

my Best
Life

- Who are SYHA
- The Model
- The Numbers
- The Impact
- The People



Who are we?

- ✓ Not for profit – 46 Years
- ✓ Top 100 *Best Companies Not for Profit*
- ✓ IIP Gold
- ✓ 5K properties + supported housing
- ✓ Employment Services: *workingwin*
- ✓ Largest provider of social prescribing services in the North



Social Prescribing

“People’s health is determined primarily by a range of social, economic and environmental factors, social prescribing seeks to address people’s needs in a holistic way” - Kings Fund

- None medical interventions
- Strength based conversations
- Link worker/navigator/advisor
- Community solutions = long term sustainability

My Best Life - Key Features

WHAT?

- ✓ Connecting & empowering people in their community
- ✓ Building peoples resilience and improving their health and wellbeing
- ✓ Reducing pressure in the Health & social care system, including High Intensity Users (HIU)

HOW?

- ✓ Borough wide
- ✓ Accessible & Integrated in primary care – MBL Champions
- ✓ Year 1 referrals: 805 achieved
- ✓ Increased confidence & motivation of individuals
- ✓ Reduction in GP appointments

Referral Criteria

- Frequent attendance at GP practices or other Health and Social Care services
- Mild to moderate depression or anxiety
- Long term physical or mental health condition(s)
- Social isolation

What can we help with...

- Access support for making connections
- Access housing solutions
- Looking after emotional wellbeing
- Managing money and support with welfare issues
- Manage symptoms and promote healthy lifestyles
- Access work and volunteering opportunities
- Support to stay living at home



The *Relationships* behind the 805

- ✓ MDT Meetings/Clinical meetings
- ✓ Patient participation groups
- ✓ Informal catch ups
- ✓ Co-location
- ✓ Different skill sets: building new knowledge & experience

CULTURE CHANGE



MBL – the data so far

- 805 referrals
- 49% referrals for customers who are socially isolated
- 64% referrals are female
- 4 days until first visit
- 32 out of 33 surgeries referring into the service
- 9.37 GP appointments on average in the 3 months prior to support
- 6.17 GP appointments following interventions

MBL – the data so far

- Resilience monitoring utilising WEMWEBS and 5WTW
- Increase in self assessed wellbeing*
- 17% increase in feeling optimistic
- 17% increase in feeling relaxed
- 20% increase in keeping learning
- 33%** reduction in GP appointments

* 191 customers with comparable/distance travelled data

** Self reported via follow up monitoring data

The people behind the 805:



A different way.....

“I would have prescribed anti-depressants and referral to Mental Health services”

Barnsley North GP

“Patients were seeing clinicians for social aspects, this increased the demand on the practice team. Because of MBL the clinicians have more time to deal with more complex health needs.”

Michelle Green, ANP



And finally.....

The power of 'strengths based' conversations

- What are you good at?
- What do you enjoy doing?
- What do you want your life to be like?

Putting Barnsley People First



Any Questions?

