



National  
Academy  
for Social  
Prescribing

# Social Prescribing in Action

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# Internationally accepted definition of social prescribing (2023)

‘a means for trusted individuals in clinical and community settings to identify that a person has non-medical, health-related social needs and to subsequently connect them to non-clinical supports and services within the community by co-producing a social prescription—a non-medical prescription, to improve health and well-being and to strengthen community connections.’

# Social Prescribing across Government

- Government Strategy to tackle loneliness backed the roll out of Social prescribing (2018)
- 2019 Marked step change as NHSE incorporated social prescribing into the comprehensive personalised care model.
- GP Des contract states all PCN's must deliver the social prescribing element of personalised care.
- DEFRA and partners (2020) Green social prescribing national pilots
- DFT (2022) Active travel Social prescribing national pilots
- Beyond pills college of medicine campaign, launched 2022 and in December 2023 All parliamentary group was established.

# Social Prescribing across Government

- **NHS Workforce plan (2023)** Expansion of personalised care roles across England.
- **‘Building an NHS Fit for the Future’** ministerial opening speech *“Through social prescribing, thousands of people up and down the country are benefiting from activities such as reading circles, choir groups, walking and football.”* (13<sup>th</sup> Nov 2023)
- New £2.5 billion **Back to Work Plan** to help up to 1.1 million people with long-term health conditions and disabilities, including ‘Work Well’ scheme. (16<sup>th</sup> Nov 2023)
- Select committee report on prevention calling for a **National social prescribing strategy with a focus on children and young people.** [Prevention in health and social care: healthy places \(parliament.uk\)](#) (p19).

# Who is Social Prescribing for?

## Individual

A person with  
non-medical,  
health-related  
needs

- Who has one or more long-term condition
- Who needs support with their mental health and wellbeing
- Who is lonely or isolated
- Have complex social needs affecting their well-being



# What is needed ?

## Individual

A person with  
non-medical,  
health-related  
needs



Raise the  
profile

No Wrong  
Door

Accessible  
Activities

# Individual

A person with non-medical, health-related needs



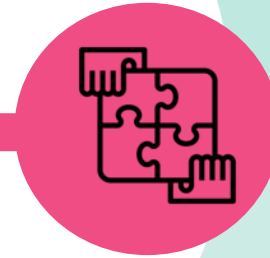
# Data Tracking

Tracking individual through the pathway enabling learning & improvement



# Identifier

A person in a position to identify that someone needs support

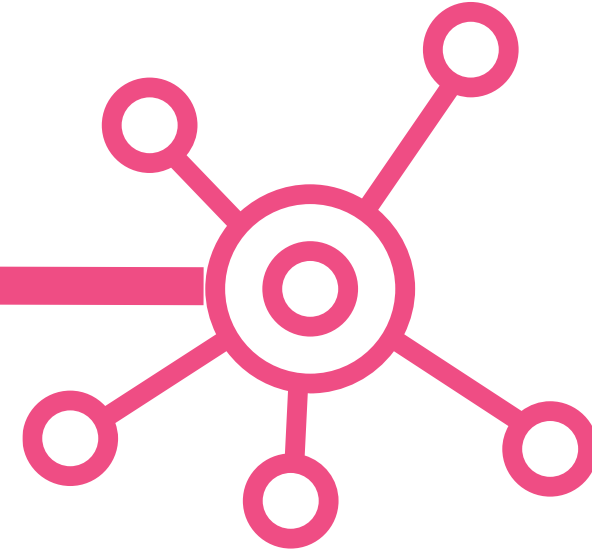


# Connector

A person who has time to have a “what matters to you” conversation, and co-produce a plan

# Prescription

Opportunities, Activities & Support Services that help to improve someone’s wellbeing



National, Regional & Local Organisations enabling smooth pathway

# Who are they?



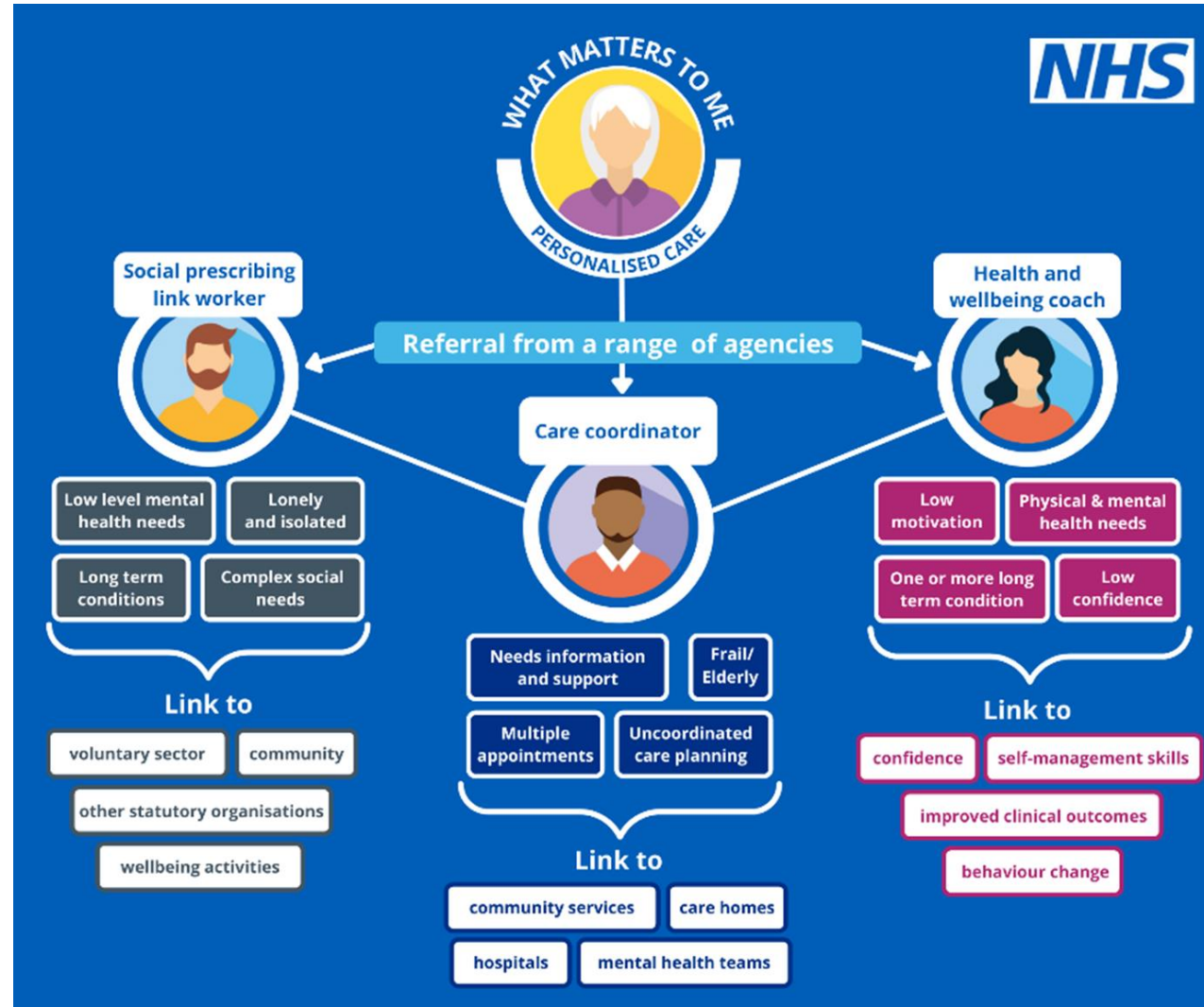
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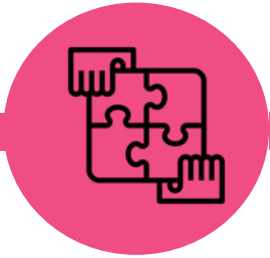




# Social Prescribing in Primary Care



# Link worker role



## Connector

A person who has time to have a “what matters to you” conversation, and co-produce a plan



# Individual

A person with non-medical, health-related needs



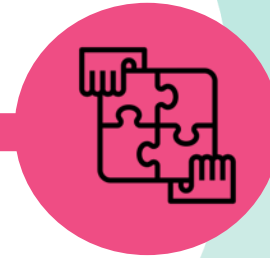
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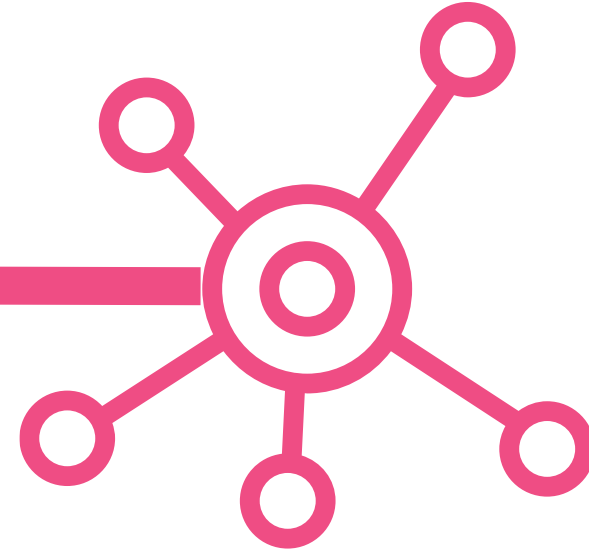


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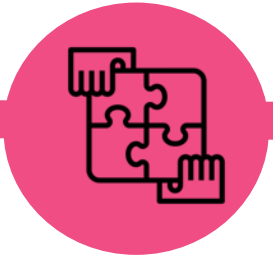
# Prescription

Opportunities, Activities & Support Services that help to improve someone’s wellbeing



National, Regional & Local Organisations enabling smooth pathway

# Making Every Contact Count (MECC) Social Prescribing Approach



## Connector

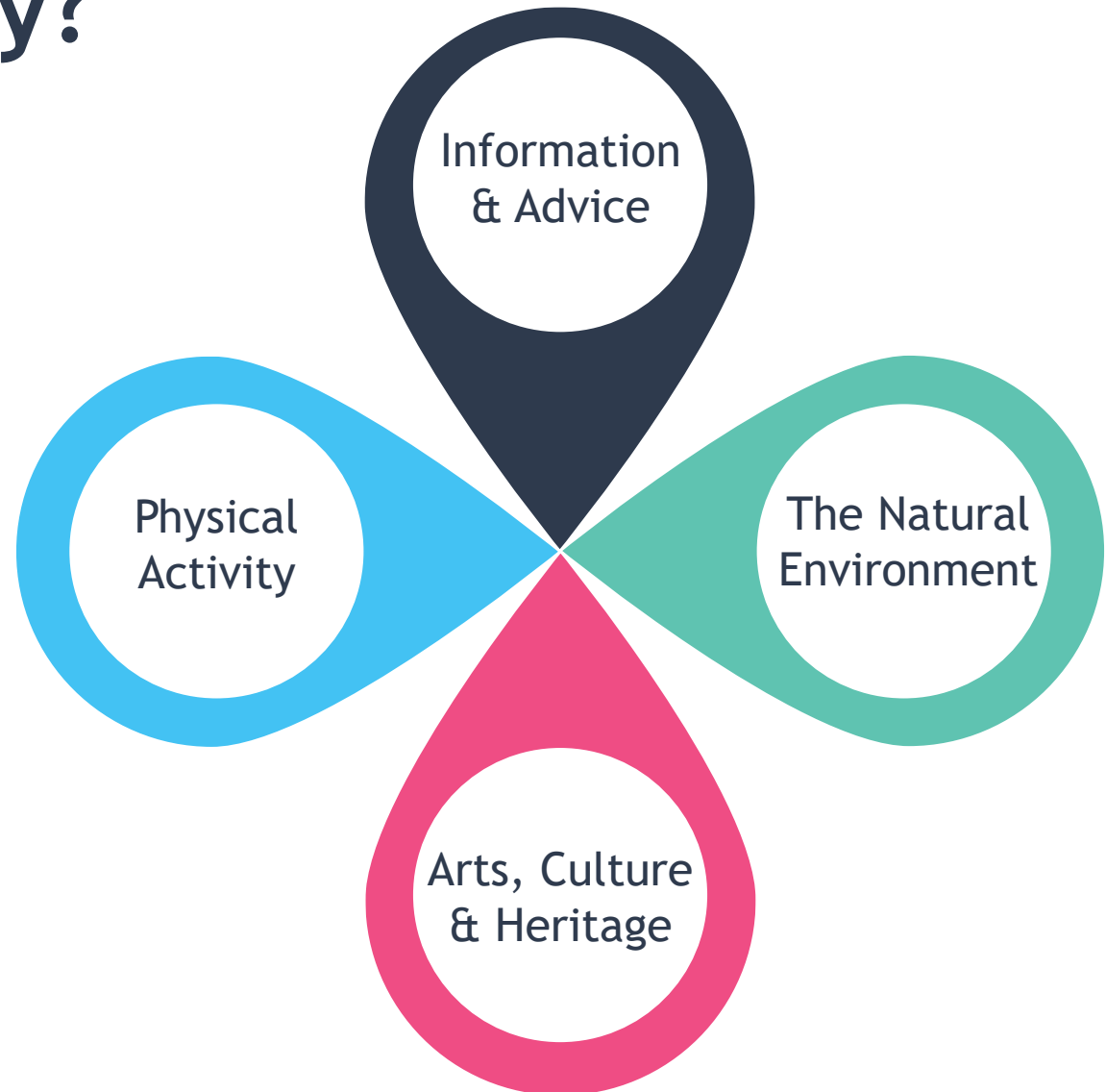
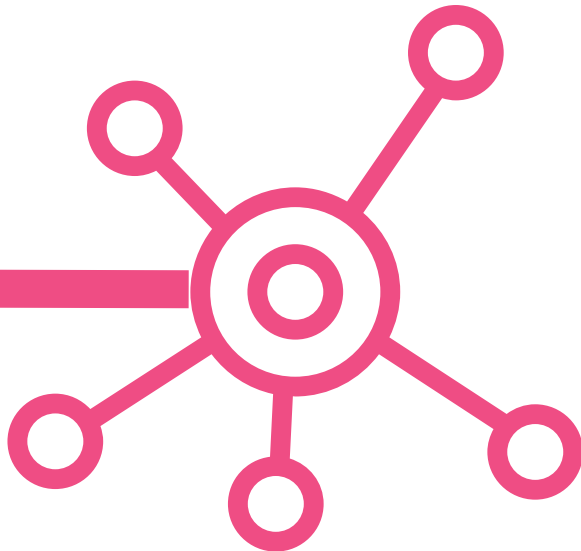
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# What are they?

## Prescription

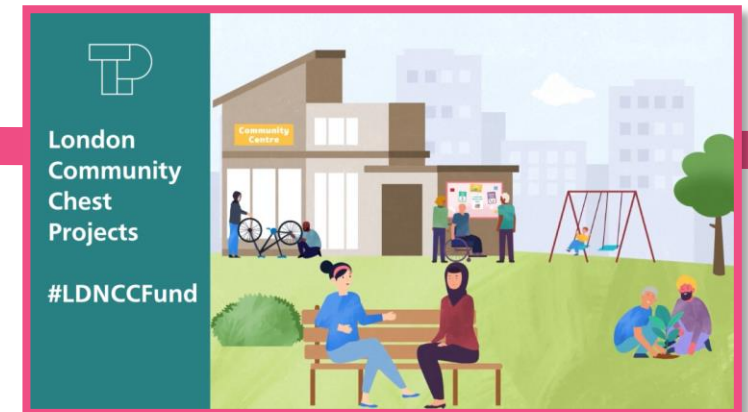
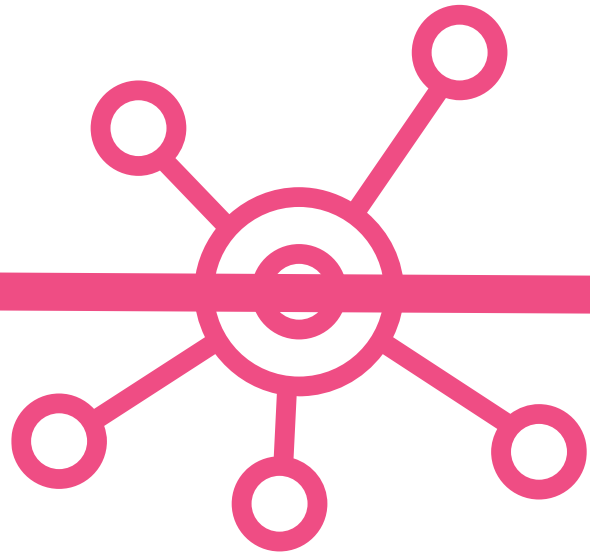
Opportunities, Activities  
& Support Services that  
help to improve  
someone's wellbeing



# What do they need?

## Prescription

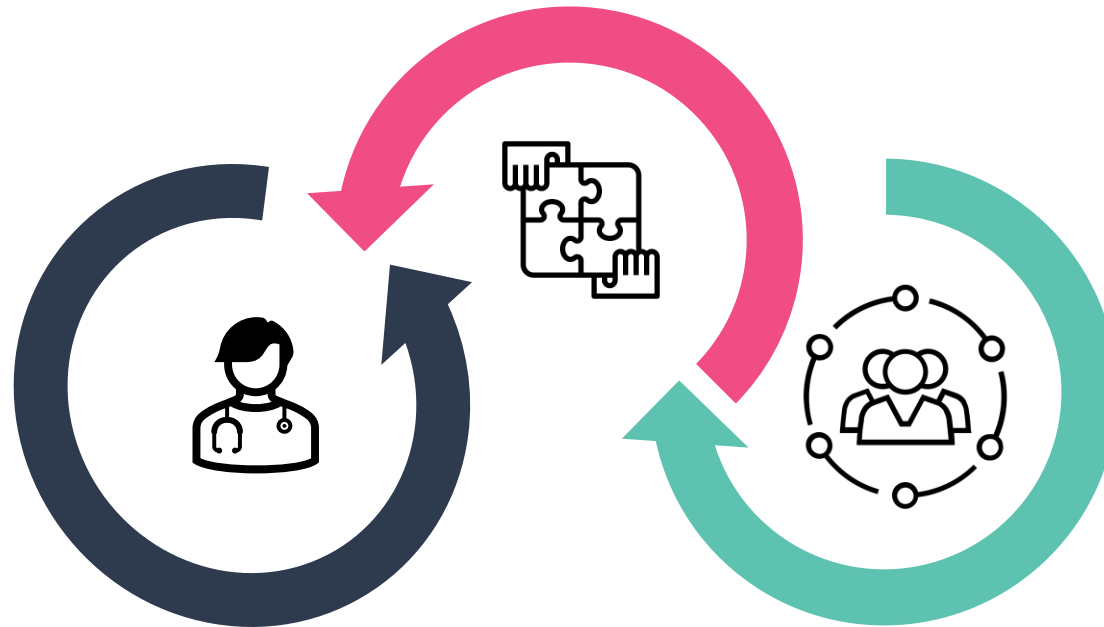
Opportunities, Activities  
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# Whole System Approach

The people giving people time to co-producing the prescription through shared decision making (i.e the Link Worker)

The people making the referral



People providing & supporting the social prescription

Multiple organisations working together to ensure seamless pathway

# East Staffs created a community-based model that offers a range of pathways into local services without relying on GPs alone

## COMMUNITY ACTORS

### Care Co-ordinators

Police, Fire Fighters

Social Workers, Community Nurses

GPs

Voluntary Sector

Secondary Care

People in the community without GPs

## ENABLERS



## LOCAL SERVICES



Employment services



Mental health support groups



Befriending



Energy advice



Housing support



Patient-led initiatives

**Clients moving from needing support to supporting other people**



# The system is delivering meaningful outcomes



## Thousands

of patients supported

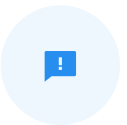


- 1.2% of population supported

- 156% increase in ONS4



- Supporting referrals to wider array of non-clinical services, e.g. Digital Therapeutics such as Sleep Station and physical activity café, gardening programmes, plus much more.



## 26%

reduction in Clinical interventions

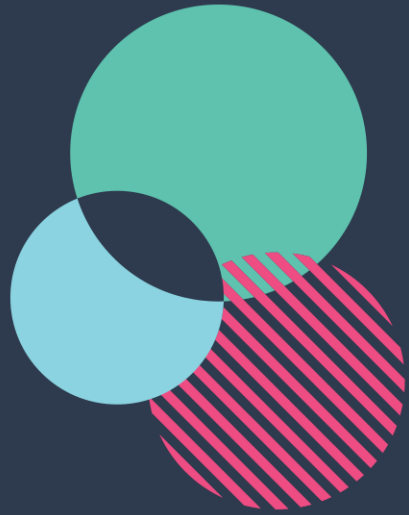
# Social Prescribing: Understanding what matters and collaborating

## Questions to consider

Thinking about what you have heard

- a) How and who could you work with in your local system to collaborate and co- design to embed Physical activity across your local social prescribing landscape.
- a) How can collective efforts around social prescribing be achieved – what do you need to enable you to contribute?





# National Academy for Social Prescribing



Thank you!

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