

Connect Well The Social Prescribing project in Mid Essex

Braintree District Council
Overview & Scrutiny Committee
24th February 2016





Context for the Living Well Programme

- Ageing, increasing population
- More people with long term conditions and having more than one
- Reducing resources across all areas, statutory services and voluntary
- Unsustainable NHS
- Whole system approach including integration of services
- Focus on prevention and self care/self management





Social Prescribing – what is it?

Social Prescribing is about linking people up to activities in the community that they might benefit from. It's about connecting people to non-medical sources of emotional, and practical support.

- •feel more involved in their community
- meet new people
- make some changes to improve your health and wellbeing

Examples include: Luncheon clubs, walking schemes, advice services, condition

specific self-help groups, voluntary action





 A multi-agency initiative involving both statutory and voluntary sector organisations

 Over 30 local organisations have been involved in the co-design & development of the mid Essex model

Connecting mid Essex residents to help and well being support in their local communities – right place, first time



- Uses trained Social Prescribers and Social Prescribing Champions
 throughout the districts in a variety of organisations to lead empowered
 sign posting to community based help and well-being support
- Uses Connect Well Essex as a web based tool to identify and refer to appropriate help and support
- Has approved providers to signpost to across the three districts —
 including carers' support, counselling, community transport, financial
 advice, volunteering opportunities, health focussed peer support groups,
 respite opportunities, health walks, leisure services and many more........





- Web based tool
- Easily accessible
- Staff know who they can refer on to
- Gathers signposting data to provide evidence support
- Population wide model
- Codesigned with referrers and providers
- Will use PDSA (Plan, Do, Say, Act) model of continual improvement
- Uses Asset Based Community Development (ABCD)





- Initial start up funding from Essex County Council public health and Transformation Challenge Award
- In kind contributions from partners
- Outcomes measured and evaluated
- Sustainable model

Health & Community well-being is everyone's business Prevention is better than cure and cheaper too





- Have trained over 210 Social Prescribing Champions locally across Mid Essex in 21 local organisations
- Have at least 200 local people more to train new year this includes library staff and volunteers and social work teams
- Will also include a volunteer model of Social Prescribing champion which will be developed in the new year
- Training in behaviour change (Making Every Contact Count) as well as the new Connect Well website



Braintree District – partners

- BDC staff teams
- BDVSA
- Douglas Grove GP Practice
- Fusion Leisure
- Greenfields Community Housing
- Braintree, Halstead & Witham Citizens Advice
- PROVIDE

Coming on Board

- Mount Chambers GP Practice
- Elizabeth Courtauld Practice





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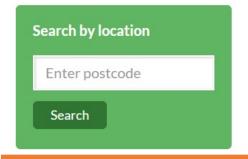
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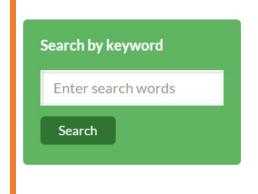






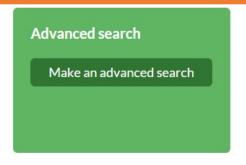
Postcode

will identify distance of services from partial or full postcode



Keyword

will draw results from all activities, all areas, can include part words, common tags



Advanced Search

specify client group, health condition, gender and more



The aims of Social Prescribing in Mid Essex are to:

- Achieve more appropriate use of community, health and social services
- Enable residents to be proactive in managing their own health conditions and well being
- Maximise the use of community assets and build on the use of volunteers and existing voluntary services so that people can access the right support
- Be accessible to as many people as possible within the community
- Promote local culture change
- Supports the aims of the Success Regime





- Formal public launch took place in February 2016
- Evolving model to build on and continually improve
- Self referral at stage 2 development in new year
- Presented on nationally at NAVCA Annual Conference
- First project to go live nationally using the new web based referral tool
- Basildon and East Kent are also signing up to use Connect Well





For more information and to *sign up*Contact

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