



The Social Prescribing Team

Joanne Hammond, social prescriber comments:

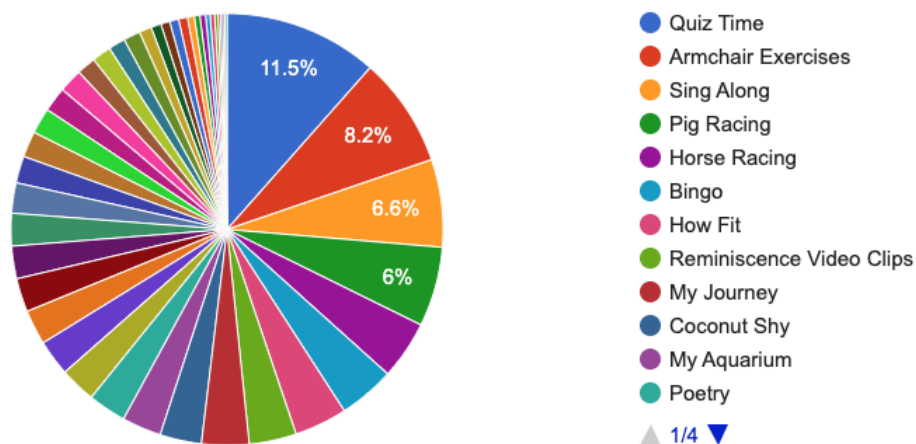
“We provide a free service to patients registered with any Wrexham GP Surgery and can support them with a range of issues from work stress, bereavement to dealing with financial worries or to make lifestyle changes so that they feel better in themselves and are better able to cope with the challenges they are facing.

“The RITA system has proven to be a useful piece of technology for Social Prescribers or facilitators of groups or programmes. Once COVID restrictions have been removed at GP surgeries, allowing face to face contact to resume it will clearly be evidenced the benefits of this system.

“Previously within GP surgeries the service was utilised to access mindfulness sessions on You Tube. This enabled individuals to practically feel the benefit of social media resources and practice their use. With the RITA system we are no longer having to use phone technology to show these resources which enables confidentiality to be upheld and shows resources on a larger screen.

“The system was also used in a Bereavement group setting to practice relaxation as a group together. The system enabled the facilitator to access a range of resources to meet the needs of the group. I look forward to being able to utilise this service further.”

Most Used Apps (Wrexham County Borough Council, Penley Rainbow Centre)



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