

**A COMMUNITY
APPROACH,
CONNECTING PEOPLE,
IMPROVING HEALTH AND WELLBEING**



Introduction

SPRING Social Prescribing is a partnership between Healthy Living Centre Members - which includes CWSAN, Bogside and Brandywell Health Forum, the Healthy Living Centre Alliance and Scottish Communities for Health and Wellbeing.

- ✓ This pilot is operational across 5 Trust Areas
- ✓ Team of 38 Social Prescribers in Northern Ireland and Scotland
- ✓ Over 100 GP practices making referrals

What is Social Prescribing

Social Prescribing: a way for G.Ps and health professionals to refer patients to the community for non-medical supports.

WHO CAN REFER?

Primary Care health professionals

GP'S / Nurses / Health Visitors

Pharmacists

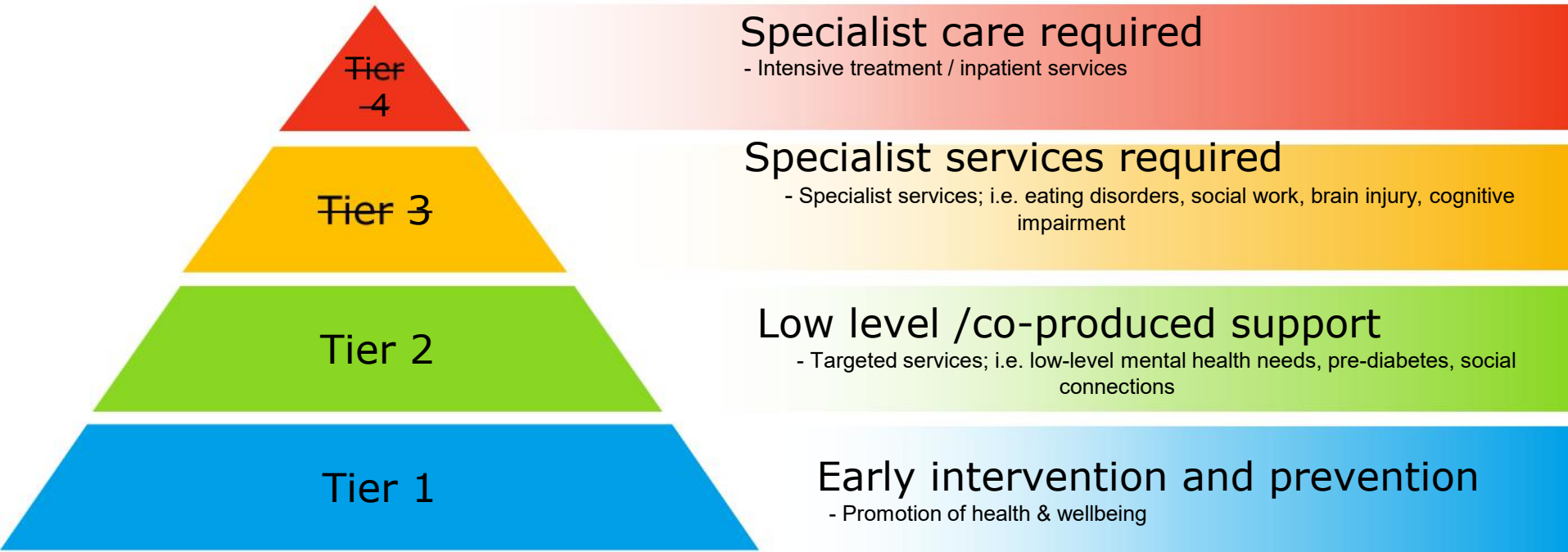
Occupational therapists

Typical reasons for referral:

- Low level mental health issues
- Social isolation
- Chronic illness
- Risk of Type 2 Diabetes
- Physical inactivity
- Frequent attendance at primary care services

Referral Criteria

- 18+
- **Tier 1 and 2**



How does it work?

- ❖ A GP, Primary Care health professional, Pharmacist makes a referral to a SPRING Social Prescriber based in the community
- ❖ The Social Prescriber and client arrange a one-to-one call or socially distanced visit to discuss the individual's support needs.
- ❖ The client is supported to engage in suitable Covid-safe activities and services
- ❖ The Social Prescriber provides ongoing support throughout the client's health pathway to improved health and wellbeing to help them achieve better health and wellbeing outcomes.

SPRING Social Model of Health



Thank You

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