

What else do you need to know

Is the social prescriber clinically trained?

No, the SPLW is not clinically trained and does not provide any form of medical advice. They are trained in a people-centred approach that is complementary to a medical model of care.

How long will the SPLW work with a parent/carer?

An initial meeting can last up to 1 hour and 30 minutes. The SPLW will then follow up with the parent or carer at agreed intervals. Interventions will be targeted, with progress regularly monitored. The Service will support families as long as needed (on average 6-12 contacts).

What happens when the parent/carer finishes social prescription?

On discharge from the service, the parent or carer receives a summary of the support and interactions provided.

How can I be referred?

Please speak to your **GP, health visitor, midwife, children's centre, or Perinatal Mental Health Team** about being referred to us.

Alternatively, **you can self-refer** by completing our self referral form. Visit www.blossomantenatal.com/referrals

All referrals are reviewed and if the service is suitable for your needs, you will be contacted with appointment details. If you have any questions please call **07394 503 269** or visit our website: www.blossomantenatal.com/optivita

Alternatively, join us for our weekly Postnatal Support Session:
Monday, 12:30pm–2:30pm, Christ Church Roxeth, Roxeth Hill, HA2 0JN.
No referral needed.

How to access urgent help

Please be aware that our support group is not an urgent or emergency healthcare service. If you require help urgently, please contact your GP within their working hours or 111. In an emergency dial 999.

Antenatal
and
postnatal
support

Health
and
wellbeing

Social Prescriber Link Worker

Empowering families to take control of and manage their wellbeing.

Antenatal and postnatal one-to-one support in the
London Borough of Harrow

What is a Parent/Carer, Baby and Children Social Prescriber Link Worker (SPLW) ?

Social Prescribing is a preventative service that deals with social, emotional and practical needs. The SPLW is someone who is able to work with parents/carers and a family to recommend a plan to improve their health and wellbeing.

They focus on supporting women at risk of perinatal mental illness during the antenatal and postnatal period. The SPLW will offer additional support in the antenatal and postnatal care of mothers and babies from vulnerable, high-risk groups and for families with children 0-2 with complex social needs.

They offer support where there is an unmet need that, if left unaddressed, could create additional issues and vulnerabilities.

What services do they offer?

One-to-one support

The SPLW provides a confidential, safe space for parents/carers to discuss what matters most to them. By providing personalised support they aim is to empower families to take control of, and manage their wellbeing and improve their parenting confidence. The SPLW will:

- ✓ take the time to understand what's important to a families health and wellbeing and what they would like to work on
- ✓ help them identify achievable goals and create a personalised plan
- ✓ link them to other appropriate services, activities or support groups through managed introductions or referrals which will help improve their health outcomes

The SPLW will see parents/carers and families at Hillview Children's Centre in South Harrow (Thursday's 9:30am-2:30pm) for one-to-one consultations or other agreed suitable venues.

Who can use this service ?

- ➔ People who are currently pregnant, or a parent/carer with a child under two years old
- ➔ Parent/Carer must live in the London Borough of Harrow and be registered with a GP practice in the **Collaborative** or **SPHERE** Primary Care Network (PCN)

Sphere PCN - Elliott Hall Medical Centre, GP Direct, Hatch End Medical Centre, St. Peter's Medical Centre, Streatfield Health Centre and The Northwick Surgery

Collaborative PCN - First Choice Medical Care, Headstone Lane Medical Centre, Headstone Road Surgery, Kenton Clinic, Kings Road Surgery, Pinner Road Surgery, Pinner View Medical Centre, Shaftesbury Medical Centre and Zain Medical Centres HA8 0AD and HA1 1RQ.

- ➔ No age limit for using the service. Could particularly benefit young parent (aged <22)
- ➔ There must be evidence that the parent/carer needs social, emotional, or practical support.
- ➔ The parent/carer is ready to engage with the SPLW and has given their consent to be referred.

AND - If any of the following applies :

- Struggling with feelings of anxiety or depression
- Have a diagnosis of mild to moderate anxiety or depression
- Feel isolated and/or don't have much access to support from their community, family or friends and feel like some extra support about parenting and caring for your child could be beneficial.
- Experienced traumatic events or life experiences that are negatively impacting your experience of parenting

Unfortunately, this service is unable to provide care for parents who are under the perinatal mental health team.