



yorkcvs

# Our Social Prescribing Impact



Registered Charity (no.225087) Company Limited by Guarantee (no.493550)

**2022 – 2023**

# Our Social Prescribing Impact

April 2022 – March 2023

## Summary

Our Social Prescribing Link Workers have worked hard in partnership with primary care networks to provide vital support to people; on cost of living, mental health, loneliness and managing long-term conditions.

We've worked as part of hospital discharge, reablement and integrated care teams to reduce pressure on services. Watch out for Social Prescribers in Frailty Hubs and Learning Disability Link Workers – new in 23/24.

A BIG THANK YOU to all our social prescribing link workers for their dedication, to our partners, who have nurtured the growth and to York citizens for their support and inspiration.

**Christine Marmion-Lennon**  
Deputy CEO, York CVS



## Reduced Pressure

Every **Primary Care Network** reached their upper DES target for 2022-23 social prescribing referrals, receiving full payment.

Social Prescribing Link Workers now in **hospital discharge, integrated care and frailty teams.**



# 3541

**Social Prescribing Referrals**

**15 Primary Care**  
Link Workers

**6 Ways to Wellbeing**  
Secondary Care Link Workers



# 94%

**Patients achieved their goals, across all social prescribing services**

Using ONS4 tool

# 95%

of patients achieved their goals working with their Social Prescriber

# 92%

of patients felt more able to manage their health and wellbeing since working with their Social Prescriber

# 95%

of patients would not have made changes to improve their health and wellbeing if they had not worked with their Social Prescriber

# Innovations

## In 2022-23 we introduced the following NEW services:

**Frailty Clinic** – social prescribers were introduced into multi-disciplinary teams, supporting 75% of frailty patients.

**Pain Sailing** – Living with Pain ‘Pain Sailing’ Support Group established, co-created by patients living with chronic pain (watch video).

**Cuppa & Craft Group** – a new, joint initiative with York Art Gallery – supporting people to access art and heritage opportunities through Social Prescribing

**Students** – we engaged students to support their mental health, working closely with the universities to understand what this support should look like.

**Buddies and Befrienders** – volunteer buddies, including ‘Geek Guardians’ supporting gamers, living with autism.

**Green Social Prescribing** - connecting people to nature, ([watch video](#)) in partnership with Hey Smile Foundation.

**Palliative Care Link Worker** – we introduced this service as a pilot in one PCN which is now a permanent offer.

**Vaccine support** – our link workers helped to increase take-up of covid and flu jabs.

**Proactive Social Prescribing** – link workers are proactively identifying patients who may benefit from social prescribing, ringing them to support cancer care, improve take-up of cervical screening and help patients with respiratory disease to be more active, particularly in the most deprived areas of York.

**Purely Cust Trust** – this partnership helps to pay for items that people can’t afford, including travel grants for people to get to community activities and equipment, such as swimming costumes, blankets and trainers.

**Learning Disability Reviews** – we supported two PCNs to introduce learning disability reviews as part of an MDT approach

**Integrated Care Teams** – we now have social prescribers as part of York Integrated Community Team

**Dementia support** – link workers support families in crisis, both before diagnosis and with advanced disease.

**Severe Mental Illness** – we proactively rang patients to offer support and address barriers to accessing health checks.



# What our partners and patients say...



Watch / listen to Christine's story

"I've had huge support from my Social Prescriber with building my confidence. I am more independent with an increased sense of wellbeing.

I've got my life back on track."

- Patient

"Social prescribing has had a huge impact on my patients, the frustration felt when I know my patients' issues are about far more than their health but are about their environment, social connections, opportunities and community.

To be able to refer to a specialist in communities to make those connections is incredibly empowering for me, but more importantly my patients. It has reduced their dependency on health services and in particular GP practices and allowed the patient to gain independence - win, win!"

- York GP

"The social prescribers are an asset to York Medical Group, supporting patients with various issues. Our social prescribers are providing invaluable support patient's mental health, creating personal centred care plans and offering practical support, to what is often a socially isolated cohort of patients.

Another service working very well is the SP providing cancer care reviews to our patients, giving practical advice on free prescriptions and information on support groups available in the community."

- York Medical Group