

Connect Well Kingston Update

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Kingston Social Prescribing Briefing

No. 3 June 2018

Welcome

May was a very busy month for Connect Well Kingston and we welcomed the newly appointed digital partner Ayup and their codesign collaborator mHabitat. They held some well attended codesign workshops at the end of the month and more detail can be found below. Initial designs have been started as a result of this workshop and further smaller group work is being held in late June.

If you have any contributions for future issues please email julie.bristow@kva.org.uk

Making Every Contact Count

An approach to supporting behaviour change to improve health & well being

This will be embedded on the forthcoming Connect Well Kingston Champion training

<http://www.makeeverycontactcount.co.uk/>

<https://www.healthylondon.org/our-work/prevention/making-every-contact-count/>

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

Social Prescribing Pan London

Healthy London Partnership and the Greater London Authority are working with Elemental on the next phase of co-designing a Social Prescribing Strategy for London, focusing on two areas of effective social prescription delivery: the role of the Voluntary, Community & Social Enterprise sector and Digital Solutions. Elemental is a provider company that originated in Ireland but is now working nationally on many social prescribing local solutions.

Final reports are due out soon and will be circulated to stakeholders. They will be helpful locally in sharing good practice and outcomes of their research. There will be specific links to both self-care and digital inclusion in particular.

HLP are building their online resources in addition to the wiki

<https://www.healthylondon.org/our-work/proactive-care/social-prescribing/>

National Social Prescribing Network

The National Social Prescribing Network held its first ever international academic research conference in Salford in June with over 60 poster presentations. There was even a connection with Canada to discuss international work. Papers will be available to access shortly. In the meantime to join the national social prescribing network please email socialprescribing@outlook.com and the website is [National Social Prescribing Network](http://NationalSocialPrescribingNetwork.org)

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Codesign in action 22nd May

Over 40 key stakeholders from across a wide variety of Kingston organisations met on 22nd May to participate in the next of a series of codesign workshops aimed at developing the collaborative, whole system model of social prescribing in Kingston, called Connect Well.

Ayup, the newly appointed digital design team led the session. During their introduction to the group of stakeholders, they shared and explained the people-centred approach that they've deployed successfully on many of our other Tech for Good projects. The approach very much follows the agile principles of iteration and refinement but also includes a layer of clinical safety, privacy, information governance and accessibility compliance.

Led by Technical Lead at mHabitat and co-design expert, Steve Lloyd-Smart - the second half of the stakeholder engagement workshop focused on further developing their collective understanding of a wide range of individual user stories and journeys, as well as facilitating group ideation for solutions to core functionality.

This work will continue into the summer and will involve a wide range of stakeholder organisations and their frontline workers to ensure the end product is accessible and meets everyone's operational needs.

Kingston Voluntary Action

KVA has an online directory of local 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](#)

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 julie.bristow@kva.org.uk



Here are a few action shots of the codesign workshop in May. It was a relatively short session but delegates worked hard so design work could start in earnest.

The next stage of codesign will take place in late June.

Ayup, are also writing a Blog of their work developing the digital tool with us and its progress can be found here

<https://ayup.agency/blog>

Nov 6th, The Kings Fund, London - Social Prescribing: Coming of Age

In collaboration with the Kings Fund, College of Medicine, The University of Westminster, Elemental and The Conservation Volunteers, will be examining the ways in which social prescribing models can be embedded and implemented, looking at how it can be measured and the impact it is already having on patient outcomes...and more!

This conference is open to all people interested in social prescribing local or international.

The last Kings Fund conference sold out in 2 months and the international research conference sold out in 2 weeks. Please do take this opportunity to secure a place as the SP Network are expecting high demand again.