



National  
Academy  
for Social  
Prescribing

# Social Prescribing and Yoga

Moving from social distancing to social connections

Tracey Lines National Lead for Physical Activity



# What is Social Prescribing?

We define social prescribing as:

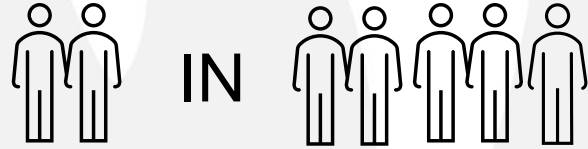
**Supporting people, to make community connections and discover new opportunities, building on individual strengths and preferences, to improve health and wellbeing.**

NHS England has also provided the following technical definition of how social prescribing works:

**Social prescribing and community-based support: Enables all local agencies to refer people to a 'link worker' to connect them into community-based support, building on what matters to the person as identified through shared decision making / personalised care and support planning, and making the most of community and informal support.**

*NHS England Universal Personalised Care, p.21*

# Why Social Prescribing?



## GP's Report:

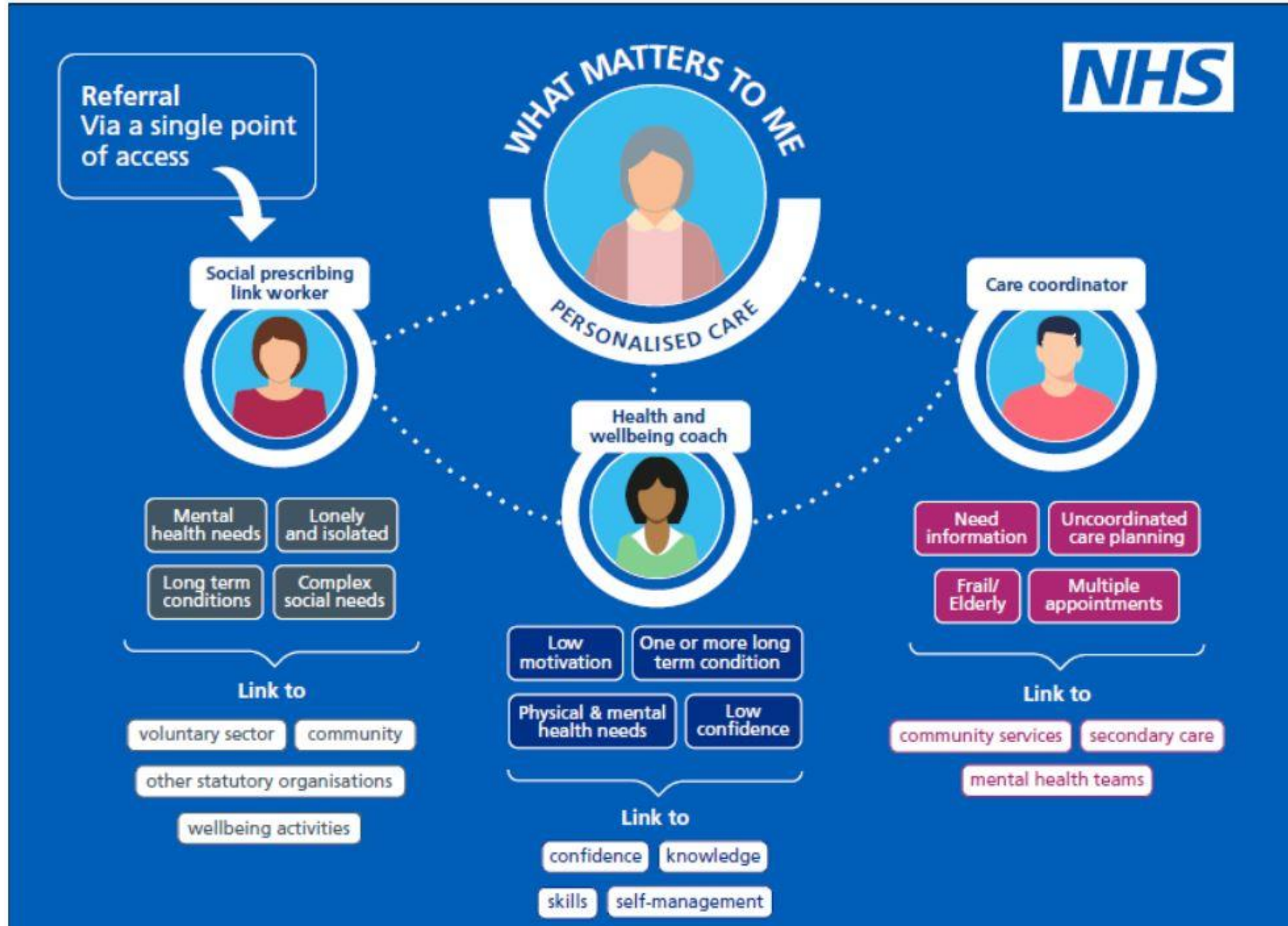
**1 in 5** people that present with a **problem** is fundamentally **none medical**.

Another **1 in 5** live with a condition or symptoms where medicines **doesn't have** an evident role, so-called "Medically unexplained" problems.

**Social prescribing** has a role to play in supporting all these people.



# Personalised Care: additional roles in PCNs



# A social revolution in wellbeing: our strategic plan 2020-23

1

## **Make some noise - raising the profile of social prescribing**

In order to expand social prescribing, we need to get the message out there - that connecting people for wellbeing is vital for people and communities.



2

## **Finding resources**

To develop innovative funding partnerships we need to work with national, regional and local leaders across sectors and invest directly in social prescribing.



3

## **Building relationships**

Social prescribing relies on strong, mature relationships at national and local levels across multiple sectors.

4

## **Improve the evidence**

We need to build a consensus about what we know and don't know, improve accessibility and visibility of evidence.



5

## **Spread what works**

To promote learning on social prescribing and share good practice we need to develop library of open access resource and a national and international collaborative.

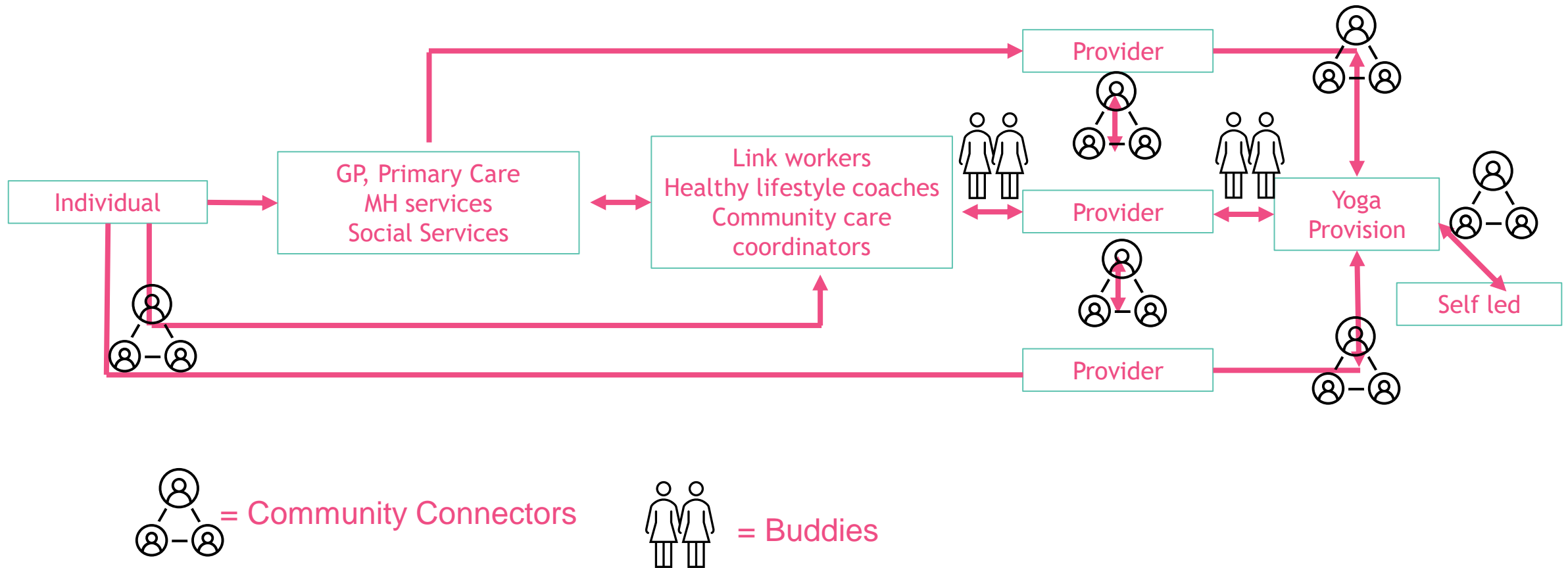




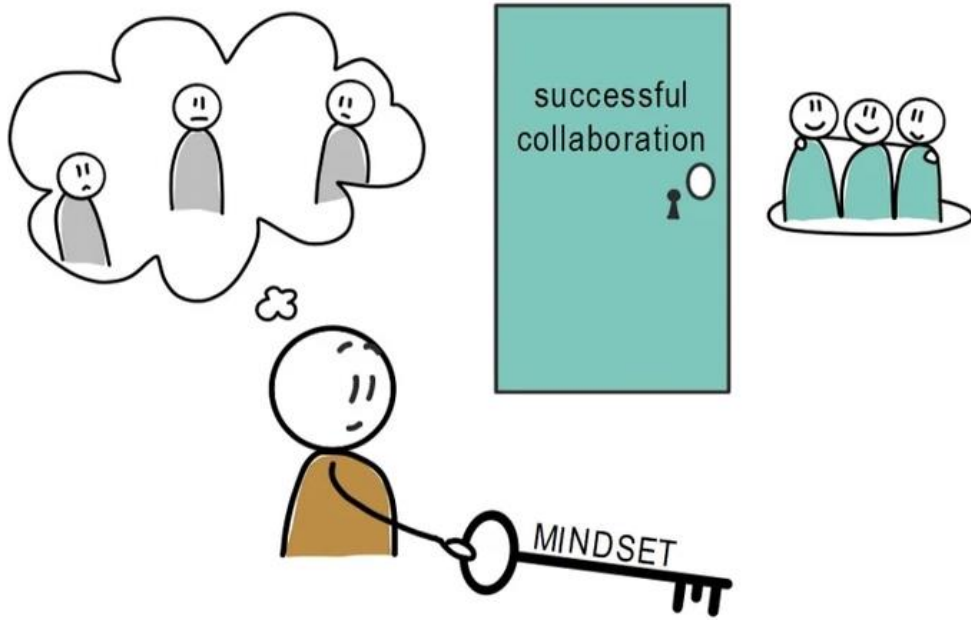


Growing challenges =  
The Need For  
New Solutions

# More Than One Pathway



# Collaboration



**Maybe I need to shift my way of thinking to collaborate?**

- Need for **collaboration**, not about providing.
- Need to be **accessible**.
- Support to attend and come back , **support** can be **an intervention in its self!**
- Need for **integrated** into other **service provision**.
- Being **person –centred, being creative**



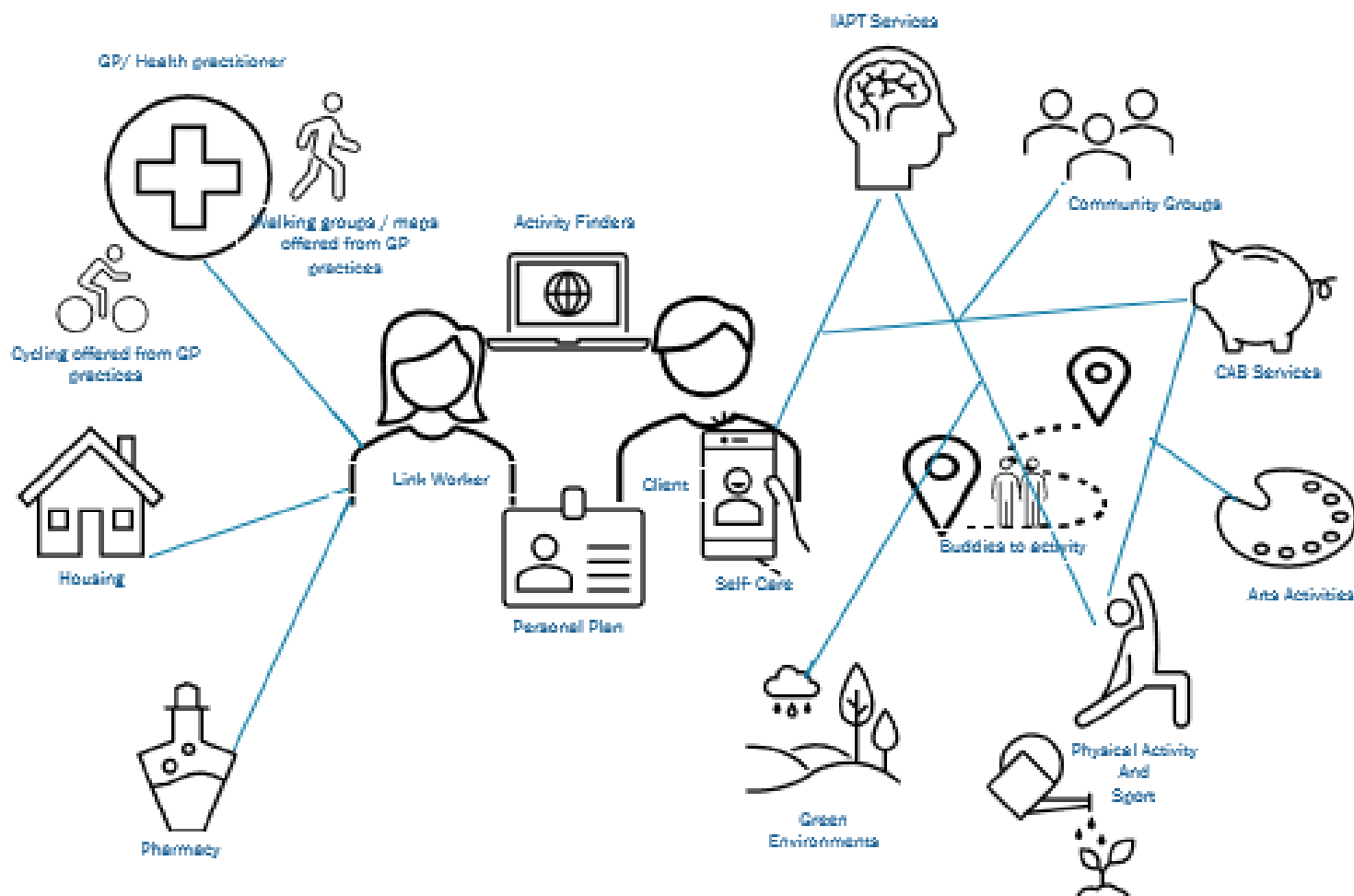
### **Importance of connecting locally**

- Invite them to your local network meetings – SPLWs offer a great way to get to know communities you might not normally connect with and gain intelligence about local need
- Convene or join multi stakeholder conversation in your local areas - who would you want to get around the table for a borough related conversation
- Think about best ways to connect in person – SPLWs are more likely to refer to people they have met

### **Build networks to inform intelligent commissioning**

- Invite SPLWs to your meetings - what is the unmet need for their patients?
- Activity groups pose excellent value for £
- Think about how you can make your activities known to SPLWs -

# Consider



How can you develop an offer that can be embedded with your local social prescribing system and with whom ?

Who can you work with in your local social prescribing system and how can you compliment one another?

Who /how can you build community connectors and buddies to support people to change their behaviour ?

# Thriving Communities



Join by going to: [Network | National Academy for Social Prescribing \(socialprescribingacademy.org.uk\)](https://socialprescribingacademy.org.uk)



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Thank You

Contact: [Tracey.lines@nasp.info](mailto:Tracey.lines@nasp.info)