

Delivering Social Prescribing in NEL.



What is Social Prescribing?



“...a means of enabling GPs, nurses and other primary care professionals to refer people to a range of local, non-clinical services.”

Source: Social Prescribing Network

AIMS OF SP

Increase referrals from GP's and other HCP's into local community/voluntary provision



Improve social support and reduce isolation by connecting people to community groups, activities and other appropriate services

Improve wellbeing and resilience of people and communities by offering high quality information, advice and guidance.

Reduce costs to NHS

HOW DO WE DO THIS?

Building on the success of
Centre4's Advice Service...



Strong relationships & partnerships



**GP practices
and other
referring
agencies**

Community Shop



**Tier 2 providers and
community organisations**



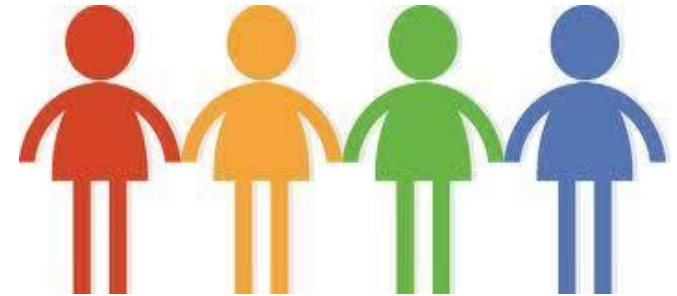
Patients



Wider networks

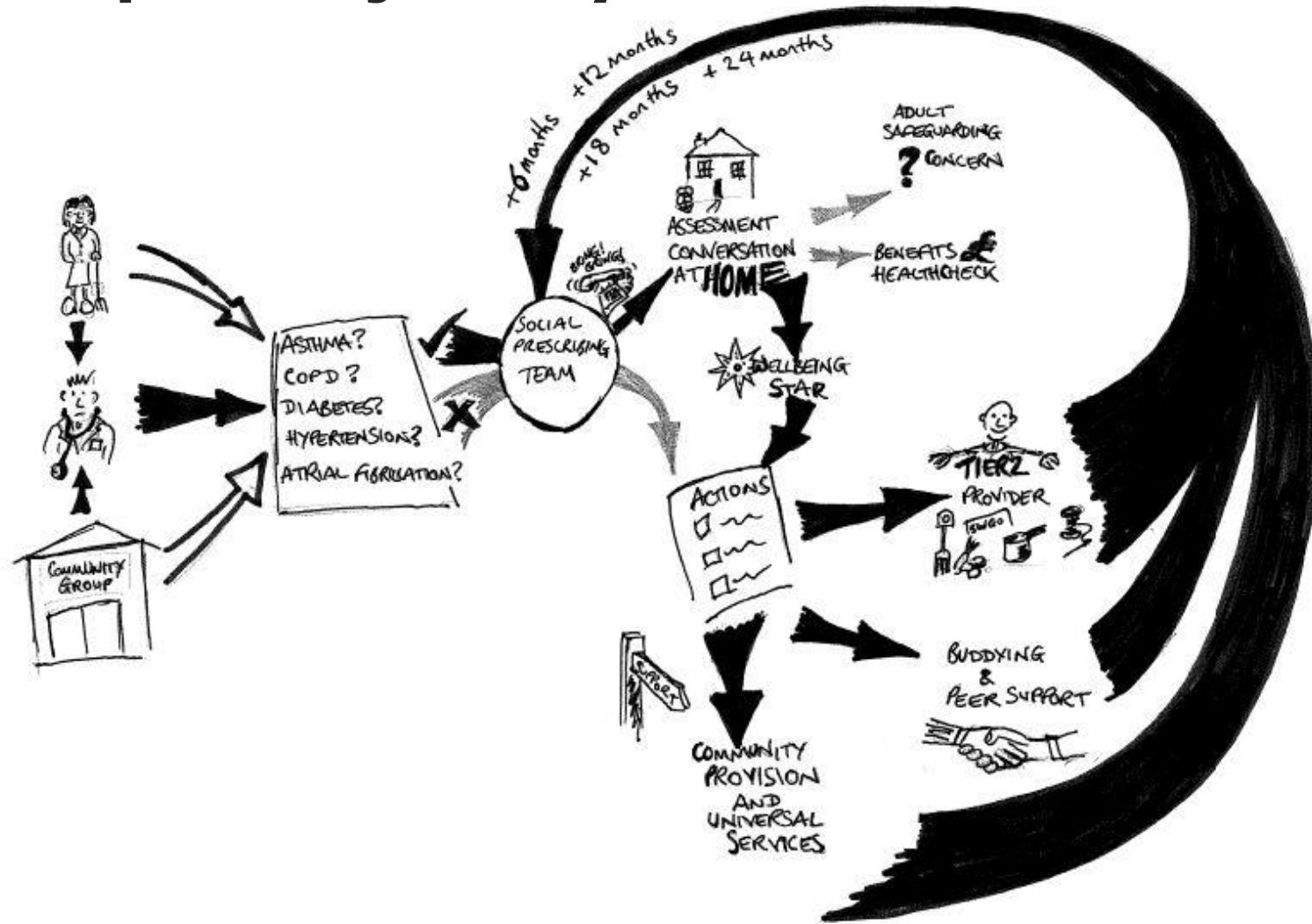


LINK WORKERS – SUPPORTING PATIENTS



- Find support groups
- Make lifestyle choices
- Find relevant information
- Gain confidence
- Healthy eating and cooking
- Access specialist services and support
- Develop positive relationships
- Get more active
- Get more involved

The patient journey



FIVE WAYS TO WELLBEING



TALK & LISTEN,
BE THERE,
FEEL CONNECTED



DO WHAT YOU CAN,
ENJOY WHAT YOU DO,
MOVE YOUR MOOD



REMEMBER
THE SIMPLE
THINGS THAT
GIVE YOU JOY



EMBRACE NEW
EXPERIENCES,
SEE OPPORTUNITIES,
SURPRISE YOURSELF



Your time,
your words,
your presence



wellbeinginfo.org

Success Measures



Improved patient wellbeing and self-management of certain long-term conditions;

Reduced usage and cost of secondary care services per patient evidenced at 12 and 24 months.

SP IN PRACTICE - GOOD NEWS STORY

Emma single Mum with 3 dependent children, mental health problems and Cerebral Palsy, COPD/Asthma. Approached Centre4 Advice for help complete ESA50 as she was unable to do this herself – struggling to manage at home/get children to school and no input from any HCP's. Eldest daughter taking youngest child to school as Emma unable to get out of the house. Struggling to access services because of physical/mental health. Initially advisor helped complete ESA50 but apparent Emma had other underlying issues that became apparent. Advisor initiated OT assessment and several adaptations made following referral. Also initiated contact with eldest daughter's college as help Mum needed was impacting on daughter's education and alleviated some pressure on Mum/daughter. Several debt issues were also addressed and are now being managed; also helped support at Appeal Tribunal following WCA where she scored NIL points. Advisor attended the Tribunal to support Emma as she felt unable to do this on her own – case successful at Tribunal and benefits reinstated plus arrears of over £3000 plus a substantial increase in her weekly income. Help is ongoing and the Advisor is currently helping identify more suitable housing. Now this is in place the Advisor is encouraging Emma to address her mental health issues.

SP IN PRACTICE - GOOD NEWS STORY

Theresa was referred to us by the Red Cross. They had been alerted by a neighbour who thought she was depressed and isolated and struggling financially. Theresa has mild learning difficulties and following the death of her parents lived alone. She also suffered from diabetes and had an undiagnosed tremor which caused her to fall. We identified that Theresa was not receiving all the benefits she could be entitled to and helped her to make a claim for Personal Independence Payment which was successful. We also referred her to Occupational Therapy who supplied her with adaptations in the home as well as a walking frame. She was later diagnosed with Huntingdon's disease. But the most significant problem she faced was one of loneliness and isolation. We therefore encouraged her to attend Centre4's Bingo night and the Wednesday coffee mornings. She also joined the "waist watchers" club and lost weight. Theresa made new friends and is now a regular visitor at Centre4, attending daily for her lunch. She has also joined the Community Shop and enjoy access to the discounted supermarket and meals in the Community Café.

SP IN PRACTICE - GOOD NEWS STORY

Dennis was referred to Centre4 by NELC (Home energy team) for a full benefit check. He had approached NELC for help with a new boiler. A home visit was arranged as Dennis was unable to get out due to restricted mobility. Dennis was 55 years old and had worked all his life until he developed a prostate problem, requiring surgery and then developed diabetes and was getting depressed. He lived with his wife who was his carer. We identified that they were only receiving ESA and that he could be entitled to Personal Independence Payment and his wife could then claim Carers Allowance. We helped them to make both claims and they were successful, doubling their income. Dennis said that the extra money enabled him to put his heating on and to eat properly. His diabetes was showing signs of improving and he was now more motivated to go out of the house for walks with his dog. Dennis reported that his health has improved immensely.

Our...



Develop Social Prescribing as part of the routine offer in NEL, viewed within the health and care system as a valuable and effective pathway alongside more traditional treatments and support.

Any...



And finally...



you named me
WHAT!?