

# THREE RIVERS LOCAL STRATEGIC PARTNERSHIP

10 OCTOBER 2018

## PART I - DELEGATED

### SOCIAL PRESCRIBING IN HERTFORDSHIRE (CED)

#### 1 Summary

- 1.1 The Board will receive presentations from a number of organisations highlighting both County and District services including referral systems.

#### 2 Details

##### Hertfordshire Perspective

- 2.1 Hertfordshire has had elements of social prescribing in place for many years. A wide range of community/voluntary organisations (including the Citizens Advice Service, Age UK Hertfordshire and Carers in Hertfordshire) do excellent work and Hertfordshire County Council (HCC) has funded various schemes including Health Walks.
- 2.2 Although there are over 12,000 community/voluntary groups on the HCC web-based directory of services, access to the directory has generally been random.
- 2.3 In 2010, HCC and the Primary Care Trust commissioned a new service, HertsHelp, to offer a single point of access and expert triage. Unfortunately GPs were making five per cent or less of the total number of referrals to HertsHelp.
- 2.4 In 2014, Herts Valleys Clinical Commissioning Group and HCC used funding from the Better Care Fund to commission a new Community Navigator service to take referrals from GPs and to work face-to-face with more vulnerable clients.
- 2.5 Navigators are able to work with clients in a more holistic way (than GPs) including referral to various services and social prescriptions (e.g. local social/activity groups).
- 2.6 HertsHelp triage all Navigator referrals and this single point of contact has led to 12 times as many referrals from GPs.
- 2.7 Being 'on the ground' Navigators build excellent relationships with GPs and local service providers.
- 2.8 The Sustainability and Transformation Plan for Hertfordshire and West Essex has embraced social prescribing within its prevention programme. This has seen HCC providing extra funds from the Improved Better Care Fund.
- 2.9 In Hertfordshire there has been an expansion of the Community Navigator Service, leading to integration with various hospital social prescribing projects. These are all linked together through the crucial infrastructure of HertsHelp.

##### Family Focused Services

- 2.10 Early help services come together under the 'Families First' branding to work to support families. The overall aim of which is to encourage local families and services to work collaboratively in order to sustain improvements in the family.
- 2.11 Families First Triage Panels started in October 2016 in three pathfinder areas. The Watford and Three Rivers area form one panel that meets weekly.

- 2.12 These multi-agency panels consist of Social Workers, Health Visitors, Family/Children's Centres, Targeted Youth Support, Intensive Family Support, YC Herts and the Police.
- 2.13 The panel use the Families First Portal/Directory to find services (including social prescriptions) to improve a families' situation.

#### District Perspective

- 2.14 Three Rivers District Council lead on a number of initiatives including a Physical Activity Referral Scheme (PARS), Arts On Prescription project (AOP) and a Community Support Service (CSS) mental health outreach worker project.
- 2.15 The PARS scheme supports people with pre-existing health conditions.
- 2.15.1 Clients are referred to leisure providers to complete a 12 week programme of physical activity at reduced cost.
- 2.15.2 This scheme involves training/awareness sessions for leisure centre staff and GPs.
- 2.15.3 The LSP Board previously contributed funding towards purchasing an App to enable online referrals/electronic management of client progress.
- 2.16 The AOP project improves the overall health and wellbeing of vulnerable adults/families that experience mild mental ill health or those at risk of becoming socially isolated.
- 2.16.1 Artists are commissioned to deliver a wide variety of creative activities which also incorporate the outdoors and may culminate in public displays to inspire others.
- 2.16.2 Participants are encouraged to agree personal aims to aspire to and then guided to play and experiment through creativity, which encourages relaxation, stress relief, social interaction and positive wellbeing.
- 2.16.3 Following a successful pilot project at the end 2017, officers have developed a new programme. The programme is divided into 3 parts; two of which will target up to 10 adults with poor mental health in Mill End/South Oxhey and the remaining targeting up to 7 vulnerable families in South Oxhey.
- 2.17 Community Partnerships commission mental health & wellbeing initiatives including the CSS project. CSS Outreach workers provide advice, information, onward referral and holistic support to people who are experiencing mental ill-health or need help with their mental wellbeing.
- 2.17.1 The Council hosts two part-time outreach workers who are employed by Hertfordshire Mind Network.
- 2.17.2 A majority of referrals are sent by Housing Associations and other Three Rivers District Council departments as well as an increasing number of self-referrals.
- 2.17.3 Social prescriptions range from joining a local photography group to attending weekly drop-in social groups.

### **3 Options and Reasons for Recommendations**

- 3.1 To provide the LSP Board with an overview of Social Prescribing in Hertfordshire and the Three Rivers District.

### **4 Policy/Budget Reference and Implications**

4.1 The recommendations in this report are within the terms of reference of the Local Strategic Partnership.

**5 Legal, Financial, Staffing, Environmental, Community Safety, Equal Opportunities, Public Health, Customer Services Centre, 'Risk Management and Health & Safety Implications' and Communications & Website Implications**

5.1 None specific.

**6 Recommendations**

6.1 For the LSP Board to note the contents of the report and presentations received.

6.2 For the Board to consider the following in relation to Social Prescribing:

- i. Are there any groups that the services don't reach?
- ii. Which group should be the priority for these services?
- iii. How can we raise awareness of these services?

That public access to the report be immediate

Report prepared by: Karl Stonebank, Partnerships Officer.

Data sources:

Data checked by: Andy Stovold, Head of Community Partnerships

Data rating:

1	Poor	
2	Sufficient	X
3	High	

**Background Papers**

- Social Care Institute for Excellence Article 'Social prescribing can be life-changing – Herts Valley' by Tim Anfilogoff, Head of Community Resilience, Herts Valleys Clinical Commissioning Group