NI SOCIAL PRESCRIBING WORKSHOP REPORT

Wednesday 16th January
Craigavon Civic Centre

#SocialPrescribingNI
On the 16th January 2019, a Social Prescribing Workshop was held in Craigavon Civic Centre.

The workshop was arranged by a number of partners, all with an interest in Social Prescribing - the Royal College of General Practitioners in NI, the Community Development & Health Network, the Healthy Living Centre Alliance, the Long Term Condition Alliance NI and the Public Health Agency, co-ordinated by Integrated Care Partnerships.

There were 180 attendees from a wide variety of backgrounds; people working within the voluntary and community sector, staff from across health and social care, representatives from local councils and from a number of government departments.

Dr Grainne Bonnar, GP and Chair of West Belfast Integrated Care Partnership (ICP) and Joanne Morgan, Director of the Community Development Health Network set the context for the event with their introductory comments and Heather Moorhead from NICON facilitated the workshop.
Facilitated by Heather Moorhead NICON

Objectives
- To provide an opportunity to share both the good practice and the challenges to social prescribing initiatives currently underway
- To hear about developments through the UK Social Prescribing Network and the lessons learned
- To provide a space to have informed discussions with key stakeholders about the future development of social prescribing
- To discuss with social prescribing practitioners the support they need in their roles

<table>
<thead>
<tr>
<th>Time</th>
<th>Session</th>
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<tbody>
<tr>
<td>9.00am</td>
<td>Registration, Tea and Coffee</td>
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<tr>
<td>9.30am</td>
<td>Welcome</td>
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<tr>
<td>9.35am</td>
<td>Introduction</td>
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<tr>
<td>10.00am</td>
<td>The Development of the UK Social Prescribing Network</td>
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<td>10.30am</td>
<td>NI Social Prescribing Models – A Big Learning Conversation</td>
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<td>11.00am</td>
<td>Tea and Coffee Break</td>
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<tr>
<td>11.30am</td>
<td>The Compassionate Frome Project – A Whole System Approach</td>
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<tr>
<td>12.00pm</td>
<td>How can we help Social Prescribing to flourish in NI?</td>
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<tr>
<td>1.15pm</td>
<td>LUNCH, Poster Exhibits</td>
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<td>2.00pm</td>
<td>Approaches to Evaluation</td>
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<td>2.40pm</td>
<td>Supporting the Workforce</td>
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<td>3.20pm</td>
<td>Conclusion</td>
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<td>3.30pm</td>
<td>Close</td>
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Panel members: Patricia Mackey Community Planning Manager, Ards and North Down Council, Mark Lee, Director of Primary Care Department of Health, Arthur Scott, Director of Voluntary & Community Division, Department for Communities, Leanne Morgan, Director Community Development & Health Network, Dr. Laurence Dorman RCGP NI.
My Social Prescription

The experience of people receiving a “social prescription” and the impact that it has was demonstrated through the stories of Veronica Mohamat and Gordon Hickson.

They shared their views of how they have benefitted from the social prescribing service delivered through the Bogside & Brandywell Health Forum.

My Social Prescription
https://vimeo.com/312481534
Dr Marie Polley shared some of the learning from the UK Social Prescribing Network.

Attendees heard how the model has developed, how core principles have been agreed and the role the network has played in supporting shared learning and providing support and guidance.

Social Prescribing now features heavily in the NHS Long Term Plan. www.longtermplan.nhs.uk/

There are a range of resources available on the networks website www.socialprescribingnetwork.com/
Core Principles of Social Prescribing

1. Collaborative relationships with people in different sectors
2. Funding commitment
3. Understanding of Social Prescribing and ‘buy-in’ from intended referring professional
4. Simple referral process, clear criteria, code on system
5. Skilled link worker; listening, motivation, empathy, trust, coproduction, clinical supervision, liaise with VCSE
6. Person centred scheme, flexible in time and location
7. Vibrant and sustainable VCSE

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NI SOCIAL PRESCRIBING MODELS – A BIG LEARNING CONVERSATION
NI Social Prescribing Models – A Big Learning Conversation

Local Social Prescribing Leaders provided a brief overview of their work. They highlighted how local innovation, leadership and relationship building have been crucial elements in their progress to date.

South Eastern Trust Caring Communities Safe and Well 
http://www.setrust.hscni.net/healthyliving/2428.htm

Mid and East Antrim IMPACT Agewell programme 
https://www.meaap.co.uk/impactagewell

The European funded mPower programme operating in the Western and Southern Trust areas. 
https://mpowerhealth.eu/

Belfast Connected Community Care Service 
https://vimeo.com/252532879?ref=tw-share

The Social Prescribing Project - Region Wide, with funding from the Big Lottery fund and in partnership with the Healthy Living Centre Alliance.
The Compassionate Frome Project – A Whole System Approach

Dr Helen Kingston, Frome Medical Practice, outlined the whole system approach undertaken as part of the Compassionate Frome Project.

Talking Cafes, Health Connectors and Community Connectors were all key parts of the project.

The importance of a Quality Improvement methodology to measure impact was also highlighted and allowed the project to demonstrate some very significant outcomes including a year on year reduction in the number of emergency admissions and the costs of those admissions.

How can we help Social Prescribing to flourish in NI? Panel Discussion

A panel of key stakeholders - Ards and North Down Council, Department of Health, Department for Communities, Community Development & Health Network and the Royal College of GPs, contributed their views on the development of Social Prescribing. Some of the key messages were:

• The draft Programme for Government is a key driver for collaborative working and Social Prescribing could play a big role in delivering PfG outcomes.
• Huge potential through using existing platforms for collaborative working such as Community Planning Partnerships and Integrated Care Partnerships.
• Importance of this work progressing through equal partnerships with and sustainable investment in the C&V sector.
• Social Prescribing as a key element of a new model of primary care but being mindful of the need to not stifle local innovation and relationships.
• Opportunities to link Social Prescribing with other initiatives through the Arts Council and Neighbourhood renewal work, links with libraries and museums.
Attendees were asked to reflect on the information from the mornings presentations and from the panel’s discussion and identify what needs to happen to help social prescribing to flourish. Feedback was gathered and the top 10 most commonly mentioned ideas were identified.
<table>
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<tr>
<th>Strategic &amp; Joined up Leadership across Government Departments</th>
<th>Learning Network &amp; Supporting Framework in place for the SP Workforce</th>
<th>Sustainable Investment in the Third Sector</th>
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<tr>
<td>Clarity on the Concept &amp; Commonality of Language</td>
<td>Common Evaluation Framework and strong links with researchers and universities</td>
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<tr>
<td>Simple Referral Processes</td>
<td>Make Best Use of e-Health and Digital Opportunities</td>
<td>Agreement on High Level principles for social prescribing in NI</td>
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<td>Keep it Local</td>
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Long-term Commissioned Approach
How can we help Social Prescribing to flourish - Table Feedback

1. Sustainable investment in the third sector is vital
2. Strategic and joined up leadership across government departments
3. Clarity on concept & commonality of language
4. High level framework/ principles for social prescribing
5. Common evaluation framework and strong links with researchers and universities
6. Keep it local
7. Simple referral processes
8. Long-term commissioned approach
9. Learning network and supporting framework in place for the social prescribing workforce
10. Make best use of e-health and digital opportunities
Dr Marcello Bertotti introduced some of the evidence to date and highlighted the key challenges with regard to social prescribing research and evaluation.

The evidence base is continually developing the quality of the research is improving.

One area of particular interest is the development of a Common Outcomes Framework (COF) for Social prescribing which has been published by NHS-England.

Supporting the Workforce

Ciara McClements from the Belfast Connected Community Care service shared her team’s approach to supporting Wellbeing Co-ordinators in their role. The importance of value-based practice, developing supportive partnerships and having fit-for-purpose governance arrangements as well as support and supervision were all identified as important to supporting people working in these challenging roles.

Leanne McBrearty highlighted the opportunity to share best practice and provide support to social prescribing practitioners through The Social Prescribing Network Ireland. Attendees were encouraged to sign up to become a member to keep connected to developments. Become a member by contacting Leanne@bbhealthforum.org or nora@bbhealthforum.org.
Conclusions and Next Steps

Based on the large numbers who attended and contributed to the workshop, the level of enthusiasm and energy in the room, and the quality of the feedback from the discussion sessions, it is clear that there is a significant interest in better supporting ad developing Social Prescribing across the region.

The coalition of partners who organised todays workshop facilitated by Integrated Care Partnerships will seek to;

1. Engage further with stakeholders identified during the workshop to better understand how we can work together in the future to support the development of social prescribing

2. Build support for the establishment of a cross sectoral Strategic Group for the development of Social Prescribing

3. Organise a follow up event to focus on the approaches to evaluation underway within existing Social prescribing initiatives

4. Support the growth and development of the Social Prescribing All Ireland Network to ensure shared learning and networking

5. Look for ways to better support the growing workforce of Social Prescribing Link Workers
# Workshop Feedback

<table>
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<tr>
<th>88%</th>
<th>88% of respondents rated the event as Excellent or Very Good</th>
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<tbody>
<tr>
<td>90%</td>
<td>90% of respondents Agreed or Strongly Agreed that the workshop provided an opportunity to share both the good practice and the challenges to social prescribing initiatives currently underway</td>
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<tr>
<td>88%</td>
<td>88% of respondents felt the event had increased knowledge and understanding of social prescribing developments across the UK a great deal or a lot.</td>
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We must utilise and direct this positive engagement to proceed with the development of partnerships and planning of Social Prescribing!

A walk through a few social prescribing scenarios. Key indicators for referral to link worker

Another Regional Workshop annually

Mixed tables - ensuring a good exchange of information & ideas

Great to hear of practical issues from those who are implementing as well as strategic picture and rationale
Thank You

Sincere thanks to all those who helped in the planning and organisation of the workshop and to those who contributed to the programme for the day and generously gave their time to share their experiences, their work and their learning.

Thanks in particular to Dr Marie Polley, Dr Helen Kingston and Dr Marcello Bertotti who travelled to be with us.

Thank you to all of the attendees whose discussions, observations and ideas we hope we have captured in this report.

Thanks also Veronica Mohamat and Gordon Hickson and the staff at Bogside & Brandywell Health Forum for their support in producing the “My Social Prescription Video”