


Social Prescribing Service



Bracknell Forest
Social Prescription
Programme



The Bracknell Forest Social Prescribing Service supports residents (aged 18+) who may be feeling low, isolated or lonely and would benefit from improving their health and wellbeing

What is Social Prescribing? _____



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Bracknell Forest Social Prescribing Service Referral Criteria

Inclusion criteria

This FREE universal scheme is available to anyone who:

- Is a Bracknell Forest resident.
- Is aged 18 and over.
- Would benefit from getting more socially, mentally or physically active.
- Has a non-medical need affecting their health and wellbeing.
- Is feeling low, worried, lonely or isolated.

Exclusion criteria

The service is not able to accept referrals for:

- Individuals with moderate - severe and enduring mental health conditions or substance misuse.
- Individuals with severe dementia.
- Individuals in palliative care.

*Links can be found on our webpage about other services that might be more suited to individuals i.e New Hope, Talking Therapies, Safe Haven, OPMH.



Scan the QR code for further information
on our social prescribing services or visit:
[health.bracknell-forest.gov.uk/
social-prescription-referral/](https://health.bracknell-forest.gov.uk/social-prescription-referral/)



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Bracknell Forest Social Prescribing Service Referral Criteria

Referral process

Professionals and self-referrers can refer using the online referral form via the public health portal: [Social Prescribing Service - Public Health Portal - Bracknell Forest Council | \(bracknell-forest.gov.uk\)](https://bracknell-forest.gov.uk)

We ask for referrer contact details, demographics of the client, and reason for referral – you can choose from pre populated tags such as loneliness, caring responsibilities, transport, mental health etc, and provide details of any needs we should be aware of such as visual/hearing impairments, poor mobility, safeguarding, language barriers. There is also an option for clients to self refer.



Professional Referral

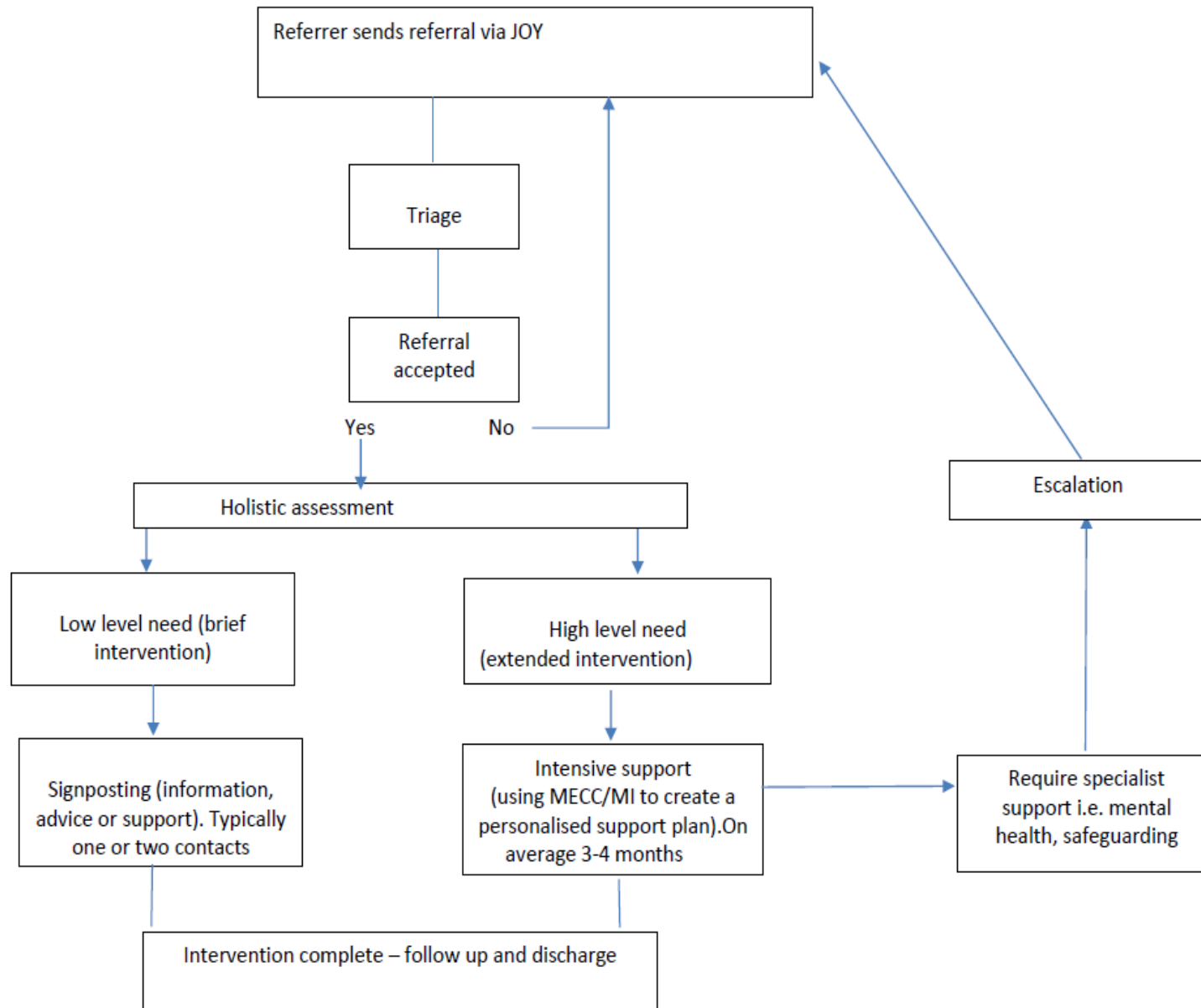
Any Health, Social Care, Voluntary Sector and Other Organisation can refer individuals

[Complete Professional Referral](#)

Checklist

- Referrer checks referral criteria and completes online form.
- SP team receive directly in the JOY database.
- Referrer can be kept updated and send messages to us by creating a free account.

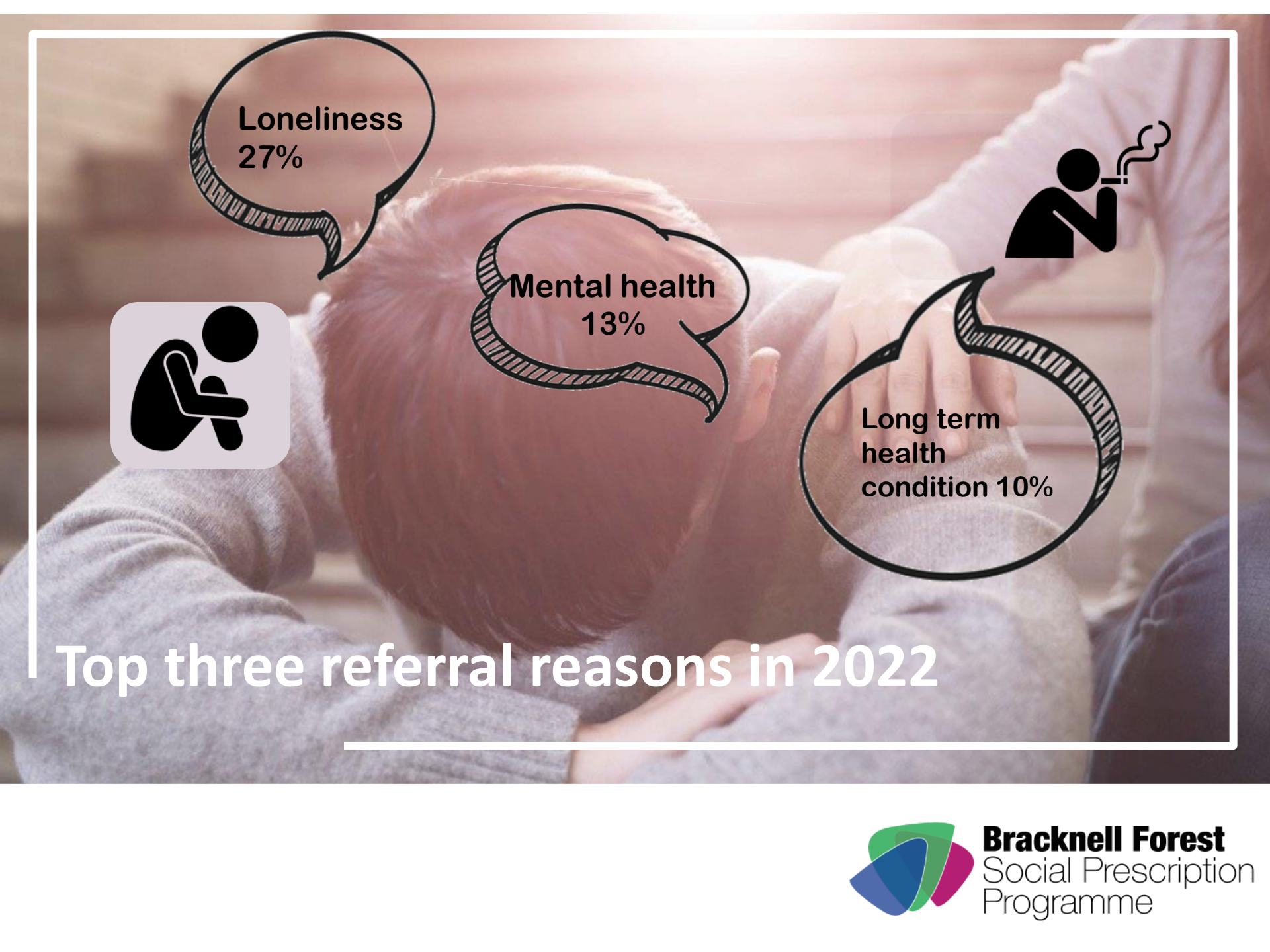
Social prescribing pathway



Video of social prescribing

<https://youtu.be/6EX9-CVmo7o>



A photograph of a person with long hair being held from behind by another person, with a soft, warm light effect. Overlaid on this are three speech bubbles and icons representing the top three referral reasons.

Loneliness
27%

Mental health
13%

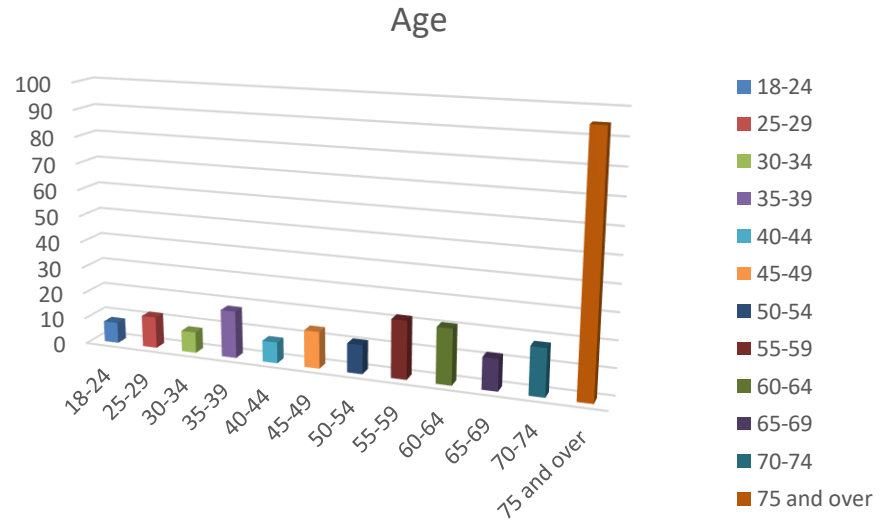
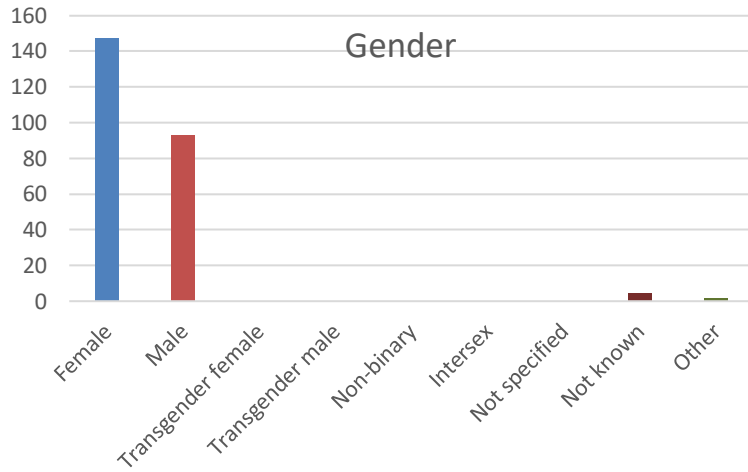
Long term
health
condition 10%

Top three referral reasons in 2022

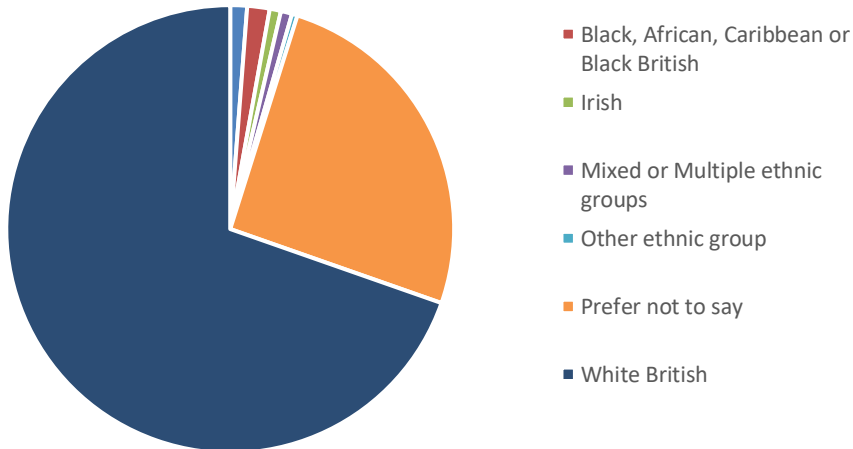


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Demographics of clients April 22-Mar 23



Ethnicity



Outcome data Apr 22-Mar 23

Outcome measurement	Results
Average change in loneliness score for all clients	Baseline: Low Follow up: High
Average change in wellbeing score for all clients	Baseline: Middle Follow up: High
Improvement in overall wellbeing for all clients	83% (% of clients improved)
Average client satisfaction score* * Clients are asked to rate each of the statements on a scale from strongly disagree to strongly agree: <ul style="list-style-type: none">• The service has helped to improve my all round wellbeing• The staff running the service listened to me and understood my circumstances• I feel more connected to my community as a result of taking part in the service• I would recommend the service to a friend	82%





Improve
your well-
being

Keep you
independent

Build and
utilise
community
and voluntary
services

Access to
the right
care at the
right time

So what can social prescribing do
for us all? _____



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Lived experience... Meet David

“Having a cup of tea and a chat made a huge difference to me”

About

- David is home alone daily, his daughters are his carers in the evening.
- He has a hearing impairment and is partially blind.
- David feels isolated and lonely and would like to meet new people.

Obstacles

- Not able to access to internet due to his vision.
- Although keen on leaving the house he did require some encouragement.
- No transport to access the community.
- Income is a factor for him.



Action

- Our social prescriber researched activities for David (bingo, quizzes).
- He was referred to The Ark and attended their Warm Welcome which included transport.
- He was supported to attend a community group by our social prescriber.

Result

- David has gained independence.
- Feels socially included.
- Baseline measurements for loneliness and wellbeing have increased.

Lived experience.... Mr J

“You listened to what I had to say and helped me to find out about things going on in the community and put me in touch with other services.”

About

Mr J referred by his housing provider who identified he was lonely.

Holistic assessment further revealed:

- Low mood
- Cluttered/untidy home
- COPD

Obstacles

- COPD contributing to struggles with maintaining his property.
- Cluttered and untidy environment was driving low mood, unable to escape his environment he experienced a mental health crisis and was admitted to A&E.

Action

- Referred to Talking Therapies.
- OT assessment for adaptations/aids.
- Supported to move to a suitable property.
- Referred to Friends in Need.
- Food bank vouchers.

Result

- Received telephone counselling
- Moved into sheltered accommodation
- Attended coffee/shopmobility meet ups
- High satisfaction with the service



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What clients have said about Social Prescribing

“ I was very anxious about going out to meet other people, the social prescribers made me feel welcome and offered me encouragement. I couldn't have done it without them. ”

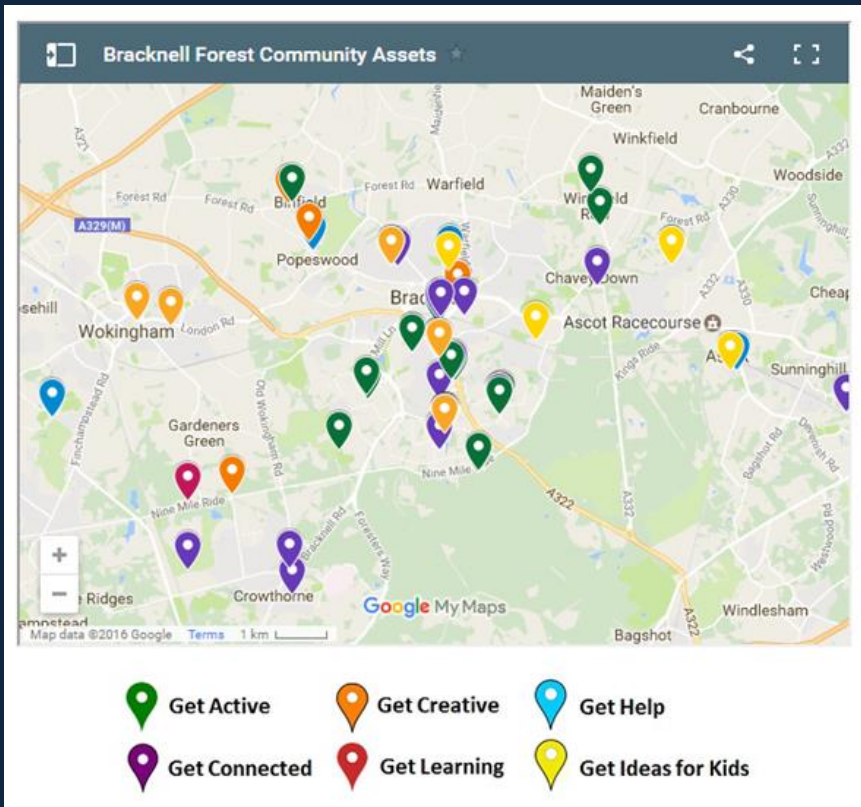
“ I felt uplifted after speaking to my social prescriber, she listened to me and showed genuine concern. ”

“ Your support has been very useful and I have noticed an improvement in my wellbeing. ”



Newly launched My Community Map

Combines social prescribing, community asset mapping and a support offer that helps local community groups fulfil their potential



Bracknell Forest Warm welcome Programme

[Bracknell Forest Community Map | Commonplace](#)



Summer programme of activities

Summer programme

Unlock a summer of well-being and connection with our Social Prescribing Summer Activity Programme.

From outdoor craft workshops, fitness classes and coffee drop ins there is something for everyone.

Join us to meet new people and try new activities. Don't miss out on this opportunity to prioritise your health and well-being this summer.

Free for any 18+ Bracknell Forest resident.



To book a place on any of the following activities email: social.prescription@bracknell-forest.gov.uk or call: 01344 352000 and mention the social prescribing summer programme.

End of presentation – Questions?

<https://health.Bracknell-forest.gov.uk/social-prescription/>

Or Call
01344 352000

To find out more



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