

SOCIAL PRESCRIBING

CONTENTS PAGE

RESOURCES

1. Ageless Thanet:

- ***Social Prescribing Pilot***
An overview of the Social Prescribing pilot project delivered by Ageless Thanet, including what they did, what they learnt and the impact on participants.

2. Brightlife Cheshire:

- ***A) Tests of Best Practice in Social Prescribing***
This report pulls together the findings from the evaluations of existing social prescribing services, along with the key issues identified by these evaluations and the recommendations made for future services.
- ***B) Interim report***
An overview of the projects and activities that have been part of the Brightlife Cheshire programme.
- ***C) Social Prescribing Resources***
An overview of the social prescribing service operating within Brightlife Cheshire, including who is involved and how it works.
- ***D) Social Prescribing 1: Organisational Process Data - A legacy report by University of Chester***
This report provided an update to the Social Prescribing Working Group about progress in the implementation of the Social Prescribing pilot and to inform the development of the service in the next phase.
- ***E) Social Prescribing 2: A review of existing evaluations - A legacy report by University of Chester***
This report provides an overview of the existing literature regarding evaluations of social prescribing services. The review focused on definitions, models, referral routes, activities, evaluation methodologies and outcomes measures. It also summarises the key issues identified and recommendations made in existing social prescribing evaluation reports.
- ***F) Social Prescribing 3: Evaluation Status Report - A legacy report by University of Chester***

This report provides a formal update to the Brightlife Partnership Board regarding the progress and ongoing experience of Social Prescribers (SP) and to evaluate the continued development of this service.

G) Video: Top Tips for Co-Production in Social Prescribing, 28-04-2021

This workshop recording is part of the Stronger Together festival of learning about co-production with Ageing Better. During this workshop, Brightlife Cheshire share their top tips for co-production in social prescribing.

3. National Lottery Community Fund:

- ***A) Social Prescribing – Key Messages from Ageing Better***

In January 2019 we brought together Ageing Better projects to share learning and insight from across the programme about Social Prescribing. The focus of this paper is on social prescribing programmes in Ageing Better where a health referral is involved. We have also aligned our work with the definition of Social Prescribing used by HM Government in 'A Connected Society'.

- ***B) What does successful social prescribing look like? Mapping meaningful outcomes***

Funded by the National Lottery Community Fund and carried out by the University of Westminster, this study aimed to investigate and collate all the outcomes that are being experienced in link worker based social prescribing schemes.

STORIES

1. Ageing Better in Middlesbrough:

- ***A) Design in action: Making social prescribing work for everyone***

Two GPs in Middlesbrough share their learning from the process of co-designing a social prescribing pilot service alongside Ageing Better in Middlesbrough.

- ***B) Social prescribing support during Covid-19***

A visual overview of the social prescribing support available in Middlesbrough during Covid19.

2. Brightlife Cheshire:

- ***A) Social prescribing stats, outcomes and demographics***

A visual overview of the social prescribing scheme in Brightlife Cheshire.

- ***B) [Blog: Social Prescribing in a Crisis](#)***

Sue from Brightlife Cheshire shares how she has had to adapt her role since lockdown and gives her some top tips for continuing to offer valuable support in a time of crisis.

- **C) Video: Social Prescribing**

A short video that explains what Social Prescribing is and how it is all led by the participant themselves. 'When we do find activities or support groups that are suitable, we have to make sure that person is ready, that person is comfortable and that all those barriers are removed'. The Brightlife Social Prescribing Coordinators and people in this video explain how working in co-production at every stage to ensure that wishes and any practicalities are being met provides the basis for a meaningful engagement to alleviate social isolation and enhancing a person's wellbeing. The warm relationship between participants and the teams at each venue is clear to see. Creating such an environment would not be possible without equality, respect and co-production.

- **D) Video: Social Prescribing Drop Ins**

How co-producing an informal social 'Drop In' group came about from listening to and responding to people's requests, people's preferences. Through building trusted relationships and personal confidence, the Brightlife Drop Ins use discussion, planning sessions and active listening to co-produce activities at each location. The groups are very different at each venue and the people who attend all join in the planning of what activities they would like in the coming months, often using their networks to invite in speakers, organise outings, produce quizzes and organise fun activities – strengthening the ownership and attendance numbers for the groups to continue. During Covid we know that people have kept in touch and supported each other to keep both physically and emotionally well.

- **E) Discover Brightlife Podcast: Diagnosing Loneliness**

In this podcast two GPs who refer into Brightlife Social Prescribing discuss the impact on health that loneliness and social isolation can bring and the benefits of social interactions. From personal experience of meeting people at a Brightlife coffee morning and feedback from patients in the surgery, the GPs talk about the positive difference that they see and highlight the importance of commissioning the right services. They found that through referrals to a Social Prescribing Coordinator, people's choice and empowering someone to 'get better' can reduce the number of appointments required.

Listen to hear how the co-production of an action plan of what people would like to do, how to get there and a supported introduction to a group, impact on their patients. 'Often people have got the answers in themselves.' Without co-production it is less likely that successful outcomes can be achieved and sustained; this has contributed to the trust and confidence built with GPs for continued referrals.

- **F) Discover Brightlife Podcast: Carers, caring and being cared for**

Jackie Brown and Sue Downham create, find and nurture support groups across Cheshire to help connect those in need with those who can. As social prescribers, what

they don't know about the local services isn't worth knowing. But the stories which break their hearts time and time again are the carers they support. The partners who dedicate their lives – no matter what – to caring for their spouse until the very end.

- ***G) Discover Brightlife Podcast: Finding Friends Over 50***

A fun, informative and thoughtful podcast focussed on loneliness. In this podcast we demonstrate that by using the workers' skills to encourage engagement and in validating people's choice of activity in partnership with the person then together we can enable people to enjoy activities, groups and company again. It is through building confidence that people are enabled to voice their wishes and discuss their feelings, enabling a co-produced intervention. Whilst the word co-production is not generally used, its meaning is at the heart of the project: of every relationship with people; in working together to access support on a very individual level; at the groups such as the one visited in this podcast; and furthermore, of ensuring that activities are welcoming and suitable for each participant.

- ***H) Discover Brightlife Podcast: Meet The Volunteers***

At the heart of Brightlife Cheshire are our people. The people who we reach out to, the people who we support through funding and the people who believe in our ethos to tackle loneliness in our local communities. But the folk who are also extraordinary in our eyes are those who give up their time freely - the volunteers.

To mark National Volunteers Week 2019, we've collected a handful of their stories to show you the many routes into volunteering, and perhaps if you're thinking of it - what to expect. All seven share their moments of surprise, shock and laughter - plus reveal what impact just giving just a few hours a week has had on their own lives as a result.

- ***I) Discover Brightlife Podcast: The Making of Brightlife Cheshire***

What will be Brightlife Cheshire's legacy? It's a question Chris McClelland, the organisation's head is already contemplating - just three years into the five year project. In this episode, Clare Freeman looks back at some of the key moments of the podcast series and asks how the team are capturing evidence of their good work.

- ***J) Discover Brightlife Podcast: Men in Sheds, Gus***

From sawing to singing... Hartford's Men In Sheds project is overseen by Gus Glynn. After spending several decades working as a self-employed plumber, it's a job that's proven full of surprises. But construction and manual labour aren't the only tricks up his sleeve. Outside of work, Gus has made a name for himself as an Irish singer-songwriter. His track Wide Open Stream is featured throughout this episode, and our Men In Sheds series.

TOOLS

1. Brightlife Cheshire:

- **A) Social Prescribing Model – Rural Alliance PCN**
The model of social prescribing used in Brightlife Cheshire, including the referral criteria, exclusion criteria and level of support offered.
- **B) Telephone Prompt Sheet For Social Prescribing Teams and NHS Link Workers**
A prompt sheet designed for experienced Social Prescribing workers, suggesting topics and advice that might be useful within this role.
- **C) Top Tips for Social Prescribing**
10 top tips about social prescribing, based on the learning from the Brightlife Cheshire programme.

2. NHS:

- **What is Social Prescribing?**
An NHS leaflet aimed at members of the public which describes what social prescribing is and how it may benefit them.