



Social Prescribing Youth Network (SPYN)



 @YoungPeopleSoc1

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“It is an **all-age** model, from maternity and childhood through to end of life, encompassing both mental and physical health support. It can contribute to advancing equality and reducing inequalities in access and outcomes for all.”



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[Our advice for clinicians on the coronavirus is here.](#)

If you are a member of the public looking for health advice, go to the [NHS website](#). And if you are looking for the latest travel information, and advice about the government response to the outbreak, go to the [gov.uk website](#).

Menu of evidence-based interventions and approaches for addressing and reducing health inequalities

More personalised care

Social Prescribing

Supported Self-Management – Health Coaching

Supported Self-Management Peer Support

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Social Prescribing

LTP Priority: Personalised Care

Population Intervention Triangle: Segments (link to Section 1 PHE PBA): Service

Type of Interventions: Personalised Care – Social Prescribing

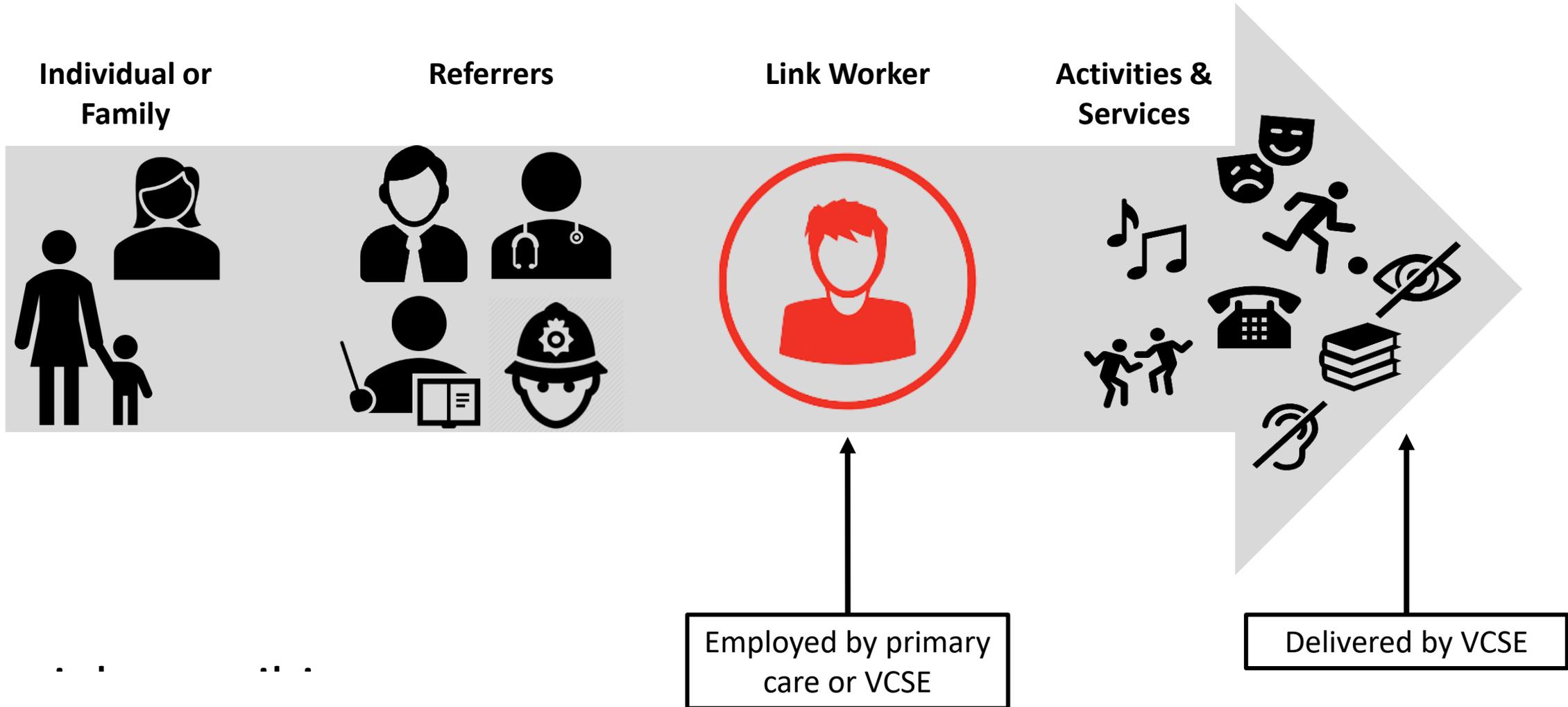
So why isn't it happening?

- Whose remit?
- What's the evidence?
- Safeguarding?
- Schools?
- Caseloads?

Social Prescribing for Children & Young People – As of now



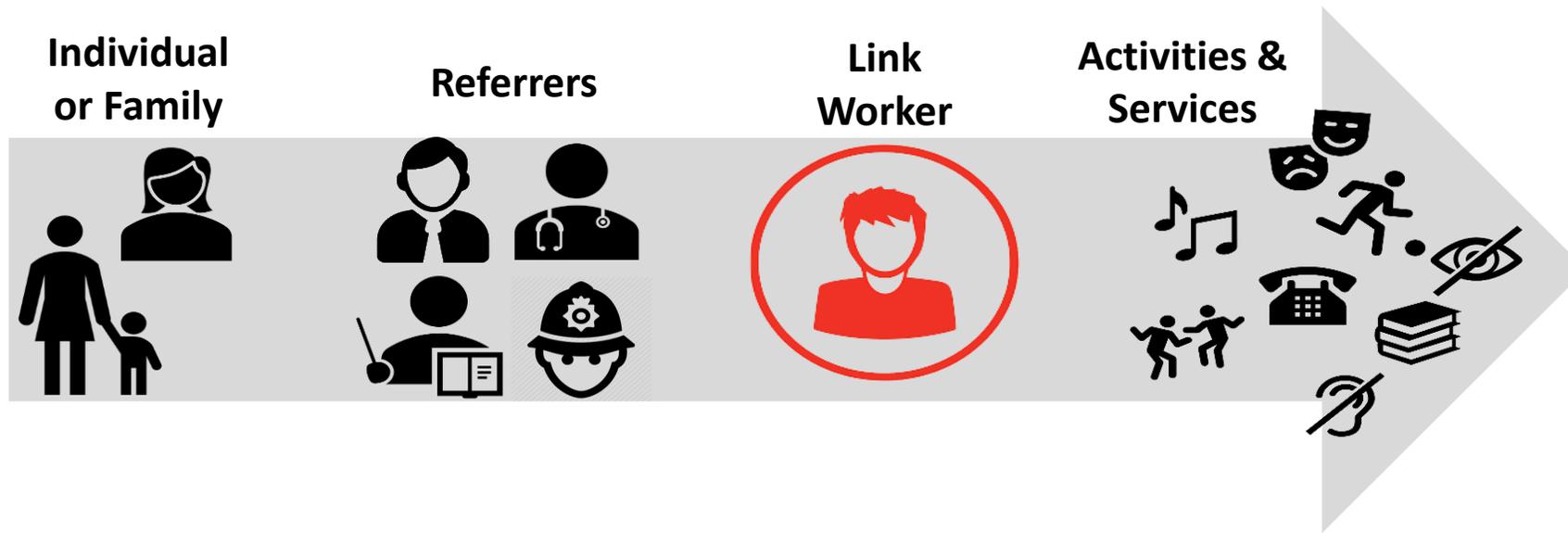
- At least 10 delivery sites – mix of VCSE and PCN hosted Link Workers
- Academic research – Universities of East London, Westminster, Exeter and more
- Social Prescribing Youth Network (SPYN) – 560 members
- SPYN Managers Group – 6 members
- New guidance, commissioned by NHS England, to be published in November



How is it different?



- Range of referral sources – not just GP / Primary Care
- Youth working skills paramount
- Activities and services need to be fun, ‘for me’ and on the doorstep
- Fill gaps between targeted services
- Easily co-commissioned



Differences - in practice



- Involve wider community in making referrals – police, schools, community workers
- Make your link worker mobile
- Co-design and co-produce at as many stages as possible – promotion, recruitment, referral form, monitoring
- Start by targeting participants for whom the right activities and services are available – and grow!
- Understand your local “gaps” and use SP to help fill these e.g. CAMHS step up/down
- Think about what outcomes you want for your local YP and bring the relevant commissioners together



Young People's Social Prescribing Link ...



Watch later



Share

LIFE HACKS

MORE VIDEOS



 Social Prescribing Youth Network 0:02 / 1:08



YouTube



“ Life Hacks has been a crutch for me, I really hope that more people like me are brave enough to ask for help”

“ I lose track of which me I am meant to be in different situations”

“ The fact that someone has taken the time to not just listen, but hear what I am saying then do something to help is new to me but reassuring”

“Life Hacks has given me the capability to change my path and I am excited about my future for once”

“ If someone had brought me a pair of (football) boots 2 years ago I would never had needed therapy”

What are the outcomes?

- Physical health and mental wellbeing
- Reduced offending and anti-social behaviour
- More confidence in accessing primary care for early help
- Better at school
- Employment, housing and debt
- Social relationships
- More involved in decision making 'about me'

What does it cost?



Get going with:

- Part-time Link Worker
- Management structure
- Network of referrers
- Communications
- Activity budget
- Training
- Basic monitoring and evaluation

£50k
per
annum

How can you fund it?



- Primary Care Network for Link Worker post
- Co-commissioning – CCG, Public Health, Education, Children's Services, Police, Youth Offending Team
- Personal Health Budgets
- Extension of existing Wellbeing Service

What can you do next?

- Join the SPYN mailing list
- Join the SPYN Managers' Group
- Access SPYN training
- Don't overplan – just do it!

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