

Social Prescribing

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What is Social Prescribing?

Social prescribing – addressing people’s needs in a holistic way

GPs and other health care professionals can refer people to a range of local, non-clinical services, supported by a link worker or connector





NHS E: Long Term Plan states the best vehicle for SPLW is Primary Care

900,000 clients to be able to use the service by 23/24

Core Principles

- A holistic approach focussing on individual need
- Promotes health and wellbeing and reduces health inequalities in a community setting, using non-clinical methods
- Addresses barriers to engagement and enables people to play an active part in their care
- Utilises and builds on the local community assets in developing and delivering the service or activity
- Aims to increase people's control over their health and lives

(OHID)

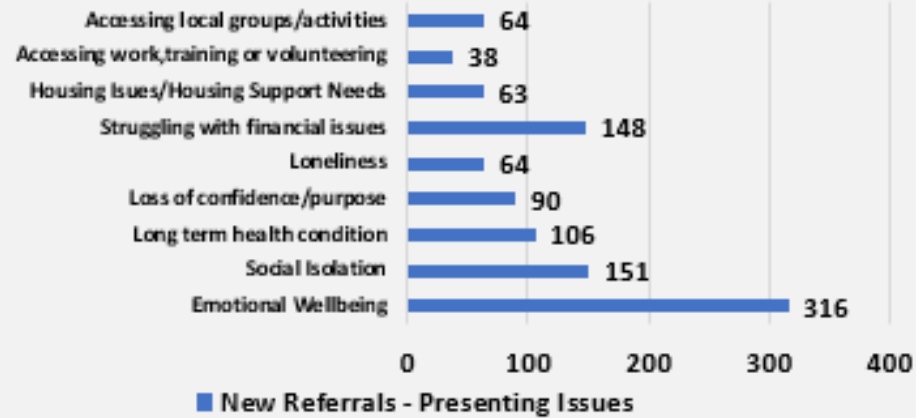
Middlesbrough

- 3 PCNs engaged
 1. Holgate PCN
 2. Greater Middlesbrough PCN
 3. Central Middlesbrough PCN
- 27 SPLW (including specialists in CYP and finance)
- 1 Service Manager
- Delivered by MIND

Redcar and Cleveland

- 3 PCNs engaged
 1. East Cleveland PCN
 2. Redcar Coastal PCN
 3. Eston PCN
- 8 SPLW
- 1 Team Leader
- 1 Manager
- Delivered by RCBC

New Referrals - All Presenting Issues



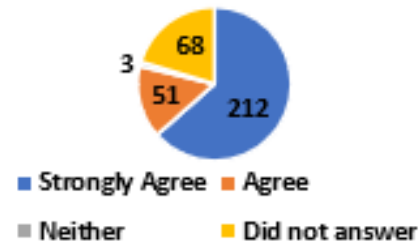
Social Prescribing

SP Data	22/23				23/24	Comparison to Q3 22/23
	Q1	Q2	Q3	Q4	Q3	
New Referrals	316	368	402	412	595	48% ↑
Closed Cases	198	279	286	339	334	17% ↑

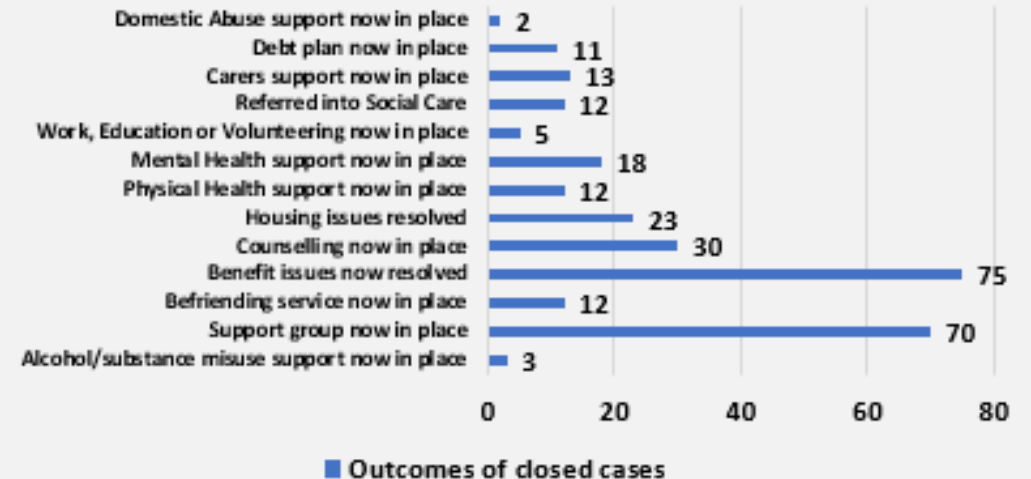
(Closed Cases)
Rating out of 5 for the service received

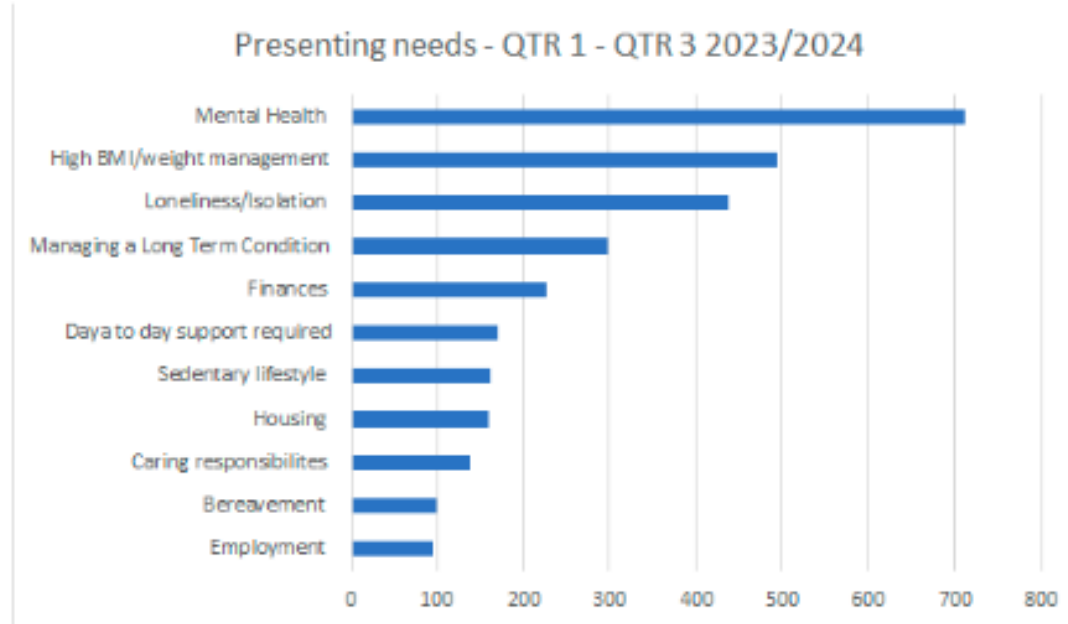


(Closed Cases)
Reporting improved wellbeing following SP Intervention



Outcomes of closed cases





- **32** Average days until discharge.
- **5** Average number of contacts per client.
- **89%** improvement in wellbeing with an average percentage change per person of **17.1%**.

SP Data (Middlesbrough)	2022/2023					2023/2024				Comparison to QTR 3 22/23
	Q1	Q2	Q3	Q4	Total 2022/23	Q1	Q2	Q3	Total year to date	
New referrals	522	521	763	770	2576	534	626	719	1879	-5.7%
Closed cases	419	679	669	386	2153	459	561	479	1499	-28.4%

RCBC Case Study

MIND Case Study

- **Jason*** – *themes of case study - mental health, physical health, finances and employment*
- Jason, aged 33 was referred to social prescribing. At first Jason was reluctant and hesitate to access support with the service – this was a symptom of his current challenging situation. The link worker adapted his approach to build trust and rapport with Jason over time to support him to access the support.
- Jason was referred after taking an overdose of painkillers and was having issues with benefits sanctions and debt, Jason has moved back in with mother due to losing tenancy and was living off a total of £3 a week. There were financial barriers and confidence barriers. Jason hoped to build structure to his week and to get on top of his debt issues.
- Time was taken to explore options and interests with Jason. He was put in contact with Citizens Advice and Welfare Rights in relation to his finances. Jason was referred to Rooted in Nature as he wanted structure and social contact, we also looked at options in relation to exercise. Jason engaged with both Rooted in Nature and Exercise on Referral and felt these services benefitted him as he had structure and was able to focus on his health. We also carried out walk and talks to discuss options instead of office base or telephone appointments, Jason felt he benefitted from the face-to-face element of support with this link worker.
- Over several sessions Jason informed his link worker that he had lost weight and was planning on reengaging with exercise on referral, now as a paid participant. Jason was looking at securing steady employment and was looking forward to the future. He was working with an employment support team to identify future suitable employment. Jason felt like his physical health was better and, he felt his mental health was in a much stabler place. Jason was motivated for the future and confident moving forward.