



Social Prescribing: A journey in South Tyneside

Tuesday 6th December

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Can you give an example of social prescribing?



What is important to Derek?

- ⦿ Derek is a 76 year old who attends reporting longstanding activity related hip pain.
- ⦿ He lost his wife due to COVID and now feels increasingly lonely.
- ⦿ Perhaps, **WHAT REALLY MATTERS** to John is to establish new social connections and friends to combat his social isolation and loneliness.



What is important to Sylvia?

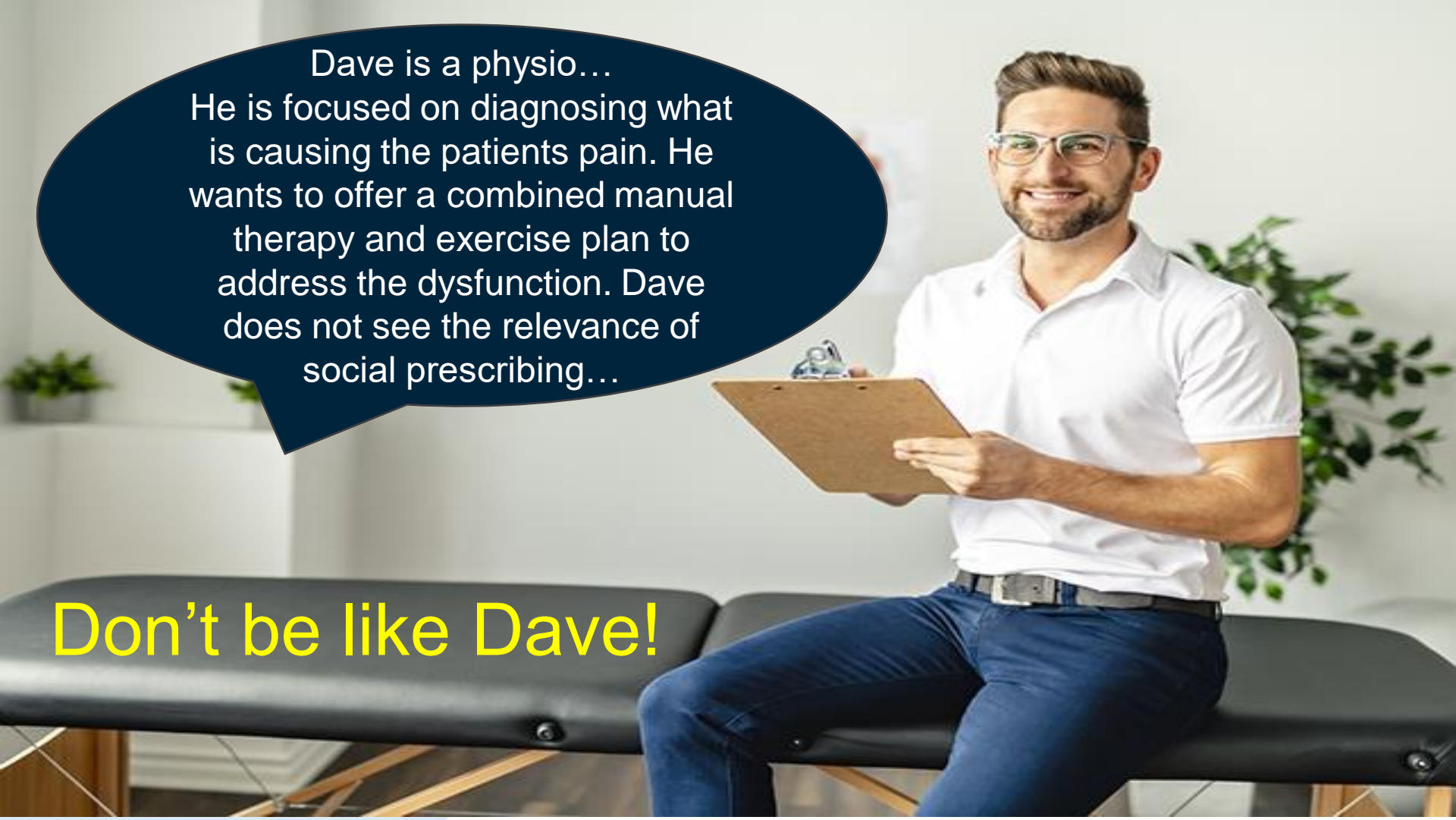
- ⊕ Sylvia is a 37 year old administrator with shoulder pain of insidious onset.
- ⊕ She tells you about her stressful home situation, her worsening low mood and difficulty sleeping.
- ⊕ Perhaps, **WHAT REALLY MATTERS** to Sylvia is addressing her home situation affecting her mental health.



What is important to Gary?

- ⦿ Gary is a 29 year old sales executive who is reporting a 9 month history of left anterior knee pain.
- ⦿ This is affecting his ability to keep as active as he would like and has gained weight. His frustrations with this situation have led him to make poor diet choices.
- ⦿ Perhaps, **WHAT REALLY MATTERS** to Gary is to get appropriate support to address his diet and weight gain.

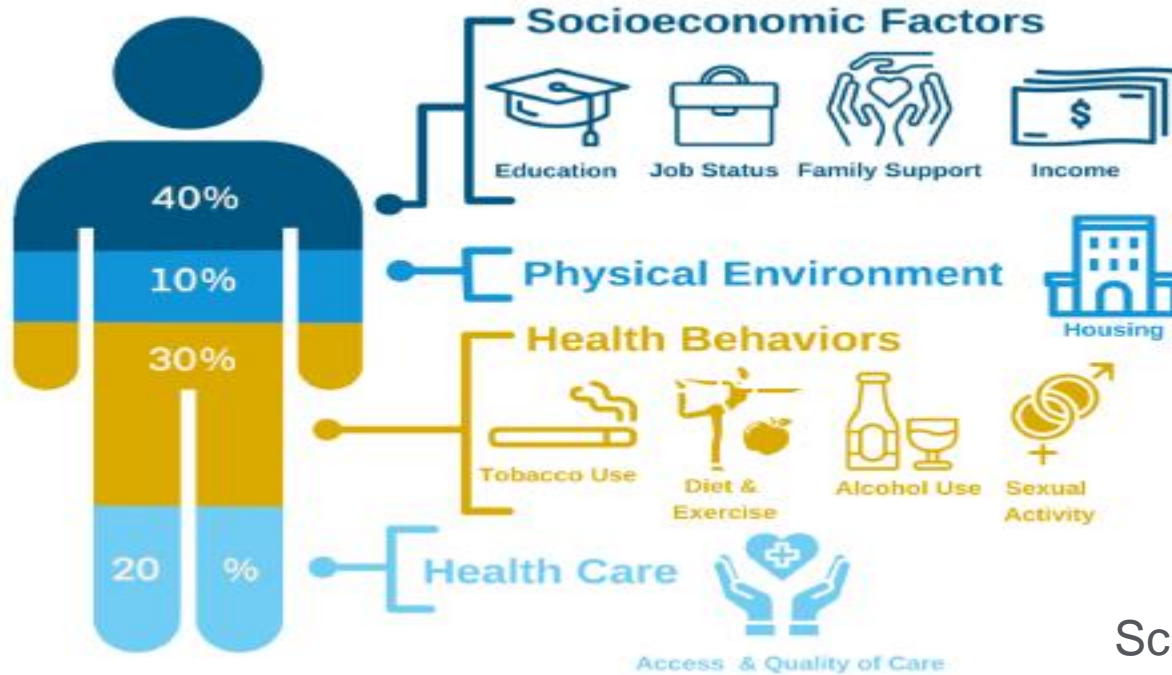




Dave is a physio...
He is focused on diagnosing what
is causing the patients pain. He
wants to offer a combined manual
therapy and exercise plan to
address the dysfunction. Dave
does not see the relevance of
social prescribing...

Don't be like Dave!

The impacts upon our health



Schroeder, 2007

The complexity challenge...



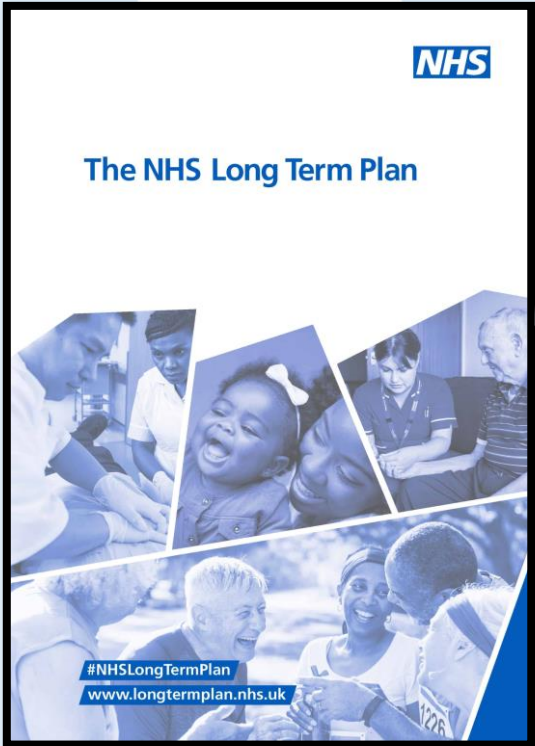
What is social prescribing?

- ⊕ Social prescribing, sometimes referred to as community referral, is a means of enabling GPs, nurses and other health care professionals to **refer people to a range of local, non-clinical services.**
- ⊕ It also aims to support individuals to take **greater control of their own health.**

What are the benefits?



Why focus on social prescribing



New roles for a new dawn for Primary Care

- ➊ Additional Role Re-imburement Scheme (ARRS)
- ➋ Social prescribers numbers estimated at 3,000
- ➌ Physio - 5,000 FCP's by 2030
- ➍ Clinical pharmacists
- ➎ Paramedics



Does it work?

- ④ An [evidence summary](#) published by the University of Westminster suggests that where an individual has support through **social prescribing**, their **GP consultations reduce** by an average of 28% and **A&E attendances** by 24%.
- ④ [59% of GPs](#) think social prescribing can help **reduce their workload.**

Penny drop moments...

- ⊕ Quarterly Patient & Public **Listening** events
- ⊕ *“I want to be asked what is important to me”*
- ⊕ *“I expect you to ask how my pain problem is affecting other aspects of my life”*
- ⊕ *“How am I supposed to know where to access various support services, my physio should support me with that”*



Social Prescribing & 'Active' Signposting



What is out there?
Go find out...



South Tyneside voluntary and community organisation



South Tyneside Council



Training

- ④ Brief conversations training
- ④ Motivational Interviewing
- ④ Shared training events: Link workers/voluntary sector
- ④ Mutual beneficial relationships: Link workers review PILS
- ④ Clinical supervision focus
- ④ Awareness for staff - ‘what’s out there!?’



South Tyneside veteran praises support from Hebburn Helps after supermarket 'meltdown' during pandemic

A Hedworth veteran has thanked a South Tyneside charity and physiotherapist who stepped in after she experienced a 'meltdown' triggered by the coronavirus pandemic.

By Sarah Sinclair

Friday, 17th July 2020, 7:00 am



MEASUREMENT



YOU CAN'T IMPROVE ON WHAT YOU DON'T MEASURE

Social Prescribing and MECC

Lifestyle

Smoking Status

Smoking cessation advice given

Alcohol Consumption

Advice on alcohol consumption given

Weight

Dietary advice for weight loss

Exercise

Advice on exercises given

Referral to
Change for Life

Referral to Link
Worker

Escape Pain

Life Cycle

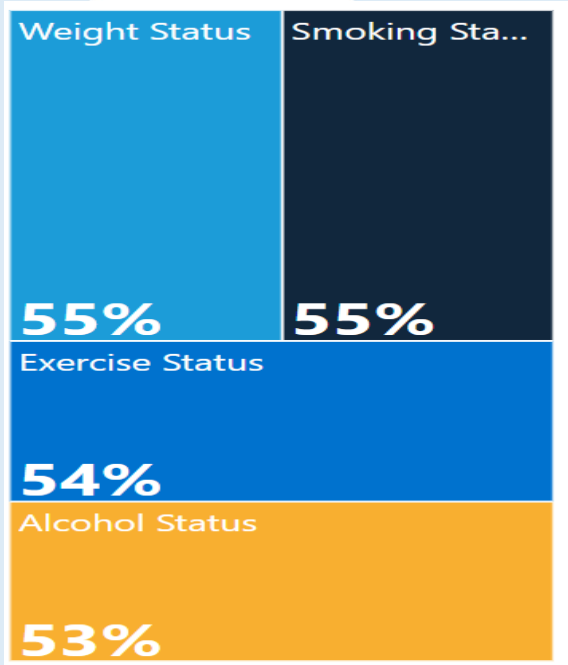
Age Concern

Better You

Making Every Contact Count



October 2022 New Patient appointments MECC data target 50%



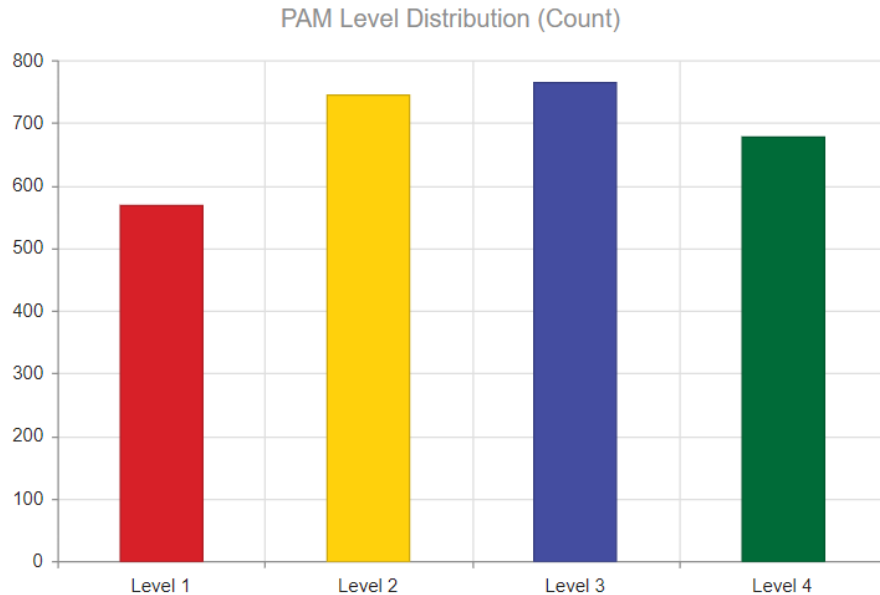
Patient directed care plans

- ④ *You told me that being able to play on the carpet with your granddaughter is important to you*
- ④ *We discussed how the women's charity 'WHIST' may be able to increase your social connections*
- ④ *You were keen for me to refer you to the social prescriber team. They can talk to you about how you to meet others in a similar situation.*
- ④ *As agreed, I have text you the link to the local food bank which you were unaware of.*

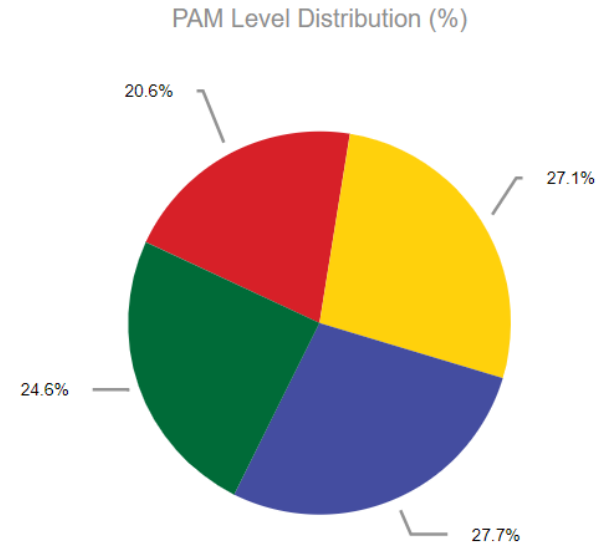


How activated are our patients to manage their long term conditions?

PAM Level Distribution (Graph)



PAM Mean Score: 60.9



How to explain social prescribing to patients

<https://www.youtube.com/watch?v=O9azfXNcqD8>



A hiker wearing a red beanie, a black puffy jacket, and a yellow backpack is seen from behind, looking out over a vast mountain range. The central focus is a large, jagged mountain peak covered in snow, set against a clear blue sky with some light clouds. The foreground shows rocky, sparsely vegetated slopes.

NOT EASY

BUT WORTH IT

What next for the PHYSIO

- ④ **Adopt** person-centred and strengths-based practice when communicating with patients to ascertain whether they have **non-clinical needs** that may be met through social prescribing. See the [Person-centred care framework](#).
- ④ **Consider** how people's social and emotional needs are **affecting their health**, for example, their relationships, social networks, and support in their neighbourhood.
- ④ **Find out** whether your **local link workers have referral criteria**.

What next for the TEAM LEAD/SERVICE LEAD

- ④ **Consider** how **community-centred approaches** can be adopted by your team to strengthen communities and build local services and groups.
- ④ **Create** a **culture** where all **staff understand the benefits** of measuring the impact and demonstrating the value of their social prescribing work.
- ④ **Encourage collaborative relationships** between health and care professionals, link workers and service providers.
- ④ **Ensure** the teams you manage are **aware of the social prescribing services** and groups in your local area.
- ④ **Promote** a culture where social prescribing is encouraged as part of '**What matters to you?** conversations'.
- ④ **Support** your team to access [making every contact count](#) training.

Resources – Further reading & listening

- ④ <https://www.kingsfund.org.uk/publications/social-prescribing>
- ④ <https://www.meccgateway.co.uk/nenc> - North East & NC ICS
- ④ <https://socialprescribingacademy.org.uk/>
- ④ <https://fingertips.phe.org.uk/static-reports/health-profile-for-england/regional-profile-north-east.html> - Regional health data
- ④ <https://www.e-lfh.org.uk/programmes/social-prescribing/> - E-Learning
- ④ Podcast –Primary Care Knowledge Boost
<https://podcasts.google.com/feed/aHR0cHM6Ly93d3cucGNrYi5vcmcvZmVIZC54bWw?sa=X&ved=0CAMQ4aUDahcKEwiwg4-gwuP7AhUAAAAAHQAAAAAQbA&hl=en-GB>

Thank you for listening...