



What is Social Prescribing?

Social Prescribing is defined as

“The skill of connecting people to services and support in local places”.

It is a service for GPs and other health professionals to access for patients who present with problems that are essentially nonmedical and require more holistic community based interventions.

Social Prescribing headlines

RCGP calls on government to facilitate 'social prescribing' for all practices

New health secretary pledges £4.5m towards GP social prescribing

"The evidence increasingly shows that activities like social clubs, art, ballroom dancing and gardening can be more effective than medicines for some people and I want to see an increase in that sort of social prescribing," he said.

NHS should prescribe tango dancing and book clubs, not 'a pill for every ill'

Social Prescribing

- Partnership project with Rural North and Chichester Local Community Networks
- Jointly funded by CDC, GPs, Clarion Housing, A2 Dominion, Friends of Midhurst Community Hospital and Chichester City Council
- Started in July 2018
- 4 community Referrers based in GP practices

Facts and figures

- 101 referrals in the first 6 weeks
- 43% Men 57% women
- Age range 18 – 95yrs
- 50% were referred for social isolation
- 40% also suffering with long term conditions
- 43% money, debt and benefit advice
- 18% Lifestyle factors
- 9% Employment and training

Case study

“Hearing the person behind the symptom”

Mrs P is a 49 year old woman living alone in Selsey, she was referred to our service due to issues with her housing.

- Initial assessment session highlighted the fact that housing was simply one strand of a range of issues that Pauline was experiencing.
- Mrs P received various interventions and support from statutory services over many years, but remained very low in mood, anxious and socially isolated.
- A throw away comment led to fresh ideas

Signposting Actions

Citizens Advice Bureau Support with housing issues

The Richmond Fellowship Peer support for mental health.

Selsey Writers Club..... Social interaction

Wellbeing Team Support with general wellbeing

Applied for Bus Pass Social interaction

Mindfulness Meditation Improve resilience / self-worth

Case Study

“Sometimes just planting seeds for the future”

Mr C is a 73 year old male living alone in East Wittering.

- Previously making repeated GP appointments for seemingly little reason. GP suspects issues of isolation.
- Finds it difficult to discuss anything of emotional depth (“I'm a Yorkshireman, we just grin and bear it”)
- Throughout our work Mr C demonstrated a good knowledge of local support yet appeared reluctant to “take the first step”

Signposting Actions

SSAFA and Royal British Legion .. Support for ex-forces

University of The Third Age Continue learning

Mens Shed Social Interaction

**The Tuppenny Barn Horticultural Therapy
and passing on our skills / life experiences to others.**

The Silver Line Wellbeing support

Quote.....

A senior partner at one of the practices recently said

“ Social Prescribing has had more of an impact than any other service since I started practicing as a GP”