

Hants & IoW Social Prescribing Network Webinar

The Changing Landscape and Role of Social Prescribing

Wednesday 14 June 2023, 1-2pm



The Changing Landscape and Role of Social Prescribing

- **Welcome and Programme Review** – Angela Gill (Hants & IoW Social Prescribing Network Facilitator)
- **Tim Houghton**, Chief Executive, **Community First**
- **Jessica Berry**, Personalised Care Programme Lead, **Hampshire & IoW Integrated Care Board**
- **Esther Watts**, SE Lead for Thriving Communities, **National Academy for Social Prescribing (NASP)**
- **Jane Majidzadeh**, Wellbeing Team Manager, **Meon Health Practice**
- **Date of the next Hants & IoW Social Prescribing Network Webinar**

Tim Houghton

Chief Executive

Community First

tim.houghton@cfirst.org.uk



- **Role and value of engaging your local CVS** - to support social prescribing
 - <https://www.hampshirecvs.org.uk/network/>
- **Volunteering**
- **Loneliness Awareness Week**
- **Community Friends in New Forest**



Funding opportunities

- Playing Fields Fund <https://www.hiwcf.org.uk/grant/hampshire-playing-fields-2/>
- IoW Community Fund <https://www.hiwcf.org.uk/grant/isle-of-wight-community-fund/>
- Hedley Foundation <http://www.hedleyfoundation.org.uk> and Gostling Foundation <https://www.thegoslingfoundation.com/health>
- Music for All <https://www.musicforall.org.uk/apply-for-funding/community-project-funding/>
- The Fore <https://thefore.org/>
- Sport England <https://www.sportengland.org/funds-and-campaigns/our-funds/small-grants-programme>
- Parkinsons <https://www.parkinsons.org.uk/information-and-support/physical-activity-grants>
- Household Support Grant - new round(s) of Community Grants targeting those most in need <https://www.hants.gov.uk/socialcareandhealth/childrenandfamilies/connectforcommunities/communitygrants-overview/communitygrants>
- HCC Adult Health & Care and Local Solutions Grant <https://www.hants.gov.uk/community/grants/grants-list/local-solutions-grants/local-solutions-grant>

Jessica Berry

Personalised Care Programme Lead

Hampshire & IoW Integrated Care Board

jessica.berry1@nhs.net



Interim Integrated Care Strategy Update

HIOW Social Prescribing Network – 14 June 2023

OUR STRATEGY ON A PAGE



OUR 5 PRIORITIES AND KEY AREAS OF FOCUS:

Continue and develop our **trauma-informed approach**

Co-locate services to enable a **family-based approach**

Further develop a **joint children's digital strategy**

Improve access to **bereavement support**

Address inequalities in access and services

Support the **mental health and wellbeing** of our staff.

Improve **social connectedness**

Provide **support in community settings** for healthy behaviours and mental wellbeing

Ensure **equal importance** is given to mental wellbeing and physical health

POPULATION OF 1.9M:

- Varied demographics
- Areas of deprivation
- Variation in life expectancy
- Strong partnership working to seize opportunities

Children and young people

Focus on the **"best start in life"** for every child in the first 1000 days of their life

Improve **access and mental health outcomes** for children and adolescent mental health services

Work with schools and other key partners on **prevention and early intervention**

Mental wellbeing

Better connect people to avoid **loneliness and social isolation**

Promote **emotional wellbeing** and prevent **psychological harm**

Improve mental health and emotional resilience for **children and young people**

Focused work to **prevent suicide**

Good health and proactive care

Minimise potential health and wellbeing **impact of cost of living pressures**

Provide **proactive, integrated care** for people with complex needs

Support **healthy ageing** and people living with the impact of ageing

Combine resources around **groups of greatest need**

Our people (workforce)

Evolve our **workforce models** and building **capacity to meet demand**

Ensure the availability of the **right skills and capabilities**

Ensure people who provide services are **well supported and feel valued**

Digital and data

Empower people to use digital solutions

Support our **workforce**

Improve how we **share information**

Continue to improve our **digital solutions**

Social Connectedness – How you can help

- Contribute your service details on interactive map
- Mapping assets
- Encourage organisations/groups to promote services:

[Connect to Support Hampshire](#)

[Southampton Voluntary Services](#)

[Directory Search | HIVE Portsmouth](#)

[Isleoffindit](#)

- Training [Loneliness and Social Isolation | Health Education England \(hee.nhs.uk\)](#) and [Personalised care support planning](#)
- Ideas and barriers – (in chat or email Jessica.berry1@nhs.net)

Social Prescribing updates

- Primary Care DES – focus on proactive social prescribing
- [Social Prescribers workforce development framework](#)
 - Provide clear and consistent standards for SPLW practice, including their knowledge, skills and behaviours
 - Provide guidance on the support, supervision, and learning and development offer required from employers to support SPLWs
 - Promote the development of a strong and capable workforce of SPLWs and their future development
 - Support improved quality and consistency of social prescribing and reduced variation in outcome and access standards.
 - Demonstrate the benefits of SPLWs working as part of a multidisciplinary team.

Webinar for managers 11th July 23

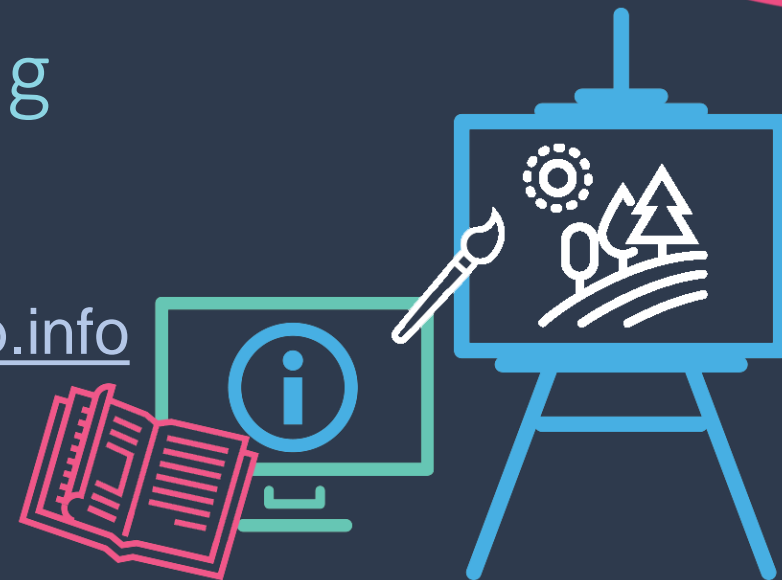


National Academy for Social Prescribing

Esther Watts

SE Regional Lead for Thriving
Communities

southeast.thrivingcommunities@nasp.info





WE'RE HERE TO HELP YOU

We build partnerships, share resources and support your journey

Whether you're a health professional or link worker, involved with a voluntary organisation, or here to find help for yourself or a loved one, we've advice and information that can help.



Voluntary and community organisations



Social prescribing link workers



Healthcare professionals and students

<https://socialprescribingacademy.org.uk/>

Our five ambitions for better social prescribing



By 2026 all communities will have link workers, community hubs and trained local connectors.

By 2026 we will co-design and test five approaches to addressing high priority health and wellbeing needs.

By 2026 there will be more accessible investment for social prescribing aligned with integrated care systems.

By 2026 there will be an international evidence collaborative across 20 countries delivering a shared strategic evidence agenda.

By 2026 two-thirds of adults will report that they recognise the value of social prescribing activities to health and wellbeing.

What is Social Prescribing?



Social prescribing focuses on enabling people to improve and take greater control over their health and wellbeing by connecting them to services, activities and support within their community. It is a non-clinical approach and focusses on “what matters to me”. It is an asset based, proactive way of linking health to local communities.

NASP have come up with the following definition:

A way of **actively** connecting people to activities, information and resources to help address an **unmet** health and wellbeing need or risk.

Cross-sector working: the South East role



Voluntary and community sector organisations

- providing activities and services
- providing social prescribing link worker host services

Thriving Communities Programme - regional

- Supporting the community and voluntary, faith and social enterprise sector to engage with and support social prescribing with information, events, training workshops and connection
- Mapping social prescribing host organisations across the South East
- Visiting peer forums for social prescribers from the NHS and the voluntary sector
- Sharing NASP Evidence and best practice
- Active member of NHSE South East Social Prescribing Strategy Group
- Emphasising the need to consider funding for social prescribing activities
- Promoting useful collaboration and connection



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for Social Prescribing

Origins of the mapping project

NHS link workers started popping up everywhere....

NASP colleagues in the Midlands and South West started mapping social prescribers on a google map

Healthy London Partnerships – wanted a central register of all social prescribers..

Multiple discovery...or simultaneous invention

The NHS logo, consisting of the letters "NHS" in white, bold, sans-serif font, set against a blue rectangular background.

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SPLW Host Mapping - audience

- **Health and social care professionals** want to contact a social prescriber
- A team of **link workers** want to receive useful information about new services or activities in their neighbourhood
- **Social Prescribers** need to look up counterparts in another area
- **Voluntary and community sector orgs** can usefully let SPLWs know about activities (if details are shared locally)
- **System leaders** - useful in terms of system overview of social prescribing with useful data behind the map

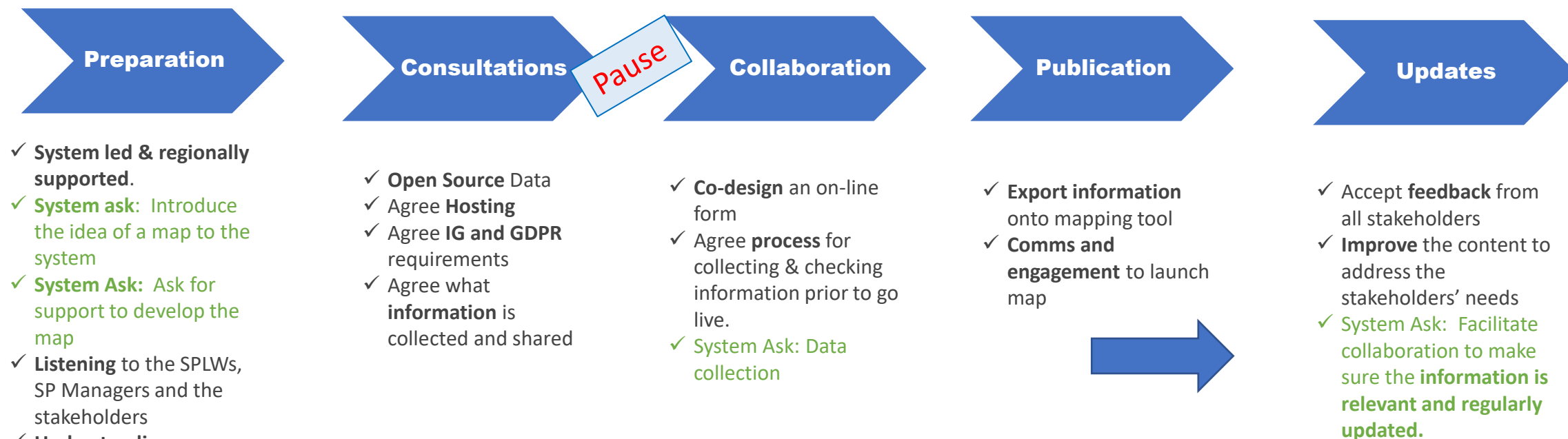


NHS



**National Academy
for Social Prescribing**

Social Prescribing Link Worker Host Mapping



Collaboration with South East Personalised Care Team and NASP to define the mapping project and information required.

NHS



**National Academy
for Social Prescribing**

What SP service information is requested?

Name of social prescribing services provider (required)
Contact details (required)



- **Please provide a generic social prescribing/organisation email address**

We do not encourage the use of individual social prescribers' email addresses as these more quickly become out of date

- Physical address including county and district/borough (required)
- Description of the social prescribing service and **eligibility** (required)

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SP service info for SPLW Host Org Map

Do patients have to be registered with a specified Primary Care Network or GP surgery (*required*)

- **Yes**, patients have to be registered with a specified Primary Care Network or GP surgery
- **No**, we work with all patients in a geographical area
- **Both**, we work with specific PCNs and support people within a specified region

If yes or both, **please name all Primary Care Networks (PCNs) and relevant GP surgeries that you work with.** You may wish to add a map point for each PCN that you serve.

If no, please make clear the geographical area that you work within, including the names of the towns and villages that you serve

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SP service info for SPLW Host Org Map

- **What can you expect from the social prescribing service? (required)**

A social prescriber will arrange to meet you (face-to-face, telephone, online meeting) and will follow up with subsequent appointments.

The social prescriber will help you to make a plan to support you, empowering you to make and execute the plan, giving more help and support if needed



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SP service info for SPLW Host Org Map

Does the service offer **proactive** social prescribing? (required)

Tick list to choose your answer:

Children and young people

Young families

Veterans

Loneliness

Diabetes and another long term health condition

Carers

Mental health

Dementia

People experiencing health inequalities

LGBTQ+

Not at present

Adding detail is optional

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SP service info for SPLW Host Org Map

Target group for services (required)

- Adult
- Children and young people

Website and social media links (optional)

Case study

Peer support sessions

Social prescribing service leaflet

Referral form

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South East Social Prescribing
Added 7 months ago

i Add contribution

Contribution
North Bucks Social Prescribing added a month ago | Nina Scott updated 6 days ago

i Social Prescribing Service

Data Media (1) Comments

Name of social prescribing services provider
North Bucks Patient Support Service

Contact details
northbucks.pss@nhs.net

Physical address
Avenue Road,
Winslow
Buckinghamshire
MK18 3DW

Description of the social prescribing service and eligibility



Resources to support you to put a social prescribing service

- **Map guidance** – how to add your service
- A PDF of the questions the map form so that you can prepare your submission and cut and paste answers
- These PowerPoint slides
- Map address: <https://nasp.communitymaps.org.uk/project/south-east-social-prescribing?layer=3¢er=51.0863:-0.1923:9>
- Having trouble? Email: southeast.thrivingcommunities@nasp.info

Recap:

The map is for the travel agents (the social prescribing link workers) not the holidays (the activities in the community)

For more information on NASP

Visit the NASP website to find out more about our work:

www.socialprescribingacademy.org.uk

Evidence for social prescribing by topic:

<https://socialprescribingacademy.org.uk/evidence-on-social-prescribing/>

Webinars:

<https://socialprescribingacademy.org.uk/resources/?type=webinar#results>



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Links to NHS resources for social prescribers, GPs and voluntary sector organisations providing services

- <https://future.nhs.uk/socialprescribing/grouphome>

Webinars

- A [regular series of webinars](#) including training and development for link workers, plus for a monthly webinar for a broader audience, such as workforce leads, commissioners, GPs, voluntary sector partners and key stakeholders, showcases some of the best practice exemplars from across the regions.
- All recordings and presentations used on previous webinars are available on the [social prescribing Future NHS collaboration platform](#).
- To join email: england.socialprescribing@nhs.net

**Welcome to the South East
Thriving Communities Monthly Newsletter**

Upcoming Events

Social Prescribing In The News

UK Wide Fundraising Opportunities

Race on the Agenda Report

To sign up please
email:
[Southeast.thrivingcom
munities@nasp.info](mailto:Southeast.thrivingcommunities@nasp.info)



**Meon Health
Practice**



A Social Prescriber's perspective of the changes to Social Prescribing

Jane Majidzadeh

Jane.majidzadeh@nhs.net



'I started as the first
Social Prescriber in
November 2019
working for a Fareham
PCN across 3 GP
surgeries'



Overcoming barriers

- Understanding of role
- Autonomy
- Lack of finances/funding
- Lack of resources
- Level of engagement





Collaborating with others



Volunteers



Community



**Meon Health
Practice**

Meon Groups



Weekly Wellbeing Drop-ins

St Columba Church, Hillson Drive. 1-3pm Thursdays.
Andover Mind attend weekly.
Whiteley Surgery 10-1pm Mondays



Pilates

The Whiteley Surgery, 6.30pm-7.15pm held weekly
Monday, £4 per session. Must pre-book by emailing the
Wellbeing Team (see address below).



Walking Groups

Walking group, beginners' level - Meadowside Leisure Centre,
Whiteley PO15 7LJ, Wednesdays at 2pm.
Walking group, beginners' level- St Columba Church, Hillson Drive,
Fareham, PO15 6PF, Thursdays at 12.30 pm



Exclusive Pain Support Group

Monthly Inclusive Pain group
7.15pm-8.15pm First Monday at The Whiteley Surgery



Meon Seated Exercise Classes

What our patients say

'It feels warm and cosy sitting in the drop in with you. This is the first time I have been out all week and I made myself come today and I am glad that I have as you have made me smile'

'I have bad anxiety and I usually find it hard to talk about how I feel but at the drop in, it is so welcoming and I feel so at ease'

'Before I came to see you, I didn't know where to turn and felt so lost looking after my husband. Being able to attend the carers drop in and having someone listen and give me advice is wonderful'

Any Questions?

Jane Majidzadeh
Jane.majidzadeh@nhs.net

Thank You

- **Thank you** to all presenters, Jane Bray and you the audience too!
- **If** you didn't have time to ask a question or make a comment via Chat, please email the presenter
- **Please feedback** - share your Social Prescribing theme or presenter ideas via 'Chat' or by email to Jane

This **Webinar**, the **PowerPoint** and any corresponding documents, will be available via the **Community First** and **Gosport Voluntary Action websites** in a week's time.

A positive mindset brings positive things.



Hants & IoW Social Prescribing Network 2023-24 Dates...

- Wednesday 27 September 2023 (1-2pm Webinar)

Wishing you all a Happy and Healthy Summer!

The recording will now stop. Thank you everyone.

Website Addresses:

- ✓ **Community First:-** www.cfirst.org.uk
- ✓ **Gosport Voluntary Action:-** www.gva.org.uk

If you have any information to share (including from today) please contact **Jane Bray:-** healthforums@cfirst.org.uk