



Gina had been feeling isolated with very little support from friends or family. This coupled with lockdown, anxiety and chronic pain left Gina in a tough place emotionally. She was referred to Wellspring settlement by Mandy, a social prescriber who was unsure of the best course for Gina but explained how she had been feeling.



Jane from Wellspring Settlement gave Gina a call to understand how she was feeling and how they could support. Jane's specialist knowledge enabled her to find a suitable course for Gina.

# Gina's Journey



Gina was placed onto a chronic pain course. Edouard sent Gina the details of the course and rang the day before to ensure she wasn't feeling to anxious about going. Mandy was kept up to date with Gina's journey so she could also continue to support her.

The impact of social prescribing and the supportive referral process for someone looking to improve their physical and mental health through accessible physical activities.



A few weeks into the course, Jane got a call from Gina who sounded very distressed after trying to get hold of her GP practice. at a time that was very busy during a lockdown and after being on hold, was very upset.



When Gina finished the Chronic Pain course, her confidence had grown so much that she wanted to try something adventurous, so Jane referred her onto a Wild Swimming group. During the social prescribing sessions Mandy was able to see the change in positivity in Gina's outlook as a result of doing something so adventurous, coupled with the connection with the other women over WhatsApp during the week.



Gina was later referred onto an emotional wellbeing course that supports women. The lead of the course Alex has shared how well Gina is doing, that she participates brilliantly and is an asset in supporting the other patients.