



Social Prescribing and Building Capacity in Communities in Salford



Impact - Jan-Dec 2023



IAG - Information, advice and guidance

Quality Assurance and Group Development

We want all the groups we refer into to be safe so we work together with groups to procedures to give them a good and solid foundation. We help volunteers and staff to engage with their members to listen to what they have to say.

- What do they like or don't like about the group, what can they change?
- Do they want to do something completely different and new?

We then help them to make that happen by helping them with change or to create something new.

A new group set up at The Langworthy Cornerstone

WBM Development Worker supporting new organisation Salford Mens Group to become a constituted group, which will support Over 50's to put on wellbeing activities in a safe and sober enviroment



One of our largest social prescribing destinations 'Talk About It Mate' celebrating their two year anniversary where they have delivered 110 sessions.



Group/Project/Activity Development



Neuro showing off their new **banner** at the start of their peer to peer support group for parents and carers with neurodiversities. The set up and funding of this group was supported from Wellbeing Matters Development Worker

Garden party at Connect Youth and Community Centre



Volunteer Opportunities

We work with groups and organisations to create volunteering opportunities for clients who are referred to the team by a Community Connector.

Often a person will want to give back to their community, build their confidence and skills or make new friends. Volunteering is a great way to do these things and can be as structured or as flexible as you like.

Our Volunteering Development Worker, Jenny, had created a some brilliant micro volunteering offers by putting on litter picks.

Swinton Litter Pick - Micro Volunteering opportunity



Working with Community Connectors



The Development workers and Community Connectors work closely together to share information and knowledge about what's on across and where there are gaps in provision. This gives us good insight into what development work needs to be done.



Networking and Training for Groups and Organisations

To enhance our networking meeting we bring in other organisations or the Salford CVS team to offer a learning opportunity to build capacity within the local groups.

For example, the Red Cross delivered Community First Aid training in Walkden Gateway. We have also run Funding and Information sessions, Get to Know Lunch and Learn with Age Friendly Salford and Stress Management with Quell/Kooth.



We had a great Community First Aid session with Mel from [@BritishRedCross](https://www.britishredcross.org.uk/) today in Walkden learning about treating burns & practicing chest compressions plus much more.

One participant said after the training ***"I feel a lot clearer and more confident"***.