

Social prescribing link worker intervention for health and well-being

Mark Griffiths and Lucy Hancock

13th March, 2019

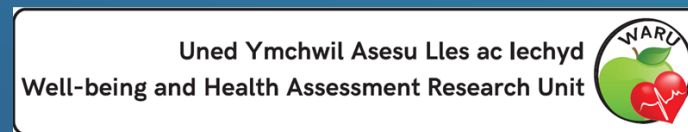


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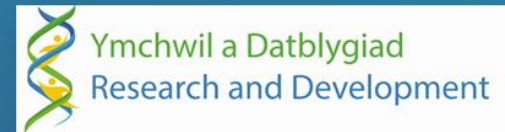
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Uned Ymchwil Asesu Lles ac Iechyd
Well-being and Health Assessment Research Unit



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Research and Development

Health

Dance lessons for the lonely - on the NHS

🕒 15 October 2018

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GETTY IMAGES

GPs in England are being given permission to prescribe patients "social" activities, such as dance classes, to tackle loneliness.

Entertainment & Arts

Matt Hancock: GPs should prescribe concerts and mixtapes

🕒 6 November 2018

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GETTY IMAGES

The government's 'social prescribing' plans could see doctor's recommend concerts and music playlists.



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Health

More 'social prescribers' to ease pressure on GPs

🕒 28 January 2019

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Arif was diagnosed with pre-diabetes and joined an exercise club to lose weight

NHS to recruit 1,000 social prescribers by 2021 to ease GP workload

By Jenny Cook on the 28 January 2019

NHS England has announced plans to recruit 1,000 social prescribing 'link workers' into general practice by 2021, in a bid to slash non-medical appointments by almost 1m each year.

[Discuss on Doctors.net.uk](#)



Exercise classes (Photo: iStock.com/Squaredpixels)



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What is social prescribing?

Enabling primary care professionals to refer people to a range of local, non-clinical services using a holistic approach, supporting individuals to take control of their own health.



King's Fund: Social Prescribing: coming of age '..what for many has seemed like common sense and beneficial is increasingly now scientifically proven and gaining traction in the medical world..'

Social Prescribing in Wales:



Welsh Government

➤ **Taking Wales Forward**
2016-2021

Theme: Healthy and active Wales

Mental Health and Well-being

- Prioritise mental health treatment, support, prevention and de-escalation, including a pilot Social Prescription scheme and increase access to talking therapies

Research proposal

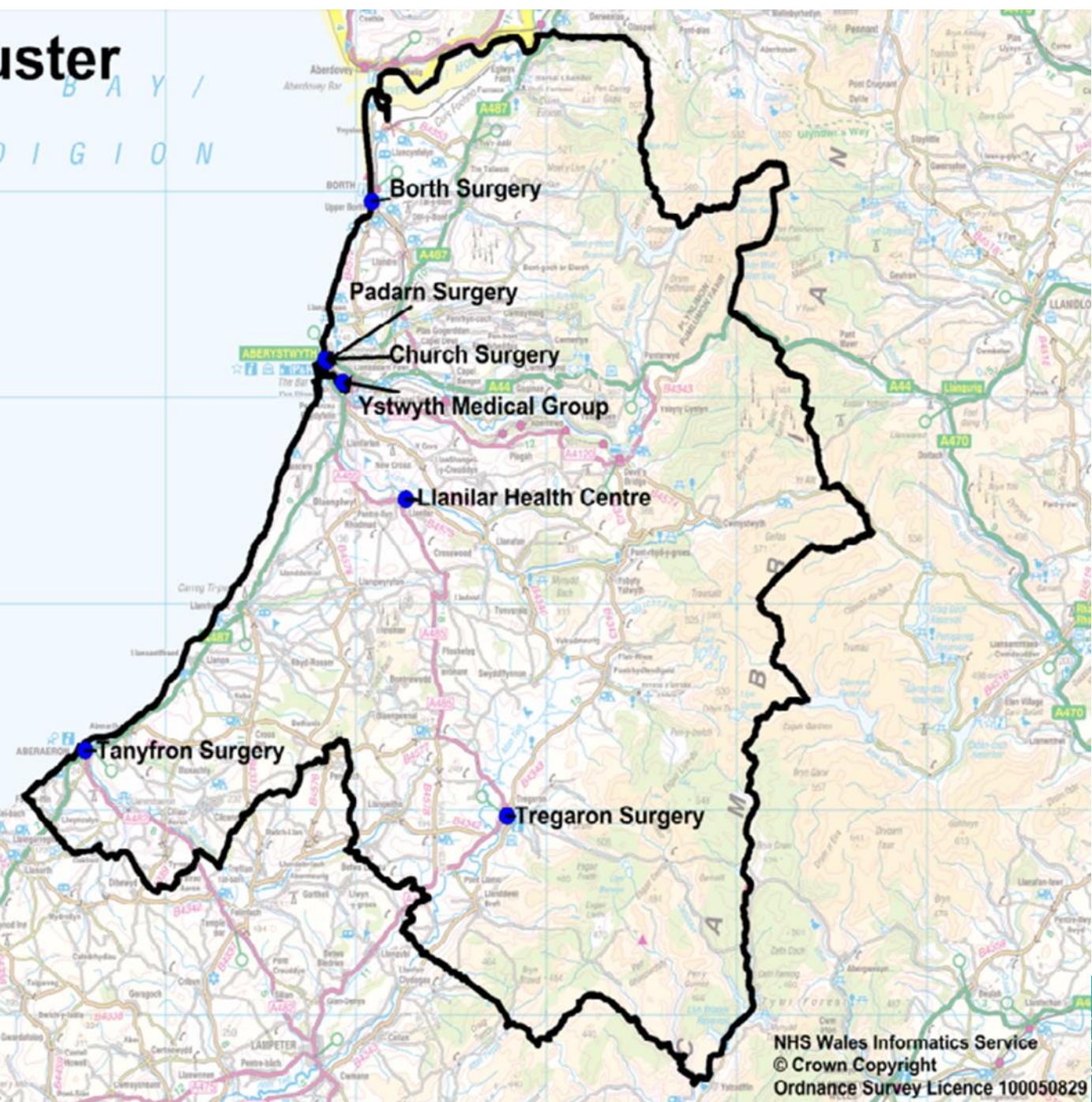
Objectives:

- Primary question: to what extent does the role of the link worker effect recruitment into, and retention in community-based social prescribing services.
- Secondary objectives: report health and well-being measures as an indicator of our population

Methodology

- Recruit 20 patients in the North Ceredigion GP clusters (7 GP practices, c. 47k population)

North Ceredigion Cluster



What happens next?

If you are interested in participating in the Social Prescribing research project, talk to your GP or contact the Social Prescribing Link Worker to find out more.



The Social Prescribing
Link Worker is:
Lucy Hancock



Lucy will be based at the Rural Health and Care Wales office, Aberystwyth

The Social Prescribing Link Worker is:

- Someone to talk to confidentially
- Someone who is practical and helpful and who will not judge you
- Someone who can help you decide what you'd like to do to feel healthier
- Someone who can give you support along the way.

Have a question? Call us on 01970 635918 or email us at PHW.research@nhs.wales.uk

Social Prescribing

- for Better Health and Happiness



Participant Information Leaflet



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chymryd rhan mewn gweithgaredd newydd.

Beth sy'n digwydd fan hyn?

Prosiect ymchwil yw hwn yn cynnwys lechyd Cyhoeddus Cymru, lechyd a Gofal Gwledig Cymru, Prifysgol Aberystwyth a'ch Meddygfa â'r nod o ennill dealltwriaeth well o sut y gall pobl elwa o bresgripsiynu cymdeithasol. Bydd y prosiect hwn yn rhedeg o fis Mehefin tan fis Hydref 2018.

ae'n gweithio?

ch Meddyg Teulu yn trafod y prosiect
ch cyfeirio at Weithiwr Cyswllt
siynu Cymdeithasol os ydy'r rhaglen yn
chi.
dd y Gweithiwr Cyswllt yn cysylltu â chi
yn trefnu cwrdd â chi i drafod eich
ghenion, casglu rhywfaint o
bodaeth am eich iechyd a siarad am
opsiynau sydd ar gael.
ddwch yn dechrau'r weithgaredd
ch dewis.
dd y Gweithiwr Cyswllt yn cwrdd â chi
òl i chi brofi nifer o sesiynau er mwyn
fod eich cynnydd a'ch diddordeb i
rhau â'ch gweithgaredd newydd.
dd asesiad iechyd terfynol ar ôl 3 mis,
chfarfod terfynol er mwyn casglu eich
m ar bresgripsiynu cymdeithasol.



Opsiynau Presgripsiynu Cymdeithasol yng Ngogledd Ceredigion

- Grwpiau Cerdded
- Gweithdai Rheoli Straen
- Llyfrau ar gyfer lechyd
- Garddio Cymunedol
- Celf, Miwsig a Chreadigrwydd
- Llochesu, cynghori a grwpiau cefnogol eraill
- Tai, budd-daliadau a chefnogaeth a chynghor ariannol
- Gwaith, hyfforddiant a gwirfoddoli
- Cymryd rhan mewn grwpiau a gweithgareddau lleol
- Mynediad i wasanaethau a chymorth arbennigol...a mwyl!



Methodology

- Recruit 20 patients in the North Ceredigion GP clusters (7 GP practices, c. 47k population)
- Participants interviewed by LW, complete Warwick-Edinburgh Mental Well-being Scale (WEMWBS)



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Warwick-Edinburgh Mental Well-being Scale (WEMWBS)

- A validated 14 item questionnaire
- Likert scale 1-5 (cumulative score 14-70)
- Available in English and Welsh
- UK adult population norm c. score of 51

Below are some statements about feelings and thoughts.

Please tick (✓) the box that best describes your experience of each over the last 2 weeks

STATEMENTS	None of the time	Rarely	Some of the time	Often	All of the time
I've been feeling optimistic about the future	1	2	3	4	5
I've been feeling useful	1	2	3	4	5
I've been feeling relaxed	1	2	3	4	5
I've been feeling interested in other people	1	2	3	4	5
I've had energy to spare	1	2	3	4	5
I've been dealing with problems well	1	2	3	4	5
I've been thinking clearly	1	2	3	4	5
I've been feeling good about myself	1	2	3	4	5
I've been feeling close to other people	1	2	3	4	5
I've been feeling confident	1	2	3	4	5
I've been able to make up my own mind about things	1	2	3	4	5
I've been feeling loved	1	2	3	4	5
I've been interested in new things	1	2	3	4	5
I've been feeling cheerful	1	2	3	4	5

Methodology

- Recruit 20 patients in the North Ceredigion GP clusters (7 GP practices, c. 47k population)
- Participants interviewed by LW, complete WEMWBS
- Participants receive a health and well-being assessment
 - Stature, mass - BMI
 - Resting Blood Pressure
 - Heart rate
- Participants agree a “social prescription” to follow for 3 months, ‘*meeting*’ monthly with the link worker (LW) to discuss progress
- Repeat all health assessments after 3 month intervention
- Participation in a focus group meeting to discuss SP and LW role

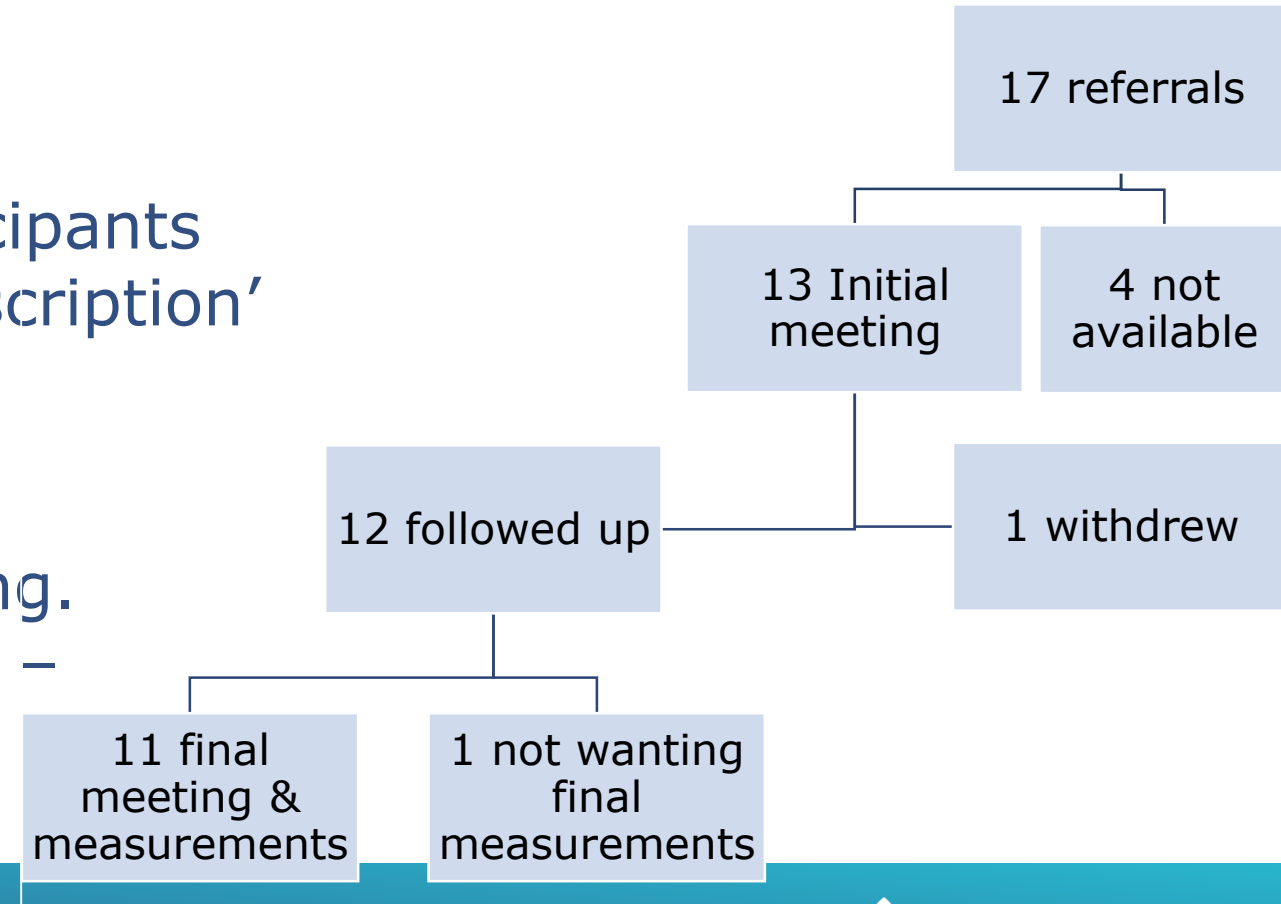
Project plan

ACTIVITY	w/c 2018																														
	May		June				July					August				September				October					November				December		
	21	28	4	11	18	25	2	9	16	23	30	6	13	20	27	3	10	17	24	1	8	15	22	29	5	12	19	26	3	10	17
Preparatory work																															
Networking																															
Linking with GPs																															
Development of resources																															
Participant Engagement																															
GP referrals																															
Link Worker engaged with participants																															
Active Research																															
Initial Health / Wellbeing Assessments of participants																															
Link Worker diary / lessons learnt log																															
Final Health / Wellbeing Assessments																															
GP online survey																															
Focus group research																															



Initial Meeting With Participants

- 17 referrals
- I met with each of the 13 participants for up to 2hrs, Co-wrote a 'prescription' of what they wanted to do.
- Missed appointments: 19.
- Participants can tell you anything. Support for link workers is vital – supervision sessions.



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West
Wales
Domestic
Abuse
Service

Volunteering

National
Exercise
Referral

Woodland
activities

yoga

Cardiac
rehab

Benefit
checks

Groups,
activities &
services

Reduced
alcohol
consumption

MIND

Foodwise
for Life

Veteran
support
Hafal

NHS post
traumatic
stress
counselling

Independent
walking

Carers
Support

Housing
register



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Community Groups & Referrals

- Lack of awareness of groups on offer
- Participants require motivational support to link in with a new activity
- The role of a group leader in welcoming new members and helping them feel included is vital. This role should be paid.
- Referral follow up is essential. Many took months for the participants to be invited to join the activity
- Inaccurate information online and given during telephone conversations.



Keeping in touch

- It was a challenge - texting was best.
- Each call gave me extra work – balance between them taking responsibility and retaining control

I was labouring under the misapprehension that no one gave a damn, but now I know there are people out there that really care.

That first chat made a big difference



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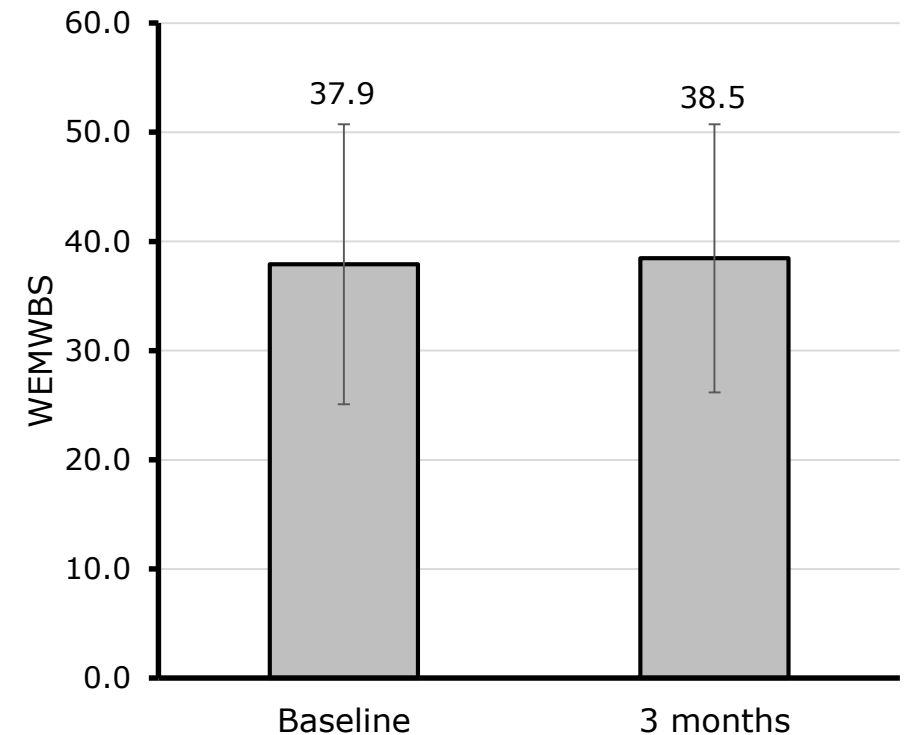
Reflections

- Link worker helped motivate participants, identify actions, navigate bureaucracy & ensure referrals were acted on.
- During follow up people are saying they haven't done anything. They are not recognising / valuing the changes they have made.
- Cannot make people conform and fit in boxes and be expected to join a group for the sake of it. Life is not that simple.

Results

WEMWBS

- No difference between baseline and at 3 months (37.9 – 38.5)
- Wide variance
- Range:
(Baseline) = 16–62
after intervention = 14-65)



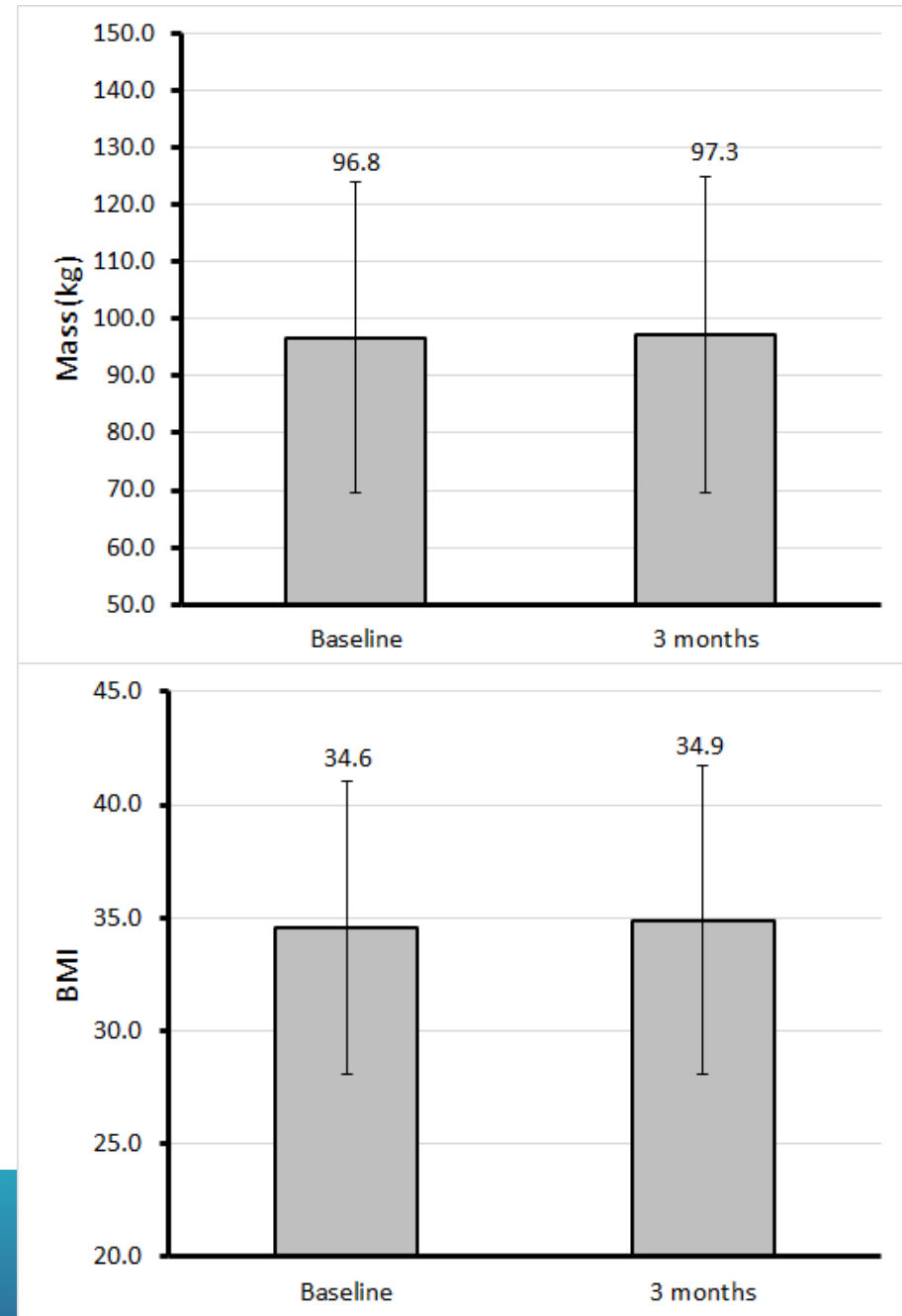
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Results

Weight and BMI

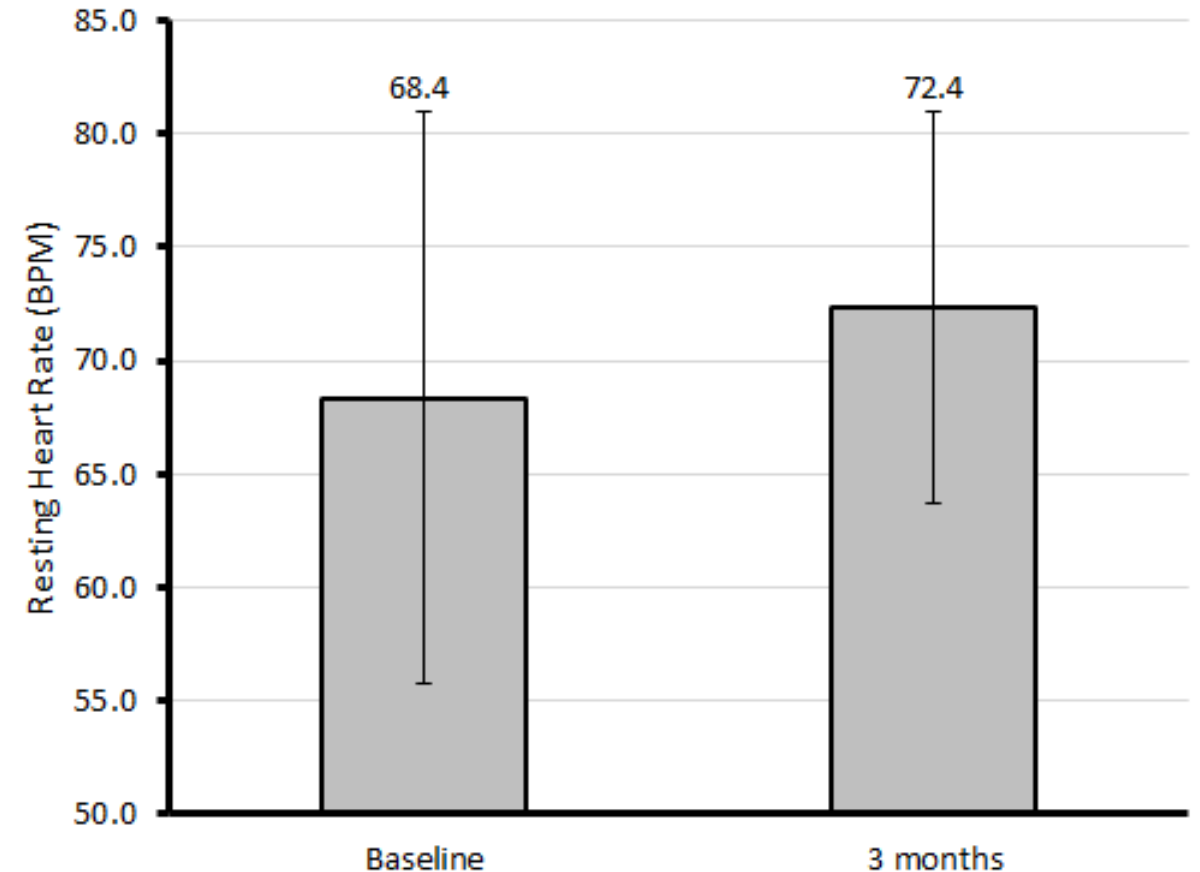
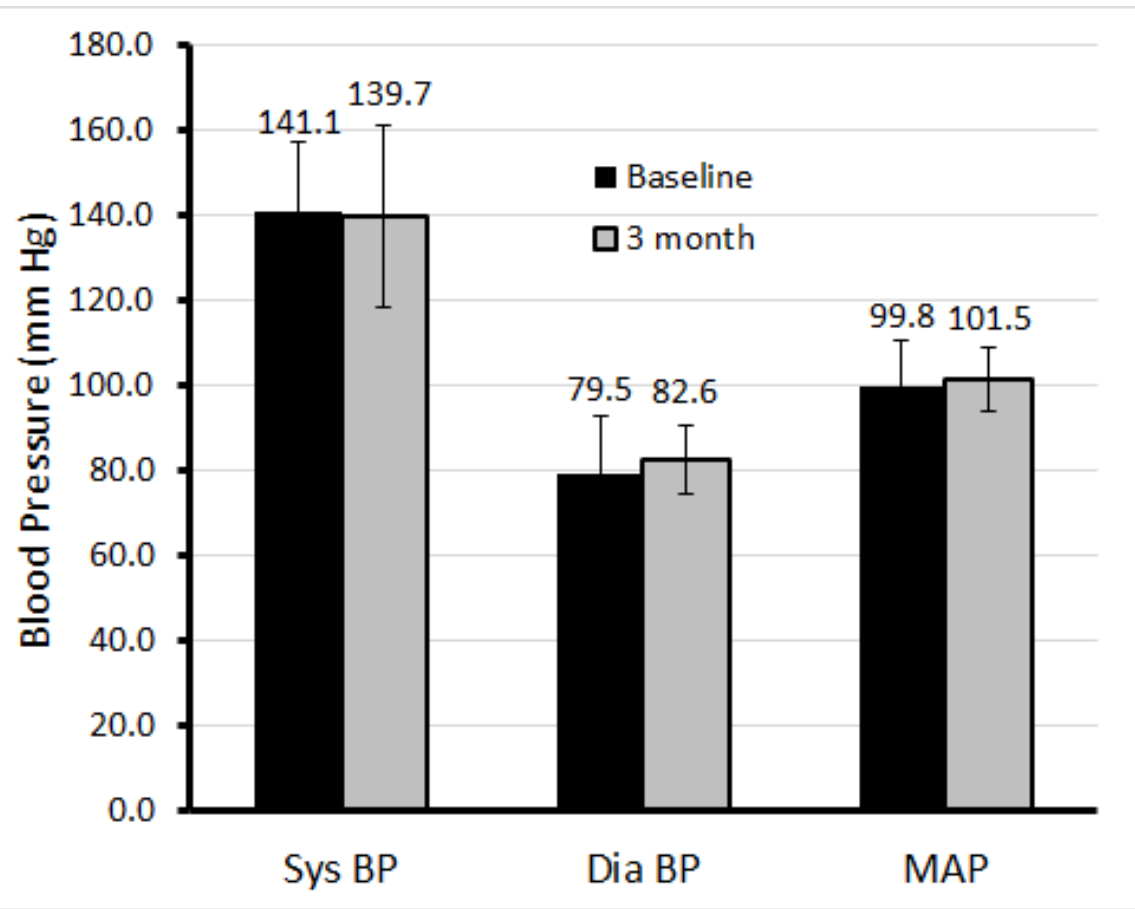
- No difference between baseline and at 3 months
- Ranges
 - Weight: 66.6-158.6kg
 - BMI: 27.0-47.1 kg/m²



Results

Blood pressure and heart rate

- No difference between baseline and at 3 months



Focus Group

Role of the Link Worker

Perception of LW:

- Added value of local knowledge & ability to *harass* local community service providers
- LW as a therapeutic intervention (positivity and approachability)
- Identification of most appropriate activities and facilitate participation
- Participant's desire to please the LW

"Lucy knew an awful lot about what was going on ...without having to look everything up... She seemed to know everyone and everything"

"It would be helpful for someone to accompany you, to go with you. To help break the ice and put your foot through the door"

"I knew what I didn't want to do before project. It was just nice to have someone to speak to. Lucy is lovely."



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Focus Group

Primary Objective: extent to which the link worker effects recruitment into and retention in social prescribing services?

"I met Lucy in the Doctors. I wasn't able to get up here. Which made it easy for me. Getting up here is not that easy. We met at GP's which was great."

Meetings:

- Location/flexibility of LW meetings impacts participants in a rural community.
- Participants wanted more contact with LW and goal setting
- LW showing personal interest



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Focus Group

Primary Objective: extent to which the link worker effects recruitment into and retention in social prescribing services?

"I thought she was very helpful and positive. Then we had to write down our own goals. I wanted to please – which I could follow through with it."

Meetings:

- Location/flexibility of LW meetings – participants in a rural community.
- Participants wanted more contact with LW and goal setting
- LW showing personal interest



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Focus Group

Primary Objective: extent to which the link worker effects recruitment into and retention in social prescribing services?

"Text was helpful- from Lucy the day before to remind of appointment. I thought the project was over and that Lucy had forgotten about me, and then I heard from Lucy"

Meetings:

- Location/flexibility of community.
- Participants wanted more contact with LW and goal setting
- LW showing personal interest



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Focus Group

Primary Objective: extent to which the link worker effects recruitment into and retention in social prescribing services?

"More Link Workers..."

"hard for one Link Worker to do job for seventeen participants. That's a lot of work...."

"That's where your money needs to go."

Resourcing:

More funding for LW role



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Conclusions

- No differences in the physical and mental indicators of health – weight, BMI, BP, resting HR and WEMWBS
- Demonstrated feasibility to collect these data
- Difficulties with getting participants into SP activities/schemes
- Engagement with healthcare professionals could be improved
- More research needed into recruitment and retention in mid-Wales
- Repeat and recruit specific patient population e.g. frequent attenders
- Longer intervention period

Social Prescribing Day

14th March 2019



Meet the team



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Thank you



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