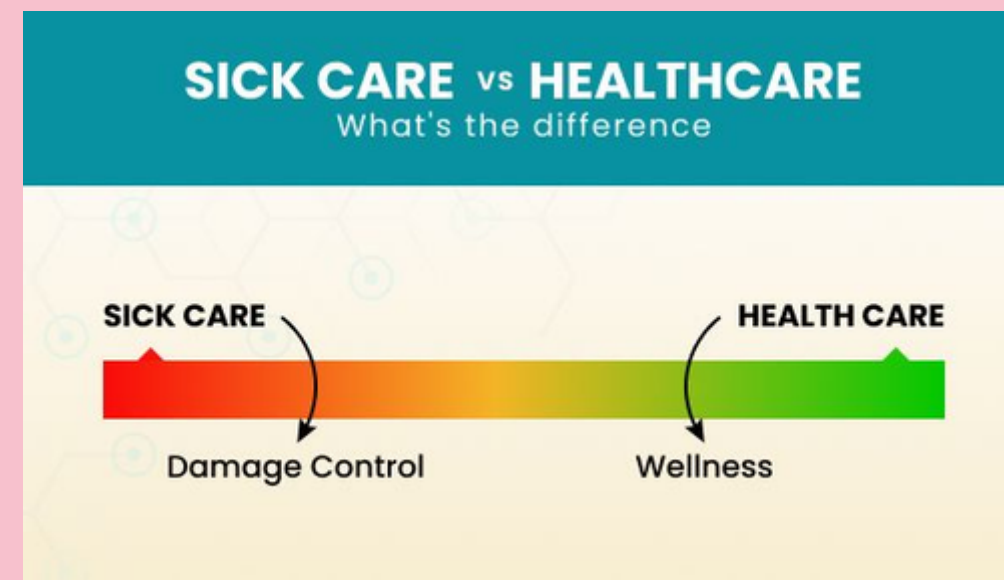


Health & Wellbeing Board Presentation

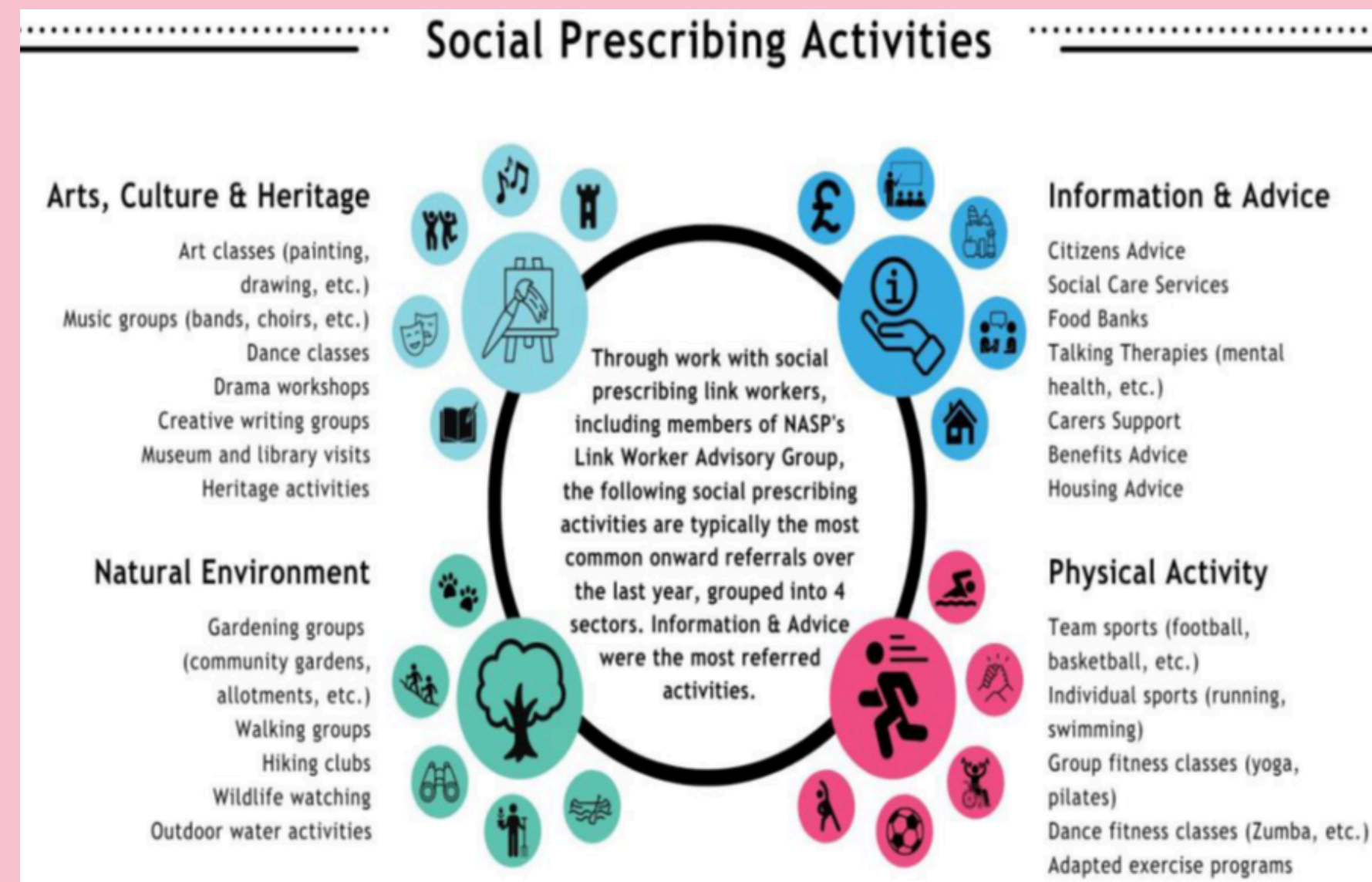
Overview

- Social Prescribing (SP) Global Definition
- B&NES Council Overriding Purpose & H&W Board Key Priorities
- Case studies/ testimonials
- The Importance of 'Social' relationships
- Questions for board
- Resources



Social Prescribing Global Definition

Social prescribing is ‘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.’ (Short definition) (Muhl et al 2023).



Extract B&NES Council Corporate Strategy.

Our Strategy 2023-2027

The Corporate Strategy 2023-2027 retains the purpose, policy and principles set out in the Corporate Strategy adopted in February 2020.

- One: We have one overriding purpose – **to improve people's lives.**

H&W Board key priorities

Social Economic factors have the highest influence on our physical & emotional health.

SP provides a range of services and activities to help **improve our physical and emotional health.**

Priority 1: Ensure that children and young people are healthy and ready for learning and education.

Although the focus of SP has been on those 18+, there has been recent programmes supporting the CYP cohort. One such programme is the Wellbeing While Waiting programme which is part of the Child and Adolescent Mental Health Services (CAMHS). Off the Record is delivering this work and is currently at capacity highlighting the need for SP within the CYP cohort.

Priority 2: Improve Skills, good work and employment.

SP helps to improve people's skills whilst increasing people's confidence.

Volunteering is a big part of SP, and many people referred into activities go on to become volunteers.

Priority 3: Strengthen compassionate and healthy communities.

SP helps to integrate individuals within their communities and participate in activities they are passionate about.

Priority 4- Create Health Promoting places.

SP helps individuals with housing support to ensure our health isn't impacted by where we live. It also helps individuals to have better access to green spaces and to have the confidence to use more active travel.

SP Testimonials / Case Studies

"I was on the verge of giving up before you got involved. I can't believe the difference you made. Thank you. "

Bath Mind Impact Report- Welfare Benefits

I was referred through hope house to Phil. Due to not being able to get out much and lack of contact with people. I have enjoyed the friendship of the group as well as getting steady with my mobility. It gives me something to look forward to each week, your classes are fun and informative, and it is easy to get to due having to use the Dial A Ride. I would miss it I have just started to settle in to coming.

Seated Dance Class Feedback

'They send a taxi there and back; I couldn't do it otherwise. I can't get to anything at the moment so to visit three inspirational venues that are so rich and multi-faceted is amazing. Ending is tough but I might be more open to joining another group now.'

Fresh Art@ participant at a final session and experiencing mobility and other health issues 2022.

I was recommended to come to the Farm through my doctor because it would help me with my mental health. I have extreme anxiety, ADHD and depression and have tried to leave this world about 20 times. At the Farm there's plenty of animals and people to chat too. I brush the ponies look after the pygmy goats and cook. I love the animals. I've made some new friends.

I would recommend anyone suffering with their mental health to come to the Farm and have some new experiences. It's a fantastic place for anyone with depression, suicidal thoughts and so on. This is the best medicine. When I first came here I was all over the place but I feel more stable now.

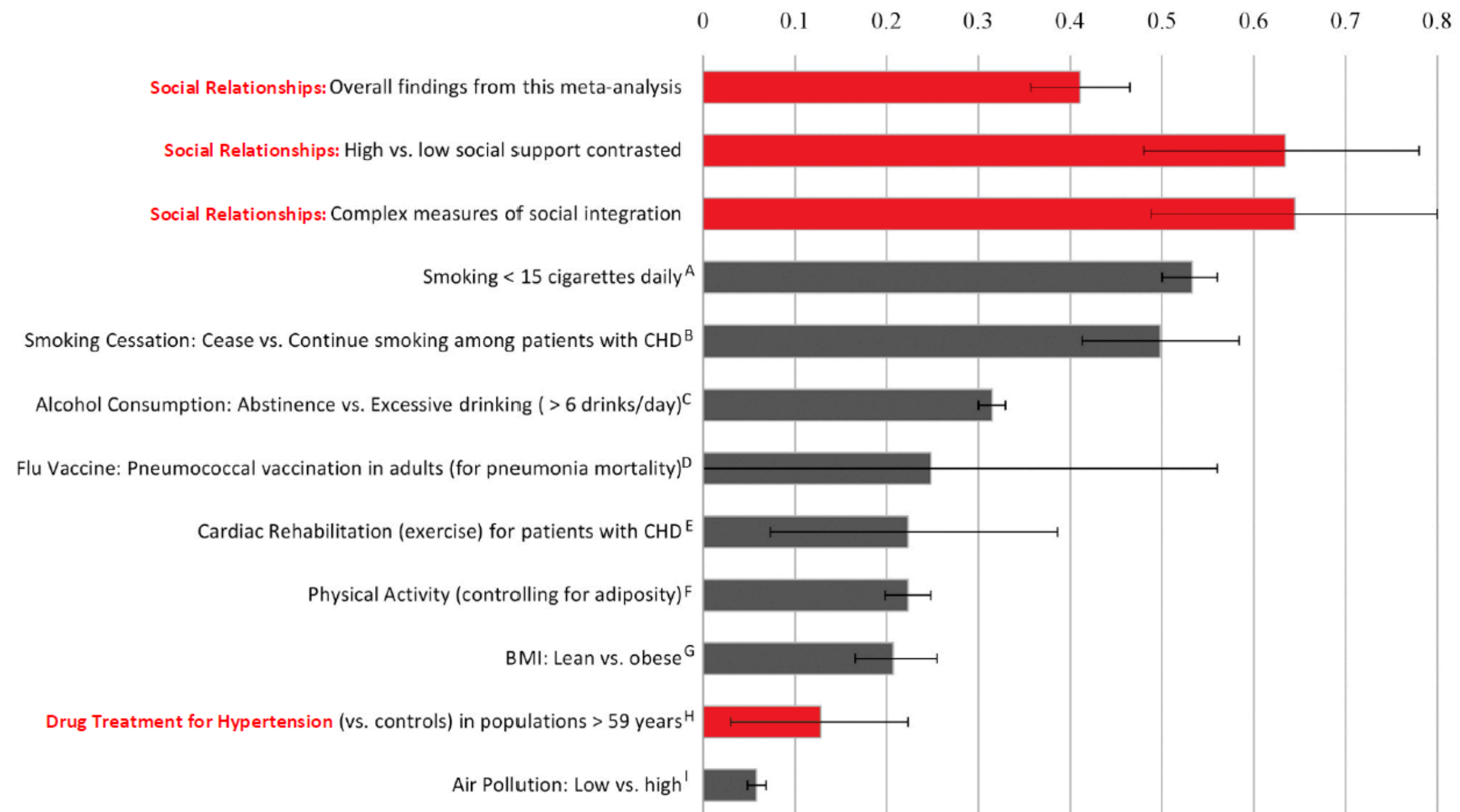
I'm currently doing a maths course at the Farm too run by Bath College. It's general maths that you need and use in everyday life, such as for cooking, or gardening.

When you're on your own you think negative thoughts but at the Farm I don't have these thoughts. I leave the Farm feeling positive.

John's Story Bath City Farm

The importance of social relationships

1. Comparison of odds (lnOR) of decreased mortality across several conditions associated with mortality.



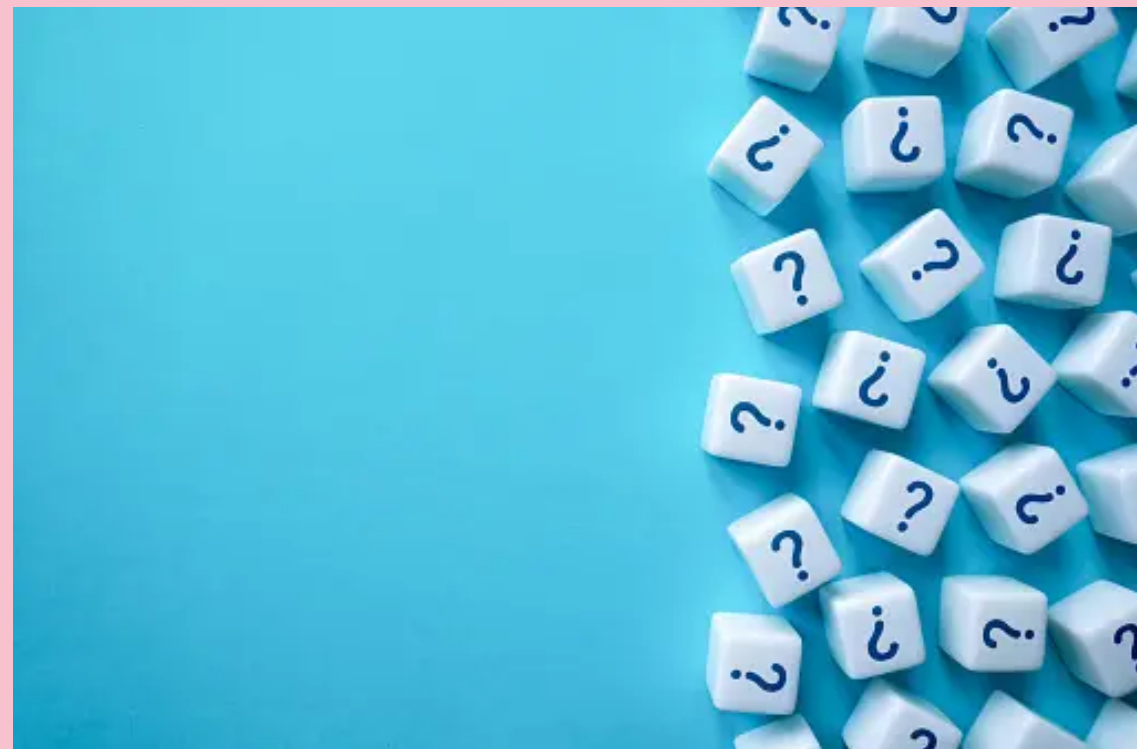
Questions for the H&W Board??

How do you see Social Prescribing as an enabler to preventative health?

How does the board/funders invest today to save further down the line?

How does the board/funders sustain organisations delivering SP activities?

Knowing that activities cost ££ for orgs to deliver; staff costs, venue costs, equipment, training, safeguarding etc.



Resources

- SP Visual Asset Map B&NES
- National Academy of Social Prescribing
- NHS Social Prescribing
- The Active Way
- Videos >>>

