



Social Prescribing

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Have you heard of
Social Prescribing
before?



History of Social Prescribing

Public Health England report by Micheal Marmot showed large gaps in health care in the UK.

Social Prescribing formed from long term plan to extend life expectancy and quality of life.

2010

Primary care link workers started being accessible through GPs

2020

2015

First Social Prescribing in York opened up Ways to Wellbeing team. Took referrals from hospital and community response. Aim to reduce gaps in health care.

2023

Frailty Hub Project



Social

Prescriber

Social Prescribing Role

- ▶ Developing personalised care and support plans with people
- ▶ Introduce people to groups and voluntary services
- ▶ Support people with their mental health through social prescribing
- ▶ Social welfare, legal support and money guidance
- ▶ Social prescribing for children and young people
- ▶ Culturally responsive practice





Why Social Prescribing?



strengthens community resilience



reduces health inequalities by addressing the wider determinants of health, such as debt, poor housing and physical health



increase people's active involvement with their local communities



Support existing community groups to be accessible and sustainable, and help people to start new groups, working collaboratively with all local partners.

Social Prescribing Process



Hour session - meet and discuss current circumstances



Create support plan according to what matters to you



Coordinate with services appropriate to your needs



Connect you to services - if desired we will attend with you



Check in calls, community or home visits.

Frailty Hub NHS / Social Prescribing

- ▶ GP
- ▶ Paramedics
- ▶ Physio Therapist
- ▶ Social Care
- ▶ Social Prescribers
- ▶ Community Nurses



How we can support

- ▶ Connect folks to community with similar interests
- ▶ Connect with services that reduce isolation - social groups, hobby groups, befriending, positive conversation.
- ▶ Support following life changes - support following injury, support following loss or grief, support surrounding mental health, financial and housing support.
- ▶ Mutual relationships with social supports such as AWOC - which we will refer to in the future

How to get connected..

- ▶ Self referral : Social Prescribing mainline at York Centre for Voluntary Service
- ▶ 01904721483
- ▶ Refer through your GP surgery (All GPs in York have Link Workers).
- ▶ For people outside of York, asking your GP about local social prescribers

