



HACKNEY CYPRIOT ASSOCIATION (HCA)

East London **NHS**
NHS Foundation Trust

A GP and Patient profile for the 8 week Social Prescribing Pilot Project 2014
The project starts on 18/09/2014 and finishes on 06/11/2014
A once a week session every Thursday from 11am-3pm (Free Lunch provided)



GP- Would you like to offer a new service to your Older Patients with long term health conditions?

Could some of your Greek and Turkish speaking Cypriot Patients clients benefit from a culturally sensitive service for 8 weeks?

Then find out and make a referral to Hackney Cypriot Association.

Address: 5 Balls Pond Road, London, N1 4AX
Telephone: 020 7254 7920
Email: hackneycypriotassociation@gmail.com
Website: hackneycypriotassociation.co.uk

At HCA, we are uniquely providing culturally sensitive and language specific services to Greek and Turkish Cypriots. This project aims to provide solutions for improving the health and well-being of our elderly people living in Hackney.

Who we are:

Hackney Cypriot Association has been operating in Hackney for 38 years, uniquely offering support and empowerment to both Greek and Turkish Cypriots providing a consistent approach to a Cypriot community cohesion and developmental need.

Our work is centred on the advancement of education, protection of health and relief of poverty and sickness, recreational facilities to improve the living conditions of our community, outings, exhibitions, "return to our roots" reminiscing seminars and traditional fundraising events.

What is most appreciated by our communities is the welcoming, safe and friendly environment that the Association provides for the older members of our community. Peer support is evident throughout the two or three Luncheon days we provide for our elderly members. It is in this environment that we believe the Social Prescribing Pilot Project would bear fruit.



Client Profile:

Older People with mild to moderate depression or who are lonely and socially isolated and some that have other health issues. We currently identified 8 clients for this pilot project

Overall Aims:

To improve health and well-being
To support health and lifestyle change
To improve self esteem and confidence

Main Activities:

Health assessments: Recording/monitoring only-no advice, blood pressure and possibly blood sugar levels
Walking group to the gardens
In-house activities: Playing Cards, 'Tavla' and story telling
Film screening: Film about or relating to Cyprus
Culturally sensitive healthy cooking session
Socialising, Reminiscing
Benefit and Financial Assessment Sessions

Key Outcomes:

Improved health and wellbeing
Improved self esteem and confidence
Improved skills
Reduced social exclusion

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