

Social Prescribing Network Midlands Regional event

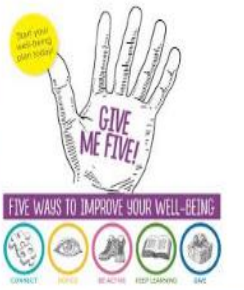
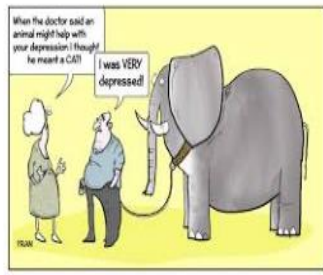
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Enabling healthcare professionals to refer patients to a link worker, to co-design a non-clinical social prescription to improve their health and wellbeing

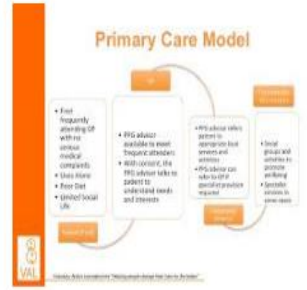
- Listening
- Valuing
- Relationship
- Communication
- Agreed action
- Support
- Flexibility





Social Prescribing

Definition: Social prescribing enables primary care services to refer patients with social, emotional or practical needs to a range of local services, often provided by the voluntary and community sector



Doncaster Social Prescribing

Social Prescribing Options in Sligo

Who wants to write their own script?

Take a fresh approach in life - if you want to improve your wellbeing, try writing yourself a new wellbeing script!

Reading Social Prescribing

Linking registered patients to local resources for health & well-being

what is the good exercise relationships health? career health? spirituality

Find out more at your next GP appointment

0118 9372054
social.prescribing@nva.org.uk

Social prescribing & 'arts on prescription'

In both St.Helens and Sefton Creative Alternatives is part of a tapestry of social prescribing services & self-help offers which provide a range of activities that support adults to manage their own wellbeing

Services include:

- Reading Well (Books on Prescription)
- Learn to Grow (Learning on Prescription)
- Lifestyle Referral
- Citizens Advice Bureau: Health Outreach
- Active Reading
- Active Lifestyles
- Relax & Revive

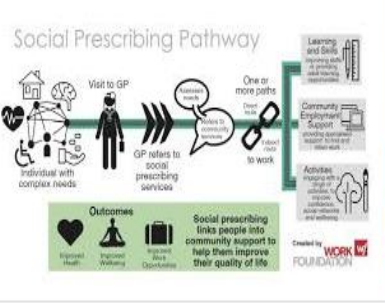


Social Prescribing Scoping Exercise

Regional scoping exercise to consider where social prescribing fits in a healthcare landscape (June 2015) is what is working and on? Five sections to the report:

1. Complexity of defining social prescribing (Laymon)
2. The 2010 Marmot Review (Fair Society, Healthy Lives) of health inequalities identified social prescribing as an 'approach [that] facilitates greater participation of patients and citizens and support in developing health literacy and improving health and wellbeing'
3. Outlines key characteristics/elements of social prescribing activity and impacts in terms of wider health agendas like prevention
4. An emerging typology of activity
5. Levels of social prescribing-who might come together to deliver activity
6. Policy context

Classification	Intervention aspect	Local government example
Strengthening governance, to meet rising demands on individuals	Intervention to promote self-empowerment, self-efficacy, self-esteem, opportunities to learn new skills, develop agency, recognition and respect	Community education groups, volunteering initiatives on offer, self-help groups, mental health groups, C&A, self-help groups, C&A
Increasing social capital and building support networks	Initiatives that help to build networks through self-help groups, community education, peer support and opportunities for new friendships	Self-help groups, community education, peer support, self-help groups, C&A
Increasing access to services and reducing health inequalities	Initiatives to promote health equity, good quality, independent, support to advocacy, patient education, patient education, support self-empowerment, support self-empowerment	Self-help groups, community education, peer support, self-help groups, C&A, self-help groups, C&A



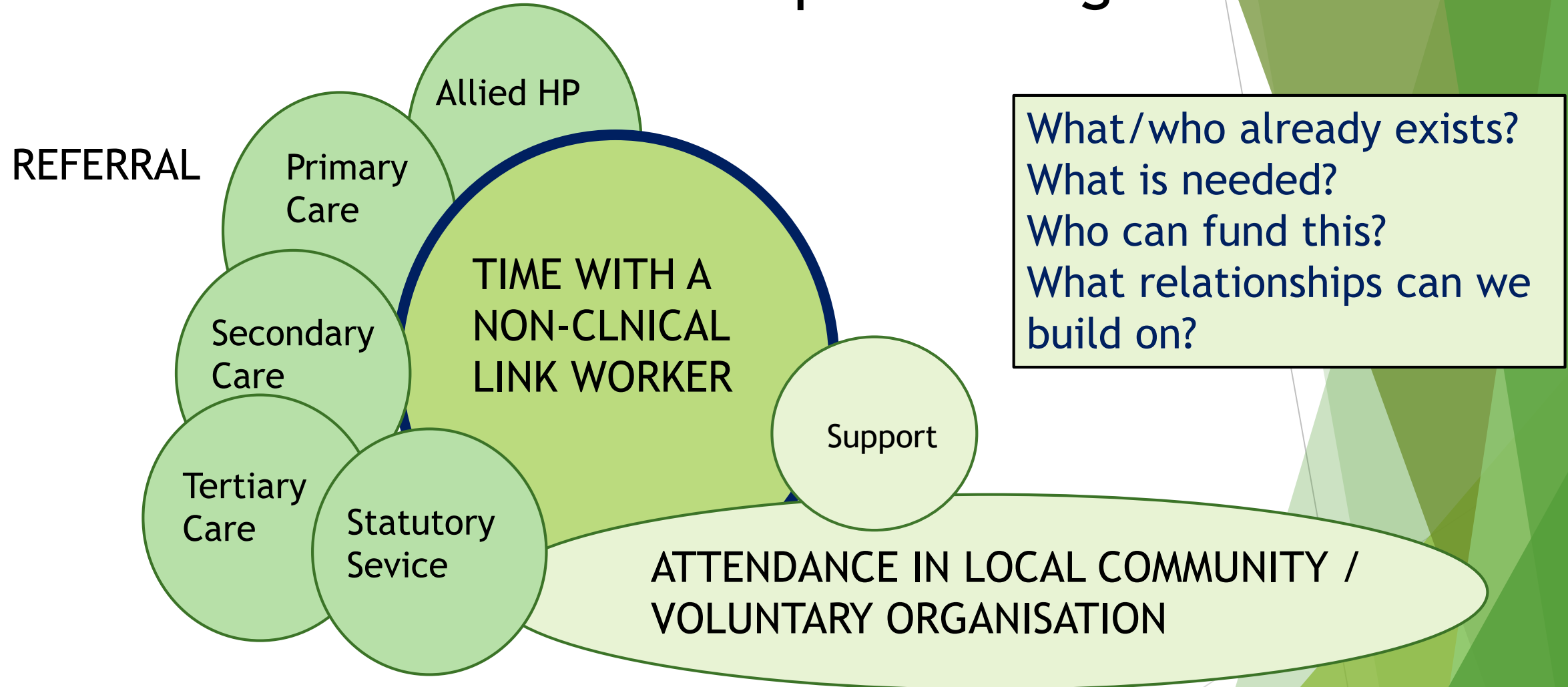
Ask your GP about social activities to help you stay well

Get started
To take part simply ask your GP today



Social prescribing for mental health - a guide to commissioning and delivery

What is the model for social prescribing?



Improved Health and Wellbeing
and Social determinants of health

Outcomes of social prescribing

Changes in physical health

Changes in mental health and wellbeing

Changes in social functioning

Changes in health service use

Changes in behaviour linked to lifestyle

Changes in emotional and cognitive skills

Wider determinants of health

Role of the Social Prescribing Network

- ▶ Connect people interested in social prescribing - regionally and nationally
- ▶ **Share resources and best practice - reports and research, mailing list**
- ▶ **Create a directory of social prescribing schemes**
- ▶ Have a content rich website
- ▶ **Analyse and appraise data - raise the quality, identify evidence gaps, evidence reviews**
- ▶ **Provide support and guidance - toolkit**
- ▶ Listen to those on the frontline, lobby senior leaders
- ▶ Collaborate in research projects to push the field forwards.
- ▶ To keep this network free and accessible to all