

# Connect Well Kingston Update

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Kingston Social Prescribing Briefing

No. 2 April 2018

## Welcome

Spring has sprung and this time of year often marks the start of new beginnings. Connect Well Kingston has now confirmed its identify and logo and its development is gathering pace. This edition will update you on some of the local and national work that's been happening with social prescribing.

If you have any contributions for future issues please email [health@kva.org.uk](mailto:health@kva.org.uk)



*The Healthy London  
Partnership Social  
Prescribing & Self Care  
Wiki*

[https://wiki.healthylondon.org/Social\\_Prescribing\\_and\\_Self\\_Care\\_Wiki](https://wiki.healthylondon.org/Social_Prescribing_and_Self_Care_Wiki)

## What is Social Prescribing?

...a process to help people make positive changes in their lives and within their communities by linking people to volunteers, activities, voluntary and community groups and public services that help them to:

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

## The Connect Well online referral tool

A key element of the Connect Well social prescribing model is to quickly and simply access information about community organisations, activities and events and then if appropriate make referrals to these opportunities help and support. To facilitate this community wide connecting, Connect Well are codesigning a digital referral tool.

The Royal Borough of Kingston is procuring a software developer to work alongside stakeholders to codesign and develop this tool. This process is nearing completion. Once appointed they will work with the Connect Well Steering Group and communities to explore what the tool needs to do and how to help improve local connectivity and easy access to help and support.

If you are interested in being a part of this work please email [health@kva.org.uk](mailto:health@kva.org.uk)

## National Social Prescribing Network

The National Social Prescribing Network started in January 2016 and drives local and national discussions on embedding social prescribing in the NHS. It also shares evidence and good practice. In addition the Network supports the work of regional social prescribing networks to expand their knowledge and understanding.

To join the network email [socialprescribing@outlook.com](mailto:socialprescribing@outlook.com)  
[National Social Prescribing Network](#)

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## Making sense of social prescribing

This is a national social prescribing document has been co-produced by a number of experts on the national Network. It covers various aspects of social prescribing including: What is social prescribing? Why do social prescribing? What do different models look like? What makes a good link worker? What makes a good referral? Governance & risk management and evaluation

The document will help bring those new to social prescribing up to speed and answer some of your questions

Both the plain and interactive PDFs can be downloaded from this link below

[National Social Prescribing Network](#)

### Kingston Voluntary Action

KVA has an online directory of local voluntary and community sector group services to access which will assist with signposting to help and support whilst a Connect Well Kingston referral tool is being developed.

[Kingston Voluntary Action Online Directory](#)

### Kingston Information & Advice Alliance – KIAA

KIAA is an alliance of local agencies that give advice & information to people. They have a directory of these agencies on their site and referrals can be made to them.

This site is useful when signposting people to help & support.

[Kingston Advice & Information Alliance](#)

### Connect Well Kingston Branding

Following some scoping and co-design work a branding for social prescribing in Kingston has been agreed upon.

The logo and strapline will now be used in the ongoing codesign and development of the Connect Well social prescribing model for Kingston.

Guidelines will be developed as to how partners can use this branding in their work to support Connect Well Kingston and will be shared with stakeholders when ready.



### How to get involved with Connect Well Kingston

If you are interested in getting involved with Kingston’s social prescribing model and codesigning **Connect Well Kingston** please email [health@kva.org.uk](mailto:health@kva.org.uk)

## The Connect Well Kingston Model

Connect Well Kingston is being developed as a whole population, culture change model of social prescribing which supports prevention, self-care and self-management and also helps build both personal and community resilience.

Connect Well will provide the overarching connector support across all of Kingston’s key priorities, strategies, services and communities. It’s tools (digital, social prescribers and training) will be the “glue” that brings communities and their opportunities and people closer to each other in a coordinated way. It will not replace what exists locally but better connect and utilise the assets we already have.

Connect Well differs to traditional models of social prescribing in that it has a universal offer, and three levels of social prescribing; Level 1, Connect Well Champions leading empowered signposting and Level 2, the more traditional higher level Social Prescribers, with self-referral coming online later. Both are trained to have a different, strength-based conversation with people and also how to refer using the digital referral tool.

This model allows us to reach more people across Kingston in a systematic, coordinated way: a social movement to strengthen communities together.

The diagram below shows how this will be navigated

