

# Social Prescribing

*A whistle stop tour*

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Sustain



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# What is it?

**Social prescribing enables GPs, nurses and other primary care professionals to refer people to a range of local, non-clinical services.**

- Signposting to non-clinical services
- Involves a link worker or navigator
- Not that new (e.g. Bromley by Bow) but...
- Personalisation of health services
- Wider determinants
- Potential to reduce pressure on NHS



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# A source of funding?

Investment so far:

- The prescribing and referral services
- Workers and models
- Quality assurance
- Social prescribing Network (a bit)

Not in...The service being prescribed to  
i.e. community and voluntary sector

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# Does it work?

- 100 schemes are currently running in the UK, more than 25 of which are in London.
- Evidence emerging is showing that it is working:-
  - Bristol study – lower anxiety and better general health
  - Rotherham - reduction in NHS use
  - Review 28% reduction in use of GP surgery and 24% A&E

But

- Not robust or systematic evidence
- Challenges in measuring it



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# Why get involved?

- Potential route to build relationships with health service
- Opportunities for new volunteers and beneficiaries
- Test and piloting e.g. Kindling Trust Manchester
- Evidence demand for your services



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# Take time to...

- Find out what is happening locally
- Join relevant regional network
- Think about what sort of social prescriptions you would be happy to receive
- Make yourself known - ideally along with a list of others who are interested

[www.kingsfund.org.uk/publications/social-prescribing](http://www.kingsfund.org.uk/publications/social-prescribing)

[www.westminster.ac.uk/patient-outcomes-in-health-research-group/projects/social-prescribing-network](http://www.westminster.ac.uk/patient-outcomes-in-health-research-group/projects/social-prescribing-network)

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# Thank you

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