



**Supporting patients by addressing their social  
determinants of health: Social Prescribing**

**PLT**

**9 February 2017**

Welcome

# Agenda

- **Presentation**
  - **Background**
  - **Support services**
  - **Benefits to patients and practice**
- **Group work**
  - **Your patients**
  - **Case studies**
  - **How to make a referral**
- **How to raise the service**

# What is Social Prescribing?

“Social prescribing involves empowering individuals to improve their health and wellbeing and social welfare by connecting them to non-medical and community support services”

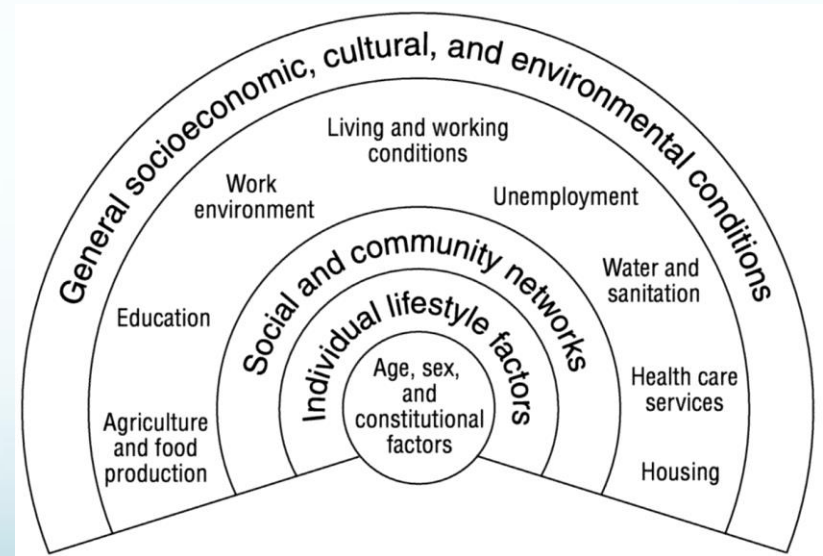
National Social Prescribing Network

# What is Social Prescribing?

- Local History
  - Bromley by Bow Centre (2011)
  - The Mission Practice (2013)
  - The Macmillan scheme (2015)
- National Picture
  - 400+ schemes
  - Schemes vary
  - Emerging evaluation base

# Why is Social Prescribing important?

- GPs spend nearly a fifth of their consultation time dealing with non-medical issues
  - cost of £395 million, an equivalent to the salaries of 3,750 full-time GPs.
- Almost three-quarters of GPs state that the proportion of time they spend dealing with non-health issues as part of consultations has increased between 2015-2016.
- The top three non-health issues GPs report their patients raising during consultations
  - personal relationship problems (92%)
  - problems with housing (77%)
  - problems with work/unemployment (76%)



# Support services e.g.

## **Ability Bow**

Antenatal classes at RLH  
Applied and received fund at Hospital Saturday Fund for mattress

Arch76

AWLPA – Asian Women Lone Parents  
Back to GP as suspected Psychosis

Bakery placement to recover from mental health at Centre for Better Health

Become volunteer at THFN

*Beside*

## **Bethnal Green Walking group**

Better Beginnings

Better Leisure Centre 'For the girls'

Better Leisure Centres **Young@heart**,

Bikeworks All ability cycling in Victoria Park

Borrow my doggie to walk dog

## **Bowhaven**

## **Buddhist centre**

Carers Centre

**Centre for Better Health**, in Hackney for affordable counselling

## **City & East London bereavement counselling**

Citylit

Community Psychotherapy Network for group therapy / counselling

## **Compass Wellbeing,**

Compassionate Neighbours (St. Jo)

Cooking class Idea Store

## **Council crisis grant**

*Crisis skylight*

Crisis Tower Hamlets

ESOL at Simple Gifts & Idea Store

## **Fit4life**

## **Foodbank**

Free swimming on Fridays at *Better Leisure Centres*

*Centres*

Furry Tales

Gardening at Spitalfields city farm

Gateway Housing Association Employment Advisor

Girlygang

*Goodgym*

Green Care

Groundwork / **Warmth scheme**

Hackney community wellbeing

Headway East London

## **Health trainers**

Healthwise (Hackney gym on referral)

Homestore in Stratford

Hot Spots Menopause Support

**Idea Store** Cooking Class

Idea Store Prime Time

## **Inspire**

Jobcentre Disability employment advisor

Jobcentre Disability employment advisor

**Legal advice centre** Roman Road for Employment Solicitor

## **Linkage plus**

Local life coaching options

Local link

Marijuana Anonymous,

*MEND*

Men's Shed at Oxford House

*MIND*

Minerva centre

Mission Practice Chaplain

Mission Practice Happiness course

Muay Thai boxing in Oxford House for people with Mental Health issues (SUIP)

Nabled

Nia - counselling for women

Nopanic.org.uk helpline

'Our Parks' free yoga

Outward (for people with LD)

Oxford House Carpentry Club

Parenting Course Tower Hamlets FIS

Playgroup at St. John's primary school

Praxis

Providence Row self harm group

*Recovery college*

*Rethink Mental illness carers support*

SCT Hanbury project for people recovering from addiction

Shelter

Silver songbirds at St. Joseph's Hospice

**Simple Gifts UCSA** community centre 50+ exercise & lunch club

Slimming world

Spear employment support for 16-24 year olds

**St. Hilda's** older people club & women's yoga

**St. Hilda's** gym class

St. Peter's Church Parish nurse for her DIY Health for mums

St. Peter's community Centre for Bengali 50+ women

Step Change debt support

Step Forward

Streetlife

**Sundial Centre** computer class

Tai Chi at **St. Joseph's hospice**

THCAT/now RESET

This way up from QSA

Toynbee Hall debt support

Upskill

Urban rambling Walking group

Volunteer Centre

Walking football Mile End Park

**Welfare advisor from Limehouse Project at Mission Practice**

WHFS

XI mentoring,

**Zacchaeus project** – Local Community Centre for 50+

# Benefits to patients and staff

- The Mission Practice: general scheme

Louise Vaughan, The Mission Practice

- Bromley by Bow Centre: Macmillan scheme

<https://vimeo.com/176618952>



# From 2016.....

- CCG support for borough-wide roll out
- 18 month project
- 6 Providers, including 2 existing
- Steering Group, local expertise
- 10 social prescribers in post + 1 Macmillan
- 894 referrals made between Oct 16 - Jan 17
- 599 referrals made to community support services (including signposting )
- Ensuring scheme has been evaluated

# Group work

- Identify patients who could benefit from seeing a social prescriber
- Social prescribers will highlight services patients could be referred to
- Example case studies – before and after
- How to make a referral

# How to raise the issue

- Previous experience?
- Issue identified?
- Explaining the relationship
- Consent
- Next step for patient
- What do you need from us?

Thank you for coming