

Southport and Formby



Social Prescribing Service

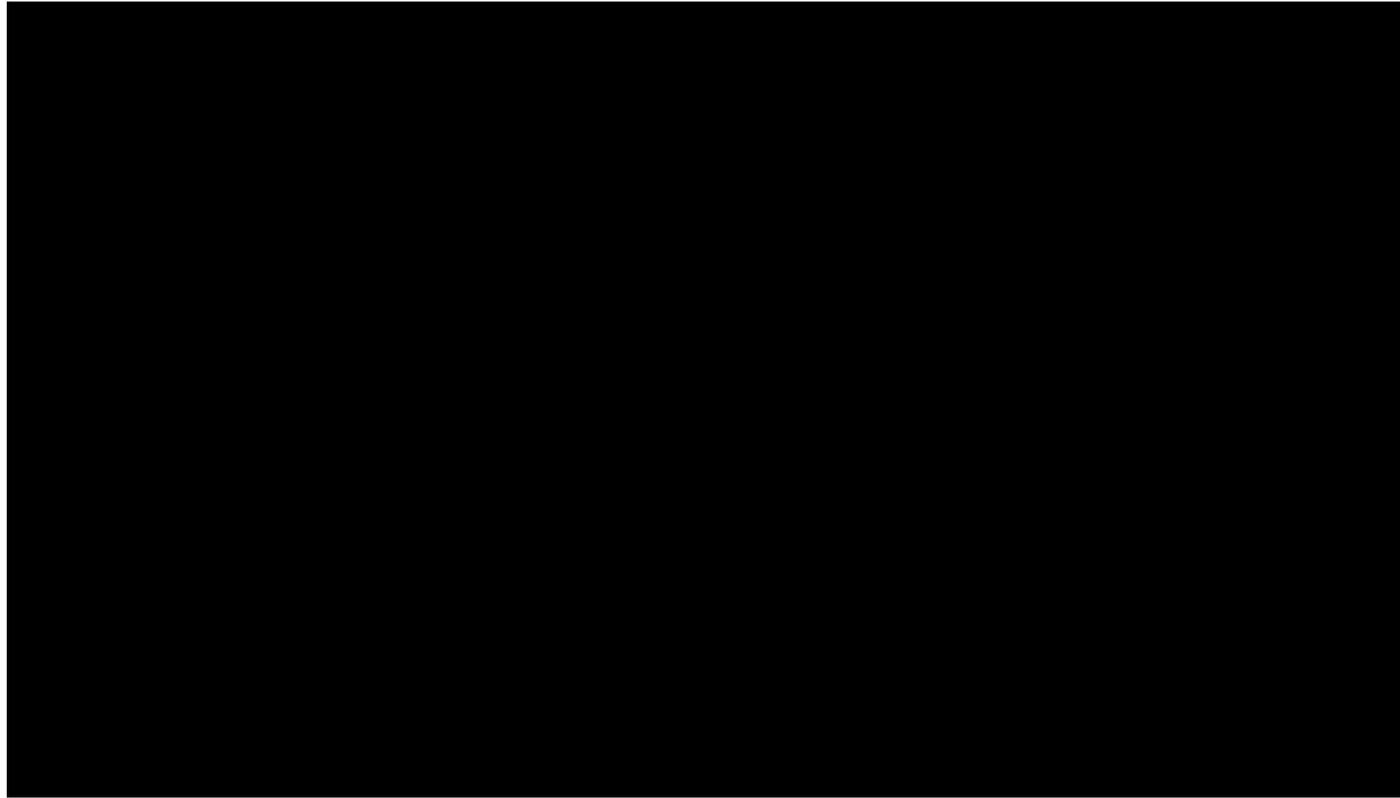


Sefton CVS
Supporting Local Communities

What is Social Prescribing?



A Sefton residents experience of Social Prescribing



Why is Social Prescribing important?

- Around one in five GP visits are for non-medical problems.
- Medical intervention alone is unlikely to improve health outcomes.
- Positive mental health outcomes





“ I didn't know things like this existed, it's just a brilliant thing to be able to ask your GP for other types of help rather than sticking you on more tablets”



Potential positive economic impacts of Social Prescribing

- 40% reduction in GP visits for people referred to social prescribing after three months. Another found a 33% reduction.
- A study of over 8,000 people with type 2 diabetes found that social prescribing reduced secondary care costs by £77.57 per patient per year.
- Social prescribing schemes can deliver between £2.14 and £8.56 for every £1 invested (Social Return on Investment).

The Team

1 Care Coordinator, 6 Link Workers and 1 Senior Link Worker



The Southport and Formby Social Prescribing experience

- Person centred conversations- what matters to them
- Time to listen- up to an hour for initial appointments and up to 12 weeks of support
- Personalised appointment options- telephone, out in the community, walk and talks, home visit, GP clinics
- Support to identify goals
- Knowledge of services or groups that the person may want to access
- Empowering people to access support- helping them take the first step



A word cloud of community organizations and services in Sefton. The words are arranged in a roughly circular pattern, with the largest words in the center and smaller words towards the edges. The colors of the words vary, including shades of orange, purple, blue, green, and yellow. The background is white, and the entire word cloud is framed by a thick pink border.

Bereavement counselling at Feel Good Factory
St Leonard's foodbank and St Leonard's activities
Feel Good Factory
BLP Men's group
Households into Work
Brighter living Partnership
Sefton Carers' Centre
Volunteer centre Sefton
Compassion Acts
Sefton Advocacy
Sefton at Work
Strand By Me Shop
Energy Project Plus
Sean's Place
Community Connectors
Ambition Sefton
Adult Social Care
U3A
Formby Befriending
Weigh Forward programme
Kindfulness Café Walking Group
Talking Matters
Life Rooms
Ykids
Active Sefton
May Logan
Bereavement counselling at SWAN
Formby Football Club
Formby Lunch Club
Citizens Advice Bureau
Winter Warmth scheme
Age concern
National Careers Service
Think Differently, Cope Differently course
Formby Cancer support Group
Reach Men's group
Housing Options / Property pool
Crafting group at Brighter Living Partnership
Shopping support at Brighter Living Partnership

Case Studies



MICHAEL

Case Studies



JOY

“I have a right to take time out for me. I’m not just a mum, I’m not just a nanny, I’m not just a friend but I am a human being who needs to move on with her life.”

Thank-you and questions

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