



Social Prescribing in Adur and Worthing Connecting our Communities



Social prescribing enables Primary Care and other professionals to refer people to a SP - who can help that person access a range of local, **non-clinical** services to improve their health, wellbeing and social welfare.

Going Local & [Social Prescribing](#)



The social determinants of health are conditions in the environments in which people are born, live, learn, work, play, worship, and age. This will impact a persons health and quality-of-life.

Health inequalities are widening





**Depression, diabetes, back ache,
insomnia, heart conditions, disability**

**Debt, housing, bereavement, falls,
loneliness, unemployment, crime,
education, poverty...**

- We have additional time with someone
- Person-centred, asset-based and holistic
- Excellent communicators
- Superb listeners
- Motivational Interviewing
- Wealth of local knowledge for signposting
- Great peer support and wider team
- Continual development and learning

What makes a good Social Prescriber?



- Improved health and wellbeing
 - "just having someone to listen to me is really helpful"
 - In control of their own goals
 - Resilience to cope in the future
 - To feel less isolated
 - Better knowledge of local area
 - Giving back to local communities
 - And now we will hear from someone who experienced the Going Local service - [Paula](#)
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Why is SP important to people?



- An average of 100 referrals per month into the service
 - An average of 350 onward connections are made per month for the people we support into a wide range of community groups.
 - We work with people for an average of 4 sessions during their time with us.
 - The top 3 needs we are currently receiving referrals for include: Social Isolation, Housing and Finances.
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Current data and trends across the service



- Using a Directory of services
- The current connections being made
- Working alongside Community Works and all local groups to see how we can address any gaps

Identifying gaps in local service provision



- Addressing the gaps alongside Community Works
 - Group work projects - Carers Support and Living Well
 - Developing volunteers and utilising the strength
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Improving connections



- Please ask away!
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- And Paula's details: moorepaulajane@gmail.com

Questions?

