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| **08 February 2023**(edition 56) |
| **Terms we use in this update**  **NHSE** means [NHS England](https://personalisedcareandsocialprescribing.cmail19.com/t/d-l-zirjtld-itilttjdz-y/) **ICS** means [Integrated Care System](https://personalisedcareandsocialprescribing.cmail19.com/t/d-l-zirjtld-itilttjdz-j/) **The Platform** means our [Social Prescribing Collaboration Platform](https://personalisedcareandsocialprescribing.cmail19.com/t/d-l-zirjtld-itilttjdz-t/) – an online network (part of the FutureNHS site) **SPLW** means [social prescribing link worker](https://personalisedcareandsocialprescribing.cmail19.com/t/d-l-zirjtld-itilttjdz-i/) **HWbC** means [health and wellbeing coach](https://personalisedcareandsocialprescribing.cmail19.com/t/d-l-zirjtld-itilttjdz-d/) **CC** means [care coordinator](https://personalisedcareandsocialprescribing.cmail19.com/t/d-l-zirjtld-itilttjdz-h/) **VCSE** means Voluntary Community and Social Enterprise **PCNs** means [primary care networks](https://personalisedcareandsocialprescribing.cmail19.com/t/d-l-zirjtld-itilttjdz-k/) **NASP** means [National Academy for Social Prescribing](https://personalisedcareandsocialprescribing.cmail19.com/t/d-l-zirjtld-itilttjdz-u/) |

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| ****National Updates**** |
| **1. Social Prescribing Link Worker Workforce Development Framework – now published**  The [**Workforce Development Framework**](https://personalisedcareandsocialprescribing.cmail19.com/t/d-l-zirjtld-itilttjdz-o/) for SPLWs has now been published and provides guidance for people employed as SPLWs and those employing them. The Workforce Development Framework aims to increase understanding of the SPLW role and where SPLWs can have the most impact in supporting and empowering people to improve their health and wellbeing. It also sets professional standards and competencies, and gives guidance on supervision, training, and continuous professional development. The framework has been developed with support and input from a wide variety of internal and external stakeholders.  There is also a [**dedicated area**](https://personalisedcareandsocialprescribing.cmail19.com/t/d-l-zirjtld-itilttjdz-b/) on the [**Platform**](https://personalisedcareandsocialprescribing.cmail19.com/t/d-l-zirjtld-itilttjdz-n/) which also has additional support documents and access to key social prescribing resources.  Additionally, NHSE has published the workforce development frameworks for[**health and wellbeing coaches**](https://personalisedcareandsocialprescribing.cmail19.com/t/d-l-zirjtld-itilttjdz-p/) and [**care co-ordinators**](https://personalisedcareandsocialprescribing.cmail19.com/t/d-l-zirjtld-itilttjdz-x/). The frameworks can be accessed from the [**NHS England website**](https://personalisedcareandsocialprescribing.cmail19.com/t/d-l-zirjtld-itilttjdz-m/) along with more information about these roles.  **2. Social Prescribing Maturity Framework**  An updated draft of the [**Social Prescribing Maturity Framework**](https://personalisedcareandsocialprescribing.cmail19.com/t/d-l-zirjtld-itilttjdz-c/) is now available on the [**Platform**](https://personalisedcareandsocialprescribing.cmail19.com/t/d-l-zirjtld-itilttjdz-q/). The Maturity Framework is a quality improvement tool to support leaders at system, place and neighbourhood levels to work together strategically to embed social prescribing and to enable it to be as effective as possible. The Maturity Framework will enable local leaders to:   * Assess local social prescribing maturity and determine areas for improvement * Create an ICS social prescribing strategy, agreeing key priorities for improving social prescribing * Determine key priorities for collaborative working at a local level   **3. Social prescribing: Reference guide and technical annex for primary care networks**  The NHSE Social Prescribing Team are currently refreshing the social prescribing core guidance documents. The PCN Reference Guide and the Technical Annex are now one document and can be accessed [**here**](https://personalisedcareandsocialprescribing.cmail19.com/t/d-l-zirjtld-itilttjdz-a/). This guide provides information to support PCNs with embedding the SPLW role into their multidisciplinary teams (MDTs) as part of the expansion of the primary care workforce introduced through the [**Network Contract Directed Enhanced Service (DES) 22/23**](https://personalisedcareandsocialprescribing.cmail19.com/t/d-l-zirjtld-itilttjdz-f/) Additional Roles Reimbursement Scheme. It also provides information to deliver the proactive social prescribing element of the [**Network Contract DES Personalised Care service specification**](https://personalisedcareandsocialprescribing.cmail19.com/t/d-l-zirjtld-itilttjdz-z/).  **4. Social Prescribing Day 2023**  Social Prescribing Day is an annual celebration of the people, organisations and communities who make social prescribing happen and will be taking place on **Thursday 9th March 2023**. It will be a celebration of social prescribing, demonstrating the amazing impact it can have on people’s health and wellbeing.  To get involved, you can:   * Send your plans for the day, achievements you are proud of and any case studies you would like promoted to [**england.socialprescribing@nhs.net**](mailto:england.socialprescribing@nhs.net) * Celebrate #SocialPrescribingDay on social media and mention [**@Pers\_Care**](https://personalisedcareandsocialprescribing.cmail19.com/t/d-l-zirjtld-itilttjdz-v/) * NASP will be working with partners to create graphics, videos and messaging that anyone can adapt and use * Host an event in your area * Join the NASP Social Prescribing Show, either in person or online – details available on their [**website**](https://personalisedcareandsocialprescribing.cmail19.com/t/d-l-zirjtld-itilttjdz-e/) * Sign up to the NASP [**newsletter**](https://personalisedcareandsocialprescribing.cmail19.com/t/d-l-zirjtld-itilttjdz-s/) and follow them on social media for the latest updates   **5. Official Notification of Green Social Prescribing Extension Request**  Please be aware that the bid submitted by the NHSE Green Social Prescribing Team to request an extension to the programme has unfortunately been unsuccessful. Though this is disappointing, there is still a wealth of support available at a local level. The NHSE Social Prescribing Team will also be continuing to advocate for green social prescribing at a national level to ensure the legacy of the programme and will continue to take steps to spread delivery of social prescribing more broadly. The Green Social Prescribing Team will spend the last few months of the programme carrying out work to embed the learning gathered and safeguarding the legacy of the programme. ****Social Prescribing Webinars**** The monthly national Social Prescribing webinar series can be accessed via Microsoft Teams. You do not need to download Teams software to access webinars. You can find a user guide to [**Joining a Teams Live Event**](https://personalisedcareandsocialprescribing.cmail19.com/t/d-l-zirjtld-itilttjdz-g/) on [***the Platform***](https://personalisedcareandsocialprescribing.cmail19.com/t/d-l-zirjtld-itilttjdz-w/). Remember: you can watch recordings and access slides from previous NHSE webinars in the [**webinar library.**](https://personalisedcareandsocialprescribing.cmail19.com/t/d-l-zirjtld-itilttjdz-yd/)  **1.**[**Targeting green social prescribing to address health inequalities & improve physical & mental health**](https://personalisedcareandsocialprescribing.cmail19.com/t/d-l-zirjtld-itilttjdz-yh/)  **Wednesday 8 March 2023, 1pm – 2.15pm**  This webinar will cover how green social prescribing can be used to address health inequalities in communities and the role it can play in improving physical and mental health.  Objectives:   * Find out more about how the national green social prescribing programme has targeted green interventions to tackle and prevent mental ill-health and has engaged people who experience high levels of inequality * Explore the application of targeted green social prescribing in other healthcare pathways * Consider how you can be part of embedding green social prescribing for the future |

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| ****Dates for your Diary**** **1.**[**National Academy of Social Prescribing International Evidence Collaborative**](https://personalisedcareandsocialprescribing.cmail19.com/t/d-l-zirjtld-itilttjdz-yk/)  **Wednesday 22 February 2023, 12pm - 1pm**  The NASP International Evidence Collaborative are hosting a series of three lunchtime seminars online. These seminars aim to share research findings from different social prescribing projects and provide time for discussion.  The second of three seminars will report on three new NASP evidence summaries looking at the role of social prescribing for:   * Physical activity and health and wellbeing * Arts, heritage, culture and health and wellbeing. * Social, welfare, legal and financial issues that affect health and wellbeing   Paul Wilson, Senior Lecturer at the Centre for Primary Care and Health Services Research, University of Manchester and Implementation Science research theme lead for the NIHR Applied Research Collaboration Greater Manchester, will be sharing the work that is underway with the National Institute for Health & Care Research funded National Evaluation of Social Prescribing.  Select[**this link**](https://personalisedcareandsocialprescribing.cmail19.com/t/d-l-zirjtld-itilttjdz-yu/) to register.  **2.** [**New statutory guidance on working with people and communities**](https://personalisedcareandsocialprescribing.cmail19.com/t/d-l-zirjtld-itilttjdz-jl/)  **Wednesday 22 February 2023, 3pm - 4pm**  NHSE has published new statutory guidance on working with people and communities. This webinar will explain how the guidance helps NHS commissioners and providers meet their legal duties to involve people, and supports wider health and care partners to build effective and meaningful partnerships with communities. It will also give an overview of the learning offer from NHSE to support the implementation of the guidance.  **3.** [**What is the evidence for social prescribing?**](https://personalisedcareandsocialprescribing.cmail19.com/t/d-l-zirjtld-itilttjdz-jr/)  **Monday 27 February 2023, 1pm – 2.30pm**  This webinar from NASP focuses on the findings from some of the rapid evidence reviews published by NASP and its academic collaborative in December 2022. These reviews summarise what the recent evidence tells us about the health and wellbeing benefits of taking part in activities related to:   * arts, culture and heritage * natural environment * social, legal and welfare advice * physical activity   The webinar offers the opportunity to hear the headlines, ask questions of the academic authors, and discuss how this evidence might be used to help planning and delivery of social prescribing activities.  Register for the event [**here**.](https://personalisedcareandsocialprescribing.cmail19.com/t/d-l-zirjtld-itilttjdz-jt/)  **4.** [**NHS ConfedExpo 2023**](https://personalisedcareandsocialprescribing.cmail19.com/t/d-l-zirjtld-itilttjdz-ji/)  **Wednesday 14 June 2023 – Thursday 15 June 2023**  [**NHS ConfedExpo**](https://personalisedcareandsocialprescribing.cmail19.com/t/d-l-zirjtld-itilttjdz-jd/) will be returning on 14 and 15 June 2023 at Manchester Central. The event, which NHSE delivers in partnership with NHS Confederation, will once again bring together health and care leaders and their teams from across the sector for two days of inspiring sessions, shared learning, and valuable networking opportunities.  The two organisations are already working together with stakeholders right across the health and care system to develop an exciting agenda across five key priority themes. Registration is now open, and passes can be booked [**here**](https://personalisedcareandsocialprescribing.cmail19.com/t/d-l-zirjtld-itilttjdz-jh/). NHS, local authority and wider public sector staff will be eligible for a free ticket. |
| **Useful Links**  **1.**[**Snapshot Wellbeing Survey of the Primary Care Workforce**](https://personalisedcareandsocialprescribing.cmail19.com/t/d-l-zirjtld-itilttjdz-jk/)  NHSE has commissioned the Institute for Employment Studies (IES) to conduct a study of the wellbeing of the primary care workforce. This short survey is the sixth in a series of surveys that will be used to assess the current wellbeing of the primary care workforce. The survey will ask respondents to reflect on personal wellbeing as well as the functioning of your team and your experiences of working in your role. It should take no more than 15 minutes to complete.  For more information and to undertake the survey, select [**this link**](https://personalisedcareandsocialprescribing.cmail19.com/t/d-l-zirjtld-itilttjdz-ju/).  If you have any questions about the survey or the research, contact Kate Alexander: [**kate.alexander@employment-studies.co.uk**](mailto:kate.alexander@employment-studies.co.uk).  **2.** [**Supporting Unpaid Carers in General Practice**](https://personalisedcareandsocialprescribing.cmail19.com/t/d-l-zirjtld-itilttjdz-tl/)  SPLWs play a key role in supporting unpaid carers. [**This helpful checklist**](https://personalisedcareandsocialprescribing.cmail19.com/t/d-l-zirjtld-itilttjdz-tr/) from the Commitment to Carers team at NHSE can help you to think about if you and your PCN are taking the right steps to support unpaid carers and provides links to additional resources.  **3.** [**Social prescribing evidence reviews published**](https://personalisedcareandsocialprescribing.cmail19.com/t/d-l-zirjtld-itilttjdz-ty/)  NHSE commissioned [**social prescribing evidence reviews**](https://personalisedcareandsocialprescribing.cmail19.com/t/d-l-zirjtld-itilttjdz-tj/)carried out by NASP to explore the role social prescribing can play in improving health and wellbeing, specifically for supporting people living with long term conditions and those likely to be experiencing health inequalities through nature; physical activity; arts, heritage and culture; and financial, social and legal support. These summaries are based on the analysis of high-quality studies by some of NASP’s academic partners; they demonstrate and prove the ever-growing evidence base for social prescribing activities.  **4.** [**Social Prescribing Information Standard**](https://personalisedcareandsocialprescribing.cmail19.com/t/d-l-zirjtld-itilttjdz-tt/)  Social prescribing helps connect people to services that can improve their health and wellbeing, and sharing information is key to ensuring people get the support they need in the community. PRSB’s social prescribing standard has received an Information Standards Notice, which makes its use required in specific care settings from March, helping ensure the right information flows between services to support better, personalised care for people using social prescribing. Find out more [**here**](https://personalisedcareandsocialprescribing.cmail19.com/t/d-l-zirjtld-itilttjdz-ti/).  **5.** [**New Core20PLUS5 e-learning modules**](https://personalisedcareandsocialprescribing.cmail19.com/t/d-l-zirjtld-itilttjdz-td/)  Five new e-learning modules have been launched to support systems in the implementation of Core2PLUS5, NHSE’s approach to reducing healthcare inequalities. The e-learning modules cover narrowing health inequalities in; hypertension, early cancer diagnosis, chronic respiratory disease, maternity and severe mental illness. The modules are aimed at anyone with a responsibility or interest in reducing health inequalities – especially those working to deliver services in the ‘5’ clinical priority areas. Each module takes around 30 minutes to complete. The modules are available for free on the [**HEE e-learning for health platform**](https://personalisedcareandsocialprescribing.cmail19.com/t/d-l-zirjtld-itilttjdz-th/). ****6.**** [****NHS Talking Therapies for anxiety and depression – the new name for IAPT services****](https://personalisedcareandsocialprescribing.cmail19.com/t/d-l-zirjtld-itilttjdz-tk/)Improving Access to Psychological Therapies (IAPT) has been renamed NHS Talking Therapies for anxiety and depression to make the service more accessible and self-explanatory. [****This blog****](https://personalisedcareandsocialprescribing.cmail19.com/t/d-l-zirjtld-itilttjdz-tu/)explains the inclusive approach taken to update the way psychological therapies are described. **7.** [**Launch of ‘This May Help’**](https://personalisedcareandsocialprescribing.cmail19.com/t/d-l-zirjtld-itilttjdz-il/)  Well-known presenters like Gary Lineker, Myleene Klass, and Tanni Grey-Thompson are among the 16 presenters who are helping raise awareness for [**This May Help**](https://personalisedcareandsocialprescribing.cmail19.com/t/d-l-zirjtld-itilttjdz-ir/). This is a new national initiative providing mental health advice to parents and carers being jointly launched by [**Bradford District and Craven Health and Care Partnership**](https://personalisedcareandsocialprescribing.cmail19.com/t/d-l-zirjtld-itilttjdz-iy/), working in partnership with [**Rollercoaster**](https://personalisedcareandsocialprescribing.cmail19.com/t/d-l-zirjtld-itilttjdz-ij/), the [**PLACE network at Charlie Waller Trust**](https://personalisedcareandsocialprescribing.cmail19.com/t/d-l-zirjtld-itilttjdz-it/), as well as parents and carers.  The website gives easy-to-follow advice to help families manage their child’s mental health. This advice has been developed by NHS professionals and parents who have been through their own child’s mental health journey. Parents and carers have shared advice that has helped them and that may also help other families. Professionals who work with children are also being encouraged to use the website.  **8.** [**‘parkrun for the NHS’ – save the date!**](https://personalisedcareandsocialprescribing.cmail19.com/t/d-l-zirjtld-itilttjdz-ii/)  To mark the NHS’s 75th anniversary, NHSE has teamed up with parkrun UK and the NHS in Scotland, Wales and Northern Ireland to host [**‘parkrun for the NHS’**](https://personalisedcareandsocialprescribing.cmail19.com/t/d-l-zirjtld-itilttjdz-id/)on Saturday 8 and Sunday 9 July 2023. ‘parkrun for the NHS’ is an opportunity for parkruns and junior parkruns and their local communities to acknowledge the huge contribution that the NHS makes to the health of the nation and celebrate all the staff and volunteers, past and present, who have made the NHS what it is. Thousands of people are expected to walk, jog, run and volunteer in NHS blue or fancy dress. For all the latest information on ‘parkrun for the NHS’ keep an eye on the [**NHSE website**](https://personalisedcareandsocialprescribing.cmail19.com/t/d-l-zirjtld-itilttjdz-ih/).  **9.** [**New guidance on reducing health inequalities for NHS estates and facilities staff**](https://personalisedcareandsocialprescribing.cmail19.com/t/d-l-zirjtld-itilttjdz-ik/)  Taken as a whole, the NHS is one of the largest landowners in England. It has an opportunity to intentionally manage its land and buildings in a way that has a positive social, economic and environmental impact.  NHSE has developed new practical information to help estates, facilities and other relevant colleagues to understand the role they can play in reducing health inequalities. The key ways in which they play a role have been summarised into 10 building blocks for building for health. Download the [**‘Building for health’ document**](https://personalisedcareandsocialprescribing.cmail19.com/t/d-l-zirjtld-itilttjdz-iu/)and [**watch a short film**](https://personalisedcareandsocialprescribing.cmail19.com/t/d-l-zirjtld-itilttjdz-dl/) on one of the exemplar projects.  **10.**  [**NHS Knowledge and Library Hub**](https://personalisedcareandsocialprescribing.cmail19.com/t/d-l-zirjtld-itilttjdz-dr/)  The [**NHS Knowledge and Library Hub**](https://personalisedcareandsocialprescribing.cmail19.com/t/d-l-zirjtld-itilttjdz-dy/) is a useful tool for obtaining health and care information online. This resource is particularly useful to primary care colleagues who may not have access to a health library including GPs, practice teams, SPLWs, students and trainees. The [**NHS Knowledge and Library Hub**](https://personalisedcareandsocialprescribing.cmail19.com/t/d-l-zirjtld-itilttjdz-dj/) provides free access to up-to-date, trusted evidence and information from thousands of relevant journals, e-books, clinical decision support tools, NICE guidelines and more. For the best experience, it is best to use an [**NHS OpenAthens**](https://personalisedcareandsocialprescribing.cmail19.com/t/d-l-zirjtld-itilttjdz-dt/)account.  **11.** [**Career journey of SPLWs - survey**](https://personalisedcareandsocialprescribing.cmail19.com/t/d-l-zirjtld-itilttjdz-di/)  A study has been established to understand more about the journey people have had into Social Prescribing. The study is part of a wider programme of work as part of a PhD funded by the University of Gloucestershire, NIHR ARC-West and Gloucestershire Hospitals NHS Foundation Trust. Researchers would like to better understand the routes people who work in Social Prescribing have taken into these roles and the background training and occupational experience they had before becoming an SPLW. They are also looking to explore the skills and knowledge SPLWs have had to acquire to fulfil the role, and whether they arrived at their role with these already or had to learn once they had started their post. You can find out more and take part [**here**](https://personalisedcareandsocialprescribing.cmail19.com/t/d-l-zirjtld-itilttjdz-dd/).  If you have any questions or require further information regarding the study, please contact Elaine Willmore:[**elainewillmore@connect.glos.ac.uk**](mailto:elainewillmore@connect.glos.ac.uk)  **12.** [**Let’s Talk About Health and Work – OHID Survey**](https://personalisedcareandsocialprescribing.cmail19.com/t/d-l-zirjtld-itilttjdz-dh/)  The Office for Health Improvement and Disparities (OHID) within the Department for Health and Social Care (DHSC) are looking into supporting people into ‘good work’. This includes people who are currently working but may be experiencing health issues, people who want to work but feel that their health is a barrier to doing so, and people who wish to return to work after a health break. SPLWs play a key role in supporting people in this area, by having work and health conversations with the people that you work with. The team at OHID are keen to learn more about how SPLWs support conversations around work and health and how they may be able to offer support for this where appropriate.  Please take part by completing this [**short survey**](https://personalisedcareandsocialprescribing.cmail19.com/t/d-l-zirjtld-itilttjdz-dk/).  **13.** [**Groundswell launches online resources hub**](https://personalisedcareandsocialprescribing.cmail19.com/t/d-l-zirjtld-itilttjdz-du/)  In January, Groundswell launched their online [**Resources Hub**](https://personalisedcareandsocialprescribing.cmail19.com/t/d-l-zirjtld-itilttjdz-hl/). [**The Hub**](https://personalisedcareandsocialprescribing.cmail19.com/t/d-l-zirjtld-itilttjdz-hr/)aims to provide accessible information to people experiencing homelessness and those who support them. The guides included have been produced together with industry professionals and people with experience of homelessness to ensure they are accurate, beneficial and accessible.  **14.**[**Introduction to Leadership for Personalised Care - Free Online Course**](https://personalisedcareandsocialprescribing.cmail19.com/t/d-l-zirjtld-itilttjdz-hy/)  It has been recognised that individual leaders want to learn in different ways that suit them. The NHSE Leadership for Personalised Care Team want to provide different ways for all to access programme content. They have created an ’Introduction to Leadership for Personalised Care’ course that makes content easily accessible via the FutureLearn platform. This 3-week online course is free, easy to access and open to anyone who wants to find out more about leading a person-centred approach.  Enrolment is now open and can be accessed [**here**](https://personalisedcareandsocialprescribing.cmail19.com/t/d-l-zirjtld-itilttjdz-hj/). |

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| **Social Prescribing Support from NHSE**  [**Social Prescribing Collaboration Platform**](https://personalisedcareandsocialprescribing.cmail19.com/t/d-l-zirjtld-itilttjdz-ht/) – a network for news, resources and discussion. Email [**england.socialprescribing@nhs.net**](mailto:england.socialprescribing@nhs.net) to join.  [**Social Prescribing elearning**](https://personalisedcareandsocialprescribing.cmail19.com/t/d-l-zirjtld-itilttjdz-hi/) for SPLWs - twelve modules that you can work through at your own pace and at no charge.  [**Welcome and induction pack**](https://personalisedcareandsocialprescribing.cmail19.com/t/d-l-zirjtld-itilttjdz-hd/) - especially useful to SPLWs who are new to their role.  [**Hand out for practice staff**](https://personalisedcareandsocialprescribing.cmail19.com/t/d-l-zirjtld-itilttjdz-hh/)to give to patients who are referred to their SPLW.  **FutureNHS Social Prescribing Collaborative Platform - tutorial -**Have you ever logged on and felt confused about how to navigate and post discussions on Forums? [**Watch this tutorial**](https://personalisedcareandsocialprescribing.cmail19.com/t/d-l-zirjtld-itilttjdz-hk/) for a quick guide to key features, including where to seek help. |
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**And finally...**

**Time in nature can improve people’s health, and green social prescribing can reduce isolation and loneliness, according to researchers at University College London (UCL), commissioned by NHS England.**

Professor Helen Chatterjee, lead author of the review from UCL said: ‘These reviews draw on a wide range of evidence to show that spending time in nature is good for our mental and physical health, and that green social prescribing supports social connections and reduces isolation and loneliness.’

‘One recent study showed that spending 120 minutes per week benefits your health and wellbeing. Another study showed that adults and communities exposed to local green spaces show a reduced risk of type 2 diabetes and obesity and an increased likelihood of physical activity. Gardening has been shown to be particularly beneficial to both physical and mental health.’

[**Read more about the evidence to support the links between nature, green social prescribing, and mental and physical health.**](https://personalisedcareandsocialprescribing.cmail19.com/t/d-l-zirjtld-itilttjdz-hu/)