

Social Prescribing

What is it?

GPs, nurses and other healthcare staff working with and linking people to non-medical activities in the community – from financial advice to exercise classes - often provided by, or in partnership with, the voluntary and community sector.

Why?

- › promote wellbeing
- › help people live healthier lifestyles
- › improve health outcomes
- › reduce unnecessary clinical interventions



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‘Socialisation and access to new learning opportunities would be an advantage as my stroke has affected the skills I have used in previous jobs and can no longer do.’
‘To help combat social isolation... improve my sense of wellbeing’
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(PiC Survey: Midlands and East, 2014)

CASE STUDIES

Rotherham CCG

Rotherham Social Prescribing Service

Key aims: To help people with long term conditions access a wide variety of services and activities provided by the voluntary sector.

Delivery model: GP practices refer patients to Social Prescribing Workers managed by voluntary organisations who, in partnership with the patient, help the patient to access services and activities which improve their health and well-being, and meet needs such as poor mobility, transport and low confidence. Service integrated with case management scheme involving health, social care and voluntary sector to ensure patient care plan is coordinated / updated.

Key outcomes: 20% reduction in A&E attendance, 21% reduction in in-patient stays, potential cost-reductions of £415,000 in first year, estimated well being value of £920,000, 83% of patients made progress towards self-management.

Newcastle West CCG

Social Prescribing Project

Key aims: Develop a linking service within the voluntary and community sector enabling health professionals to refer vulnerable people with long term conditions to community services and networks.

Delivery model: Care planning training and support rolled out to local practices – comprehensive web-based information resource developed to support project.

Key outcomes: 124 patients referred to project – 69% of patients experienced an increase in mental well-being score and 64% achieved an increase in confidence in managing their long term condition.