



Social Prescribing

Where does the journey begin?





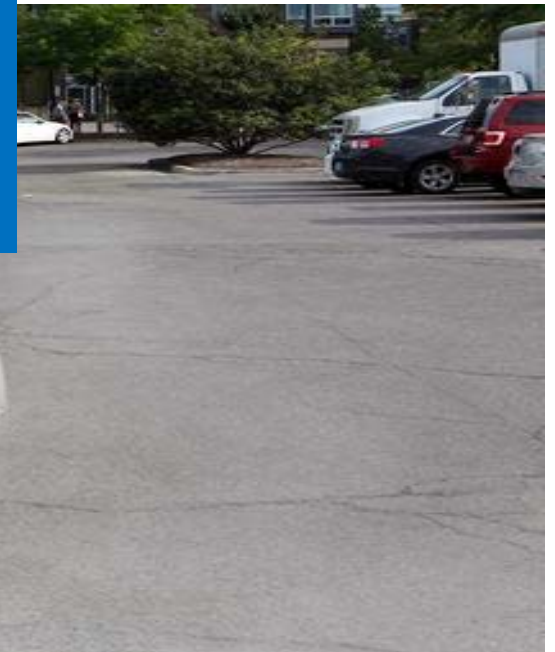
Living alone

Now in town

Over 18s
Young suffering from anxiety
Older people looking to fill their time
Long term conditions
Separated
Bereaved

**Alone during
day**

**Returning home
after time abroad**



Social Prescribing

Definition of Social Prescribing

- Use of non-medical supports, early intervention
- Formal means to enable primary care services to refer people affected by mild depression or anxiety
- Supporting the health and wellbeing of people by using community
- Intended to reduce social exclusion for isolated and vulnerable people

Who can refer?

- **Doctors**
- **Primary Care Practitioners**
- **Clinical Psychologists**
- **Public Health Nurses**
- **Community Health Nurses and other members of Area Mental Health Team**
- **Other projects in Offaly Local Development e.g. Mojo/SICAP**
- **Family, Neighbours**
- **Self- refer**

How does Social Prescribing work?

- The person meets the Social Prescriber
- Explore options and find a suitable activity
- Support the person until they are independent

What is available in the community?

- Volunteering
- Activities and groups
- Exercise
- Wellbeing
- Education
- Library
- Signposting to other areas (e.g. MABS, Jobs Club)

Benefits

Benefits of Social Prescribing:

- Improved mental health, wellbeing & Self-esteem
- Increased social supports and networks & community involvement
- Reduced social exclusion and improved social connectedness
- Improved independence due to the emphasis on self-direction and personal choice
- An opportunity to learn a new skill and increase self-confidence
- Reduced GP visits

Social Prescribing at work



Brighton & Hove Evaluation of a social prescribing pilot

- 95% of GPs and practice staff think the service is effective at providing a referral route to non-medical services
- 87% GPs and practice staff think that Social Prescribing is effective at improving the wellbeing of patients
- 84% think the Social Prescribing service is effective at improving the surgeries' links to other resources and services in the community

Reference: Community Navigation in Brighton & Hove Evaluation of a social prescribing pilot

– November 2015 by: Clair Farenden, Catherine Mitchell, Seb Feast, Serena Verdenicci

Social Prescribing at work



Donegal Social Prescribing For Health and Wellbeing Evaluation report April 2015

Measure	Change
GP visits (frequent attenders)	20% decrease in GP visits
Wellbeing	33% increase in the wellbeing score (WHO-5 Wellbeing Index)
Depression	37% decrease in depression scores which moved participants from the clinical range to the normal range (HADS Anxiety and Depression Scale)
Anxiety	14% decrease in anxiety scores (HADS Anxiety and Depression Scale)
Community Involvement	35% increase in how active participants perceived themselves to be in their local community

Social Prescribing at work

Offaly Well connected Social Prescribing to date:

- Part time Co-ordinator in Offaly Local Development Company
- 40 referrals to the project from various sources in 2018
- New Groups set up to cater for needs
- Strong links with referral agencies
- Trust in the project
- Integrated approach to supporting the person
- Peer support for the Co-ordinator

Learning to date

- **Plan for project**
- **Start small**
- **Engage with partners and referral pathways**
- **Build trust**
- **Have a neutral area for the person to engage with the Co-ordinator**
- **Listen, listen, listen**
- **Explore options with the individual, be flexible**
- **Allow time for multiple consultations**
- **Be ready to take action in the moment**
- **Be prepared to accompany the person to initial engagement**
- **Mapping**

Mapping

What facilities exist in the area?

Mapping in Tullamore

Single source of information for County Offaly

Collaboration with Roscommon to do a joint inter-territorial project

Benefits

Map each area in the County – train the community to identify and map its own assets

This helps identify the gaps in provision and what exists nearby

Remember our beginning







Offaly Local Development
COMPANY



Offaly
Well Connected

Thank you for your time today