

Beating Isolation & Loneliness through The North Tyneside Social Prescribing Service



Doris Bartholomew, aged 83

Doris was referred through her GP to
The North Tyneside Social Prescribing Service
and now goes to the
Linskill Crafts Group on a Tuesday.

“8 years I’ve lived here, and I knew no more than half a dozen people. I was at the doctor’s and they mentioned Social Prescribing, which was ideal for me because I needed more social contact, I was feeling lonely and isolated” said Doris.

Doris went on to explain “Because I can’t walk very far, all I wanted was to talk to people now and again but I didn’t have that and it was really getting me down. I said ok, and then before I knew what was happening, there I was getting a telephone call asking if the Social Prescribing Co-ordinator could come and meet me. I said yes, she came out and had a chat about my interests, and got me into the crafts club at Linkskill”.

“It’s the best thing that has ever happened to me”

“Tuesdays are the best day of the week, what a lovely group of ladies! I love going to the club, we all talk to each other while we’re knitting or sewing, they are all just really, really nice people. The club wasn’t on over Christmas, but I got birthday cards and Christmas cards from every single one of the ladies, which was lovely, and when we came back in the new year, when we all walked in the first thing everyone did was give you a hug and a kiss and said “Happy New Year!”

**“I feel so much happier now. I would never have come if it wasn’t for the team from
The Social Prescribing Service, they do a really good job.”**