
Information for GPs



The Positive Living Project: tackling social isolation

NHS Manchester is funding local community projects over the next 18 months to tackle social isolation amongst older people, in response to mounting evidence that it leads to deteriorating physical and mental health and earlier mortality.

About the project

Chorlton Good Neighbours is a local voluntary project that has been granted some of this funding to run a series of 12-week courses aimed at isolated (but not housebound) older people to

- ◆ help boost their confidence
- ◆ try new activities
- ◆ develop a more positive outlook and
- ◆ build their social networks.

We are looking to partner with local GP practices who would be willing to encourage their patients to attend these courses.

Referral criteria

- ◆ Patients aged 65+
- ◆ Appointments tend to be related to loneliness and social isolation, or family have expressed concerns
- ◆ No history of severe mental illness or dementia
- ◆ Able to get to venues in Chorlton

GPs are asked to encourage patients who might benefit to take the patient information leaflet and contact CGN directly themselves (we are not asking for direct GP referrals).

The Positive Living Programme

A weekly session over 12 weeks in local venues such as Wilbraham St Ninian's Church, Egerton Road South. Each session is two hours, providing relaxed and informal discussions over a cup of tea, led by an experienced trainer and life coach.

Participants are asked to make a commitment to attend one other activity—even if it is just visiting a local café with other members of the group.

Wilbraham St Ninians Church, Egerton Road South

tel: 881 2925

Or email Helen@chorltongoodneighbours.org