



Social prescribing

# What is it?

- Is it sign posting?
- Is it coaching?
- Is it music /art/ ... on prescription?


Access to a well-stocked community  
instead of a well-stocked pharmacy





# Why social prescribing?

- Social prescribing connects people for wellbeing.
- General practice staff and others can easily refer people with wider social needs to community support, such as benefits advice, therapeutic gardening and peer support groups.
- Social prescribing reduces health inequalities by addressing the wider determinants of health, such as debt, poor housing, isolation and physical inactivity. It works for people with long-term conditions, for people who are lonely, have complex lives or need support with their mental health.
- Social prescribing reduces pressure on general practice. It is one of the GPFV 10 High Impact Actions and part of the Time to Care programme.



## What's the evidence inspiring the move to social prescribing?

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- Social factors as drivers of mental ill health and inflammatory disease

Diabetes, cardiovascular disease, cancer etc. driven by inflammation – sugar, lack of activity, smoking... **Social isolation, stress, fear, depression, anxiety**

**Preventing ill health, preventing worsening ill health, coping better with ill health, recovering sooner, living well with disability**



# What is being said

- NHS should prescribe tango dancing and book clubs, not 'a pill for every ill' Daily Telegraph 27/12/17

“Social prescribing is a new way of helping people get better and stay healthy...”

“It would be good to see all GPs considering whether their patients might benefit.” Simon Stevens, CEO, NHS England

# Evidence Review

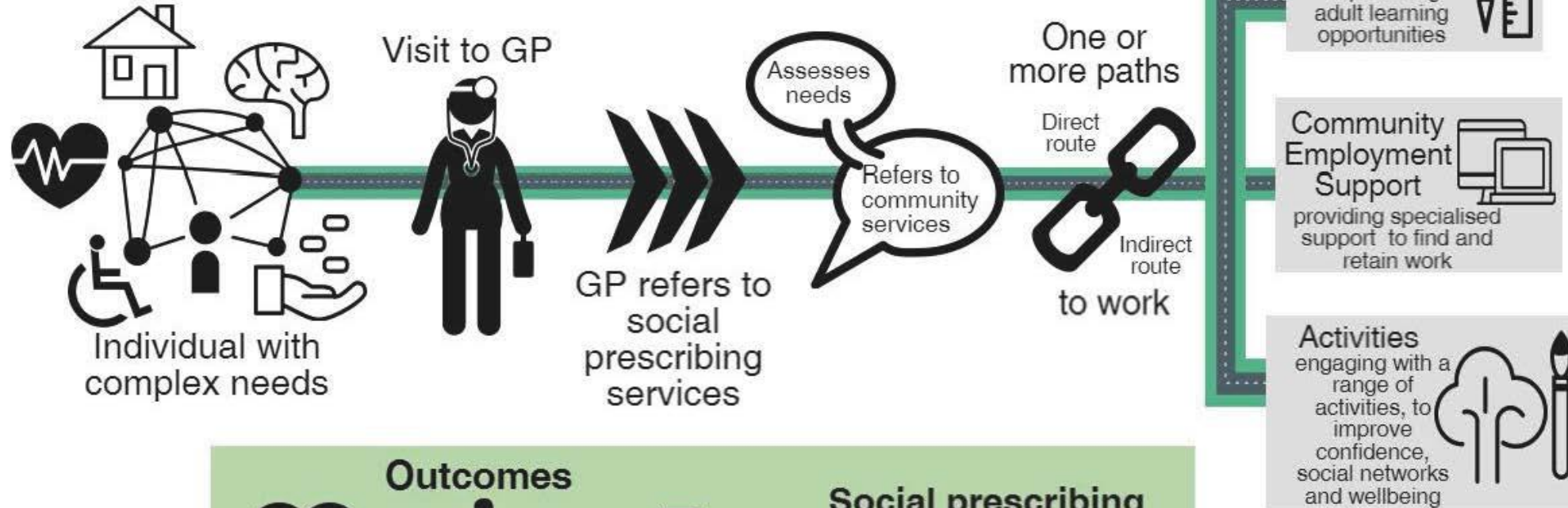
- Conducted by University of Westminster: Impact of social prescribing on demand for NHS Healthcare.
- They found an average of 28% less GP consultations and 24% less A&E attendances, where social prescribing 'connector' services are working well.
- <https://www.westminster.ac.uk/patient-outcomes-inhealth-research-group/projects/social-prescribingnetwork>

# How does social prescribing fit with other local support?

- **Active Signposting:** Many general practices are re-training staff to act as 'Care Navigators', having different conversations, referring patients to community pharmacists, physiotherapy and social prescribing connector schemes. This signposting works well for people who can find their own way to community groups and don't need the support of a link worker.
- **Community Hubs:** Some general practices are inviting patients to work alongside them in setting up community support, such as walking groups, community cafes and diabetes cooking classes. They are turning themselves into 'Community Hubs' or 'Healthy Living Centres', where patients are introduced to community support on site. However, this is not happening everywhere.
- **Local Area Coordination:** This approach provides asset-based support to individuals and groups in the community. Local Area Coordinators support people to connect with their neighbours, start new community groups and strengthen existing ones. How does social prescribing fit with other local support?

All the above approaches work well together and complement social prescribing connector schemes

# Social Prescribing Pathway



**Outcomes**

Improved Health


Improved Wellbeing

Improved Work Opportunities

**Social prescribing links people into community support to help them improve their quality of life**







## Frome health and wellbeing: Compassionate communities

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- <https://www.youtube.com/watch?v=9MpFvfE5D3Q>

# Ingredients of social prescribing

- A community with a strong well funded voluntary sector
- A resource people can access to find out information (reliable trustworthy up to date website, phone line, contact person)
- People who can link up people, trained health care workers, trained residents, trained shopkeepers etc. **MAKING EVERY CONTACT COUNT**
- Places to congregate and be together









# Church street

Space for services

A place to meet  
Formal, informal



GP practice at Church st

Receptionists, trained Staff, link worker





Any questions?



# References:

- Healthy London Partnership Social Prescribing and Self-care wiki
- Making Sense of Social Prescribing, University of Westminster
- Just what the doctor ordered: social prescribing – a guide for local authorities, Local Government Association
- RCGP – Spotlight on the 10 High Impact Actions

## For more information contact:

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