



Notes

Theme: Social Prescribing

Wednesday 12th June 2019

The Sedgemoor Conversation continues with the theme of Social Prescribing which was discussed at the February event.

The work of Spark to support social prescribing

What is social prescribing?

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

Recognising that people's health is determined primarily by a range of social, economic and environmental factors, social prescribing seeks to address people's needs in a holistic way. It also aims to support individuals to take greater control of their own health.

Social prescribing schemes can involve a variety of activities which are typically provided by voluntary and community sector organisations. Examples include volunteering, arts activities, group learning, gardening, befriending, cookery, healthy eating advice and a range of sports.

There are many different models for social prescribing, but most involve a link worker or navigator who works with people to access local sources of support.

What work is going on already?

- Supporting community partnerships such as Yeovil Wellbeing Alliance, Wincanton and South Petherton CP's
- Developing social prescribing
 - Wellbeing directory covering South Somerset area
 - Trained 250+ community connectors
 - Regular Talking and Community cafes – social and 1-2-1
 - Advice and help for support groups
 - 'Move More' workshops with SASP across the County
 - Local project development including befriending, veterans support group, cycling scheme, mental health signposting support for children and young people
- The directory can be found at www.wellbeingsouthsomerset.org

- Can also view activities via www.somersetcommunityconnect.org.uk

The South Somerset Directory

- Launched in March 2018
- It's an online directory of local, free and low-cost services that support health and wellbeing of our communities
- In the first year
 - Trained 252 community connectors to provide signposting support
 - 410 activities and services available on the directory
 - 3728 unique visitors accessed support via the directory
 - 62 organisations attended the partnership meetings and are working together to improve community health and wellbeing

How Spark is contributing to social prescribing across the County

- Training (community connectors, Move More with SASP MHFA)
- Directories (including quality assurance and promotion)
- Representation of VCS at Neighbourhoods
- Help to form Neighbourhoods

Developing a directory for Sedgemoor

Sedgemoor is currently working with Spark to develop a directory for the district along the lines of the South Somerset model as set out above. It would

- Identify local activities and services in the Sedgemoor area
- Be quicker to find support for health conditions
- Regular updates – Spark work to ensure that the directory is up to date, emailing all groups and organisations on the directory regularly to ensure information is update and still relevant
- Ownership – Spark run the South Somerset directory and would run the Sedgemoor one as well
- Supports the Council in the delivery of its Health and Wellbeing Strategy

Questions and comments

Question/comment	Response
Community Connector training	It's a free 2 hour workshop, giving people the confidence to signpost to the support available, including those on the directories. Spark Somerset has funding for 5 workshops in the Sedgemoor area in the

	next year. Dates and locations are yet to be agreed but will endeavour to cover the district, not all in Bridgwater.
New SCC Community Connect website happening, Spark website continuing – not either/or	Health and Wellbeing directories will continue. The new SCC adult social care-focused site will not replace the Health & Wellbeing directories.
You have mentioned Neighbourhoods, can you explain please	Being led by SCC and the Clinical Commissioning group, it is a county wide health initiative, still to be launched. It is a way of trying to connect communities more strongly with the local health system to address local issues. Trying to get the right people in the room, looking at the big issues and solutions. There will be a public launch in July with workshops in each of the districts – There are a number of work streams, social prescribing is one of them, community development is another. Still in development but should utilise existing forums/structures.
If one of the workshops could be in Burnham on Sea – a good example of an area with a condensed residential area surrounded by rural	A good suggestion and will be considered
The key thing is that everybody knows a lot about demand but it is about early prevention – people will have a longer time of a healthy life.	Many people can do self-help, those who can't need 1-2-1 services.

Update on the work of the CAB Sedgemoor has done on social prescribing - Nick Hubbard

At the last Sedgemoor Conversation, Nick led a discussion on social prescribing gathering views to a series of questions he raised. That work and the other work that he has done has now been brought together in a report 'An apple a day...', a report on social prescribing in Sedgemoor and the potential for development. The full report, and a Management Summary can be found on the Sedgemoor CAB website.

The headlines from the report based on the work done include:

- At least 79% of people want their doctor to be able to refer them for help which is not medical
- 23.4% of respondents report that they have been referred by their doctor to help which is not medical (Compelling evidence that social prescribing is operating in Sedgemoor and that there is more to do)
- 43% indicated that a second appointment for the purpose of a referral is acceptable
- 75.18% foresaw obstacles to getting to appointments and events – cost was the biggest factor identified at 50.35%. Another issue identified was childcare, something that hadn't previously been identified
- 51% thought that anyone who approaches the link worker should be eligible for help however that approach is takes place
- The responses indicated that people in Sedgemoor do not think that the kind of help on offer should be limited. Loneliness/isolation, depression, exercise and healthy lifestyles were main areas identified. Mental health issues and family issues, emerged as preferences that we did not initially offer
- There was a strong body of opinion (96.49%) that it does not matter whether the community resource is public sector, commercial, charity/voluntary or informal and unincorporated
- Users see it as entirely appropriate for the GP to refuse to accept responsibility for events in the link workers or in the community resources, provided that this relationship is clearly explained to patient/referee

The report recognises the NHS long term plan (2019) and it's supporting document Universal Personalised Care: Implementing the Comprehensive Model (2019). This will take time to take effect.

The report proposes an interim position for Sedgemoor including:

1. Co-ordinate the development of social prescribing in Sedgemoor to maximise effectiveness
2. Rationalise the language of social prescribing in Sedgemoor and ideally across Somerset so as to reduce confusion
3. Raise awareness of social prescribing and its benefits among healthcare professionals once a plan, including sustainable funding, is agreed.
4. Continue to develop a social prescribing or community resource directory, ideally developing a Sedgemoor wide directory
5. Establish a strategic relationship between village agents and community transport schemes in Sedgemoor to help people travel to community resources

6. Fund and recruit up to 12 more link workers with the Village Agents organisation, management and leadership
7. Provide funding for the support of community resources in Sedgemoor

Questions/comments

Question/comment	Response
Resources are stretched in VCS, for example Age UK 99% fully resourced and therefore could not take any significant number of referrals	Many activities and services run by VCS organisations need funding to grow and be sustainable, so that referrals can take place.
Money – will Somerset get any?	There will be money which is expected to go to the Primary Care Networks (there are two for Sedgemoor).
Who are the Link Workers in Somerset?	For Sedgemoor it is through Village Agents – such as Anne-Marie Williams, for Bridgwater.
The link worker is not just about signposting. A lot of people want to go to groups but are anxious about walking over the threshold, how can this be overcome	The role has the ability to help with confidence issues, and may even accompany the person to the event.
There is a need not to pass people around which can happen with signposting	
It needs to be recognised that there is a pyramid of need; at the top the people in most need, at the bottom people in lower need Do need capacity and directory in order to make this work of everyone	

Following up from the last Sedgemoor Conversation in which a number of housing initiatives were identified, the opportunity has been taken to raise awareness of **Somerset Independence Plus.**

Somerset Independence Plus, is a partnership between Somerset County Council, Sedgemoor District Council, Mendip District Council and Somerset West and Taunton Council, offering a care and repair team working with adult social care services, occupational therapists and the NHS. In discussions with South Somerset to join the partnership.

The partnership is funded by core grant from SCC and the districts as well as monies from the Better Care fund through increased funding for Disabled Facilities Grant.

Somerset Independence Plus, is the first step in a journey to bring together the Housing Options service, Home Improvement agency and Independent Assessment Centre. The aim is to provide a seamless service from prevention to adaptation or relocation for people living in the community in their homes. The information and advice that people receive will be independent and free of charge.

Somerset Independence Plus is a one-stop shop for equipment, home improvements and advice that will help people live independently at home for longer.

The service aims to help people get the equipment and home improvements they need to support them to stay independent and living in a place of their choice. Walking frames to hand rails, hoists to level access showers are now available through the new service. A case worker will visit the client in their home to undertake an assessment around their mobility, finances and home safety.

Hosted by Sedgemoor District Council, staff from the different organisations will be based at Chelston, which will help with instant communication about various cases, speeding up the process of getting help where and when it is needed. There is also an office in Shepton Mallet and plans to open offices in Bridgwater and hopefully Yeovil

It's open to anyone who feels that they, or someone they know, may benefit. People can drop-in every Monday from 9.30am until 4pm, or make an appointment by telephoning Somerset Direct on Tel: 0300 123 2224. They can buy equipment on the day or take away a 'prescription' to buy whatever is needed from elsewhere. Staff will be able to give independent advice on what equipment might be needed and where it can be purchased.

The IAC provides a hub for the community where we hold coffee mornings with various agencies who interact with the community such as IRT teams, Village Agents, CAB, Age UK, Occupational Therapists and GP's.

Location: Somerset Independence Plus, Unit 17, Knights Road, Chelston Business Park, Wellington.

<http://www.swpshp.org/article/2448/Somerset-Independence-Plus>