



Barnsley Healthcare Federation

Better Health, Better Care, for a Better Barnsley

The Barnsley Primary Care Network Link Works

Youth and families Social Prescribing service, Barnsley

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Introduction



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The aim is to run a youth social prescribing service, where we can identify issues young people and their families are facing, and provide a focussed and a tailor-made approach in order to help them resolve those issues, sign posting them to organisations that can provide constant support and for our youth to lead healthier, happier and more prosperous lives.

Social Prescribing



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- 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
- 50% of a persons lifetime issues are present at the age of 14 and 75% are present by the age of 24
- Social prescribing is a growing movement that connects people with a range of non clinical programmes services and events in their local community, such as walking groups, mental health counselling, employability skills and healthy lifestyle support.

Social Prescribing Link Worker



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The role of the Social Prescribing Link Worker is

- To take referrals from GP practices and from a wide range of agencies, including pharmacies, wider multi-disciplinary teams, hospital discharge teams, allied health professionals, fire service, police, job centres, social care services, housing associations, and voluntary, community and social enterprise (VCSE) organisations (list not exhaustive) and to;
- Provide personalised support to individuals, their families and carers to take control of their health and wellbeing, live independently and improve their health access and outcomes, as a key member of the PCN multi-disciplinary team.

Social Prescribing Link Worker



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- After initial assessment, our Link Workers work with a patient for around 12 weeks however each patient is different so the length of support can vary.
- Link Workers undertake weekly check ins with patients/family.
- Link Workers will chase any onward referrals to ensure our patients are receiving the support they need, when they need it.
- Although our Link Workers have direct access to clinical systems, its important that GP's are update on any changes or progress – this is ensured through attending MDT meetings, where possible.
- ONS4 assessments are completed before closing a case and at 3, 6 and 12 months to ensure progress.

Key Principles



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- It is an holistic approach focussing on an individuals needs/strengths and what matters to me approach.
- To promote health and wellbeing and reduce health inequalities in a community setting
- Social Prescribing recognises that people's health is determined mainly by a range of social, economic and environmental factors

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 workloads and appointments
- To support young people aged between 14 and 18 years old and their families

Referral Process



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- Referrals are picked up and allocated to a Link Worker within 2 working days.
- Referrals are allocated to the Link Worker via appointment list on SystemOne.
- Our Link Workers contact the patient via telephone call within 24hrs to arrange an initial appointment.
- Ideally the initial assessment is completed face to face, this appointment can take between 1-2 hrs hours. Its important to take time to find out what matters to each patient.
- During the initial assessment an ONS4 assessment is carried out to give a base line.
- Any onward referrals are sent within 1 week of initial assessment.

Referral Process



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- 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 3-5 days.
- Referrals are made by completing the referral form and sending to barnsleyccg.pcnsocialprescribing@nhs.net

Tribute Garden



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Barnsley Chronicle, Friday, December 17, 2021 — 7



Tribute garden is being sown by Forest Academy youngsters

By Jack Tolson

A GARDEN commemorating two members of staff at Barnsley Healthcare Federation was started by kids from a local primary school.

Sumeer Munir and Phil Parrish died of Covid last year and so staff at the federation – which runs GP surgeries throughout the borough – decided they wanted to do something in their honour.

Students from Forest Academy,

and volunteers from Twiggs, joined together last Tuesday morning at Oaks Medical Centre in Kendray – braving fierce weather conditions to plant the trees. There are also plans to introduce a plaque as well as a pair of benches, so that people can enjoy the area when the weather picks up.

Peter Hague, from the Barnsley Healthcare Federation, said: "It's part of a national project called the NHS Forest and there's lots of places throughout the country

that are planting trees.

"We decided to take part here and so we've got the Forest Academy to come down, alongside Twiggs, to help us.

We're planting 15 fruit trees and nine shrubs along with two memorial trees to colleagues that we've lost throughout Covid with the idea of making it a greener area for wildlife.

"It's the first tree planting project I've been involved in and it's good to see more and more taking part in these events."

Case Studies



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Terminal Young Boy

- Mum put appeal on Facebook for activities for her son, a terminal patient with loneliness who was seeking activities and socialising.
- Member of public put mum in contact with Social Prescribing Link Worker who went out and did an initial assessment. SPLW could not find suitable activity due to condition and VCSE felt risk to high. SPLW took patient fishing. Mum and another SPLW was at a short distance, giving privacy for patient to enjoy the activity.
- Patient enjoyed this activity and it made a positive impact, reducing loneliness. A Youth art and craft group is now taking place in the patients local community. The SPLW had a conversation with the group and they are happy to have the patient and mum attending. This information was passed onto the patient and he is currently considering attending.

Case Studies



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- **15yrs female old Presented with low mood & not attending school, referral source Early Help**
- Link Worker used the family fund to source a fridge freezer for the family who's appliance wasn't working so there food wasn't lasting long and things were going off .
- The new fridge freezer has made a massive difference and without the grant they wouldn't have been able to afford a new one or even a second hand one .
- For the same family the link worker applied for a grant for a new school uniform from Chilypep.
- The Link Worker connected with the attendance officer at Darton and the head of year and worked with the school and family and now the patient is back in school on a reduced timetable.
- She was under CHAMS when the link worker did the initial assessment, patient stopped engaging with CAMHS but now feels ready to engage, so has been re referred to CAMHS to receive appropriate interventions for her mental health.

Case Studies



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Young Lady with Learning Disabilities

- Referral was made to Youth Social Prescribing by care co-ordinator regarding Young Person with mild learning disability for loneliness and wanting to make friends. Social Prescribing Link Worker did initial assessment and referred Young Person to Chilypep Wellbeing drop in activity sessions and she has now also started a voluntary job at a charity shop. She is also attending a learning disability social group. Life satisfaction was the only ONS4 score of concern but this has now improved for the better.
- “It was lovely to get such positive feedback about the resident that benefited from the youth social prescribing team. I have attended today with the nurse to provide covid vaccine boosters and it was fantastic to see such an improvement in this young lady’s confidence and to see her visually happier after all your assistance.
- Thank you so very much. Anne Farrell, Care Co-ordinator”

Our Vision



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- To create an all age social prescribing service
- From the 1st April 2022 will be providing social prescribing for both Adults & Young People.
- To ease the transition of the current adult service over to our service, we have started accepting new adult referrals.
- Each neighbourhood will be allocated a team of Social Prescribing Link Workers who will be responsible for the referrals for all ages.
- The Social Prescribing Link Workers will be a key part of our Personalised Care team working closely with Care Coordinators and Health and Wellbeing Coaches to ensure all referrals get the most appropriate support for their needs.



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Thank you for listening
– Any questions