



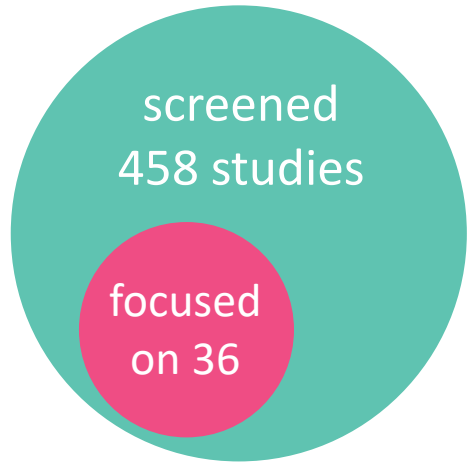
The role of social prescribing in addressing health inequalities

Chaired by Ingrid Abreu Scherer
Head of the Accelerating Innovation Programme
National Academy for Social Prescribing

Monday 7 March 2022

[@NASPTweets](https://twitter.com/NASPTweets)
[#SocialPrescribingDay](https://twitter.com/NASPTweets)

Who is benefitting from social prescribing?



- Academic Partners collective reviewed the research
- Evidence is patchy & doesn't tell the full picture
- Social Prescribing involves all ages, but fewer **young people**
- Twice as many women as **men** are engaged
- **Black, Asian and ethnically diverse** population groups are under-represented
- Highest proportion of people are retired or unemployed
- People with long-term health conditions more likely than general population
- But we need more and better data!



Ukraine

- Share your knowledge and experience about supporting refugees in communities
- Share resources and toolkits for link workers & community groups

The start of a conversation

- Supporting specific populations
- Overcoming barriers to engagement
- Using data to understand and target inequalities
- Tools and resources to address inequalities

Tell us what you'd like us to cover!



Today we will be hearing from

Jemma Gilbert, Director of Transformation, Healthy London Partnership
Please note Jemma spoke without slides

Rabya Mughal, Postdoctoral Research Fellow at the Culture and Health Research Group, UCL Division of Biosciences

Ben Tinkler, Director at Bridge Creative





Rabya Mughal

Postdoctoral Research Fellow

Culture and Health Research Group

UCL Division of Biosciences





Community engagement: how can the arts redress health inequities?

Dr Rabya Mughal, Dr Linda JM Thomson, Professor Helen J Chatterjee.

Culture and Health Research | UCL Division of Biosciences
Department of Genetics, Evolution and Environment

Our research

- Bio-psychosocial impact of arts, cultural + nature-based participation on health and wellbeing.
- Developing novel methods (mixed: quantitative and qualitative + creative methods) for assessing the impact of arts and nature engagement.
- Translation of research into policy and practice in community assets and health, with a focus on addressing inequalities.



Our research

- Community COVID
- Work within Arts and Heritage
- NHS Social Prescribing reviews

We launched a survey for social prescribing link workers:

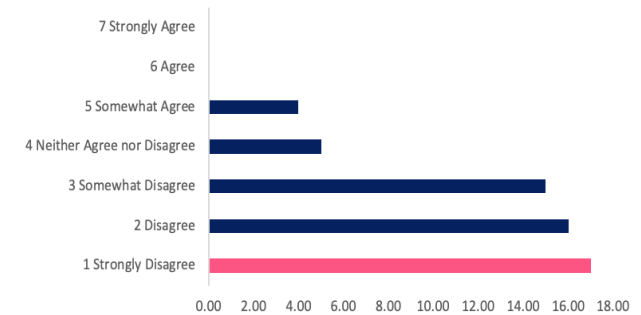
- 161 Survey respondents
- Working with ~ 13000 vulnerable people
- Average caseload of 191 people

Respondents were asked about their offer for vulnerable and shielding individuals, barriers to participation, impact evaluation and how Covid has impacted their work .

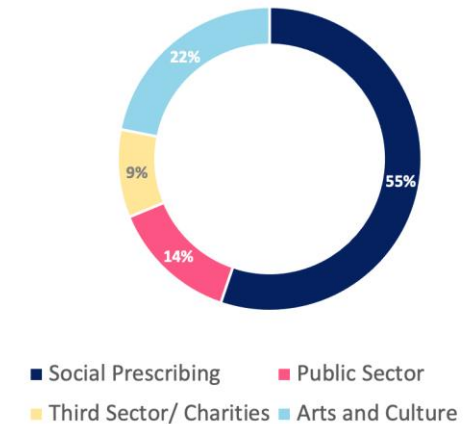
Key findings from our survey:

- *Respondents felt there were significant barriers to participation for vulnerable people*
- *Main barriers were transport, digital poverty and lack of available resources*
- *Majority did not feel confident in their evaluation and impact measurement work*

"I feel there are enough relevant programmes/ provisions for vulnerable people in my area"



Respondents



75%

Felt that there are more barriers to participation now than before Covid.

89%

Felt that there were significant barriers to participation for vulnerable and shielding individuals.

48%

Felt that the impact measurements that they use are a good way of capturing efficacy.

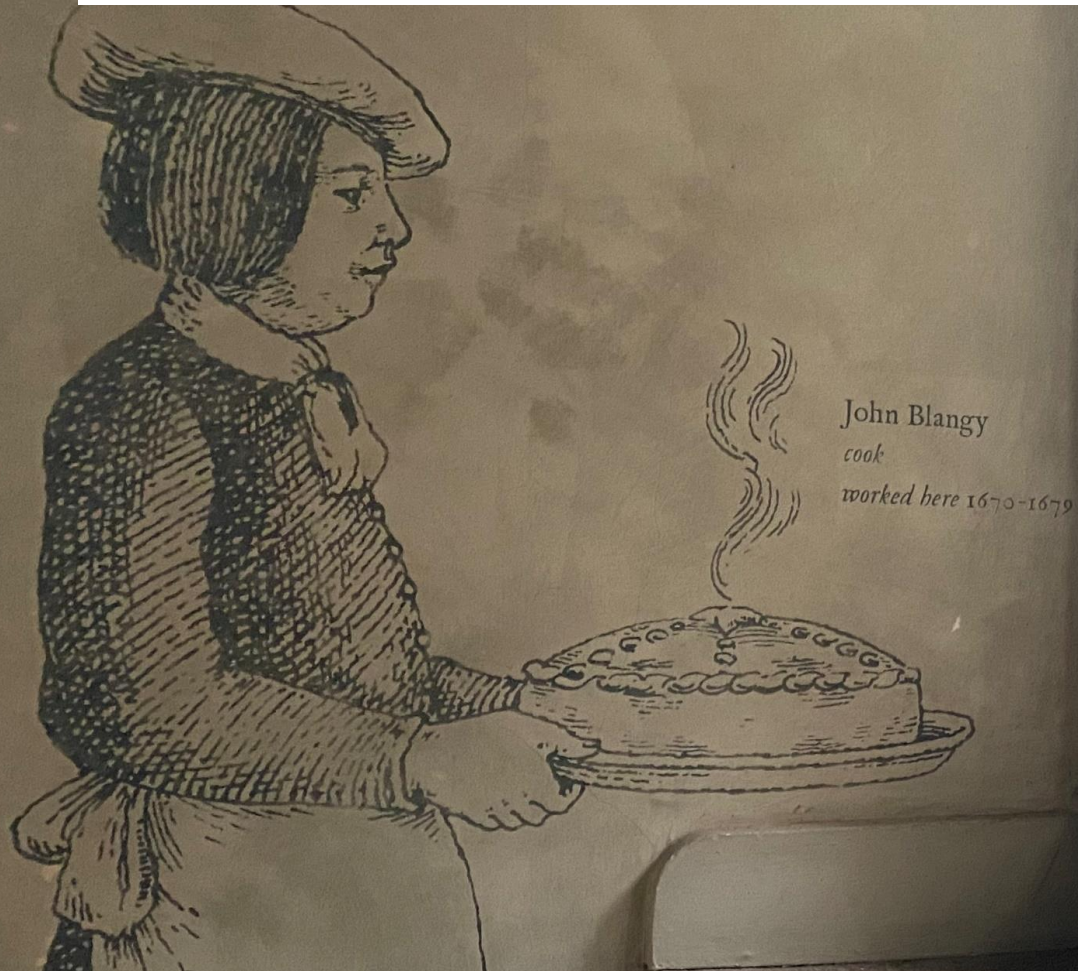
86%

Felt that the programmes offered during Covid have positively impacted their vulnerable participants.

Key findings from our research:

- Creative health partnerships and unexpected collaborations
- Significant barriers to participation
- Changing needs of the health service
- Fragility of the community ecosystem
- Surge in Social Prescribing referrals

Architecture of happiness: Natural Light



Architecture of happiness: Providing comfort



Architecture of happiness: Views of nature



Our research

- NHS Social Prescribing Reviews (currently being undertaken by the Academic Partners Collaborative, NASP)
 - Series of reviews looking at social prescribing data
 - Health and natural environment
 - Arts, heritage and health
 - Financial wellbeing and health
 - Social prescribing, children and young people
 - Data will be available from April

Ben Tinkler
Director
Bridge Creative



Keeping People Connected

**Ben Tinkler, Managing Director
at Bridge Creative**





About Bridge Creative

- A social enterprise set up in 2018 to support adults with learning disabilities and autistic adults to find paid employment, mainly in the arts and events industries.
- County Durham has one of the highest rates of unemployment among people with learning disabilities in the country - ten times lower than the national average!
- We've adapted and grown quickly since April 2020, supporting over 200 people across County Durham.

Keeping People Connected North East & North Cumbria

- Region-wide Covid-response service set up in response to evidence suggesting that people with learning disabilities would be significantly impacted by the pandemic.
- 9 delivery partners working across 13 local authorities across North East & North Cumbria. Co-ordinated by Inclusion North & Learning Disability Network.
- Work involved supporting people to keep safe, well and connected.
- Campaigning against DNR, supporting vaccine rollout, making sure people were on the learning disability register, accessible information.
- Partnership working continues between the organisations and have recently formed the 'Good Life Collaborative' - helping to shape the ICS.

Keeping People Connected North East & North Cumbria

Who is delivering this project?



Include
'In'
Autism

Keeping People Connected - Durham

- Video - Tony
- Challenges - digital exclusion, health inequalities, lack of access to services.
- 20% of people who access the service live independently and have no involvement with services other than their GP prior to our support.
- Highlighted health inequalities that existed before Covid-19 and how these issues don't just disappear.



Keeping People Connected - Durham

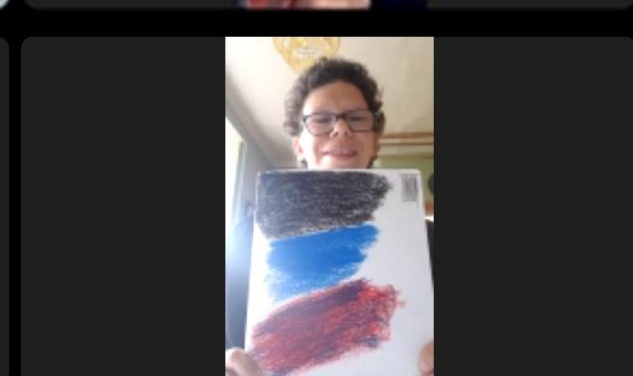
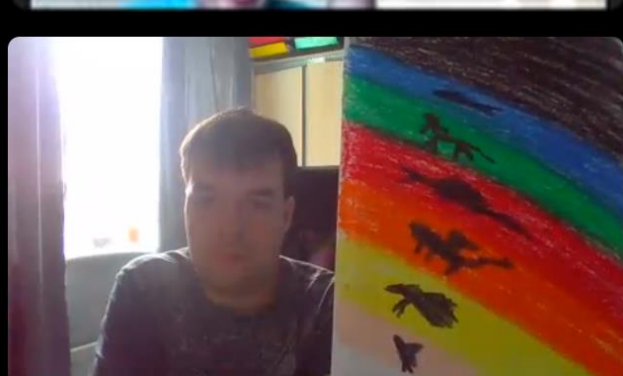
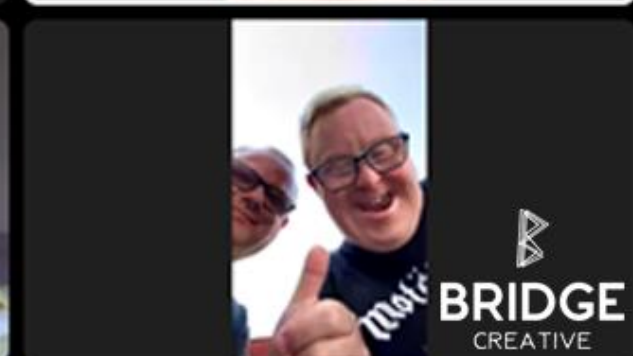
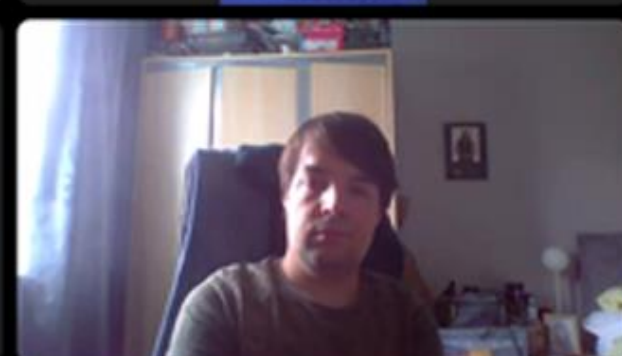
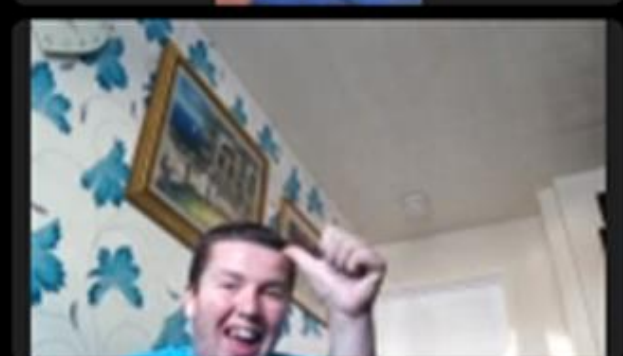
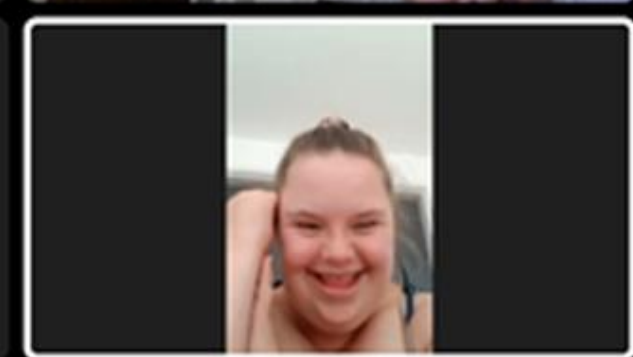
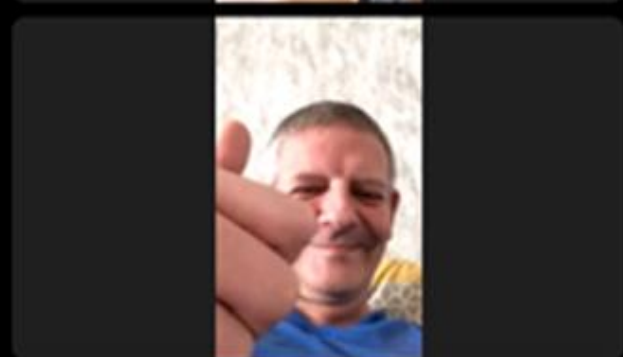
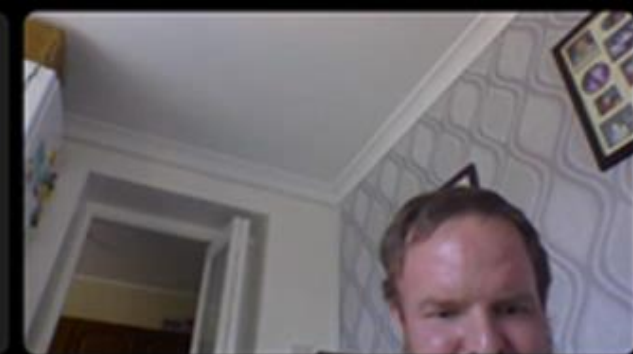
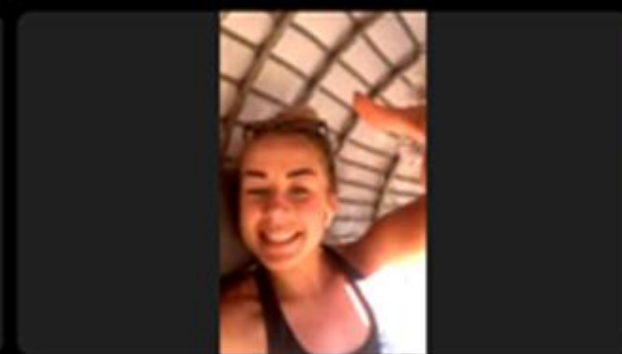
Examples of support

- One person who was known to our organisation before the pandemic, was being sexually abused by their family carer. It was due to the relationship we'd built with them that they felt able to open up about this.
- Lots of people experiencing mental health issues who can't get support elsewhere due to capacity of services.
- Others we're supporting are still shielding - carers keep pushing the goalposts back 'you can go back to your day service after lockdown', then 'when the cases come down', then 'after your booster'.

Keeping People Connected - Durham

The good stuff...

- Not time-limited.
- Enabled us to reach hidden population of learning disabled people.
- Flexible - not much we can't support with.
- Excellent value for money - approx. £8.75 per person per week - same price as a panini and a coffee at Costa!
- Able to support people into other services in the community and other projects we run.
- Referrals from Social Prescribing Link Workers, community organisations.
- 6 people who have accessed the service have now moved into paid employment.
- Commissioned for 3 years by the Durham CCG!





Thank you

Ben Tinkler
Bridge Creative

Email: bridgecreative@outlook.com

Website: www.bridgecreative.org

Facebook: www.facebook.com/BridgeCreativeCIC

Twitter: www.twitter.com/BCreativeCIC



National
Academy
for Social
Prescribing

Thank you

Our next webinar will be about Addiction and Social Prescribing on Tuesday 22 March 3-4pm.

More details and to catch up with previous sessions see our website: socialprescribingacademy.org.uk/thriving-communities-webinars



National
Academy
for Social
Prescribing

Get in touch

socialprescribingacademy.org.uk

 @NASPTweets

 @NASP_insta

#SocialPrescribingDay

Sign up to the Thriving
Communities Network:
[socialprescribingacademy.org.uk/
thriving-communities/network/](https://socialprescribingacademy.org.uk/thriving-communities/network/)