

Social Prescribing

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Social Prescribing Link Workers

- We give time to listen to the patient and find out what matters to them
- Provide up to 6 sessions of 30-60 minutes
- Using motivational interviewing techniques such as open questions, goal setting, empathetic listening
- We are non-judgemental



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Frailty Referrals

The patient is already considered frail:

- has had a fall
- losing weight
- older and inactive

The patient is at risk of becoming frail:

- younger with long-term health conditions, such as: fibro, MS or long COVID
 - has a mental health problem, a poor lifestyle or is suffering social isolation and loneliness
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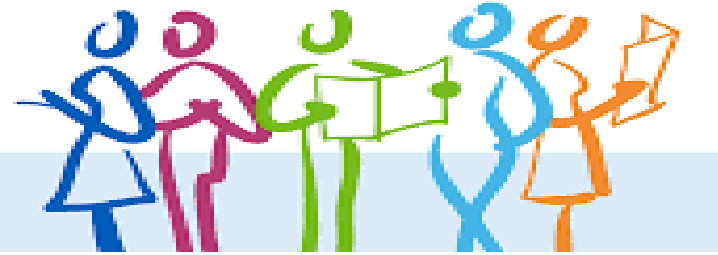
Patient Journey

Physical exercise and social inclusion

- 70s
- Carer
- Had a recent bereavement
- Struggled with COVID lockdowns
- Lacked motivation
- **Goals:** to have someone to talk to, to do some activities



Making sense of
Social Prescribing



What we can do

- We can signpost to a vast array of activities and services: Healthy Lifestyles, strength and balances classes, Haldon Forest, Lupton Orchard Forest School, Bay Walks, yoga, dietician, pharmacist
- Help people find motivation

What we can't do

- We can't go to activities with patients – but can connect them to someone who will!
- Help patients who are not activated and ready to change
- Therapy or counselling – but we do know people who can!