

Case Study One

Bailiwick Social Prescribing: making an impact on lives in the community

This client is an elderly person who is suffering from COVID anxiety and the changes to their life due to the lockdowns have had a huge impact on his mental health and lifestyle. Whilst they have a good group of friends, they have found it increasingly difficult, even with their support, to do the basic tasks such as shopping due to the number of people in the shops.

They have had several panic attacks and it has stopped them from wanting to go out so they are becoming socially isolated. I suggested we meet them at Patois brasserie as it has outside seating and there is a lot of space. It was also close to their home which was important, as they had explained on the phone that they even got into a panic going to the GP surgery due to the distance.

When we met, we were the only 2 people outside, so I chose an area where it was private. I sat facing the seating area, whilst the client sat with their back to this. During the time we were talking, more and more people came for coffee, and I knew that when we left, they would need to walk past several tables.

When we had finished the meeting, I told them what had happened whilst we had been chatting and asked them how they felt about having to pass these people. They looked around, then told me that just having spoken through their feelings with me had made them feel more confident and less anxious.