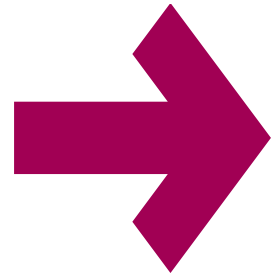


Social Prescribing – an overview

Jo Ward

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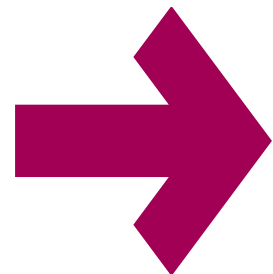
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Setting a context

‘Modern medicine is a wonderful thing, but there are two problems: people expect too much of it, and too little of themselves.’(Jack W Travis MD 2014)

Action on health inequalities requires action across all the social determinants of health, including education, occupation, income, home and community.
(Fair Society and Healthy Lives- Marmot 2010)

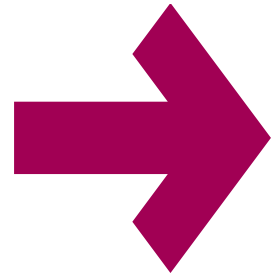


Chapter Two

The sustainability of the NHS, and the economic prosperity of Britain all now depend on a radical upgrade in prevention and public health. Twelve years ago Derek Wanless' health review warned that unless the country took prevention seriously we would be faced with a sharply rising burden of avoidable illness. That warning has not been heeded - and the NHS is on the hook for the consequences.

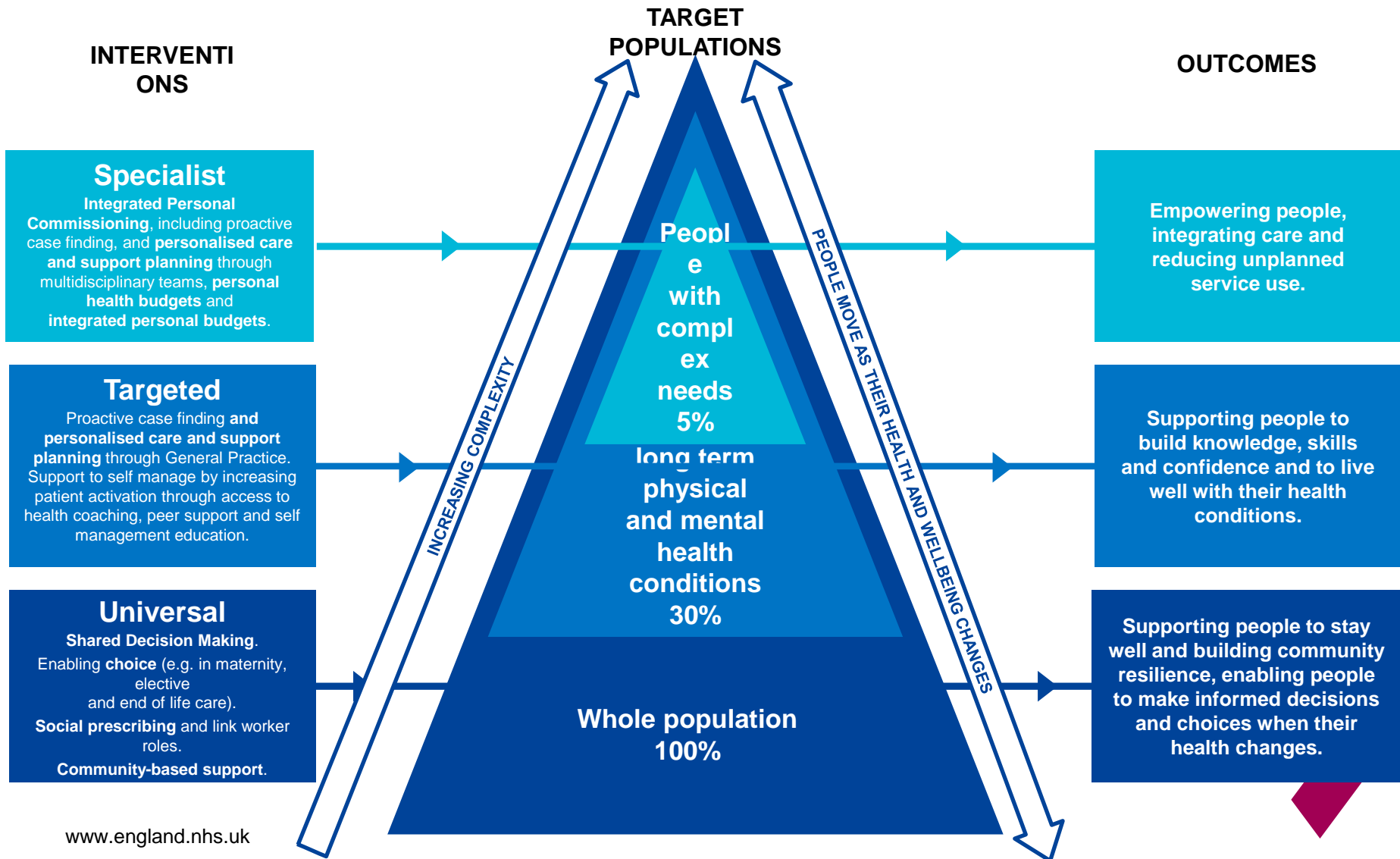
The way forward:

- Patients will gain far greater control of their own care
- Empowering patients (selfcare and management)
- Break down the barriers in how care is provided between family doctors and hospitals, between physical and mental health, between health and social care.
- England is too diverse for a 'one size fits all' care model.



Comprehensive Model for Personalised Care

All age, whole population approach to Personalised Care



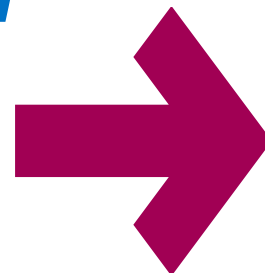
NHS should prescribe tango dancing and book clubs, not 'a pill for every ill'

Daily Telegraph 27/12/17

“Social prescribing is a new way of helping people get better and stay healthy...

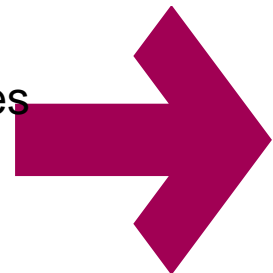
It would be good to see all GPs considering whether their patients might benefit.”

Simon Stevens, CEO, NHS England



Why social prescribing?

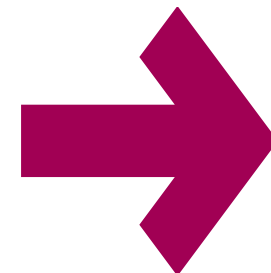
- **Strengthens partnership and integrated working across a broad array of sectors-driver for new innovation**
- **Asset-based community development** - what's already there – build on it
- **Collaborative: everyone around the table**, including local authorities, VCSE sector, CCG, primary and secondary care
- **A vehicle to reduce health inequalities**
- **Provides support for people around money, work, housing and the wider determinants of health**
- **Moves us to a social model of health, alongside the existing bio-medical model**
- **Enables people to have more control over their lives and a more 'human' approach.** We want to have a good life, not just good services



What is social prescribing?

<https://youtu.be/O9azfXNcqD8>

<https://www.youtube.com/watch?v=NciMm5tA4jA>

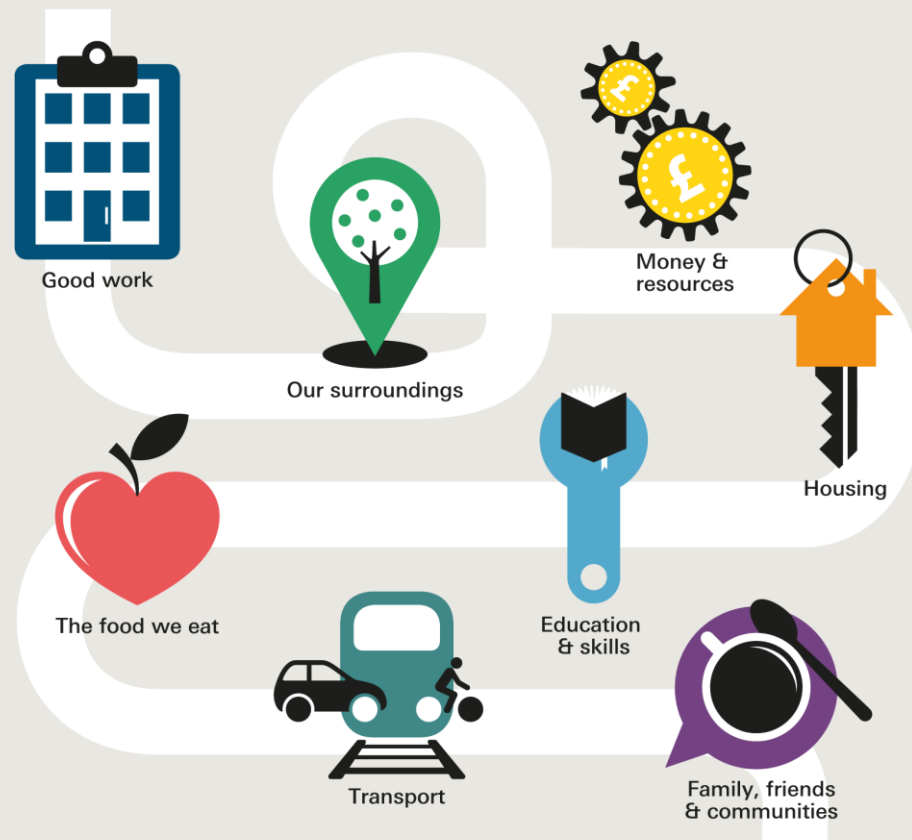


What makes us healthy?

AS LITTLE AS

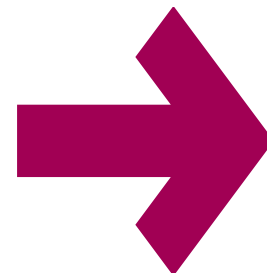
10% of a population's health and wellbeing is linked to access to health care.

We need to look at the bigger picture:



But the picture isn't the same for everyone.

The healthy life expectancy gap between the most and least deprived areas in the UK is: **19** YEARS

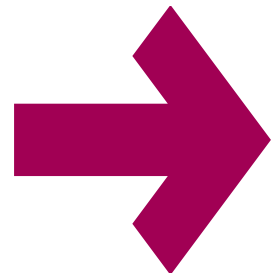


Parity of Esteem

Pushes recognition of the interconnected nature of physical and mental health to the fore:

In a systematic review of 70 studies published in 2015, it was found that social isolation, loneliness, and living alone increased the risk of premature death.

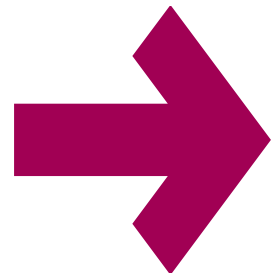
Feeling isolated from others can disrupt sleep, raise blood pressure, lower immunity, increase depression, lower overall subjective wellbeing and increase the stress hormone cortisol. At sustained high levels, cortisol gradually wears your body down. It is a huge problem. And it is fuelling demand.



Partnerships and collaboration

Working in partnership is central to reducing health inequalities – one department acting alone cannot tackle an issue that does not respect organisational boundaries.

Tammy Boyce and Prof David Hunter
Kings Fund 2009



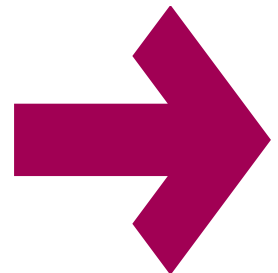


Evidence Review

Conducted by University of Westminster:
Impact of social prescribing on demand for NHS Healthcare.

They found an average of 28% less GP consultations and 24% less A&E attendances, where social prescribing 'connector' services are working well.

<https://www.westminster.ac.uk/patient-outcomes-in-health-research-group/projects/social-prescribing-network>

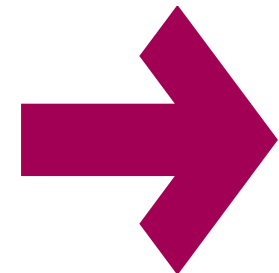


Evaluating

- We have worked with commissioners, providers, practitioners and evaluators across the national and regional networks to establish a common outcomes framework (COF) for social prescribing.
- Aim to publish the COF in the autumn, along with other resources
- Areas of focus are:



- Support offer being developed to help areas implement the COF



NHS England Social Prescribing Plan on a Page

Aim: To make social prescribing more systematic and equitable, by supporting the spread of local social prescribing connector schemes, which employ link workers, help people around 'what matters to them' and connect them with community support.

Increase local connector schemes

Produce an online resource repository and bite-sized resources

Work with CCGs to map local SP connector schemes

Work with Integrated Care System demonstrator and test sites

Support the DH Health and Wellbeing Fund

Build the Evidence Base

Develop a Common Outcomes Framework for Measuring Impact

Commission an in-depth Evaluation of Social Prescribing Connector Schemes

Put SP codes in General Practice IT Systems

Explore whether SP referrals can be the NHS BSA Prescriptions dashboard

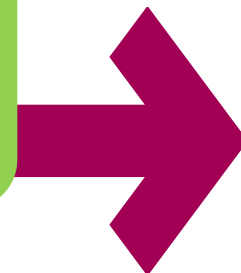
Help leaders to develop and plan

Develop Regional Social Prescribing Networks

Support the creation of a Quality Assurance Framework for SP Connector Schemes

Work with Defra to support mental health providers to connect people to the environment

Develop and pilot learning for link workers



Social prescribing resources

Social Prescribing Hour @SocialPresHour

Join the conversation every Wednesday 8-9pm

- [Widening participation directory](#) (HEE 2015)
- [More than heritage :volunteering for wellbeing](#) (HEE and IWM 2016)
- [Social prescribing at a glance](#)(HEE 2016)
- [Making sense of social prescribing](#) (Univ Westminster 2017)
- [A cultural manifesto for wellbeing](#) (NHS Halton CCG)
- [Creative health](#) and PHE [briefing](#) (2017)

NHS England – Repository Contributions

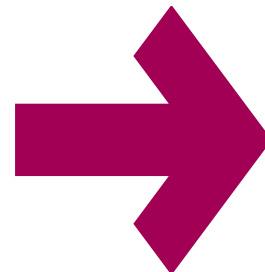
Email: england.socialprescribing@nhs.net

Join:

North West NHSE Network hosted by [Voluntary Sector North West](#) (VSNW)

National Social Prescribing Network

Email: socialprescribing@outlook.com



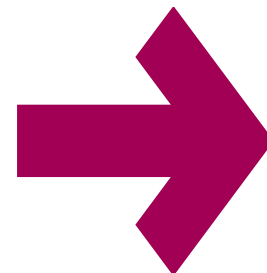
Breathe Magic Driving innovation through creative partnerships

Magic Circle magicians, senior occupational therapists and research academics have co-created an approach that delivers meaningful results that are amazing. The Breathe Magic programme is a fun and clinically effective way of using magic to improve physical and mental health for people with a range of conditions:

- Research shows that participants had clinically significant improvements in bimanual (two-handed) motor skills and independence. These were well maintained at the 6 month follow-up assessments.
- Reported improvements in psychological wellbeing and parent-child relationships.
- Reported reductions in hours of care and support from parents following the young person's participation in the programme, due to their newfound independence. Our preliminary research suggests a reduction of up to 4 hours per day in care and support needed per young person between their two primary carers.
- More cost-effective than standard care (a mixture of individual occupational therapy interventions and BoTXN) with additional psychosocial benefits reported.
- Gives the young person and their family the opportunity to create peer support networks.

Also :

- Enriching healthcare environments for staff, patients and visitors
- Offering unique training opportunities for both NHS and non clinical staff.



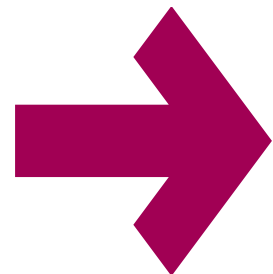
Inspiring Futures for All (If)

Volunteering for wellbeing ‘an exemplar in partnership working to tackle wellbeing inequalities’.

- A partnership of ten museums and galleries led by IWM North and Manchester Museum
- Measure the impact and value and evidence the effectiveness of socially responsible volunteering practices for improving wellbeing, and reducing social and economic isolation
- 2013-2016 SROI evaluation 213 participants-for every £1 invested £3.50 return

“For at least 75% of participants, it has helped transform their lives or positively change their perception of their own abilities and skills.”

Case studies Extraordinary stories! Let’s watch a snap shot (1min and 30 seconds of transformation)



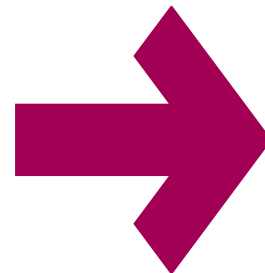
Dancing Recall-Making Connections

Living with Dementia? Dance can help!

Dancing Recall's NHS award-winning 'Making Connections' programme can help improve concentration and responsiveness as well as overall mobility, enabling people to express themselves more fully in a safe and fun atmosphere.

Includes all the key components of conventional exercise programmes and harnesses the unique application of music and dance, fostering a greater control and ease of movement through a rich variety of musical, sensory and verbal cues and

- Stimulates the retrieval of memories
- Develops concentration
- Encourages people to respond to their immediate environment
- Exercises mind, memory, voice and body
- Supports and energises carers!



Challenges moving forward

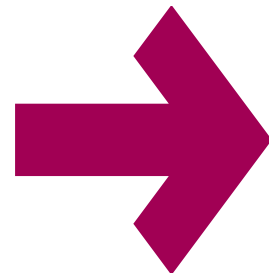
Diversity and spread –we want all local areas to have social prescribing, but what works in an urban area may not be right down the road in a rural setting. We need to value local diversity.

Supporting shared leadership - nurture bottom-up collaborative partnerships

We should **not assume the voluntary sector is free and always there** – build in support and funding

Building the evidence base – everyone measuring the same things – so that we can make long-term comparisons

We should not ‘over-professionalise’ or straight jacket social prescribing – it’s about **human relationships – putting community and people at the centre**



Social Prescribing – in the news!

Guardian Newspaper (21st February 2018):

The town that's found a potent cure for illness – community!

Frome in Somerset has seen a dramatic fall in emergency hospital admissions since it began a collective project to combat isolation.

George Monbiot

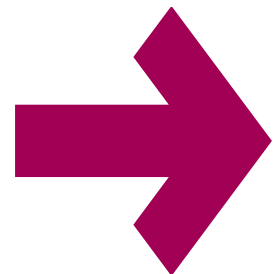
<https://www.theguardian.com/commentisfree/2018/feb/21/town-cure-illness-community-frome-somerset-isolation>

Daily Mail Newspaper (21st February 2018):

Lonely patients are being 'prescribed' coffee mornings, singing classes and dance lessons to tackle social isolation

Sophie Borland

<http://www.dailymail.co.uk/health/article-5415725/Lonely-patients-prescribed-coffee-mornings.html>



What next

Partnership events focused on arts and health innovation

11 October women's and children's services national round table

25 October (Whitworth) Placebo –panel discussion and performances as part of Science Week

07 November Arts in Health led by Cumberland Infirmary hosted by University of Cumbria

And

13 Dec regional conference(save the date) Preston

2019 Year of Environment – joint conference with the Innovation Agency-exploring the role of a Natural Health Service

