



## Hants & IoW Social Prescribing Network Webinar

### Social Prescribing and the Prevention Agenda

Wednesday 27 September 2023, 10am-11am



Hampshire and Isle of Wight



**Please mute your Microphone** - unless you are speaking (top bar - right)

- **'Participants'** can be seen via **'People'** - 2nd left on top bar, next to 'Chat'
- Please introduce yourself, your organisation or network and ask questions/make comments etc via **'Chat'** – left of 'People' on the top bar
- **'View'** can be altered as you wish and is to the right of 'React' on the top bar
- **NB** This Webinar will be **recorded**. If you do not wish to be recorded please turn your Video Camera off (via 'Camera' on the top bar)
- The recording will start now...

**NB** Today's **Webinar & PowerPoint** will be available via **Community First** and **Gosport Voluntary Action's websites** in a week's time – please let your colleagues know...

## Social Prescribing and the Prevention Agenda

- **Welcome and Programme Review** – Angela Gill (Hants & IoW Social Prescribing Network Facilitator)
- **Tim Houghton**, Chief Executive, **Community First**
- **Kirsty Robertson**, Head of Operations, **Motiv8**
- **Lucy Coates**, Community Spirit Coordinator, **Gosport Voluntary Action**
- **Jo Potz-Rayner**, Health & Wellbeing Coach, **Rural West Primary Care Network (PCN)**
- **Emily Khural**, Health Officer, **Energise Me**
- **Dates for the 2023/24 Hants & IoW Social Prescribing Network Webinars / Information & Networking Event**

**Tim Houghton**

Chief Executive

**Community First**

[tim.houghton@cfirst.org.uk](mailto:tim.houghton@cfirst.org.uk)



- **HIVCA** <https://actionhampshire.org.uk/get-involved/networks-and-forums/hivca/> Clinical Leaders Forum in SE Hampshire
- **National Academy for Social Prescribing** <https://socialprescribingacademy.org.uk/> SE Thriving Communities Programme ending in September

## Mental Health and Wellbeing

- **World Mental Health Day** 10<sup>th</sup> October. Resources include;
  - <https://www.zerosuicidealliance.com/training> - 20 mins can save a life
  - <https://www.southernhealth.nhs.uk/help-crisis>
  - HCC's Mental Health Awareness Toolkit...

## Adults' Health and Care

- **Live Longer Better** - <https://www.hants.gov.uk/socialcareandhealth/publichealth/livelongerbetter>
- **Partners' Newsletter** <https://www.hants.gov.uk/business/businessnewslettersignup> and a new pro forma for VCSE groups to contact HCC Adult Services - <https://forms.office.com/e/WPNNFdAH6X>



- **Independent Living Conference** on 16<sup>th</sup> November - at the start of disability history month and to celebrate 40 years of independent living in Hampshire  
<https://www.hants.gov.uk/socialcareandhealth/adultsocialcare/coproduction/independentlivingconference>
- **Safeguarding** and ongoing training <https://www.hampshiresab.org.uk/professionals-area/learning-development/> and <https://www.hampshiresab.org.uk/wp-content/uploads/Multi-Agency-Safeguarding-Training-Programme-2023-2024-2.pdf>
- **NHS Responders scheme** - expanded to cover social care volunteers <https://nhscarevolunteerresponders.org/> but remember we have local volunteers and systems in place to recruit and mobilise volunteers  
<https://www.volunteerfirst.co.uk/> and <https://www.gva.org.uk/>
- **Household Support Grant** round 2 now open. For more info:-  
<https://www.hants.gov.uk/socialcareandhealth/childrenandfamilies/connectforcommunities/communitygrants-overview/communitygrants>

## Other Funding opportunities

- Playing Fields Fund <https://www.hiwcfc.org.uk/grant/hampshire-playing-fields-2/>
- IoW Community Fund <https://www.hiwcfc.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>
- HCC Adult Health & Care and Local Solutions Grant <https://www.hants.gov.uk/community/grants/grants-list/local-solutions-grants/local-solutions-grant>

# Any Questions or Comments via Chat Please





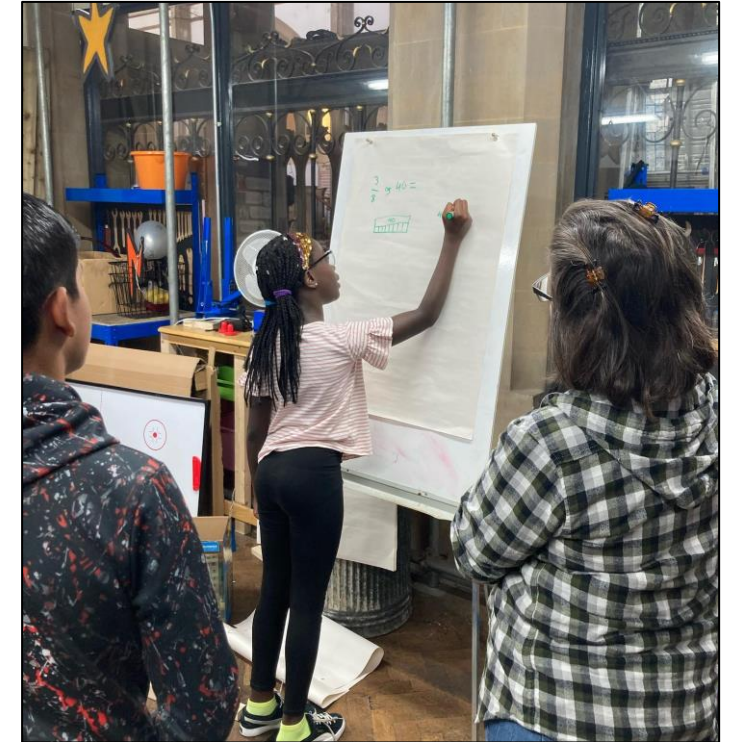
**Kirsty Robertson**

Head of Operations

**Motiv8**

[kirsty.robertson@motiv8south.org.uk](mailto:kirsty.robertson@motiv8south.org.uk)

*Local charity established in 1998*



**Kirsty Robertson – Head of Operations**

## Vision

**To create safer communities where young people feel inspired and empowered to reach their potential**

## Mission

**Motiv8 supports young people and their families in the community, building trusting relationships to help equip them with the skills, resilience and opportunities to thrive**



# Our Values

## Trusted Relationships

We work with openness, honesty and integrity, building relationships through being compassionate, approachable, flexible, and reliable.

## Quality

We strive to do our very best, working with professionalism and are committed to continually looking at ways we can improve.

## Collaborative

We actively work together with the community, young people, families, and our partners to achieve the very best outcomes.

## Empowering

We believe in supporting communities and individuals to realise their abilities and potential, doing with and not to.

## Committed

We never give up, when things are difficult we look for solutions, we drive ourselves and others to reach for their dreams and goals.



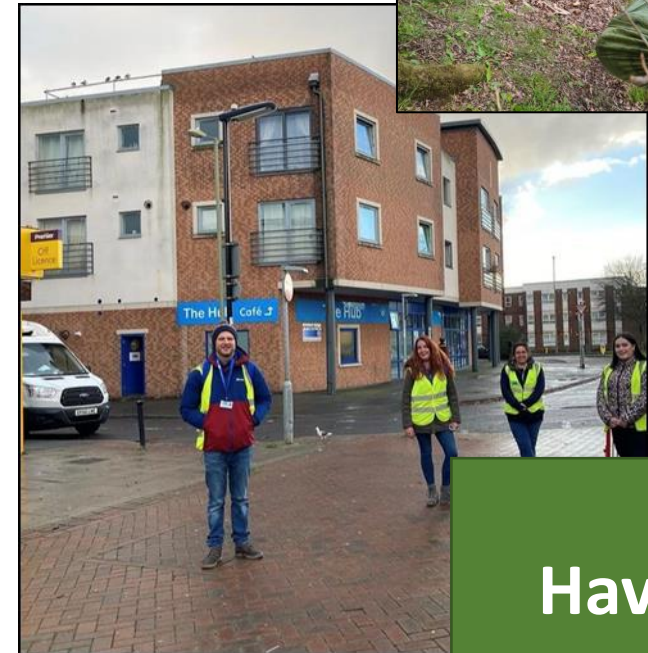
# Where we work



Gosport and Fareham



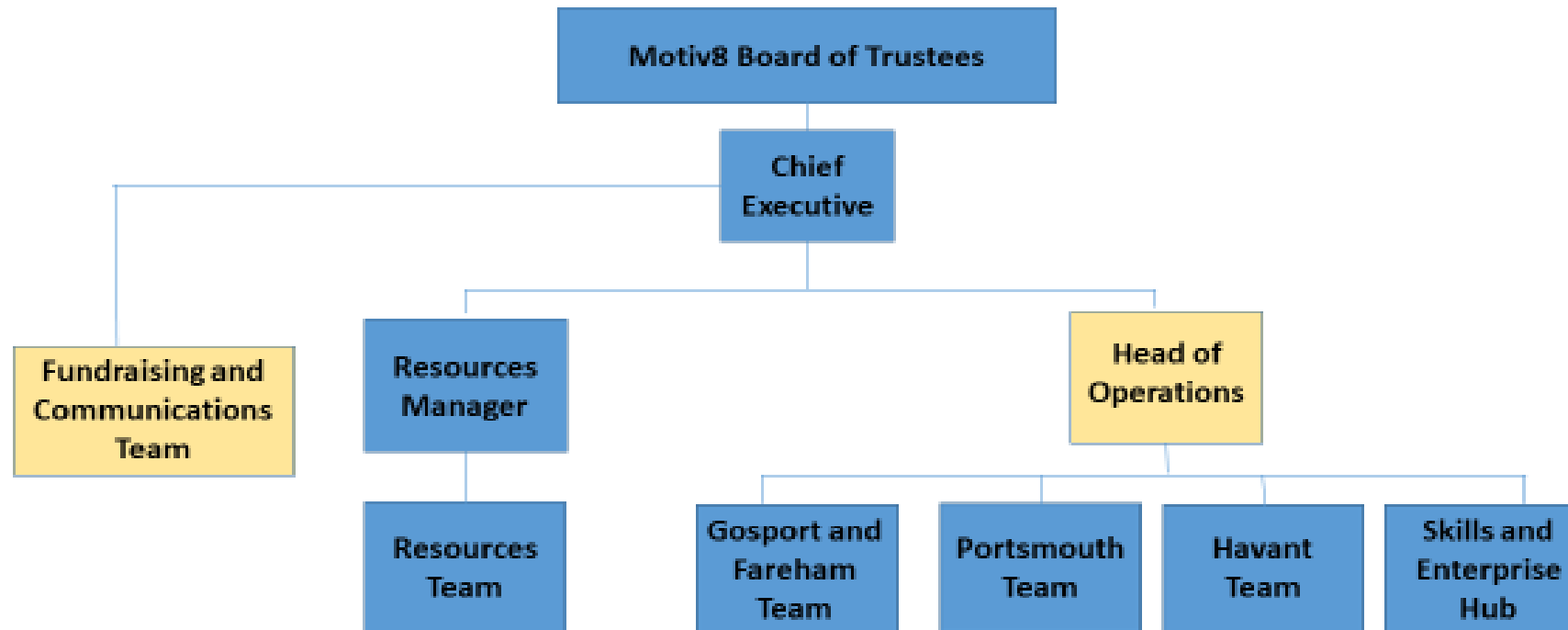
Portsmouth



Havant

# Our Structure

## Motiv8 Structure

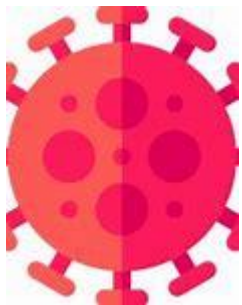


# Why do children and young people need support?

**To help navigate pathway from Childhood,  
Adolescence through to Adulthood**

- Adolescence can be a time of great discovery but also turbulent and disorientating!
- Physical and Emotional changes
- Transition –move from childhood and strive for independence
- Tough choices; education and company you keep
- Forming your social values and beliefs

## COVID-19



- Young people's mental health crisis –Motiv8 has seen a 108% (2022) increase in referrals
- Young people are struggling to engage in education
- Young people describe feeling a lack of hope

## Adverse Childhood Experiences



# Who do you support and how do they find you?

## We support:

- Children and Young People aged 9-19 and up to 25 with Learning Difficulties and/or Disabilities
- The families and significant others of children and young people
- Our Communities

## How do children, young people and families access support?

- For mentoring and group work we accept referrals including self referrals
- For our community provision this is accessible for all – check out the website! [www.motiv8.org.uk](http://www.motiv8.org.uk)

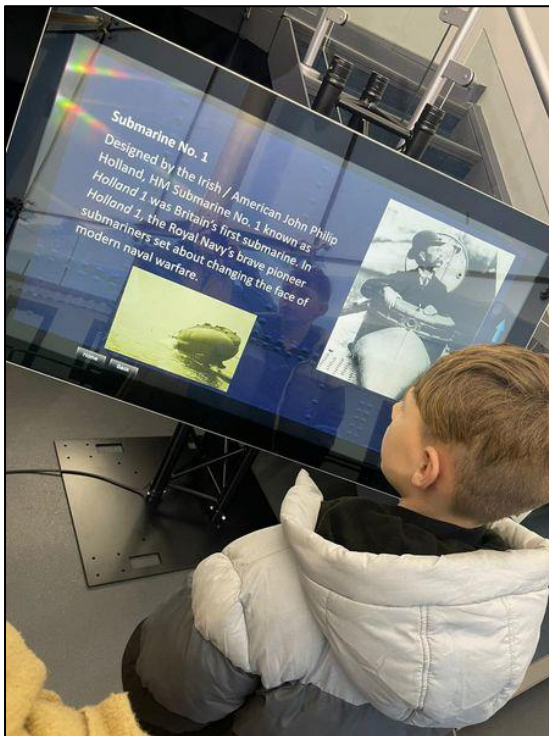


# Our Approach/Prevention

1. Weekly individual mentoring for young people and whole family support.
2. Targeted group work for young people such as; alternative Education, crime diversion programmes and emotional health and wellbeing etc.
3. Community provision such as open access youth hubs, detached provision and employment support



# 5 Steps to Wellbeing

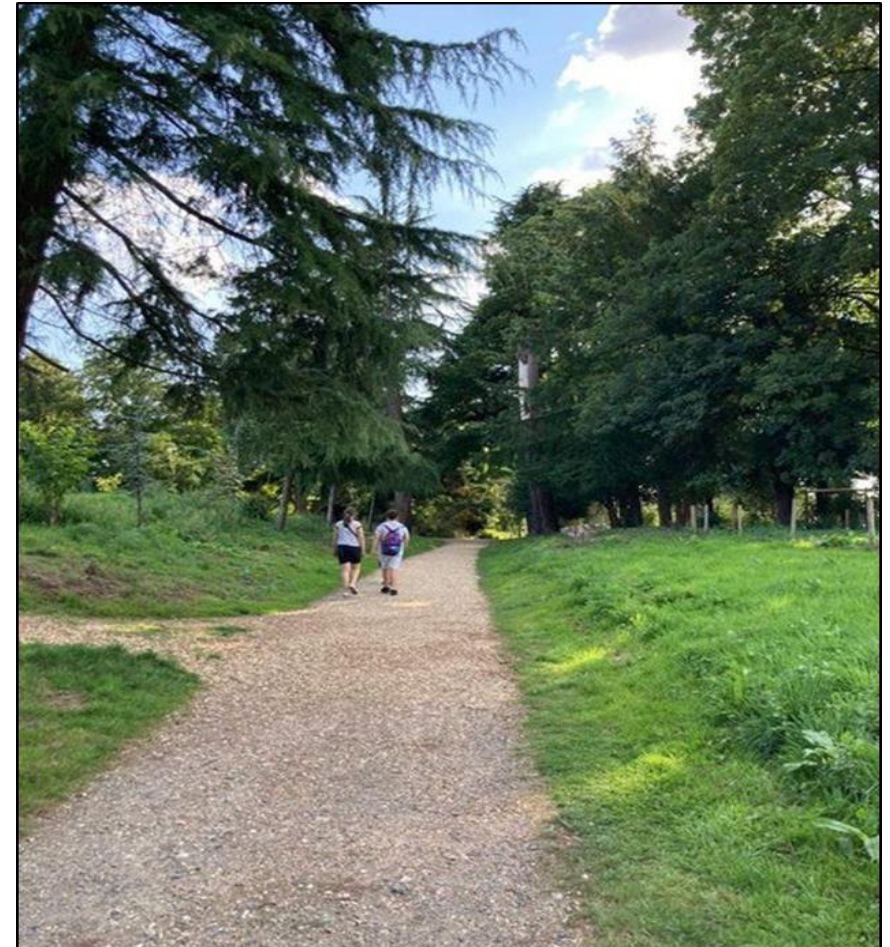


# Mentoring Support

## Mentoring Support:

**6-12 months of support meeting weekly**

*Youth Support Mentors see their mentee's behaviour through a trauma-informed lens (**“what happened to you” vs “what is wrong with you”**) with a strengths perspective (**“what is right with you”**)*



# Mentoring Support continued...

- Funding will support individual 1:1 mentoring spaces for young people aged 9-19 years
- Targeted at young people who are at increased risk of ASB, crime and exploitation due to Adverse Childhood Experiences (ACES)
- Targeted at young people have poor outcomes at school – attendance, behaviour, attainment or at risk.
- Targeted at young people with poor mental, wellbeing
- We undertake range of activities/interventions to help increase resilience, improve confidence, build on their strengths, build empathy and connection, self-efficacy, develop skills and tools and increase awareness e.g. online safety
- Walks and Talks, Play Tennis, Football, Use of Community Spaces, games and activities.
- Improve Outcomes
- Increase Wellbeing
- Increase their confidence/self esteem
- Increase opportunities
- Prevention

27/05 - online safety

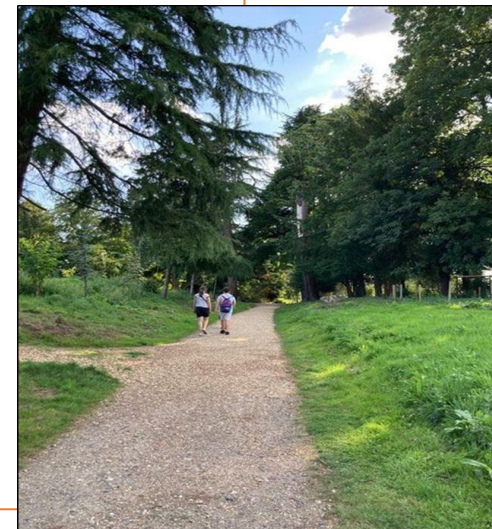
30/05 - at the office, stop motion session

10/06 - online safety

17/06 - managing diabetes

24/06 - managing diabetes

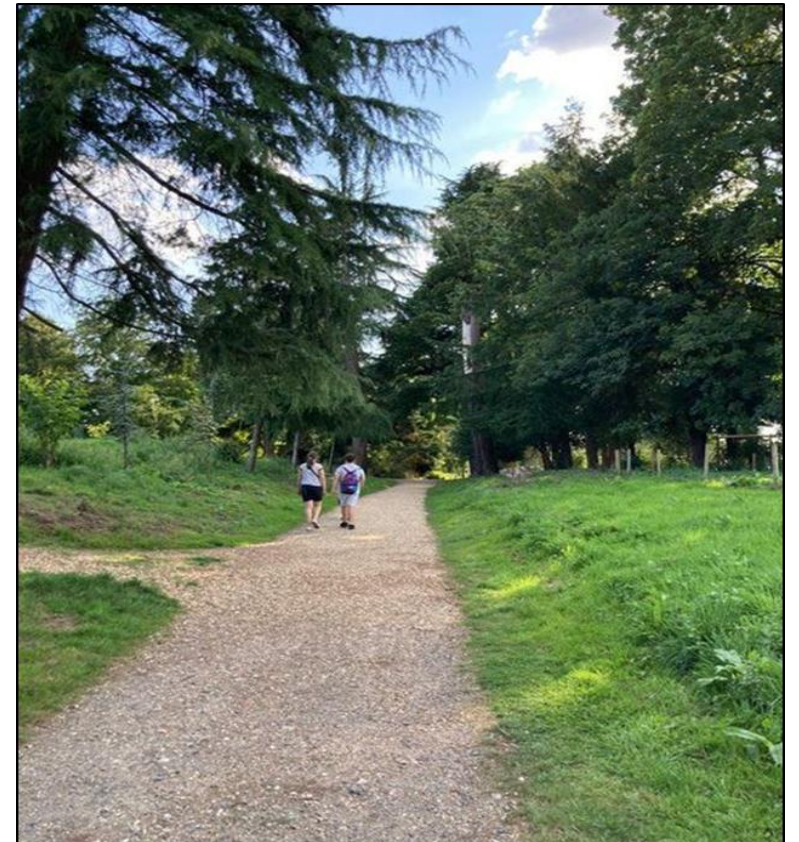
01/07 - anger prevention/management



# Targeted Group Work

## Targeted Group Work Support:

- **Aspire and Achieve**
- **Divert**
- **Choices**
- **TRAP**
- **Progression Hub**
- **Parenting Hub**
- **STEPS, alternative education**



# Community and Enterprise

## Community Provision:

- Youth Hubs and Drop Ins
- Youth Social Action (YP taking positive steps to improve their community)
- Detached 'Street based work'
- Wellbeing Drop-Ins
- Enterprise



# Strategic Aim 1 – Grow our Impact

*Bringing about lasting change for Young People, Families and the Community*

**We will do this through:**

- ✓ Being embedded in local communities with a trusted long-term presence
- ✓ Having an increased focus on **prevention** and **early help**
- ✓ Delivering safe, high quality and flexible provision



# Strategic Aim 2 – Increase Opportunities

*For young people, families and communities to thrive*

**We will do this through:**

- ✓ Having a distinctive service offer which is **person-centred, holistic and accessible**
- ✓ Strengthen **collaboration** and **partnerships** to provide services that are innovative, dynamic and responsive.
- ✓ Enhance and strengthen our support for young people to engage in education, training and employment



# Strategic Aim 3 - Build resilience and sustainability

*To be here for the future and increase social impact*



We will do this through:

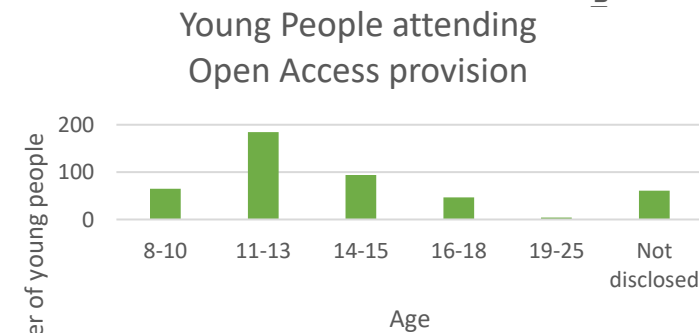
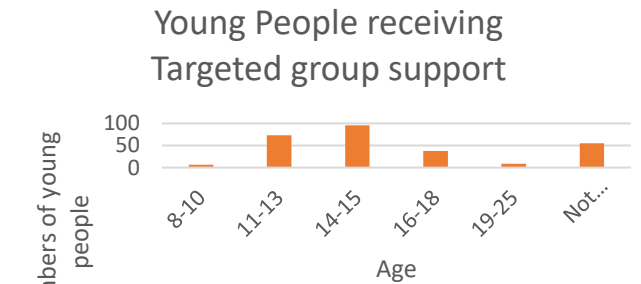
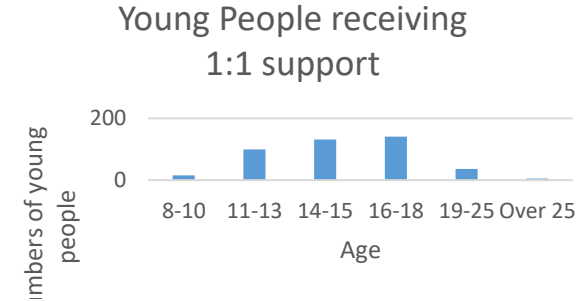
- ✓ Embedding a robust, sustainable and mixed funding model
- ✓ Harnessing digital technologies to work smarter, make best use of **resources** and **improve outcomes**
- ✓ Capturing the **impact of our services** and demonstrate the **value of our work**
- ✓ Board of trustees to ensure the effectiveness of the organisation, in line with its mission, aims and strategic objectives.



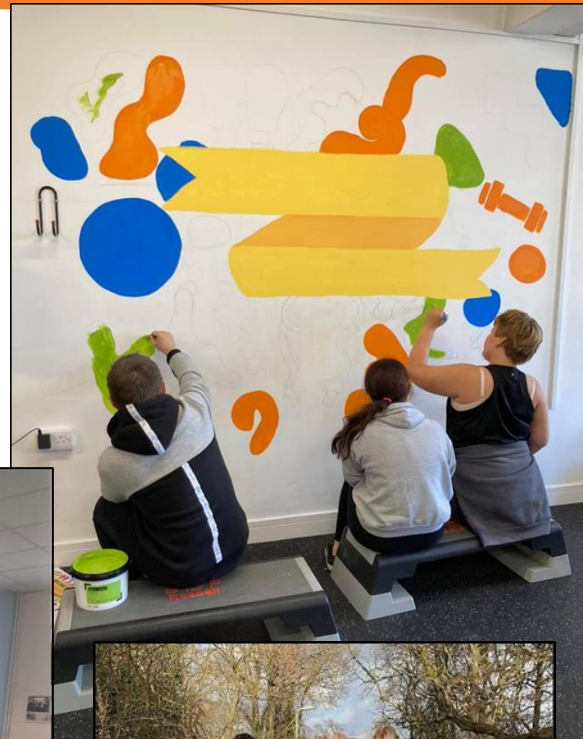
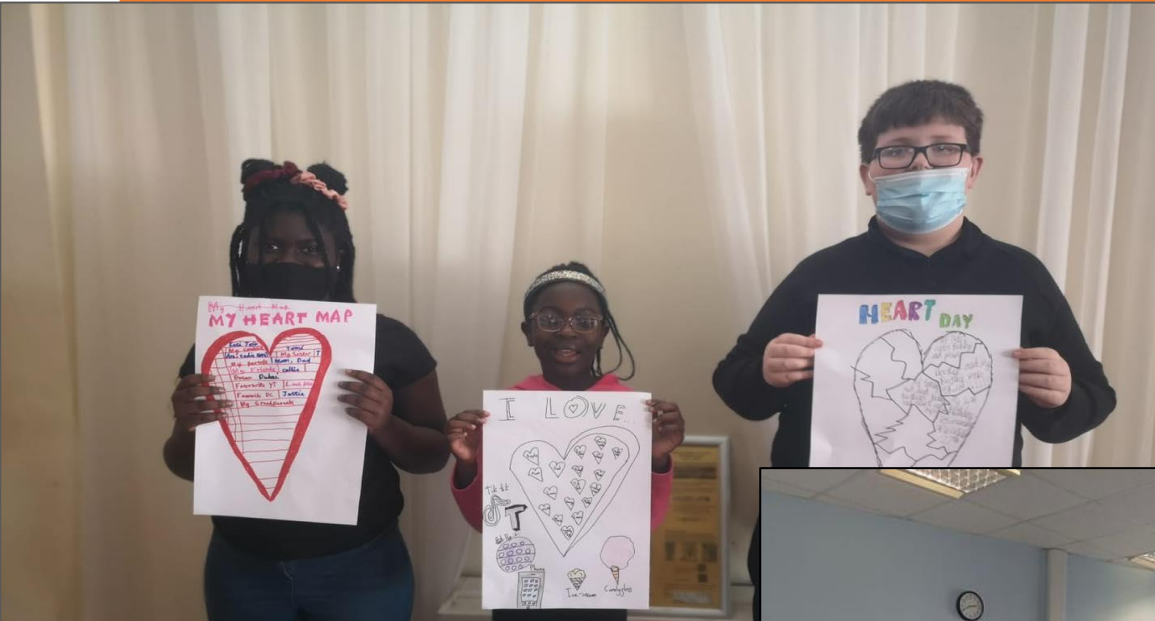
# Thank you for listening

## 2022-2023

TOTAL 1:1's	519	
TOTAL Open Access	455	
TOTAL Targeted Groups	277	
TOTAL Detached	3,431	



# Thank you for listening



# Any Questions or Comments via Chat Please



**Lucy Coates**

Community Spirit Coordinator

**Gosport Voluntary Action**

[Lucy.Coates@gva.org.uk](mailto:Lucy.Coates@gva.org.uk)





At the Heart of  
Our Community

# ● Community Spirit

A Gosport based community volunteering group of 30+ members, who are supported by Gosport Voluntary Action, to ensure accessibility and inclusiveness, is at the core of the Community Spirit members volunteering experience, preventing isolation and declining mental health.

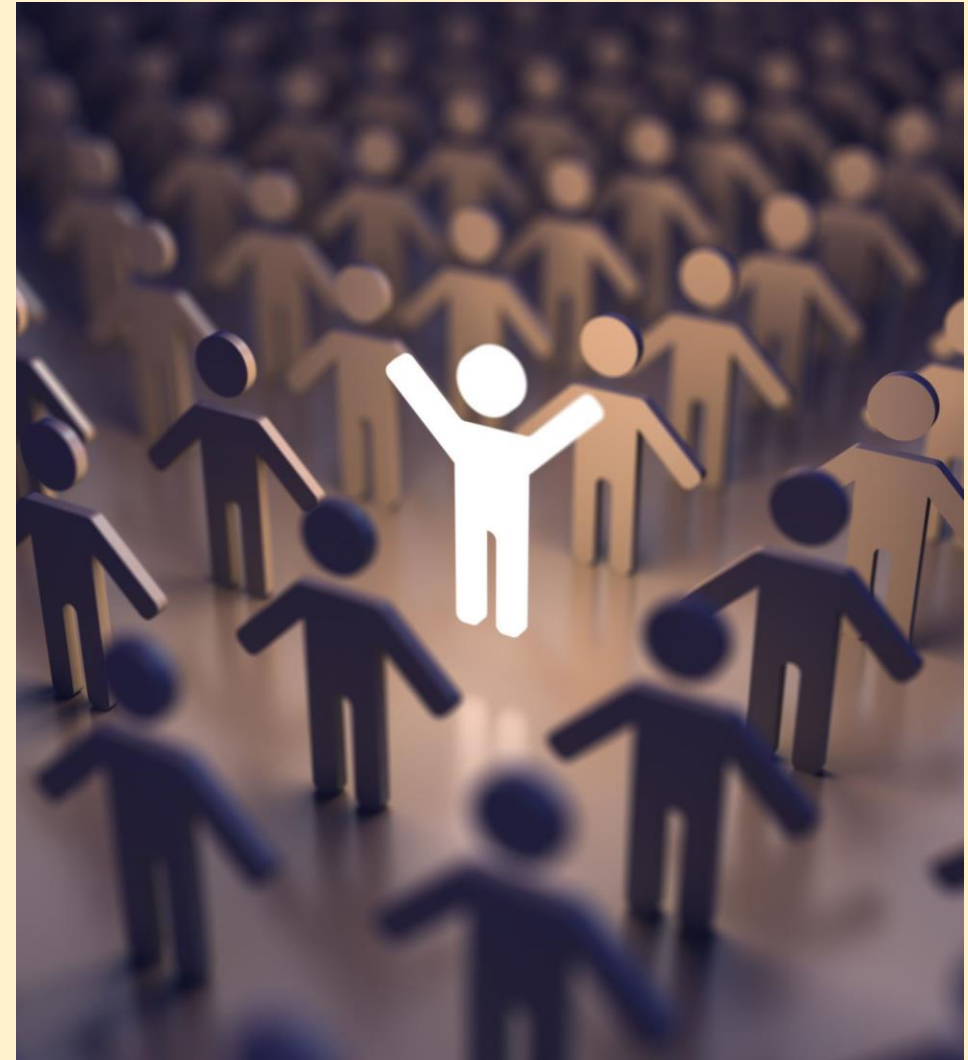


Volunteering as a Community Spirit member offers accessibility & inclusiveness. We challenge stereotypical barriers often experienced when living with, for example;

- Autism
- Anxiety
- ADHD
- Schizophrenia
- Learning disability
- Agoraphobia
- Physical disability

# Community Spirit members are mostly...

- Living independently & alone
- Referred by the NHS/DWP
- Have complex mental health and/or learning disabilities
- Have additional health complications; obesity; Type 2 Diabetes
- Living in often chaotic social housing; anti-social behaviour; noisy
- Not confident using technology & some do not own mobile phones
- Not confident in seeking help or advocacy
- Males aged between 25yrs and 60yrs



Volunteering prevents feelings of isolation, loneliness, poor self-efficacy. Members are empowered because they are equals; they are a team

- ✓ Members decide what they will take part in and how
- ✓ Opportunities to volunteer are 'presented' for discussion and exploration.
- ✓ Members choose what they want to try
- ✓ Members choose what help they need from a support volunteer, as a mentor or buddy
- ✓ Members are encouraged to feedback on their experience at weekly drop- ins
- ✓ Members regularly congratulate each other





# Examples of Community Spirit volunteering partnerships in Gosport

- **Christ Church** – members help with community meals. Setting up, serving refreshments, welcoming people, distributing clothing, clearing up.
- **Community Spirit allotment** – members maintain a large vegetable & fruit allotment; learning new methods; sharing growing successes; sharing produce with Christ Church. Taking produce home to try that is new to them.
- **Gosport Community Cinema** - members help set up, distribute information to visitors, guide visitors.
- **Gosport & Fareham Friends of the Earth** – members help with tree planting and environmental land management for Trees & Bees.
- **Hampshire Cultural Trust** - members volunteer as event stewards; directing visitors; collecting donations; litter picking; car parking marshals.
- **Stewarding at local events**; Michaelmas Fayre; Lee Victory Festival; Stoke Road Festival.
- **Volunteering with local charities**; The Gosport Hub; Chat2U, helping with refreshments.

What one member has  
to say about  
Community Spirit....



# Future Community Spirit Projects...

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- 'Plot2Pot' - using produce from the allotment plot and the kitchen at St Faith's church, to encourage group prep of healthy, economic, one pot meals. Watch, take part, eat, enjoy. We are hoping to get funding to buy slow cookers for members to use at home with recipe cards from the Plot2Pot sessions, to prevent a reliance on unhealthy choices.
- Community Spirit will collectively write their own community advert, inviting local charities & non-profit making organisations to make a volunteering partnership with them.



How all this happens. GVA employ two coordinators that work a total of 18hrs to...

- ✓ Deliver from core funding from HCC & The National Lottery, as part of our (GVA) volunteering offer
- ✓ Facilitate drop-ins & clubs; safety; refreshments; resources; information
- ✓ Use standard operating procedures for signing up new members; carrying out risk assessments; reporting safeguarding
- ✓ Liaise with volunteer partners to provide volunteering opportunities
- ✓ Promote the group to the community & develop new volunteering partnerships
- ✓ Monitoring volunteering numbers & hours
- ✓ Use social media posts to celebrate the group
- ✓ Sign up Support Volunteers to provide additional or individual support as needed
- ✓ Provide ad-hoc advocacy & referrals to other support; CAB, MIND etc..

# The benefits of accessible & inclusive volunteering in preventing mental health setbacks

- Members have new experiences & make new friendships, preventing social isolation and loneliness.
- Members develop better resilience, confidence and self-efficacy, preventing referrals for mental health support & GP appointments.
- Members are more willing to question and identify what they need help with, preventing the likelihood of inappropriate referrals.
- Members report feeling less anxious, happier and more connected to the community and more able 'to cope'.

# Any Questions or Comments via Chat Please





**Jo Potz-Rayner**

Health & Wellbeing Coach

**Rural West Primary Care Network**

[joanna.potz-rayner@nhs.net](mailto:joanna.potz-rayner@nhs.net)

# Any Questions or Comments via Chat Please





**Emily Khural**

Health Officer

**Energise Me**

[Emily.Khural@energiseme.org](mailto:Emily.Khural@energiseme.org)

# Live Longer Better

**JOIN THE REVOLUTION**



# Live Longer Better

## The Mission

We want everyone to enjoy their later life as much as possible, so we have joined the national revolution to Live Longer Better.

Live Longer Better harnesses one of the best possible ways we can be healthy: **Keeping moving.**

No matter what age we are, or how many health concerns we have, we can take simple steps to stay as mobile and independent as possible, so we can all live longer better.

**But to do that we need to radically change how we think.**





## The Culture

Live Longer Better means we need to shift the way we think about getting older.

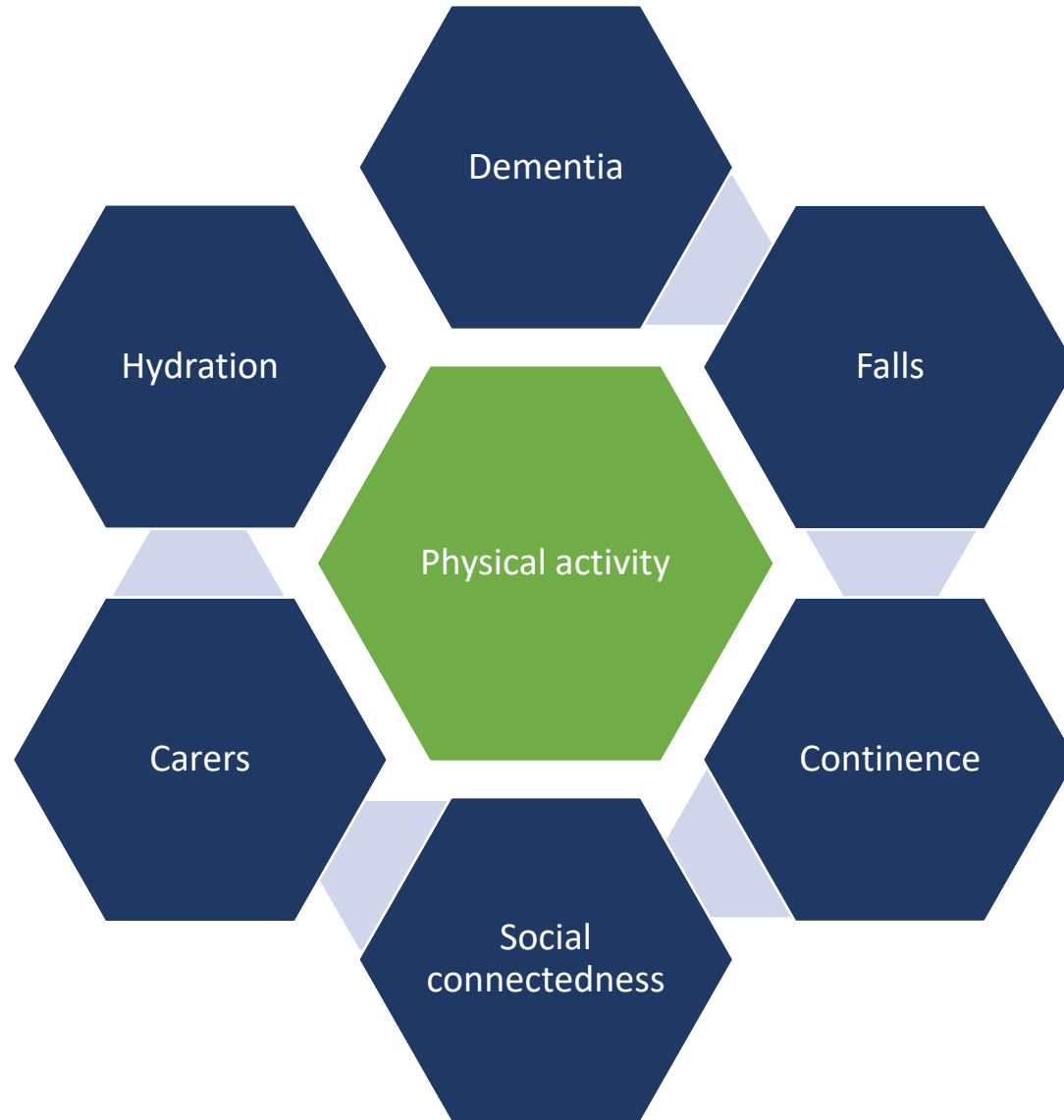
It's not uncommon for us to see the media portray older people as frail and in need of help. This can make us believe this is an inevitable part of getting older.

**WE CARE TOO MUCH**

<https://youtu.be/xCjdGYVyjgg>

## What our insights tell us:

- We are risk adverse at getting older people to be or stay active
- Although people understand the importance of cardio, strength and balance are not deemed important
- Continence remains a taboo subject
- Carers do not look after their health and wellbeing
- There is a bidirectional relationship between the topics
- Some continence and dementia issues are preventable



# How can I support others to Live longer better?

Some people who support older people are not confident in talking about being active. - resources such as moving medicine and MECC can help.

There is a risk-averse nature, particularly for those living with higher levels of frailty. Let's use the Risk consensus to help support our conversations.

We need to stop thinking that older people need more done for them and support them to do more for themselves.

People perceive that as they get older, they should be doing less, when actually they need to be doing more.

## **Become A Live longer Better Champion**

We want you to be a Live Longer Better champion to adopt and advocate this approach and support the culture shift to keeping people living well, independent and active at home.

Moving  
more

'vulnerable'  
to  
'valuable'

'Care'  
to  
'Coaching'



We are excited to launch our brand new [Live Longer Better Hampshire website](#) and invite you to explore, use and share this resource as widely as possible.

It has been developed, in partnership with Energise Me and Hampshire residents.



## Five tips to improve your activity

1

Doing something, however small, is better than nothing



2

Build up slowly to make it achievable



3

Try something you enjoy



4

Add strength and balance to your routine



5

Try to challenge yourself



Medicines



Eyesight



Stay Hydrated



Alcohol

### Medicines

Some medicines, and taking a lot of medicines, can make you more likely to fall.

#### Actions to consider:

- Follow the instructions for taking and storing medicines.
- Have a medication review every year. *Speak to your GP Practice team or pharmacist to make an appointment.*
- Speak to a pharmacist about medication reminder systems.



Dizziness



Footcare



A safe home



Learn more

## Hydration and Continence

Whatever term you prefer to use, let's normalise conversations about going to the toilet.

Many men and women experience incontinence and yet it is still something few of us are comfortable talking about. There are many impacts from incontinence including distress, dehydration, poor sleep, feeling isolated and an increased risk of falling when rushing to the bathroom.

Embarrassment can stop us accessing support and yet visiting [your local clinic](#) can result in a range of potential solutions. There are many ways to self-help too.



## Ways to help you stay connected

We know it's not always as simple as finding a local activity you enjoy and turning up. You may have lots of questions, such as how to get there or where to find the local toilets. Perhaps the group is online and you need support with your digital skills.

### Transport

Connect to Support Hampshire has lots of information on [public and community transport schemes](#).

### Toilets

It can be daunting to go out and not know where the nearest toilets are. You can plot your route and use the [Great British Toilet Map](#) (or the [Changing Places Toilet Map](#) for more accessibility and facilities) to know where you can access a toilet in a hurry.

If you experience incontinence, [see our page to find out more about the support available](#).

### Digital skills

Connect to Support Hampshire lists a wide range of [learning opportunities](#), including help to get online and digital skills.

### Staying steady

Maintaining or improving your strength and balance is vital to help you stay mobile and independent with confidence. Our 'Be Active' and [Stay Steady](#) pages have ideas to help you move more, [continue doing the things you love](#) and keep up with your friends or family.

# How you can help

- Explore the new website and consider how it can help residents you work with, including your family and friends.
- Access and use the resources within the professional's page.
- Sign up to our professional's newsletter and Live Longer Better Hampshire Community via [Microsoft Forms](#).
- Embed the key principles of Live Longer Better into your practice.

## Consider:

- What is currently in place to support your local population regarding physical activity?
- Can you include conversations with older people about the importance of hydration and challenge the stigma about continence in your work?

## Encourage and support people to:

- Move more
- Maintain strength and balance
- Minimize sedentary behaviour



# Live Longer Better Key Messages



- **Stay active** - one of the most important things we can do to stay independent
- **Move more** - building on everyday activity at any age, we should be aiming for 150 minutes of moderate intensity activity a week – brisk walk, swimming, gardening, dancing etc.
- **Strength** - Strength exercises help increase muscle strength and building resistance over time
- **Balance** - Balance exercises support co-ordination [Steady and Strong class](#)
- **Hydration** - drinking at least six to eight cups of liquid each day [Hydration Leaflet](#)
- **Continence** - Let's normalise conversations about going to the toilet [Continence service](#)
- **Stay steady** - Falls are not an inevitable part of getting older [FallsPreventionchecklist](#)
- **Stay connected** – Engaging in your local community is good for your wellbeing. [Connect to support Hampshire](#)

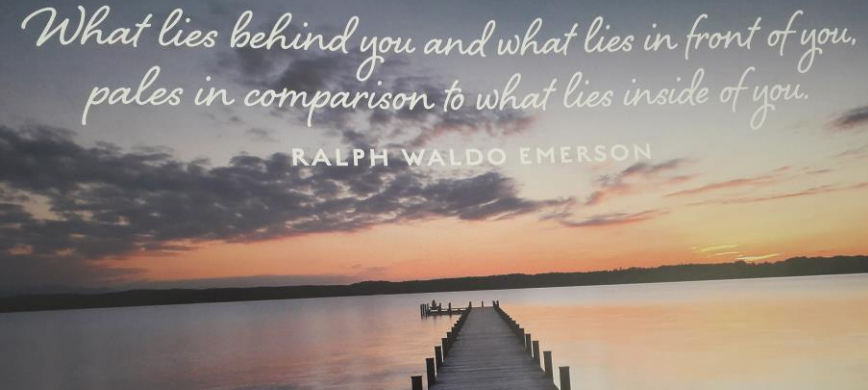
# Any Questions or Comments via Chat Please



# 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.



RALPH WALDO EMERSON

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

- Thursday 2 November 2023 (9.30am-1pm) Networking and Showcase Event, Vineyard Church, Winchester  
(Eventbrite invitation to follow tomorrow)
- Wednesday 13 March 2024 – (Time tbc) National Social Prescribing Day Celebration Webinar

**Wishing you all a Happy and Healthy Autumn!**

The recording will now stop. Thank you everyone.

### Website Addresses:

- ✓ **Community First:-** [www.cfirst.org.uk](http://www.cfirst.org.uk)
- ✓ **Gosport Voluntary Action:-** [www.gva.org.uk](http://www.gva.org.uk)

If you have any information to share, please contact **Jane Bray**:- [healthforums@cfirst.org.uk](mailto:healthforums@cfirst.org.uk)