



Barnsley Healthcare Federation

Better Health, Better Care, for a Better Barnsley

The Barnsley Primary Care Network

**The all new youth and families Social Prescribing service,
Barnsley**

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Social Prescribing



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- We all know taking care of your health involves more than just medicine.
- It is estimated that 20% of patients consult their GP for what is a social problem which can't be treated with traditional medical solutions alone.
- Social Prescribing is a growing movement that connects people with a range of non clinical programmes, services and events in their local community.
- Most people expect to leave the GP surgery with some sort of medication to fix their health issue whatever it might be.



- We understand getting a patient to accept and engage with a prescription for a weekly community health walk or community gardening club will realistically require a programme of education over a period of time, and our link workers will spend their time doing just that.
- Social prescribing recognises that people's health is determined mainly by a range of social, economic and environmental factors .
- As a service we are putting a large focus on using outdoor exercise and natural based interventions to improve health and well-being
 - An inactive person spends 37% more days in hospital
 - An inactive person visits the doctor 5.5% more often

How we can help



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Our social prescribers can help you with a range of issues including:

- Social isolation
- Loneliness
- Emotional wellbeing
- Healthy lifestyle choices
- Getting out and about
- Long term health conditions
- Loss of confidence / purpose
- Poor health linked to housing conditions
- Accessing work, training and volunteering

Benefits



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- Improves mental and physical health
- Connects people
- Encourages people to learn new skills or participate in a new activity
- Increases self confidence and self-esteem
- Promotes a better quality of life
- Gets people involved in their communities giving them a sense of purpose

Main Objectives



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- Deliver an innovative youth and family social prescribing service in Barnsley
- Develop trusting relationships and give people time to tell their stories
- Support our local GP practices in reducing unnecessary workload and appointments
- To support young people aged between 14 and 18 years old and their families
- Encourage young people and their families to use green space to improve their health and well being

Referral Process



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- Referrals are made by completing the referral form and sending to barnsleyccg.pcnsocialprescribing@nhs.net
- Referrals will be accepted for circumstances relating to low level stress, anxiety and mental health, education, financial health, housing, bullying and relationship related issues.
- Referrals are screened to ensure they are appropriate
- Referrals will be processed in 3-5days

Case Studies



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Patient A – 17 year old male suffering from low mood pending the anniversary of his mother's death which is not discussed within the family.

The patient was signposted to:-

- Barnsley College Counselling Service
- Barnsley Bereavement Service

Patient B – 17 year old male referred due to an history of weight management issues resulting in a low mood and lack of motivation.

The patient was sign posted to:-

- Barnsley Premier Leisure Health Referral Scheme -12 week free programme

All our patients are assessed using the ONS4 assessment at initial contact and, after the 12 week programme, the results show significant improvement in the personal wellbeing score



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Thank you for listening
Any questions?