



Welcome to Hastings Community Network

25th January 2019

**Social Prescribing – connecting to the right support across
Hastings and St Leonards**

One of eight Locality Networks supporting community resilience across East Sussex





Welcome and Setting the Scene

Steve Manwaring - HVA Director

Andrew Colquhoun - HCN Executive Committee Member

Teresa Flower- ESCC Locality Link Worker

What is Social Prescribing

Social Prescribing involves helping patients to improve their health, wellbeing and social welfare by connecting them to community services which might be run by the Council or a local charity (NHS England)

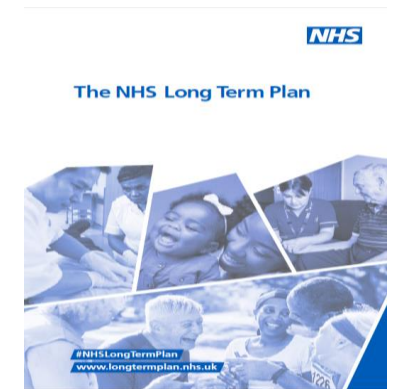


Support from the top

- Secretary of State for Health and Social Care
- NHS England Chief Executive
- NHS Long Term Plan January 2019
- Royal College of General Practitioners



Royal College of
General Practitioners



What's happening across the country?

Football Fans in Training, through five professional football clubs.



Books on prescription in Coventry by cooperation between GPs and Libraries to improve mental health.



What's happening across the country?

- An orchestra in Hull helps stroke survivors to play instruments
- Dance is used in Lambeth as an early intervention against psychosis.
- In Gloucestershire, hospitals refer lung patients for singing lessons.



What are the local success factors?

- Is social prescribing economic, effective and time-efficient for GP practices and hospitals?
- Will social prescribing save the NHS money and produce better outcomes for patients?
- What do medical professionals need for local link mechanisms to work effectively?
- Will patients accept social prescribing replacing or supplementing anti-depressants, pain-killers etc?



What is your understanding of Social Prescribing?

What do you think the benefits might be in Hastings and St Leonards?



East Sussex Social Prescription Pathway Project



East Sussex Social Prescription Pathway Project

Key aims of the project are to:

- ▶ agree a consistent definition of social prescribing services and roles
- ▶ establish a consistent referral and support pathway
- ▶ develop shared impact measures
- ▶ systemise workforce resources and competences across VCS and statutory services, and
- ▶ use evidence and learning to shape the redesign and commissioning of future services.



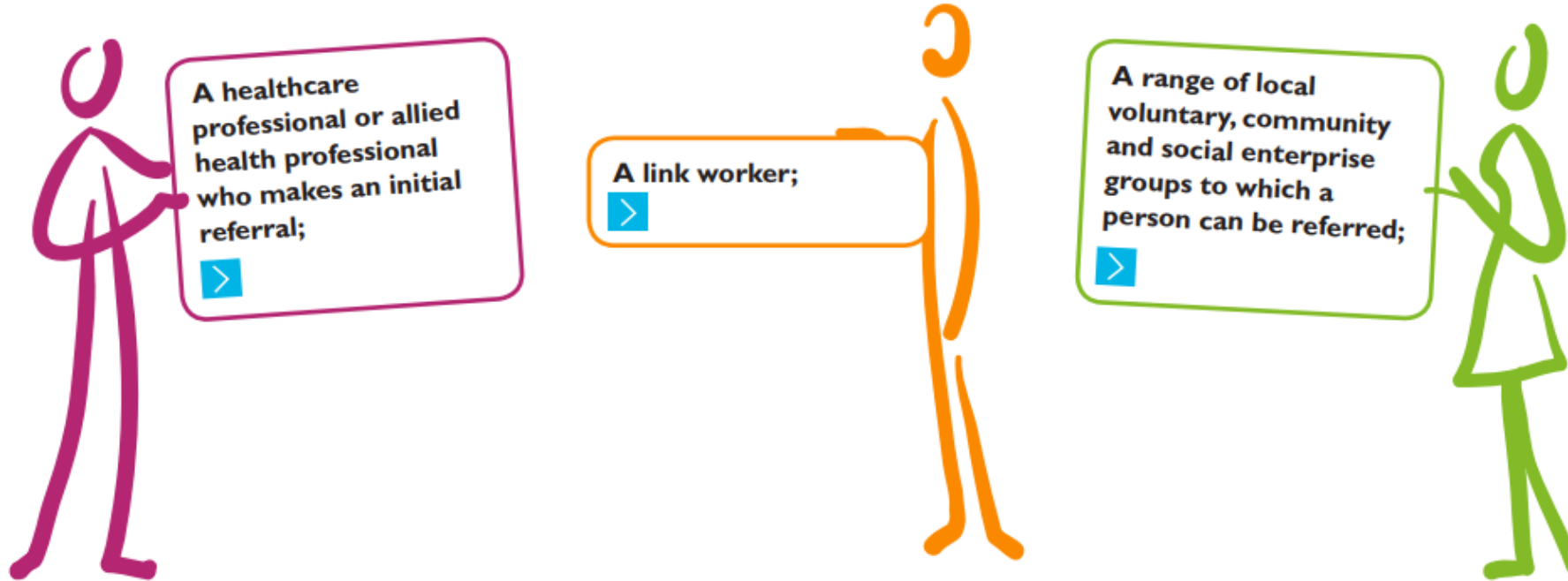
Project development timeline

- ▶ **Nov 17** - Department of Health VCSE Health and Wellbeing Fund
- ▶ **April 18** - commissioning of Community Connectors Social Prescribing service
- ▶ **May 18** - Establishment of VCS Social Prescribing Core Group
- ▶ **June 18** - VCS Core group submit Project proposal to ESCC/ESBT/C4Y
 - ▶ - Social Prescribing Project Steering Group established
 - ▶ - Approval for VCS Core Group to lead project development
- ▶ **July 18** - Big Lottery Partnership Fund bid (unsuccessful)
- ▶ **Sept 18** - ESCC/CCGs allocate funding to take project forward
- ▶ **Dec 18** - Agreement for VCS hosted Project Manager to be recruited
- ▶ **Jan 19** - recruitment of Project Manager
- ▶ **March/April 19** - full launch of project
- ▶ **Runs through to Dec 2020**



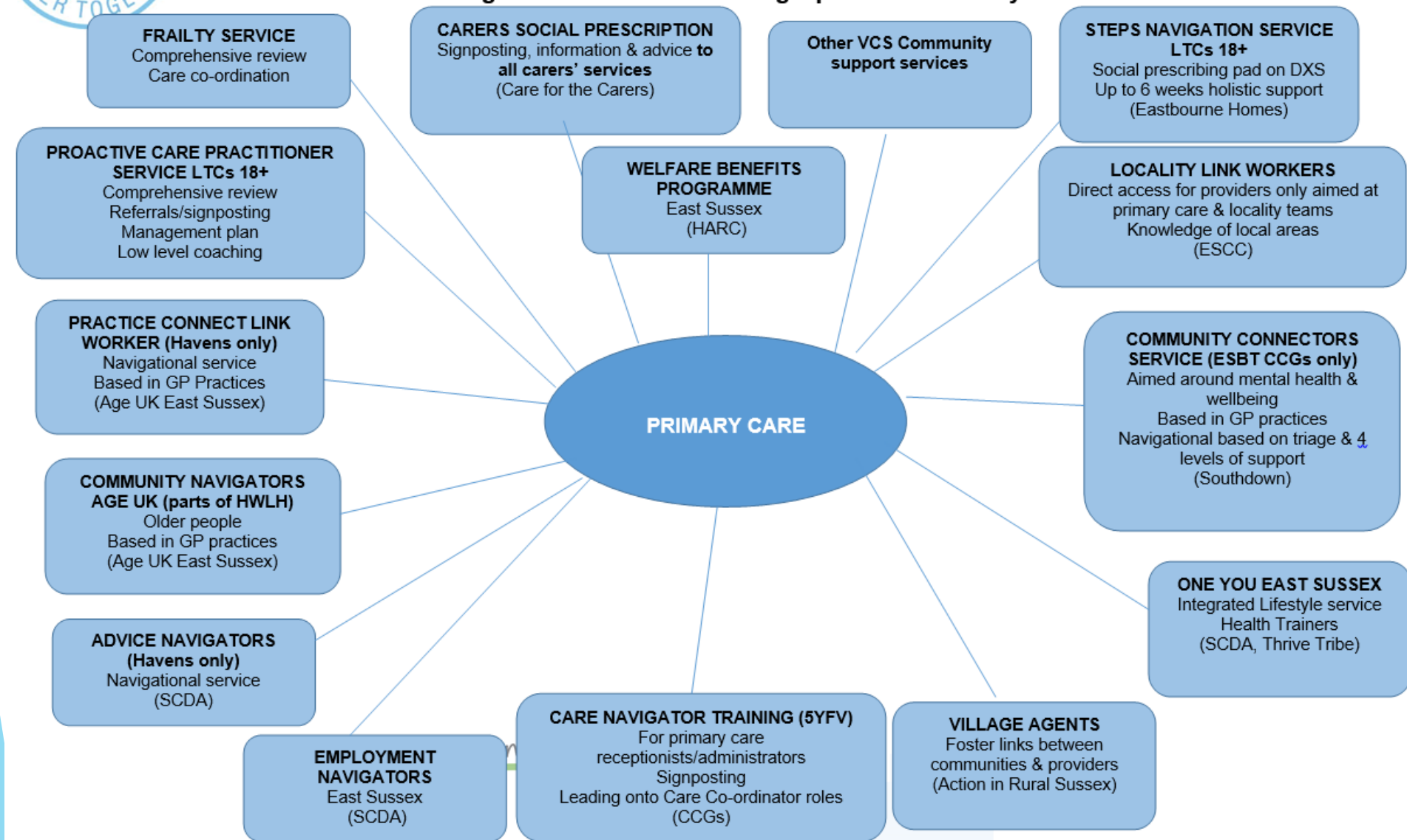
What comprises a social prescribing scheme?

Based on the original descriptions of social prescribing²⁴, a social prescribing scheme can have three key components – i) a referral from a healthcare professional, ii) a consultation with a link worker and iii) an agreed referral to a local voluntary, community and social enterprise organisation:

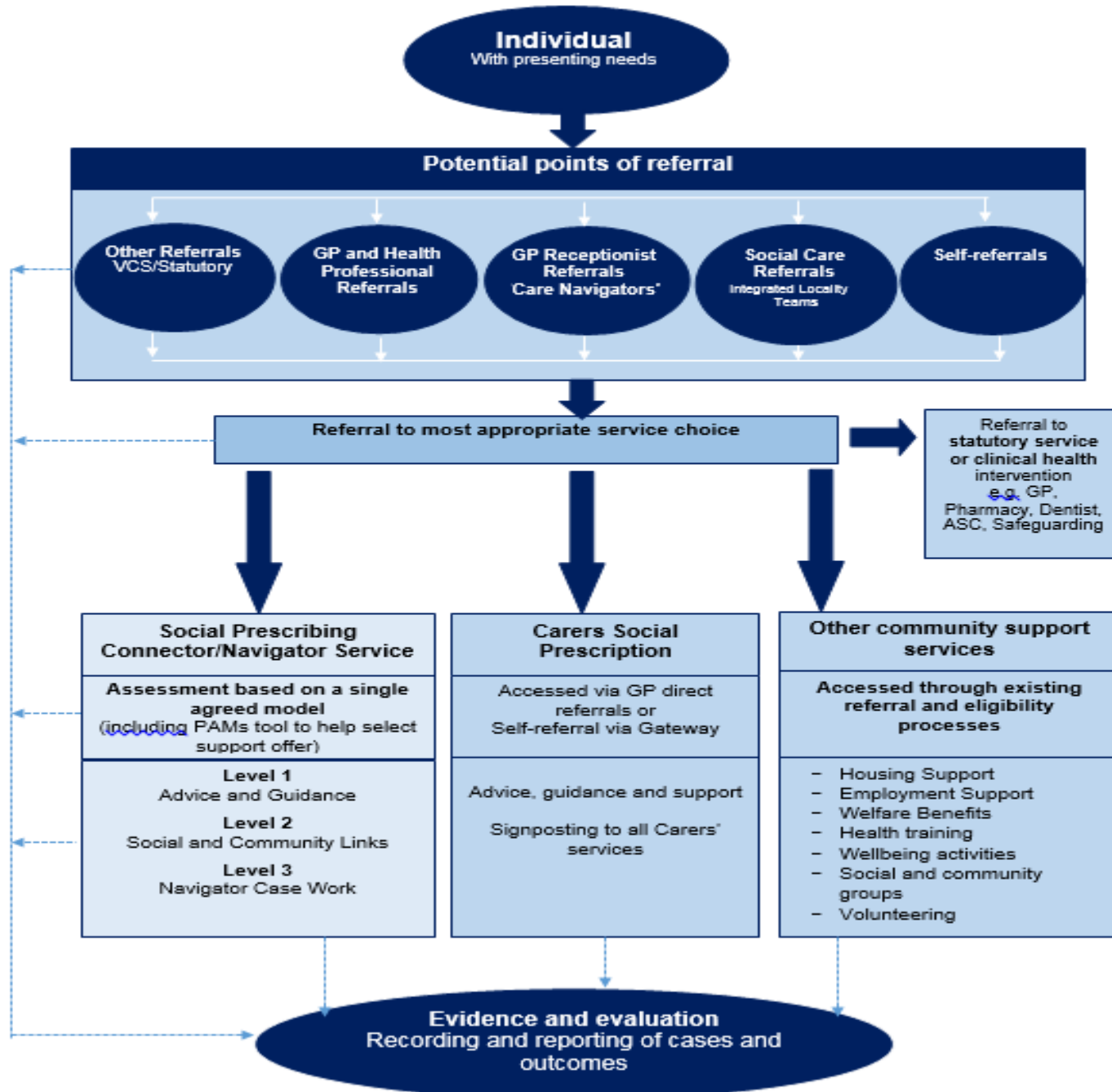


Social Prescribing in East Sussex

Current Navigational/Social Prescribing Options for Primary Care



Proposed Integrated Pathway for Social Prescribing



Key project milestones

▶ Phase One: April 19 - October 19

- Networking and mapping
- Obtain buy-in from all stakeholders
- Agree definition and classification of services and activities
- Develop central outcome measures

▶ Phase Two: November 19 - March 20

- Pilot Pathway in selected locality
- Facilitate learning
- Identify additional funding options
- Develop single GP referral system

▶ Phase Three: April 20 - Dec 20

- Launch new Pathway across East Sussex
- Link with recommissioning timetables



Involvement in the project

- ▶ Now - identify interest by emailing neil.blanchard@southdown.org
- ▶ From April 19
- Engagement with Project Manager, mapping of existing services and resources
- ▶ Join East Sussex Social Prescribing Reference Group and events
- ▶ Via Locality Network meetings
- ▶ Assist development of locally agreed definition of services and activities
- ▶ Links with East Sussex retendering of former Prospectus contracts focused on community resilience and wellbeing
- ▶ Involvement as part of St Leonard's 'Connect Well' pilot running out of Warrior Square/Marlborough House GP practice



Community Connectors

Social Prescribing to improve mental health and wellbeing

A Community Navigator receives direct referrals from GPs and works alongside patients to improve their mental health and wellbeing. They support them, step-by-step, to action their personalised wellbeing plan, including connecting to services and activities in their local community.

- ❖ Walk in clinics across H&R GP Surgeries
- ❖ Community Clinics in partnership with FSN, OPTIVO, Autism Sussex, ESRA
- ❖ Peer Volunteers to support community engagement

357 Actively engaged across Hastings and Rother

85 Carers

19 people with Autism

179 people with diagnosed Long term health condition

80% Anxiety and Depression



Over 240 Connections to specialist and Voluntary services across Hastings in the last quarter;

- One You
- Age UK
- Care for the Carers
- Active Hastings
- Fellowship of St Nicolas
- Education Futures Trust
- Open For Parents
- I Rock
- ESRA
- STAR
- The Portal
- HARC
- CAB
- Jerwood gallery
- Books on Prescription
- Staying Well
- Home Works
- SCDA - Lets get working
- Recovery College
- Health in Mind
- Wellbeing Centres
- Work in Mind
- Bohemia Counselling & wellbeing centre
- HVA
- Hastings Furniture now
- Hastings & Rother Rainbow Alliance
- Hastings Town Singers
- BHT
- Men's Shed - Hastings
- SSAFA
- People Matter
- Peer Support Service

Connect Well - St Leonards

Provided as part of the Community Connectors Social Prescribing service in St Leonard's-on-Sea, Connect Well (coordinated by Southdown at Marlborough House, Warrior Square).



- ❑ Bring together GPs and Health and wellbeing providers to support people within the local community to be happy, healthy and independent.
- ❑ Offer a programme of support activities for patients in central ST Leonards
- ❑ Lead by GPs and PPG identifying needs
- ❑ Working collaboratively to enhance and share existing community skills and resources

Get in touch Carla.Hawkins@southdown.org



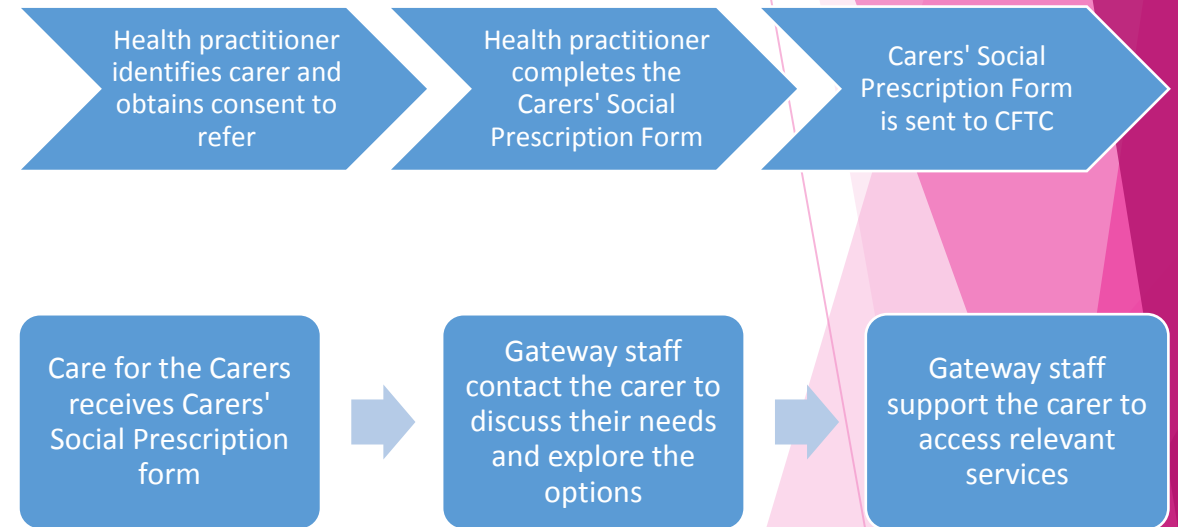
Carers Social Prescription

- Carers are often hidden and not receiving support
- Carers often say they wish they had known sooner about local help available.
- 61% of carers' physical health has deteriorated as a result of caring
- 70% say their mental health has worsened
- Identifying carers early and connecting them with local carers' services can prevent this



What is the Carers Social Prescription & how does it work?

- Key tool reminding health professionals to Think Carer
- Embedded in NHS systems
- Simple and quick
- Same day / next working day contact with carer, assessment and on referral to local partner services
- Part of the developing Social Prescribing Pathway for East Sussex
- Actively building Carer Awareness to increase uptake and support both Health and Community partners





Reflection from the local NHS

**Richard Watson,
Health Inequalities Programme Manager
NHS Hastings and Rother
Clinical Commissioning Group**

richard.watson6@nhs.net



Working together across Hastings and St Leonards

- **What strengths/ assets** do we have in Hastings and St Leonards that will support this way of working (specific examples when possible) (15 mins)
- **What can we contribute** to this way of working in Hastings and St Leonards (Specific examples when possible) (15mins)
 - **Individuals**
 - **Groups**
 - **Organisations**



Dates for your Diary

Your Borough Council's Future Priorities (4th February 2 - 4 pm)

Hastings Community Network are pleased to collaborate with Hastings Borough Council to ensure that local voluntary and community groups have an opportunity to input.

Marketplace and Open Mic Event (3rd April 9.30 - 1.30)

Sign up today for your market place stand at the Stade Hall and the opportunity to share information about your work and the connections you have made as a result of HCN Locality Network events

<https://hastingsvoluntaryaction.org.uk/events>





Thank you for your contributions today.

See you next time.

Please don't forget to complete your evaluation forms.

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Contact Details

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