

You Connect

Kingston Social Prescribing Briefing

No. 1 February 2018

Welcome to “You Connect”

“*You Connect*” is the new briefing newsletter of **Connect Well Kingston**, the local social prescribing project.

In this first edition you will find out all about **Connect Well Kingston** and the work that’s been done so far on developing this social prescribing model. If you have any suggestions for news to share about Kingston community and social prescribing please email us at health@kva.org.uk

What is Connect Well?

Connect Well is the new social prescribing model being developed for Kingston Borough. The model design is based upon the work undertaken over the past three years in Mid Essex.

It is a whole population, culture change model of social prescribing that supports self-care and management and helps build both personal and community resilience.

A key element of **Connect Well** is that elements of the model are co-designed with the communities to ensure that what is developed can be used quickly and simply by both local people and organisations.

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 your health and wellbeing



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Connect Well Kingston

Photo: Connect Well Kingston—
codesign using building blocks

Photo: Connect Well Kingston—interpretation of community solutions for connecting people to local help & support



Codesign with Lego

The second codesign workshop for **Connect Well** in January, used an unusual but very familiar method of creating community solutions – Lego.

Whilst at first met with trepidation attendees met the challenge and worked together to visualise community models of social prescribing using these well-known but extremely versatile bricks.

Thank you to everyone for embracing this unusual but very effective method of working together.

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 Patricia Turner at health@kva.org.uk

Codesign of Connect Well in Kingston

In order for social prescribing to work effectively for the local people of Kingston, its operational model is being co-designed. This means that local organisations and people will use their skills and knowledge to develop something that is quick and easy to use and is sustainable.

Developing **Connect Well** in this way also means we build a local “ownership” of social prescribing ensuring that a wide number of organisations are involved in connecting local people to sources of help and support in the community.

The process of codesign has started with 2 rounds of codesign workshops, the first in December and most recently in January. These workshops have had representation from over 25 local organisations already with in excess of 70 people attending over the 2 workshops.

A key focus in addition to better understanding the current community assets and the existing local need, has been to explore development of an online referral tool to help connect people to local help and support more quickly and in a coordinated way.

Following this and some focussed interviews with a variety of organisations, a procurement has been set in motion to commission a company to work with **Connect Well Kingston** to develop together this online community database and referral tool.

This process will be ongoing over the spring and Summer and we'll be looking to continue codesigning during this period, so please look out for more information in “**You Connect**”.