



**Social
Prescribing
Day** 19TH
MARCH '25



Talk About It Mate

Salford community group

Being connected to Wellbeing Matters has been a huge boost for Talk About It Mate. The connectors have been amazing at helping us spread the word and fill our groups with men who really benefit from the support, with some even going on to become volunteers.



They have a real knack for linking us with the right people and getting the message out there, which has made a huge difference in keeping our groups consistently full. The Connectors take time to understand our offer and visit our groups, sit around the table and engage with men in conversations about mental health and wellbeing, which shows how down-to-earth they are and a fantastic commitment to their roles. Their support has helped us reach more men who need that space, and it's been great knowing that they're actively working to connect us with those who would really gain from what we offer. On a personal level, it's taken the pressure off me in terms of outreach, knowing we have a reliable network that's always helping us grow and thrive. We're now really well established in Salford as a referral destination and have expanded to three weekly groups, which has helped us gain greater recognition and will hopefully keep us expanding this essential service moving forward.



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Monton Medical Practice patient Wellbeing Matters Client

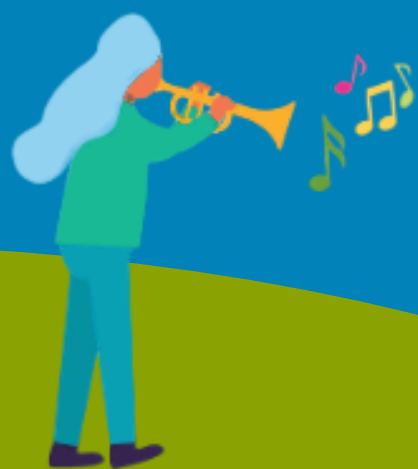
The Fibromyalgia group was lovely and everyone is so friendly. I wouldn't have gone in though without you. Thank you again for being there. Regarding social prescribing, I have found it helpful having someone like yourself phone and have a chat about things and be there to offer support with groups that can help so many people with disabilities seen and unseen.

I found the fibromyalgia group interesting and enjoyed meeting and talking with people it helped me learn things I didn't know before.

Having you with me and support me with my first meeting meant a lot to me as my anxiety was high and you Sara gave me that little bit of courage.



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Transcend - Salford community group

The difference being connected to Wellbeing Matters has had on the CIC is huge for many reasons. Mainly the community aspect that the team bring with them by introducing and referring new people into the classes. Also, by helping raise awareness of funds and other support that is available to us.

It's helped me personally to feel more supported as someone with a community lead business and the guys are always there to support and guide us if needed.



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Dr Wan Ley

GP and Clinical Lead

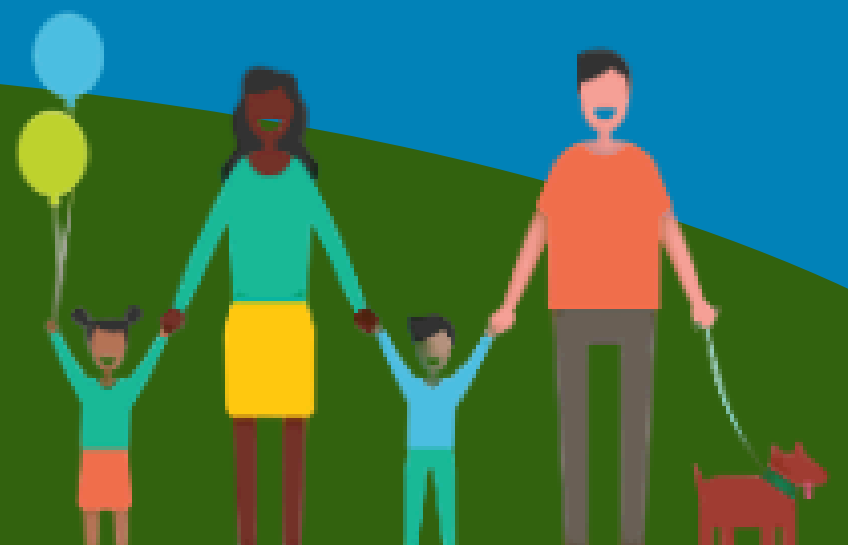
When patients are open and honest with us and we ask the right questions, we can see how all too often there are wider determinants that are the true root causes of their feelings and with the Wellbeing Matters Team we now have an avenue to address some of these issues. These might include social isolation, struggling to be active, housing or debts, being unable to find work. Having the team at Wellbeing matters support our patients has really turned things around for many of them.

The referral pathway is so easily accessible and quick to complete that the team help people in a time when they really need the help which can lift people out of their situations and give them the confidence to start living again.

The program has had a massive impact on our population and I get great feedback from people on the interactions of Wellbeing Matters. Things are done less formally, which allows for a more personable approach, which some patients really value. The team are a trusted part of the community now.



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Ordsall Community Arts Salford community group

Wellbeing Matters was the very first funding that we received. In our first 12 months we were operating with no funding, it really made a difference to have support, not just financial but wrap around support. We got introduced to the 5 ways of wellbeing and have adopted this into our practice with the community.

The people that have been social prescribed to us, have asked to come more and are now active members who have taken on roles and responsibilities. At first everyone was really quiet and now it is non-stop talking and laughing.

George – It is really satisfying to see someones face when they first complete a carving and have succeeded in something they never thought they would do. I love seeing the improvement and increase of skill the more they come.

Anne- I have enjoyed preparing the free meal for everyone on Wednesdays, lots of things get talked about and you really feel the community spirit. We've enjoyed giving people the confidence to try new crafts and seeing the sense of achievements on people's face.



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