

# Social Prescribing: Utilising Community Assets

Joyce Kenkre

Patrick Ouvrard

# Aim

- To raise the potential of social prescribing and find out what is happening in different communities and gain knowledge of activities and their impact on health and wellbeing of you and your patients.

# Social Prescribing definition

- “to support people with social, emotional or practical needs, through non-clinical community support, to improve their mental health and physical well-being, by giving them time and focus on what matters to them, to help them take greater control of their own health and well-being “



## Social prescribing, sometimes referred to as **community referral**:

- Is a means of enabling GPs, nurses and other primary care professionals to refer people to a range of local, non-clinical services.
- It is acknowledged that GPs and other healthcare professionals have been referring patients to community groups for a long time but this has often been informal and ad hoc.
- Is a mechanism to provide integration between primary care and the wider health and care systems
- Can be understood as [one of a family of approaches](#), sometimes [called community-centred approaches](#), which aim to mobilise the power of communities to generate good health.
- Importantly should include learning

Recognition that a person's health is determined by social, environmental and economic factors- so who is involved?

### **Linking people to community assets to manage their health and wellbeing**

- Third sector/charities
- Patients and the Public
- County Councils
- Public health
- Social care/welfare
- Housing
- Physical activity organisations
- Arts
- Conservation
- Farming

**Developing lines of communication is vital – breaking down silo working**

**Development of link worker/community communicator**

**Social  
Activity**

**Physical  
Activity**

**Wellbeing  
services**

**Volunteering,  
support,  
opportunity**

**Info, Advice &  
Guidance**

# 'Our Place' for young mothers and their children

- Parents that feel lonely and isolated
- Young parents that feel stressed
- Lack self-confidence
- Young parents that need help with parenting skills



# What is covered in each session? S.P.I.C.E.

**S** = Social

**P** = Physical

**I** = Information

**C** = Creative  
and

**E** = Emotional



# What have they done to help with Family Management?

- Workshops on:
  - Household budgeting
  - Negotiation skills
  - Stress management
  - Life skills
  - Budget cooking





# Comments from mothers on their parent-child relationship

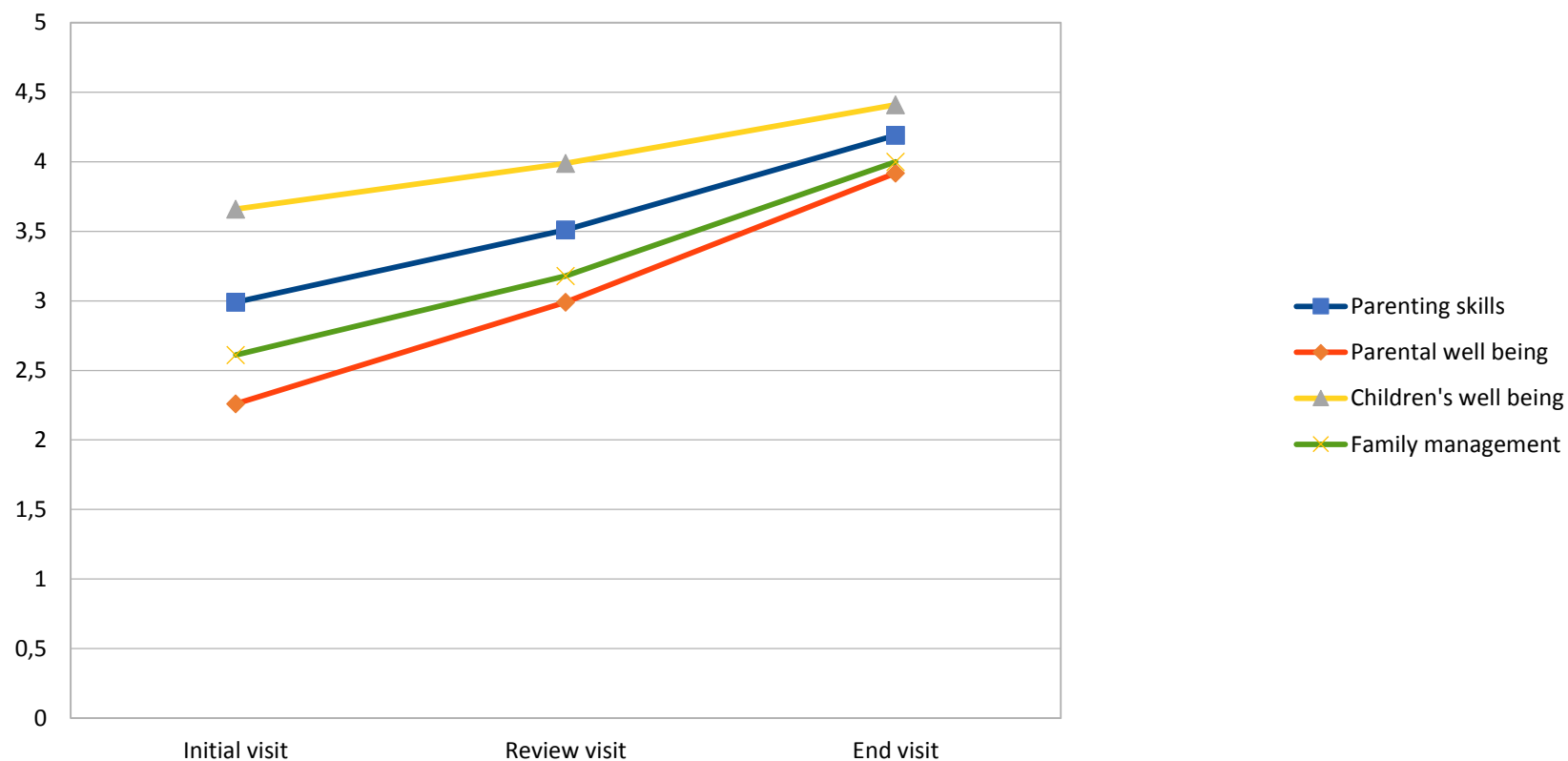
- We talk all the time
- We dance, we sing and make more time for bedtime stories, cook together, clean up toys, go to the park
- We love singing and dancing together
- We talk all the time explaining what things are in the supermarket, on the bus, out for a walk and in the bath

# Our Place made the young mothers feel that they:



- Have made new friends
- Are more confident
- Are able to make healthy lifestyle choices
- Are able to nurture better relationships
- Are more confident in their parenting skills
- Are able to build healthy independent and happy lives for themselves, their child/ren and family

# Domains - Journey of Change

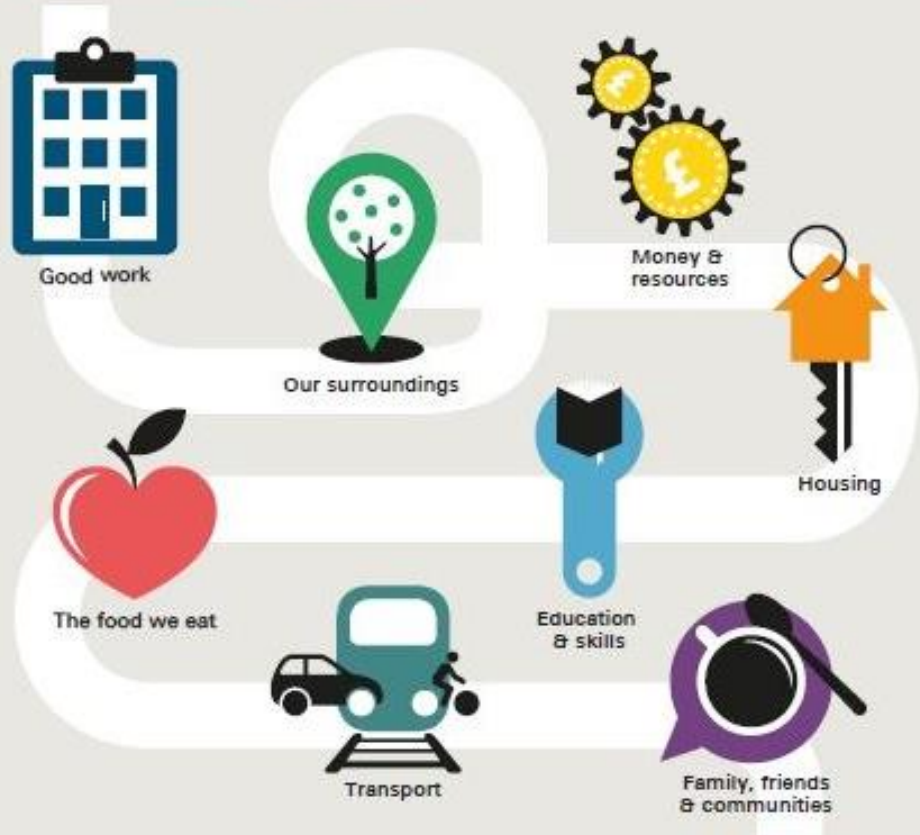


# What makes us healthy?

AS LITTLE AS

**10%** of a population's health and wellbeing is linked to access to health care.

We need to look at the bigger picture:



But the picture isn't the same for everyone.

The healthy life expectancy gap between the most and least deprived areas in the UK is: **19** YEARS

## Social Prescribing – An Opportunity to Go Beyond a Project

How can the wider system work together ?

# Five key findings have emerged



1. Increases in **self-esteem and confidence**, sense of control and **empowerment**
2. Improvements in **psychological or mental wellbeing**, and **positive mood**
3. Reduction in symptoms of anxiety and/or depression, and negative mood
4. Improvements in **physical health** and a **healthier lifestyle**
5. **Reduction in number of visits to a GP, referring health professional, and primary or secondary care services**

# Activities

- Going for walks
- Gardening
- Keep fit
- Cooking
- Art
- On the farm
- Crafts
- Mother and baby groups



# We need your advice

- Are there any active community groups in your area?
- Do you send your patients to any community activity groups?
- Any particular type of group?
- Think about the community assets you have, do you make the most of them?
- Is there any difficulties in giving a social prescription?
- What would be on your Wish list for social prescribing to be a success

# Social Prescribing can impact on the Social Determinants of Health

- **Socioeconomic status**
- **Education**
- **Neighbourhood and physical environment,**
- **Employment,**
- **Social support networks,**
- **Access to health care**

# Conclusion

- We need to rethink how we can improve well-being in communities with a focus on harnessing and strengthening the power within communities, rather than viewing them as bundles of needs.
- Social relationships have a value. Social connectedness has a profound influence on well-being on issues such as long-term illness, unemployment or being a parent.