

Hampshire & IoW Social Prescribing Network

Edition 2 August 2020



Newsletter



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Understanding Hampshire's Changing Health Structures



The Hants & IoW Social Prescribing Network Understanding Hampshire's Changing Health Structures Webinar held on Thursday 16 July 2020, can be viewed online:-

<https://www.cfirfirst.org.uk/news/hspn-webinar-july-2020/> or

<https://www.gva.org.uk/groups/social-prescribing/>

The event was attended 55 delegates.

Tues 8th Sept 2020 Hampshire & Isle of Wight SP Network Webinar



Hants & IoW Social Prescribing Network 'Social Isolation' Webinar

Date: Tuesday 8 September 2020

Time: 1pm to 2pm & networking

Diary invites have already been sent but please let me know if you wish to be added to this circulation.

Supporting Communities to be Digitally Connected

Inequalities in technology access has been evident for a long time but with studying at home and the isolation of Covid-19, the situation has been highlighted further.

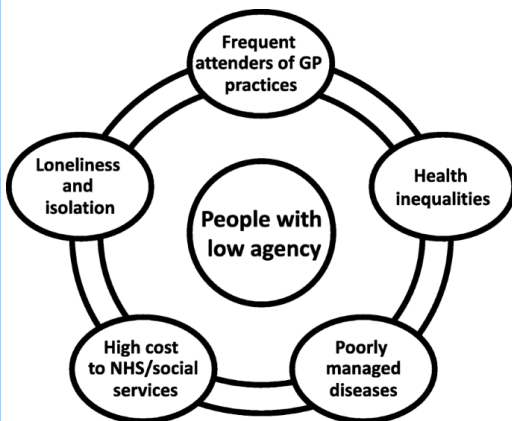
DevicesDotNow is a project aiming to connect the unconnected. It is led by FutureDotNow and supported by the UK Government's Department for Digital, Culture, Media and Sport. There are a number of national partners, including Good Things Foundation.

Hear Dot's story here to see how getting connected digitally helped her to see her family virtually for the first time and brought much-needed company during the pandemic. For further & to help identify people most in need in your community, download the PDF.

FutureDotNow has secured donations of new equipment from industry partners. Good Things Foundation will ensure its safe transfer to the hyperlocal community, through the Online Centres Network. A step by step guide is available: https://mcusercontent.com/a694bc0ff11d9dd94b05ccd0d/files/7d711352-97e3-4178-8acf-801f979f7651/data_collection_centre_info_1.pdf



Research & Evaluation



STAKEHOLDERS 'BUY-IN'

'Applying critical systems thinking to social prescribing: a relational model of stakeholder "buy-in"' uses critical systems thinking to critically examine a developing rural social prescribing scheme from multiple stakeholder perspectives & present a relational model for local social prescribing schemes. The fieldwork included 24 in-depth interviews, regular planning meetings with key stakeholders, and discussions with those involved with national & international SP landscaping. A modified grounded theory approach was used for the analysis, and to consider the core elements of social prescribing sustainability. The full paper by Fixsen, Seers, Polley and Robins (2020) at:-

<https://bmchealthservres.biomedcentral.com/articles/10.1186/s12913-020-05443-8#citeas>

EVALUATING SOCIAL PRESCRIBING

Published last month, this evaluation provides a review of the research methods and approaches used to evaluate UK-based social prescribing in recent years.

<https://www.iriss.org.uk/resources/insights/evaluating-social-prescribing>



How to implement OUTCOME MEASURES



OUTCOME MEASURES TOOLKIT

How to implement outcome measures: a guide for third sector organisations and their funders has been developed by researchers from The University of Sheffield. The guide is available:-

https://issuu.com/niftyfoxcreative/docs/proms_booklet_final

Funding & Covid-19

COVID-19 FUNDING

If you're planning to apply for the Government allocation of funding to the [Coronavirus Community Support Fund \(CCSF\)](#), you must apply by 12 noon on 17 August 2020. The fund will close on this date. We should be finished distributing these funds by the end of October 2020. After this, you can still apply for emergency National Lottery funded grants in England to help your community through COVID-19. We will be focusing on funding for organisations supporting people and communities who experience disproportionate challenge and difficulty as a result of the COVID-19 crisis, specifically for user-led equality groups supporting:

- black, Asian, minority ethnic and refugee (BAMER) communities
- lesbian, gay, bisexual, transgender, queer + (LGBTQ+) communities
- disabled people



This is for six months' emergency funding, for [small and medium organisations](#) and for between £300 and £100K. Other National Lottery funding will be available again later this year. We are also working with [specialist partners](#) to reach specific groups as quickly as we can.

Beyond the emergency response, National Lottery funding to support communities in England will be available, and we'll keep you updated on our funding as it develops.

Scotland, Wales and Northern Ireland are still prioritising any COVID-19 projects, as well as funding other projects.

Current funding opportunities with Community Funding <https://www.tnlcommunityfund.org.uk/funding/programmes>



Applications are being invited for the 2021 Kings Fund—GSK Impact Awards, which provides core funding and free training for charities that are working to improve people's health in the UK. Up to 20 awards will be made, ranging from £3,000 to £40,000, plus free training and development valued at a further £9,500.

The closing date is Monday 14 September 2020. Find out more and apply: <http://www.kingsfund.org.uk/projects/gsk-impact-awards/how-to-apply>

<https://www.yourcovidrecovery.nhs.uk/> is a new NHS website designed to help people recover from the long-term effects of COVID-19.

How has Covid-19 Impacted your Organisation?

Across the vast variety of causes we work for and communities we serve, there is no doubt that the past few months have placed extraordinary demands on the voluntary sector. The challenges have and continue to be enormous, and the legacy on our sector will be profound.

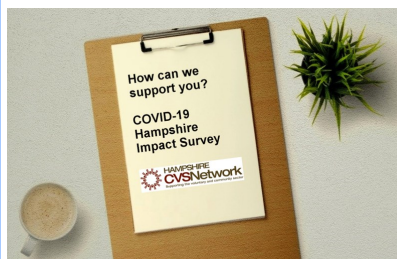
We need you to tell us what issues you are facing and what help you need. How has COVID-19 impacted your organisation? What do you need from us, now and in the weeks and months to come?

By completing our latest COVID-19 impact survey, you will help us to better understand the needs of local groups so that we can identify our role in supporting groups in our area as effectively and quickly as possible.

Please click here to take the survey: <https://forms.gle/k3ktfARYirJn3qpR7>

You will also help us to prioritise our work:

- Helping the fantastic new groups that have formed to respond to the current situation, to develop exit plans, and to leave a lasting and positive legacy.
- Supporting established charities, voluntary and community sector organisations who are thinking about 'starting back up' when things return to 'normal'.



National Updates & Publications - Loneliness

UPDATE

LONELINESS, SOCIAL ISOLATION & COVID-19 – PRACTICAL ADVICE: the Local Government Association (LGA) and Association of Directors of Public Health (ADPH) have jointly produced this practical advice <https://www.local.gov.uk/loneliness-social-isolation-and-covid-19-practical-advice> for Directors of Public Health and others leading the response to the loneliness and social isolation issues arising from the COVID-19 pandemic. It follows-on from our guidance about the public mental health impacts across the life course. Intervening early to tackle loneliness & social isolation during the COVID-19 pandemic & beyond will help to prevent more costly health & care needs from developing, as well as aiding community resilience and recovery. This can only be done at the local level through partnerships between the council, voluntary & community sector, councillors, primary care networks and relevant others. Councils have a key role to play in this, because they own most of the assets where community action could or should take place, such as parks, libraries and schools, with councillors creating the localised neighbourhood partnerships to deal with a range of mental and physical health issues. There is also an opportunity to harness and develop the positive changes that we are seeing, such as greater awareness about the impact of personal behaviours on mental wellbeing.

NEW RESEARCH PUBLISHED TO TACKLE LONELINESS AMONG MIGRANT & ETHNIC MINORITY GROUPS: a cross-faculty team from the University of Sheffield has collaborated with colleagues from Brunel & De Montfort Universities on a major new project focused on better understanding loneliness among migrant and ethnic minority groups. Funded by the NIHR's public health research programme, the 18-month project aimed to identify successful approaches to reducing loneliness among these social groups. While loneliness is increasingly recognised as a social problem with significant implications for mental & physical health, research addressing these issues within migrant & ethnic minority groups is limited and there is reason to believe that these populations may face increased risks.

Sarah Salway, Professor of Public Health and chief investigator on the project, remarked: *"To our knowledge, this is the first research to examine in detail what we know about tackling loneliness among migrant and ethnic minority people. This was an exciting project in which we worked with members of the public to assess and summarise the existing research evidence. The project was unusual in looking beyond older people to consider loneliness at all ages and life-stages."*

More information can be found in:- <https://www.sheffield.ac.uk/socstudies/news/new-research-published-tackle-loneliness-among-migrant-and-ethnic-minority-groups> Hard copies of this booklet can be ordered free of charge from:- https://docs.google.com/forms/d/1knAwEX3Gx4NM68pDN8gi2EOSz6NOgFMXP4kuMm7IM2s/viewform?edit_requested=true#responses

HEE LONELINESS & SOCIAL ISOLATION E-LEARNING PROGRAMME: this programme features evidence-based reports, guidance, factsheets and videos about how to address loneliness and social isolation. For more details, please visit:- <https://populationwellbeingportal.e-lfh.org.uk/> for the programme.

NEW BRITISH RED CROSS TACKLING LONELINESS REPORT: to mark the end of Loneliness Awareness Week, a report on 'Life after lockdown: Tackling Loneliness among those left behind' was published in June. Look up <https://www.redcross.org.uk/about-us/what-we-do/we-speak-up-for-change/life-after-lockdown-tackling-loneliness>. The report shines a spotlight on some of the communities at risk of being left behind - people who live alone, have been shielding or self-isolating, those living with young children, people from BAME backgrounds, younger people, people seeking asylum & people living with a long term physical or mental health condition. Their polls indicate 41 per cent of adults across the UK report feeling lonelier since lockdown, with 33 per cent saying they haven't had a meaningful conversation in the last week. The report also highlights that whilst social distancing and lockdown measures will continue to be eased in time, a significant cohort of the population will remain lonely, affecting the health, wellbeing and productivity of our communities. A third of adults feel their loneliness will continue to get worse. The report includes 4 recommendations to ensure no one is left behind.

- Prioritise those most vulnerable to loneliness.
- Secure sustained funding for tackling loneliness.
- Continue to roll out social prescribing and ensure it delivers for loneliness.
- Work collaboratively across sectors and specialisms, and with people with lived experience of loneliness.

With thanks to the National Social Prescribing Network for the National Updates & publications

Collaborative Working

SOCIAL PRESCRIBING COLLABORATIVE NETWORK (aka the Platform) for info, resources, case studies and discussion. To join email england.socialprescribing@nhs.net



PEER SUPPORT AND NETWORKING If you don't already know who your regional learning coordinator is, email england.socialprescribing@nhs.net telling us where you're based and we'll put you in touch.

SOCIAL PRESCRIBING E-LEARNING for link workers, at no charge, in conjunction with Health Education England. <https://www.e-lfh.org.uk/programmes/social-prescribing/>

FREE MEDITATION APP FOR BAME COMMUNITIES The NHS has partnered with Liberate to offer free subscriptions to NHS staff for its popular meditation app until December 2020. The app offers culturally sensitive and diverse meditations and talks that have been curated for the BAME community.

SOCIAL PRESCRIBERS WELCOME & INDUCTION PACK to support the work of social prescribing link workers – especially useful if you are new in role. <https://www.england.nhs.uk/publication/social-prescribing-link-worker-welcome-pack/>

Supporting Older People



LIVE AFTER LOCKDOWN: TACKLING LONELINESS. Report from the British Red Cross.

EXERCISE AT HOME FOR OLDER PEOPLE - YouTube Gateshead Older People's Assembly has been creating great resources for its local community during lockdown. Viewers a day just in their own region. They're definitely worth a watch.

'NEW HORIZONS IN SUPPORTING OLDER PEOPLE'S HEALTH AND WELLBEING: IS SOCIAL

PRESCRIBING A WAY FORWARD?' by Hamilton, Milne & Hotham (2020), provides a critical review of evidence on social prescribing, drawing on the RE-AIM Framework (Glasgow et al., 1999) to identify questions that will need to be addressed in order to inform both the design and delivery of services and the evolving research agenda around social prescribing. The full PDF is available at:-

https://www.researchgate.net/publication/339438501_New_horizons_in_supporting_older_people's_health_and_wellbeing_is_social_prescribing_a_way_forward

LET'S TALK LONELINESS WEBSITE—offers information on how individuals can safely help themselves and others, and signposts sources of further support. <https://letstalkloneliness.co.uk/advice/>

Research and Improvement Virtual Conference 2020
A Patients Included Accredited event

<https://www.academy.solent.nhs.uk/about-us/annual-conference/virtual-conference-2020/>

Recruitment & Funding of Social Prescribers



FUNDING FOR GREEN SOCIAL PRESCRIBING

At the end of July we heard that a funding bid which we had worked on with the Department of Food, Environment and Rural Affairs (DEFRA) has been successful. The Government has agreed to invest a further £4m in a two-year pilot to bring green prescribing to four urban and rural areas that have been hit the hardest by coronavirus. The NHS England social prescribing team will be leading this work on behalf of health.

RECRUITING ADDITIONAL SOCIAL PRESCRIBING LINK WORKERS (SPLWs)

It's great news that, after months of work, our Social Prescribing team can make this announcement. It's also a tribute to the hard work that all our link workers have already put in to support people dealing with the impact of Covid-19. Social prescribing link workers (SPLWs) have been an important part of the general practice response to Covid-19. Recognising that Covid19 will continue to have a longer term impact, we are funding a time-limited support offer to cover recruitment and induction costs for additional Primary Care Network (PCN) DES-funded SPLWs. This offer will be available until 31 January 2021.

PCNs interested in taking up this offer should submit an Expression of Interest no later than **24 August**. For enquiries about the offer please contact: england.linkworkerrecruitment@nhs.net

If you know a PCN that is yet to get involved with social prescribing, or that had large shielding lists, why not let them know about this offer?

Obesity Strategy

The Obesity strategy was launched by the Government on 27 July. This also links to the [Better Health Campaign](#) which has also been launched this week by Public Health England, which includes a wide range of resources to help people reduce weight and get fitter. Please visit <https://www.nhs.uk/better-health/> for more details.

Arts on Prescription



Tracking momentary experiences in the evaluation of arts-on-prescription services: using mood changes during art workshops to predict global wellbeing change' findings suggest that a reduction in tense arousal (feeling less nervous, anxious & stressed) is a crucial component of arts-on-prescription services and make a direct link between experiences during art workshops and changes in global wellbeing for the first time. This strengthens the evidence base for arts-on-prescription and suggests that tracking experience across Interventions is a useful evaluation tool, with much potential. The paper is by Holt (2020) & available via Sage Journals <https://journals.sagepub.com/doi/10.1177/1757913920913060>

New 'Active from Home' Resources



A new booklet, co-funded and developed by Sport England & Public Health England, aims to help older adults keep up their activity levels while isolating due to coronavirus. A drop in physical activity levels can lead to physical deconditioning that increases the risk of falls, loss of physical capacity and increased need for care during the coronavirus crisis. This booklet aims to help older adults maintain strength and balance with practical guidance on home-based activity.

<https://campaignresources.phe.gov.uk/resources/campaigns/50-resource-ordering/resources/5118>

Dementia - Together We Stand



'Together We Stand' — an activity pamphlet for people with Dementia and their carers

Portswood Dementia Action Group and Caraway, a local charity that resources the spiritual well-being of the older person, have worked together to produce 'Together We Stand', a short pamphlet full of activities and ideas to keep people with Dementia and their carers connected, encourage them to be creative and hopefully bring some cheer into their lives.

The latest edition can be downloaded at:

www.carersinsouthampton.co.uk/news/together-we-stand-newsletter



Welcome

Welcome to the sixth edition of 'Together We Stand', a short pamphlet full of activities and ideas that we hope will keep us connected, encourage us to be creative and hopefully bring some cheer into our lives. This pamphlet is created in collaboration between Portswood Dementia Action Group (a local charity who run events to raise awareness of dementia and provide support to people living with dementia and their carers), Caraway (a local charity that resources the spiritual well-being of the older person in Southampton) and the H&C Older Adults Nurses (Dementia UK). Together We Stand is funded by the Listener's Trust.

A huge thank you to our readers who have sent us photos and articles for this holiday edition of Together We Stand.

With the further easing of lockdown and foreign travel being allowed again, we thought it would be a good idea to dedicate this edition of 'Together We Stand' to holidays! While many of us aren't able or are unsure about going on holiday right now, we hope you enjoy the stories and photographs of other people's favourite get away spots. From around Hampshire and beyond, whether you're a beach person, a hill walker or simply a green space lover, there really is nothing better than getting away from the hustle and bustle of normal life and going off on an adventure.

Holidays are always wonderful times to make memories and to do things we wouldn't ordinarily be able to - from trying local food, to exploring new and exciting places. Why not share some of your fondest memories from holidays gone by with your friends and family?

In Friendship,
Katherine Barber, Erica Roberts, Ross Simpson
and Freya Gillett

If you would like to contribute to the newsletter please email
katherine.barber@portswooddementia.org.uk
portswooddementia@gmail.com
0779383390



A photo Freya took at the Eden Project while on a family holiday to Cornwall.

Connect to Support Hampshire

Does your surgery have a website? Does your surgery website signpost to Connect to Support Hampshire?

We are on a mission to see if we can get all GP surgery websites in Hampshire to add a link to Connect To Support Hampshire (CTSH), where possible, signposting residents to the wealth of information on the site. CTSH contains links to over 1,300 National as well as local charities, helplines and services to help Hampshire residents remain independent, well, socially connected.

As you know, many surgeries already do so with a link in their 'community support pages' or 'useful contacts section'. We can provide Practice Managers and other GP surgery staff with more information including a CTSH logo and 'virtual' overview of the website. Please contact Brenda Pullen (Engagement Officer, Adults' Health & Care – Hampshire County Council on 07784 265274 or Brenda.pullen@hants.gov.uk)

Connect to Support Hampshire website www.ConnectToSupportHampshire.org.uk

