



# Connect Well

## The Social Prescribing project in Mid Essex

Braintree District Council  
Overview & Scrutiny Committee  
24<sup>th</sup> 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



**Connect Well**

connecting you with help & wellbeing support

- 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*

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**Essex  
Connects**  
into the heart of local communities



- 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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## I am looking for ...



Leisure and Social  
Activities



Self Help



Advice and Support  
Services



**Connect Well**  
connecting you with help & wellbeing support

#### Search by location

Search

## Postcode

will identify distance of services from partial or full postcode

#### Search by keyword

Search

## Keyword

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

#### Advanced search

Make an advanced search

## 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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