social Prescribing Project (Bassetlaw)**

Julie Barnes

The Social Prescribing Service links people to time limited activities in the community that promote independence and wellbeing. It is about connecting people to non-medical sources of support.

The service accepts referrals from voluntary, community & statutory/service organisations & covers all patients registered with a Bassetlaw GP.

Contact: [socialprescribingmanager@bcvs.org.uk](mailto:socialprescribingmanager@bcvs.org.uk)

**Each Amazing Breath CIC**

Helen Whitney

‘Take Five’is a safe, universal, resilience and capacity building skill set focussed on breathing, grounding and awareness.

Take Five practices increase self-awareness, self-belief, self-confidence, self-esteem and self-efficacy and it means young people and adults develop insight, are more resilient and able to respond to situations rather than react.

Contact: [Helenwhitney100@gmail.com](mailto:Helenwhitney100@gmail.com)

**CRI New Directions**

Minesh Patel

CRI provide adult drug & alcohol treatment services in Nottinghamshire & subcontracts with a number of organisations such as Hettys, Stonham, Double Impact & Emerging Futures.

Contact: [Minesh.patel@cri.org.uk](mailto:Minesh.patel@cri.org.uk)

**MacMillan Information & Support Centre**

Alison Hall

The support centre provides emotional & practical support to anyone affected by cancer. The centre provides a listening ear from someone to talk to who understands & can help signposting to other services when necessary. The project is based at Nottingham City Hospital & covers Nottinghamshire & surrounding counties.

Contact: [alison.hall3@nuh.nhs.uk](mailto:alison.hall3@nuh.nhs.uk)

**Everyone Health Change Point Service**

Sylvia Porter

This service offers a tailor made weight management programme with ongoing support to clients. Nottinghamshire County Council & the local clinical commissioning groups were involved in its establishment & it operates across the county at different locations according to need.

Contact: [sylviaporter@everyonehealth.co.uk](mailto:sylviaporter@everyonehealth.co.uk)

**A Place to Call Our Own (APTCOO)**

Samantha Wright

Contact: [samantha.wright@aptcoo.org](mailto:samantha.wright@aptcoo.org)

**The High Sheriff of Nottinghamshire Health and Well-being Community Initiative 2015/2016**

Sue Cooper

Contact: [Suecooper2004@gmail.com](mailto:Suecooper2004@gmail.com)

A Community Based and Workplace Based, Health and Well-being Initiative throughout Nottinghamshire. This voluntary initiative creates an opportunity for open dialogue around Holistic Integrative Care – Healthcare and Selfcare with an opportunity to experience simple, safe and natural practices such as relaxation techniques for stress reduction and an awareness of the latest scientific findings around the ancient wisdom traditions of healing.

We explore the Mind body connection and an emerging new wellness model based on active participation which benefits our health, our individual formula for well-being and our relationships with self and others.

**On Your Doorstep – Health Walks for Mansfield & Ashfield**

Keith Wallace & Andy Bond

Encouraged walking for fitness and walking in a small group for socialising.

Contact: [wfh@mansfieldramblers.org.uk](mailto:wfh@mansfieldramblers.org.uk)