



National
Academy
for Social
Prescribing

Annual Report 2020/21



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Foreword



When we look back on 2020-21, it will be with pride of all that was achieved together, through the exceptional challenges of a global pandemic. In this past year, the benefits of social prescribing have been resolutely evident. The support that our NHS, and those working in communities, have given to so many people has been nothing short of remarkable. Social prescribing link workers, many of whom have been new to their roles, and community groups across the country stepped up immediately to support huge numbers of people in their local areas cope with the challenges of COVID-19, especially those who needed to shield from the virus, or people potentially facing greater loneliness and social isolation as a consequence of the necessary lockdown measures.

At the heart of our strategy '[A Social Revolution in Wellbeing](#)', launched in spring 2020, lay a sincere belief that connecting people to the arts, physical activity, nature, and knowledge, was vital for maintaining health and wellbeing. Our experiences of the pandemic have served to reinforce to us just how much these essential aspects of life matter to us all.

It was in this spirit that in October 2020, with our partners, we launched our Thriving Communities Programme, which seeks to champion community and voluntary groups supporting people through social prescribing activities - and to help these groups to thrive, to maximise the potential of social prescribing. We created a vibrant Thriving Communities network, a regional 'Learning Together' Programme for community leaders, and regional infrastructure that enables us to learn from the experience of local groups who have undertaken some truly amazing work. Through the Thriving Communities Programme we have worked in close partnership with Arts Council England, Sport England, Natural England, NHS Charities Together, Money and Pensions Service, NHS England and NHS Improvement, and Historic England to build cross-sector regional teams to help local partners unlock the potential of social prescribing. [Our joint £1.8m Thriving Communities Fund](#) very much sought to build on this, supporting 37 cross-sector community partnerships



with up to £50,000 to increase local community activities that link workers can connect people to. We look forward to seeing how they come together to unlock the power of social prescribing in their local areas and create new partnerships.

Partnership working is very much the key to advancing social prescribing, and we have been privileged to work with many partners over the last year.

We are grateful to both the Department of Health and Social Care for their grant of £5 million, without which we would not have been able to establish the National Academy for Social Prescribing. Also, to Natural England and Sport England for their strategic partnerships with us, providing staff time both at local and national level, and to Historic England and Arts Council England for their support, which have encouraged partnerships between national organisations, link workers and local community groups to help more people benefit from social prescribing.

Together, with our academic partners, we [launched a ground breaking Academic Partners Collaborative](#), with the aim of improving the evidence basis for social prescribing and making existing evidence more accessible, including for those working in primary care.

Meanwhile, with the World Health Innovation Summit (WHIS), the World Health Organisation (WHO) and United Nations Global Sustainability Index Institute (UN GSII) we [established a Global Social Prescribing Alliance](#) which aims to spread the word of social prescribing globally.

We also worked with the Southbank Centre to support their innovative [‘Art by Post’ initiative](#), and with key influential people to raise the profile of social prescribing through our Ambassador Programme and our new podcast series, [‘Podcast on Prescription’](#).

At our heart, we exist to promote and support the amazing work being undertaken by social prescribing link workers, GPs, and the myriad of people within the dedicated and vibrant voluntary, community, faith and social enterprise organisations who support the delivery of social prescribing day in, day out. The strength of this community was demonstrated on Social Prescribing Day in March, when the day trended on Twitter, reaching over 12 million people - an incredible feat.

We want to sincerely thank all those who have supported us on our journey so far as an organisation, in a

challenging, but impactful inaugural year. To all of you delivering, involved and supporting social prescribing, thank you from the bottom of our hearts, for all of your amazing work in enabling people to live their best lives. We hope you see yourselves in the work delivered in this annual report. We look forward to working with you all during better times to deliver our shared goal of creating a social prescribing revolution.

Helen and James

**Professor Helen Stokes-Lampard
FRCGP DSc, Chair**

James Sanderson, Chief Executive



Helen Stokes-Lampard



James Sanderson



About Us



We are an organisation dedicated to the advancement of social prescribing through promotion, collaboration, and innovation.

We work to create partnerships, across the arts, health, sports, leisure, and the natural environment, alongside other aspects of our lives, to promote health and wellbeing at a national and local level. We will champion social prescribing and the work of local communities in connecting people for wellbeing.

Our objectives

Our Strategic Plan, [‘A Social Revolution in Wellbeing’](#) outlined how we will support social prescribing across the country over the next few years.

Our objectives are:

Make some noise - raising the profile of social prescribing

In order to expand social prescribing, we need to get the message out there - that connecting people for wellbeing is vital for people and communities.

Find resources - develop innovative funding partnerships

We recognise the challenges faced by social prescribing link workers, the local voluntary, community, social enterprise and arts sector and will seek to improve resources to realise their social prescribing goals.

Build relationships - broker and build relationships across all sectors

Social prescribing relies on strong, mature relationships at national and local levels across multiple sectors.

Improve the evidence - shape and share the evidence base

There is already an evidence base for social prescribing, but it is not comprehensive. We need to build a consensus about what we know and don't know, improve the accessibility and visibility of evidence.

Spread what works - promote learning on social prescribing

We will share what is good, what has been learnt and draw from multiple sources to ensure continued development of social prescribing.





Executive summary

The momentum for social prescribing is continuing to build. Significant hurdles have been overcome to get it to its position today.



The infrastructure for delivering a universal model is currently being implemented by the NHS, with social prescribing link workers being employed across all Primary Care Networks in England and an ambition of social prescribing reaching over 900,000 people by March 2024.

Since October 2019, we have been listening extensively to people from across the various organisations involved in delivering social prescribing. We have been keen to discover the specific support that social prescribing needs to succeed.

[Our 2020-23 Strategic Plan](#) sought to support this ambition by developing the context within which social prescribing will operate - effectively enhancing the environment around it.



The ambitious programme of work we have identified is intended to guide the organisation's offer until 2023, focusing on establishing our initial 6 core products:

Thriving Communities

- Thriving Communities Fund
- National network, webinars and ideas hub
- Learning Together development programme



Academic Partners Collaborative

- Establishing an Academic Partners Collaborative
- Creating an evidence platform for new evidence summaries
- Identifying future research needs



Global Alliance

- Working with key partners
- Forming alliances, working with others, and sharing innovative approaches
- Aims to raise awareness of social prescribing



Accelerating Innovation

- Support programme
- Help national voluntary organisations spread their community activity offers across England



Social Prescribing Ambassadors

- Spread the word and demonstrate the benefits of social prescribing
- 20 high profile people, clinicians, social prescribing link workers, community representatives and inspiring individuals

Social Prescribing Champions

- Clinical champions across professionals
- Expanding network of student clinical champions
- Developing communities of practice and clinical resources



Alongside these bold actions, we have undertaken considerable work over the past year to establish the National Academy for Social Prescribing (NASP) as a fully functioning organisation. We recruited a great team of dedicated staff and trustees, developed our website, found a home from which to operate, and established the infrastructure required for us to deliver as an independent organisation. We have created a modern, outward looking, dynamic and agile organisation built on our strong values of being:

- collaborative - seeking to build partnerships and find common goals
- inclusive and championing of diversity - recognising and valuing the benefits of difference
- ethical in our approach, kind and responsible to the world around us
- passionate, energetic, creative and innovative
- non-hierarchical and not self-serving.





Our work

Our primary focus has been to increase the numbers of people able to access social prescribing, the range and availability of community-based activities and the support for people to connect to.



Evidence Programme

Academic Partners Collaborative

Ensuring an effective evidence base for social prescribing is crucial to our work. Developing a robust evidence programme has been at the heart of our work over the past year.

There is a large and growing evidence base supporting the benefits of social prescribing for people's health and wellbeing. However, it is not comprehensive or easy to access. This is an obstacle to the future growth of social prescribing, at a time when demand is growing. We established a new Academic Collaborative for social prescribing, bringing together some of the leading researchers in this field, to help us build an evidence base that is more accessible, useful and compelling. In 2020/21, we:

- commissioned the Academic Partners Collaborative project. This created a core group of academic partners, led by the University of Plymouth Applied Research Collaboration South West Peninsula and includes:
 - the Centre for Evidence Based Medicine, based in the Nuffield Department of Primary Care, University of Oxford
 - University of East London
 - Sheffield Hallam University
 - the Social Prescribing Network

- University of the West of England
- National Institute for Health Research
- University College London
- the National Centre for Creative Health
- launched the wider UK and international Evidence Collaborative for social prescribing, attracting over 150 stakeholders in the first few weeks
- issued a detailed survey to over 100 individuals across the social prescribing referral pathway to determine the priority evidence needs for those working in policy and practice including health commissioners
- developed a methodology for completion of evidence reviews in 6 priority areas.

Through this work, we have started to build a broad consensus and find easily digestible ways to promote evidence.

Working with partners

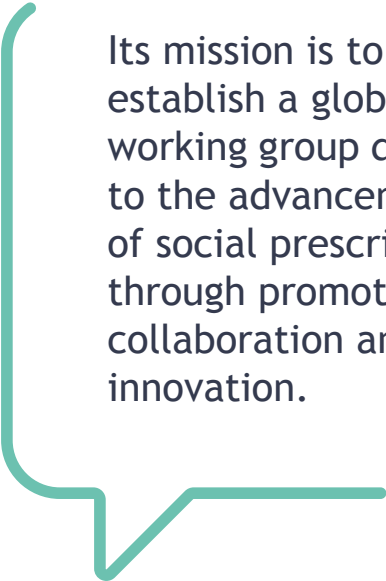
- worked with NHS England and NHS Improvement on their Minimum Social Prescribing Dataset project
- worked with the National Institute for Health Research's evaluation of the Social Prescribing Link Worker Programme, which is funded by the Department of Health and Social Care
- worked with Oxford University and the Royal College of General Practitioner's Social Prescribing Observatory.

This work facilitated the improved sharing of social prescribing research opportunities and outputs from across the natural environment, sports, arts and culture, health and financial wellbeing sectors.

Global Social Prescribing Alliance

In March we launched [the Global Social Prescribing Alliance](#) (GSPA), alongside our partners, the World Health Innovation Summit (WHIS), the United Nations Global Sustainability Index Institute (UNGSII), and the World Health Organisation (WHO).

The GSPA represents a group of worldwide partners who recognise that what keeps us well is more than medicine. [The Alliance's vision](#) is to enable thriving communities



Its mission is to establish a global working group dedicated to the advancement of social prescribing through promotion, collaboration and innovation.

to deliver a social revolution for their health and wellbeing while generating value. Its mission is to establish a global working group dedicated to the advancement of social prescribing through promotion, collaboration and innovation. The Alliance's work supports the implementation of UN sustainable development goal 3 - "good health and wellbeing".

Since its launch, [the Alliance](#) has hosted a wide array of webinars focusing on various topics including medical education, workforce development, the power of art in healthcare and community development as well as officially launching two student champion schemes in collaboration with international colleagues in Portugal and Australia.

As part of the GSPA, we developed the [Social Prescribing Playbook](#), a document aimed at people and organisations leading local, national, and international implementation of social prescribing.

This comprehensive framework outlines the building blocks of social prescribing and supports leaders across the world to plan how they can work with community groups, voluntary organisations and civic society to increase the number of community activities available, including those across physical activity, financial wellbeing, arts and culture and nature.

Our Chief Executive James Sanderson [presented the playbook](#), together with WHIS' Chief Executive and Founder of the Alliance Gareth Presch, at the 2021 Global Solutions event hosted in Berlin, 27 - 28 May 2021. [A recording is available](#).

Social Prescribing Innovation

We worked with a wide range of partners to nurture social prescribing innovation. Our team of national leads worked with art, heritage, natural environment, sport and wider partners, to scope innovative ways to increase local community support and activities that link workers can connect people to.

In 2020/21 our development work included:

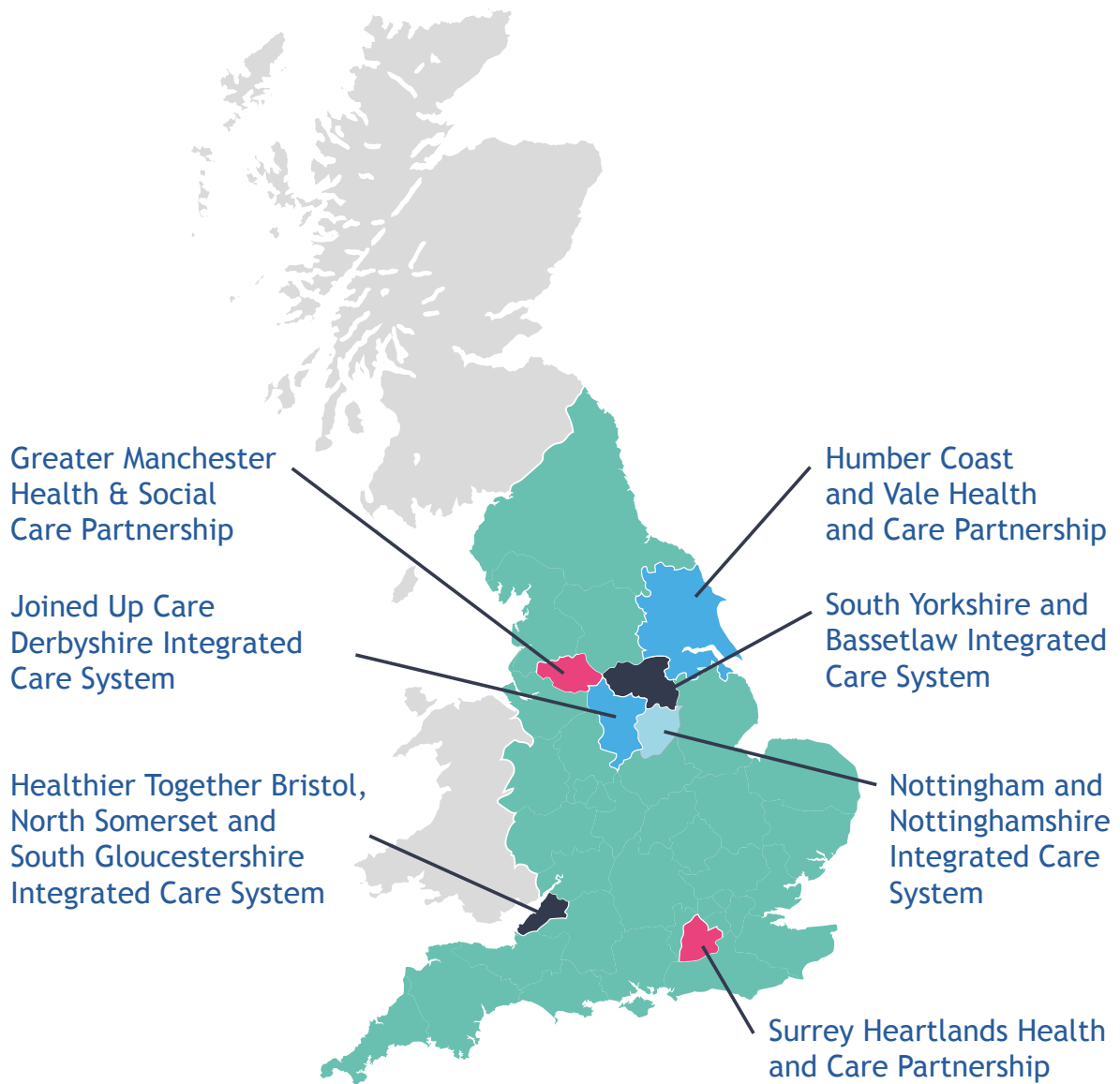
- Green Social Prescribing Programme
- All Party Parliamentary Group on Health and the Natural Environment
- Accelerating Innovation in social prescribing

Green Social Prescribing Programme

We are working with the Department for Environment, Food and Rural Affairs, the Department of Health and Social Care, NHS England and NHS Improvement, and others, to support [the 'Preventing and Tackling Mental Ill Health through Green Social Prescribing' Programme](#). This is an ambitious cross-Government initiative to examine how to scale-up green social prescribing services in England, to help improve mental ill health outcomes in communities hardest hit by COVID-19.

The Programme, worth £5.77 million, has three components:

- seven test and learn sites in locations across England to establish what is required to scale up green social prescribing at a local level and increase patient referrals to nature-based activities
- an evaluation of the seven test and learn sites, commissioned by the Department for Environment, Food and Rural Affairs
- national research work led by the Department for Health and Social Care to better understand the enablers and barriers to scaling up sustainable green social prescribing across all parts of the country in England.



Green Social Prescribing test and learn sites



All-Party Parliamentary Group on Health and the Natural Environment

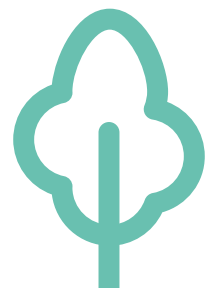
We were delighted to act as Secretariat for a new All-Party Parliamentary Group on Health and the Natural Environment. Chaired by Alexander Stafford, MP for Rother Valley. The group's primary focus is on the physical health and mental wellbeing benefits to people of all ages that come from access to and connection with the natural environment.

The group has now been officially registered. 26 cross-party MPs and Peers are members, including 8 elected Vice-Chairs. Following the inaugural meeting in April, terms of reference and a programme of work for the year were agreed.

Accelerating Innovation

We were approached by a significant number of national voluntary organisations during the year wanting to scale and spread their community activity offers across England, to enable more people to get involved in community wellbeing activities.

To support this challenge, we joined forces with NHS England and NHS Improvement and the Royal Voluntary Service to scope the development of a support programme for national voluntary organisations. This Programme will help them to connect with local health and care systems, shape their offers to help social prescribing link workers and build local capacity by working in partnership with local groups.





Social Prescribing Ambassadors

Our Social Prescribing Ambassador Programme seeks to promote social prescribing - providing a powerful voice for the many thousands of people, communities and organisations working so hard across the country to deliver daily support to people. The Programme aims to help the public understand social prescribing and how connecting to community support improves wellbeing.

We worked with 20 ambassadors over the last year, including high profile people, inspiring individuals, social prescribing link workers, clinicians, experts and people with lived experience to show social prescribing activities have made a positive impact on their lives. Our activity has included [the podcast series, Podcast on Prescription](#) and the micro campaign, [One Good Thing](#), which seeks to highlight activities that can support our health and wellbeing, and how social prescribing can connect us to these. We have also produced blogs, videos and other content for our social media channels.

Social Prescribing Champions

Together with NHS England and NHS Improvement, we have supported the Social Prescribing Student Champion Programme to:

- engage with over 30,000 healthcare students all over the UK and beyond its borders in 11 countries across the world
- deliver 750+ teaching sessions across all UK medical schools
- organise over 30 regional, national, and international student conferences on the topic of social prescribing
- contribute to research and data collection as well as supporting the publishing of multiple academic papers.

We also funded 22 ‘studentships’ across England, enabling medical students to organise the above activities and further develop this innovative movement. The Programme has also been extended to Allied Health Professional students, who have a key role to play in promoting and developing social prescribing.

Thriving Communities Programme

The [Thriving Communities Programme](#) champions and supports the work of local community, faith groups, voluntary organisations and social enterprises supporting communities most impacted by COVID-19, working alongside social prescribing link workers.

Launched in October 2020, this Programme helps these groups share learning, gain new ideas, access funding and develop partnerships across sectors, with support from our team of regional voluntary sector partners and national partners: Arts Council England, Historic England, Money and Pensions Service, Natural England, NHS Charities Together, NHS England and NHS Improvement and Sport England.



The Programme consists of four main strands:

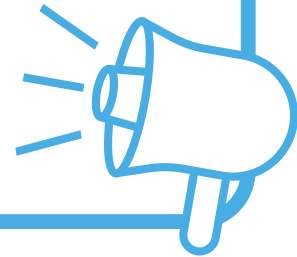
Thriving Communities Fund

- Grants of up to £50,000 each for local cross-sector community partnerships led by local voluntary, community, faith and social enterprise groups.
- Projects that bring together place-based partnerships to improve and increase social prescribing community activities, enabling social prescribing link workers to refer people to them.



Thriving Communities Network

- Bringing together local voluntary, community, faith and social enterprise groups and organisations to share learning, champion success, amplify social prescribing and inspire participants.
- Over 2000 members as part of this vibrant network.



Unleashing the power
Thriving Communities
of social prescribing

Thriving Communities Ideas Hub

- An online resource for sharing ideas, promoting successful projects and supporting the community.



Learning Together

- Learning and development programmes designed for voluntary and community groups.
- Tailored to regional needs, allowing peer to peer learning and workshops whilst connecting groups to create exciting new partnerships.



In 2020/21, the Thriving Communities Programme:

- funded 37 local partnership projects across England for a total of £1,794,308
- published over 40 blogs sharing learning from community workers, thought leaders and stakeholders
- offered workshops and action learning sets dedicated to upskilling and strengthening local organisations and community leaders across its 7 regions
- engaged 1,763 individuals and organisations in its Thriving Communities Network
- drew a total of 3,610 participants to a diverse series of national webinars, with an average attendance of 515.

Adding value through partnerships

Working with partners, we have also:

- supported by the Southbank Centre's [‘Art by Post’](#) initiative, which has provided over 4,500 people at risk from social isolation, loneliness and digital exclusion with free cultural activities
- supported the creation of resources for social prescribing link workers, including a COVID-19 Personalised Care Plan with NHS England and NHS Improvement, [a Mental Health and Money Toolkit with Mental Health UK and Money and Pensions Service](#), and [Link Worker Guides in collaboration with Music for Dementia](#)
- worked with the Utley Foundation and the Nick and Paul Harvey Fund to provide grant funding to local voluntary, community, faith and social enterprise
- brokered multi-sector relationships including between health, local government, justice, arts and culture, sport, environment and the outdoors, welfare, housing, legal debt and financial advice, and other sectors to maximise the profile of, and support for, social prescribing.

Developing our organisation

The Academy grew at an accelerated rate during the 2020/21 financial year. From starting off with just three members of seconded staff, we ended the year with over 20 team members including both secondments and freelancers. This mixed approach has allowed us to strengthen our partnership working, where we have taken secondments from NHS England and NHS Improvement, Natural England, Historic England, and Arts Council England. This element of our organisation will continue to grow further as we look to engage roles going forward by setting up our own payroll offering competitive employment opportunities as we seek to be a truly 21st century employer.

This first year has also seen us deliver key infrastructure, from IT provision, legal support and financial management. Our partnerships with third party providers continues to develop as the business evolves and expands, alongside ensuring robust processes and procedures are core to our Corporate Affairs function.

A real focus of our first year has also been around good governance. Due diligence in relation to signing off key policies has been crucial in developing partnership working, for example with our three-year funding partnership with Sport England. Expanding our Board was also an objective for 2020/21. We led an open recruitment for new trustees, independently chaired by Dr. Michael Dixon, which led to an additional five trustees being appointed in Spring 2021.

Finally, as the business grows, the Business Support and Corporate Affairs team has sought to deliver essential project management tools and processes to help manage the range of our products and deliverables.

Communications

Our Communications team has sought to support our core objectives of making some noise, spreading what works, sharing resources and building relationships, as well as providing strategic advice and support to our programmes.

We have:





Looking ahead

Highlights to look out for in 2021/22:

Academic Partners Collaborative

Having established a new Academic Partners Collaborative for social prescribing, we will work closely with NHS England and NHS Improvement and other partners to start to share existing evidence more effectively, with focus on local systems and local communities.

Now we understand the evidence priorities, the team will create authoritative and accessible evidence summaries to address these, included in a new open-access evidence platform. This work will also identify a roadmap of future evidence gaps, needs and recommendations.

Social Prescribing Innovation

Our work will include:

Green Social Prescribing Programme

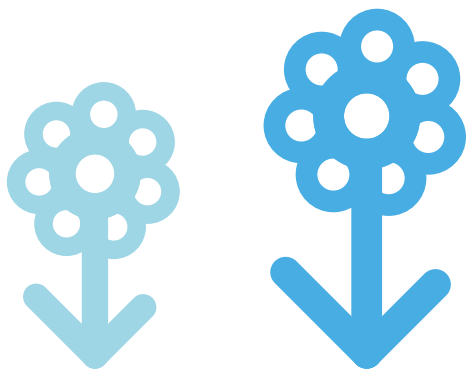
This £5.77m Programme will run from April 2021 to May 2023. We will continue to contribute to, and be a key member of the partnership.

All-Party Parliamentary Group on Health and the Natural Environment

In 2021/22, meetings will be held in summer, autumn and spring and will cover themes such as evidence, transforming delivery, and building resilience in local communities.

Accelerating Innovation

We will work in partnership with the Royal Voluntary Service and NHS England and NHS Improvement to provide practical support to national organisations who want to support local social prescribing, and help them to scale and spread their innovative support offers.



Global Social Prescribing Alliance

Using the [Social Prescribing Playbook](#), we aim to support leaders across the world to plan how they can work with community groups, voluntary organisations, and civic society to increase the number of community activities available including those across physical activity, financial wellbeing, arts and culture, and nature.

The Alliance will serve as fertile ground for innovation, providing the opportunity to share learning and best practice in an international setting, especially in a world operating beyond the pandemic. A support offer will be developed for practitioners and leaders across the world. In 2021/22, we will work with partners, including WHIS, the WHO and UNSGII, to provide regular online learning events and create resources.

Social Prescribing Champions

With NHS England and NHS Improvement and other partners, we will co-design a Social Prescribing Champion Programme to:

- raise awareness of the role that social prescribing can play in reducing healthcare inequalities, giving people more control, allowing them to work on what truly matters to them
- connect multidisciplinary professionals who have a shared goal in changing the conversation around health to fully emphasise the biopsychosocial model.

The Social Prescribing Champions Programme will launch in Autumn 2021. This Programme will encourage all clinicians and leaders who want to learn more and help their peers to understand the power of social prescribing.





Adding value through partnerships

We will continue to work with partners to facilitate the improved sharing of social prescribing opportunities across the natural environment, sports, arts and culture, health and financial wellbeing sectors.

Art by Post

We will continue to support the Southbank Centre’s ‘Art by Post: Unlocking creativity for our wellbeing’ initiative, which will open on 20 September 2021 before touring the length of the country to 4 different venues. The exhibition will bring over 600 pieces of artwork created during lockdown out of the shadows and into major UK venues to showcase the power of art on health and wellbeing during the pandemic.

The exhibition is being supported by 13 strategic partners and a further 156 delivery groups nationwide. An online exhibition will launch at the same time to showcase the poignant creative responses to ‘Art by Post’,

connecting those who are continuing to shield, or who are unable to travel, to the regional touring sites. We are also funding a billboard and bus stop campaign, running across the country, and will feature photograph portraits of the participants. This will run from September in over 60 sites.

Evaluating research

We will continue to work with NHS England and NHS Improvement on the National Institute for Health Research’s evaluation of the Social Prescribing Link Worker Programme, which is funded by the Department of Health and Social Care, and with Oxford University and the Royal College of General Practitioner’s Social Prescribing Observatory.

Our partners

We would particularly like to thank our partners, who are building our Thriving Communities regional cross-sector teams, with the following national partners:

- Arts Council England
- Historic England
- Money and Pensions Service
- Natural England
- NHS Charities Together
- NHS England and NHS Improvement
- Sport England

And our regional partners:

- Burnley, Pendle and Rossendale Council for Voluntary Service
- Voluntary Organisations Network North East
- Community Action Derby
- London Plus
- Crawley Community Action
- West Yorkshire and Harrogate Partnership
- Community First Yorkshire
- Bassetlaw Community and Voluntary Service
- Hey Smile Foundation
- One Westminster
- Voluntary Action Camden
- Tower Hamlets Council for Voluntary Service
- Bexley Council for Voluntary Service
- Croydon Voluntary Action
- Communities 1st
- Active Dorset

Our regional teams are picking up vital intelligence about the challenges that link workers and local voluntary, community, faith and social enterprise organisations face in developing social prescribing. Together, they work with local community leaders, to showcase and celebrate their work, encourage new cross-sector partnerships and support local leaders to overcome the many challenges that exist in supporting groups most impacted by health inequalities.

Our partners' views

{ “Our work together will enable us to maximise the impact of the Thriving Communities Fund, and further develop the local and national infrastructure of collaboration, across sectors - which is essential to making social prescribing work long-term.” - **Arts Council England** }

{ “This partnership has been transformative. It’s helped us understand the potential of social prescribing, and showcase how heritage and the historic environment can support socially prescribed activities.” - **Historic England** }

{ “Financial wellbeing as a critical component of physical and mental wellbeing, and social prescribing is part of this. Our vision is to support everyone in the UK to make the most of their money and pensions. Our work with NASP allows us to take this objective forward.” - **Money and Pensions Service** }

{ “Our work this year has seen the development of a collaborative and holistic approach to tackling some of the biggest challenges our communities face, such as poor physical health and mental wellbeing. At the centre of this developing relationship has been the sharing of knowledge, expertise and best practice at all levels - and it couldn’t have come at a more important moment.” - **Natural England** }

{ “Our work together is incredibly valuable - and will help gather the evidence needed to demonstrate the power of social prescribing to support people” - **NHS Charities Together** }

{ “Over the last year we have worked closely with NASP to support the NHS Long Term Plan’s ambition to embed social prescribing link workers based in primary care networks. We look forward to working together over the next year to spread innovation and best practice, and tackle health inequalities.” - **NHS England and NHS Improvement** }

{ “The COVID-19 pandemic showed us, more than ever, that collaboration of this kind is key in tackling the many inequalities than face our communities. Our work together will continue to support our strategic ambitions, such as advocating for the benefits of being active through local teams working with communities.” - **Sport England** }

Our people

Our people are our greatest assets

Our staff

Chief Executive Officer - James Sanderson
Director of Strategy - Bev Taylor
Finance and Governance Director - Nigel Lee
Director of Corporate Affairs - Sunita Pandya
Director of Programmes - Jim Burt
Head of Communications - Lydia Taylor

Thriving Communities Network Manager - Joshua Ryan
Thriving Communities Fund Manager - Dulcie Alexander
Thriving Communities Network Officer - Zoe Freedman

Head of Evidence Programme - Dr Anne Hunt
SP Champions Champion Lead - Dr Bogdan Chiva Giurca
Head of Natural Environment - Dave Solly
Head of Historic Environment - Desi Gradinarova
Head of Innovation Accelerator - Ingrid Abreu Scherer
Head of Physical Activity - Tracey Lines

Digital Marketing Lead - Fay Schofield
Media Relations Lead - Francesca Baker
Ambassador Lead - Dr Radha Modgil
Communications Assistant - Natasha Kifwamba

Business Support Officers - Jared Ashe, Bea Walker, Ish Ladak
Executive Assistants - Danni Wood, Olivia Tilley

Our regional leads

North East and Yorkshire - Jane Hartley

1. North Cumbria and the North East
2. West Yorkshire and Harrogate
3. Humber, Coast and Vale
4. South Yorkshire and Bassetlaw

North West - Christine Blythe

5. Lancashire and South Cumbria
6. Greater Manchester
7. Cheshire and Merseyside

Midlands - Sarah Paine

8. Staffordshire and Stoke on Trent
9. Shropshire and Telford and Wrekin
10. Derbyshire
11. Lincolnshire
12. Nottinghamshire
13. Leicester, Leicestershire and Rutland
14. The Black Country
15. Birmingham and Solihull
16. Coventry and Warwickshire
17. Herefordshire and Worcestershire
18. Northamptonshire

East of England - Tom Watkins

19. Cambridgeshire and Peterborough
20. Norfolk and Waveney
21. Suffolk and North East Essex
22. Bedfordshire, Luton and Milton Keynes
23. Hertfordshire and West Essex
24. Mid and South Essex

London - Stephanie McKinley

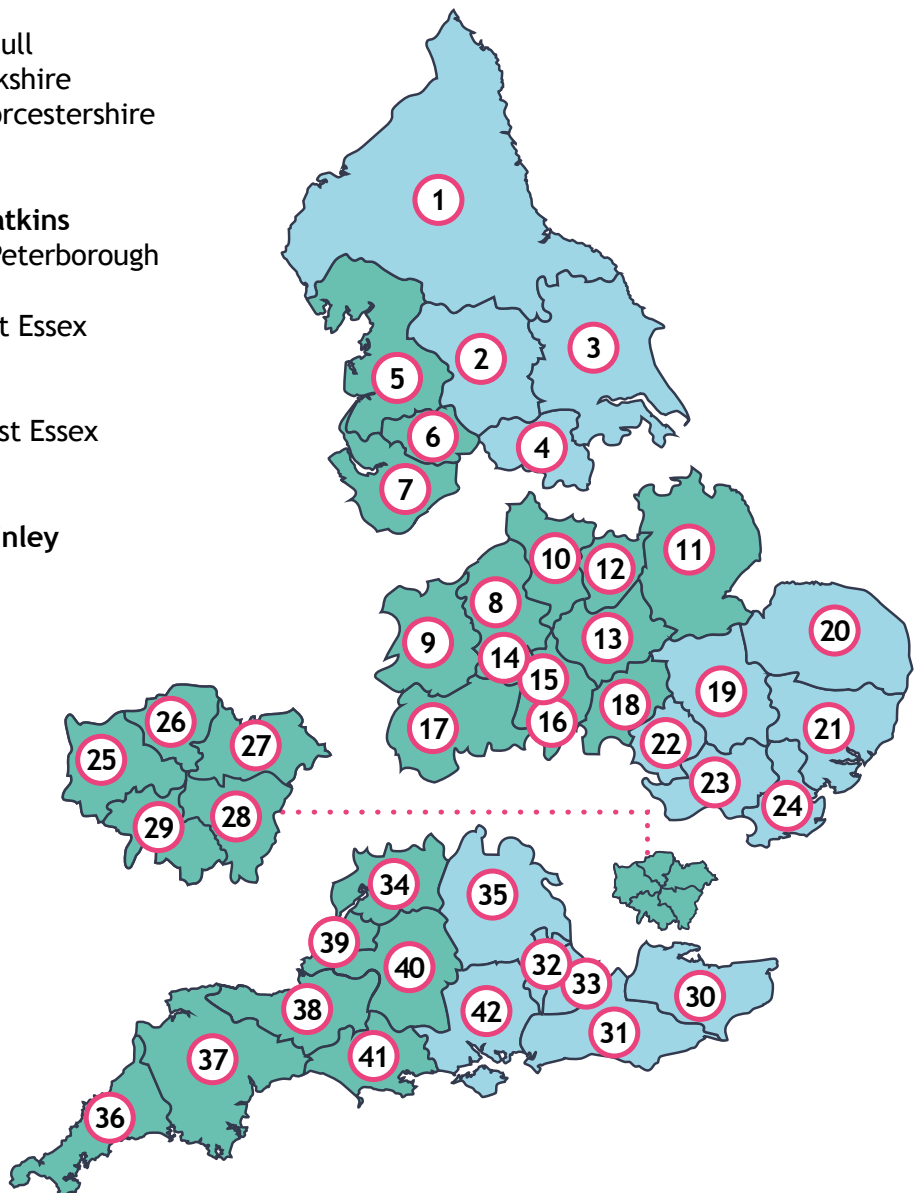
25. North West London
26. Central London
27. East London
28. South East London
29. South West London

South East - Esther Watts

30. Kent and Medway
31. Sussex and East Surrey
32. Frimley Health and Care
33. Surrey Heartlands
35. Buckinghamshire, Oxfordshire and Berkshire
42. Hampshire and Isle of Wight

South West - James Day

34. Gloucestershire
36. Cornwall and the Isles of Scilly
37. Devon
38. Somerset
39. Bristol, North Somerset and South Gloucestershire
40. Bath, Swindon and Wiltshire
41. Dorset





Our trustees

Our trustees bring a wealth of expertise from the health, social, voluntary and community sectors. Up to the end of March 2021 our trustees were made up of Professor Helen Stokes-Lampard, Jonathan Badyal, Pheobe Vela-Hitchcox and Baroness Tanni Grey-Thompson. The Board then expanded to include Chris Askew OBE, Dr. Harry Brunjes, Sarah Metcalfe, Gay Palmer and Brad Gudger in April 2021.

Professor Helen Stokes-Lampard PhD FRCGP - Chair

Helen is a GP Principal, Chair of the Academy of Medical Royal Colleges, Chair of the Board of the National Academy for Social Prescribing and Professor of GP Education. She was Chair of the Royal College of General Practitioners until November 2019.

Chris Askew OBE

Chris has been Chief Executive of Diabetes UK since 2015, and brings extensive experience in the charity sector having worked in senior positions across Breakthrough Breast Cancer, Crisis and Action for Children.

Jonathan Badyal

Head of Communications at Universal Music UK, Jonathan sits on the boards of the Roundhouse and the Black Country Living Museum, is an associate board member at Julie's Bicycle and an Ambassador for the UK Government's GREAT Campaign.

Dr Harry Brunjes FRCP Edin

Harry is Chair of Kuro Health, Chair of English National Opera and Chair of the London Coliseum. Harry was CEO of the Premier Medical Group 1996 - 2010. Between 2010 - 2016 Harry was Group Medical Director of Capita. Harry was also Chair of Lancing College 2009 - 2019.

Baroness Tanni Grey-Thompson DBE DL

One of the country's most decorated Para-athletes, Tanni is Chair of the Women's Sports and Fitness Foundation Commission on the Future of Women's Sport, Chair of ukactive, and sits as a crossbencher as a Life Peer in the House of Lords.



Brad Gudger

Brad is a Youth Expert Advisor for NHS England and NHS Improvement, a Young Leader for the Queen's Commonwealth Trust and a One Young World Ambassador.

Sarah Metcalfe

Sarah has more than 30 years' experience working in and alongside the voluntary sector, was CEO of Playlist for Life and is currently the Executive Director for the Iona Community.

Gay Palmer

Gay is a social prescribing link worker in East London and former nurse with over 20 years' experience.

Phoebe Vela-Hitchcox

Party Treasurer for The Conservative Party, with responsibility for fundraising and senior level business engagement, Phoebe is also an Advisor for the Yoo Group, an international residential and hotel design company.

Risk management

NASP management regularly reviews the Risk Register on a bi-monthly basis and reports this to our trustees. At present the main highlights are around diversifying our income streams and ensuring we have robust processes and staffing structures and levels to meet our programme requirements.

As the Risk Register is reviewed across the Senior Management Team and Board every 8 weeks this ensures that the leadership team are very aware of the risk and related mitigations in daily business operations.

The trustees have assessed the major risks to which the charity is exposed and are satisfied that systems are in place to mitigate the impact or likelihood of occurrence of its major risks.



Financial review

For the period ended 31 March 2021 the Charity received income from grants of £3,410,657 and incurred expenditure on charitable activities of £3,322,757 resulting in a surplus position for the period. During the period the Charity received a grant of £5 million from The Department of Health and Social Care and since 31 March 2021 has secured two further years of funding from The Department of Health and Social Care of £3 million for 2021/22 and £3 million for 2022/23. The unspent monies of £1,677,243 on this grant that arose at 31 March 2021 have been deferred into 2021/22 as a payment on account of funding to be received for 2021/22 from The Department of Health and Social Care.

Balance sheet

	£	31 March 2021 £
Fixed assets		
Tangible assets		38,330
Current assets		
Debtors	80,061	
Cash at bank and in hand	2,555,917	
	<u>2,635,978</u>	
Creditors: amounts falling due within one year	<u>(2,586,408)</u>	
Net current assets		<u>49,570</u>
Total assets less current liabilities		<u>87,900</u>
Income funds		
Restricted funds		87,900
Unrestricted funds		-
		<u>87,900</u>




Get in touch

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 NASPTweets

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Charity number: 1191145

Company number: 12275770

