

Social Prescribing, Employment, Adult Education, Mental Health & Loneliness

Wednesday 11th May 2022



GREAT
LONDON
AUTHORITY



Plan for today



Feel free to talk to each other & share resources in the chat



Participate in SLIDO activities
<https://app.sli.do/event/5o1xJBWDvXcHsNvagxmeTM>

Code: #6975912



The presentations will be recorded & circulated

TIME	ITEM
12:30	Welcome & Introductions. Jemma Gilbert OBE - Director of Transformation, HLP
12:35	Healthy London Partnership (HLP). - Jemma Gilbert, HLP
12:40	A public health approach to improving mental health and wellbeing. Prof Kevin Fenton - Office for Health Improvement and Disparities, Department of Health and Social Care
12:50	Q&A
1:00	Skills, employment and health. Forogh Rahmani - Senior Manager for Skills and Employment Strategy and Policy, GLA
1:05	Evidence for adult learning and work in improving mental health and wellbeing. Naomi Phillips – Deputy Chief Executive and Director of Policy & Research, Learning & Work Institute
1:10	Practical approaches to tackling loneliness for better mental health in London. Ben Taylor - Mind in London
1:20	A Practitioner's Perspective. Lizzie Woodward - Mental Health Social Prescribing Link Worker, One Westminster
1:30	Work and Health Accelerator learnings and future. Matthew Pike - CEO, Health Place
1:40	Q&A
1:55	Conclusions. Jemma Gilbert – Healthy London Partnership

What is your job role?

Service and charity housing Project Director
Mencap retention Tenancy Officer
manager in education Lead Tutor
service manager wellbeing link worker mental
supporting Social Prescriber team Policy
training hub Skills
Relationship Manager support working health
Occupational Therapist leader fellow
Volunteer manager Wellbeing worker

How confident are you signposting / referring people to organisations focusing on Social Prescribing, Employment, Adult Education, Mental Health & Loneliness?

Not confident at all



Rather not confident



Neutral



Rather confident



Very confident



Social Prescription and Adult Education

Project in partnership with Greater London Authority (GLA)

Naomi Phillips

Deputy Chief Executive and
Director of Policy & Research

How can adult learning provision be joined up more effectively with social prescribing to improve the health and wellbeing of Londoners?



Policy Background

- The London Recovery Programme – mission on mental health and wellbeing
- The 2018 London Health Inequalities Strategy
- The NHS Long-Term Plan 2019
- Adult Education Roadmap for London 2021

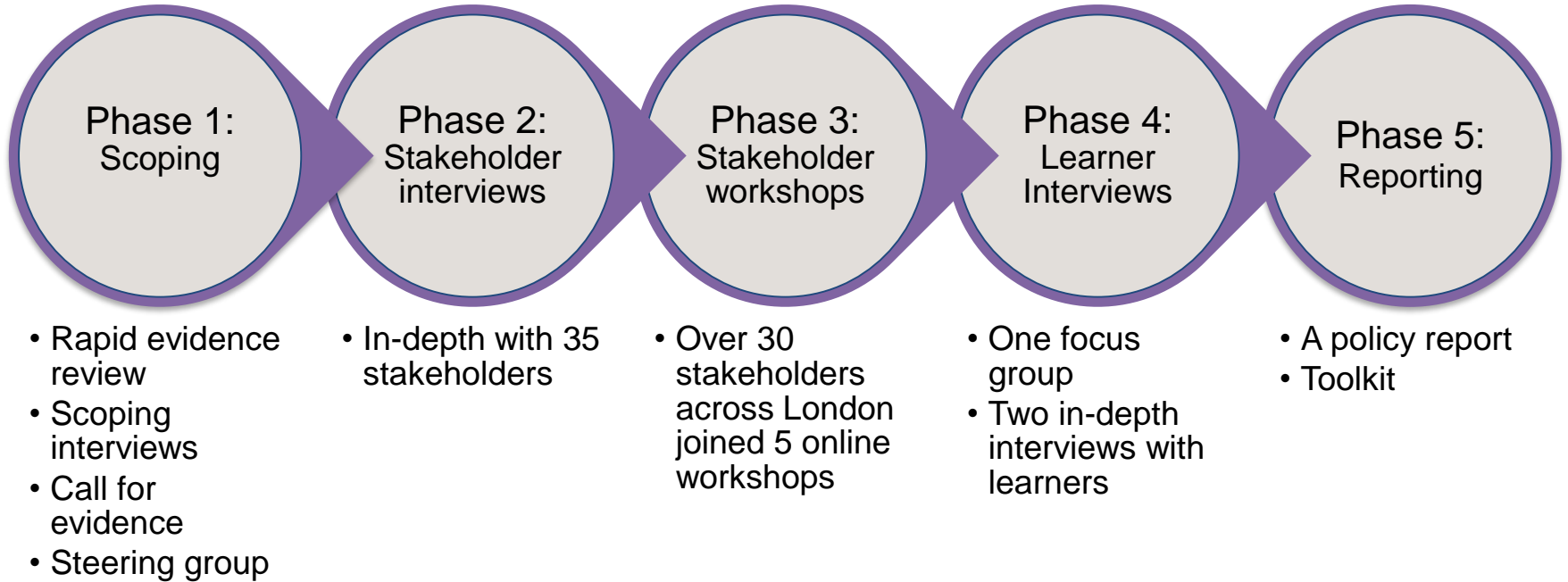
Aims and Objectives

- To undertake **a mapping exercise** of social prescribing to adult education to improve Londoners' mental health
- To develop **a toolkit of effective practices**

Outcomes

- Better **understanding of how adult learning can join up** with social prescribing, increasing the responsiveness of Adult Education Budget (AEB) provision to Londoners' health and wellbeing needs

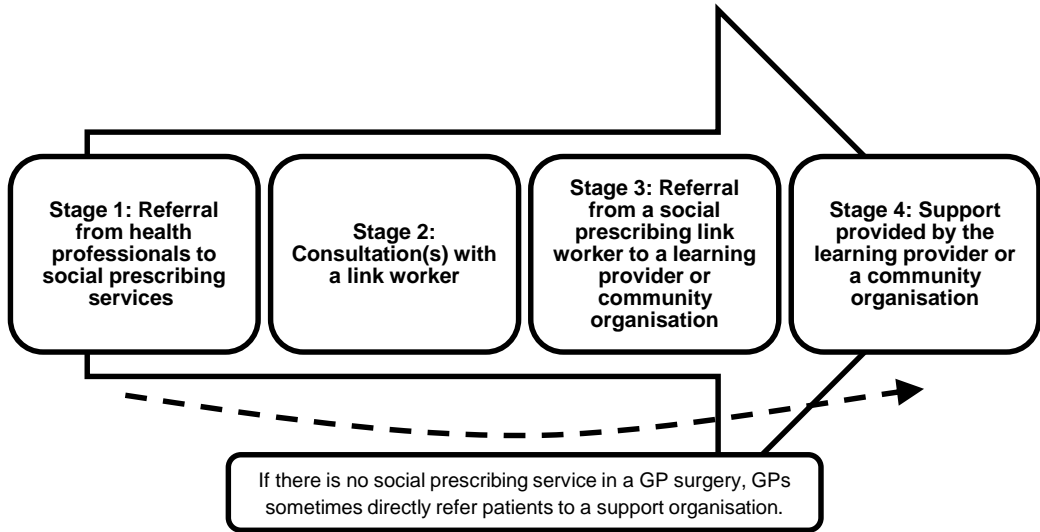
Research Methodology



Social Prescribing – What is it and how does it work?

Social Prescribing

supports people to access a range of local, non-clinical services or activities via referral from a health professional to improve their health and wellbeing. Social prescribing recognises that people's health and wellbeing are determined by social, economic, and environmental factors.



Referral from health professionals to social prescribing services

Social Prescribing – What is it and how does it work?

1. There is significant potential for a wider rollout of social prescribing to adult education across London to improve mental health.
2. Understanding the impact of social prescribing to adult education is challenging.
3. Strategic coordination between social prescribers and adult education providers is inconsistent or underdeveloped across London.
4. Adult Education Budget (AEB) lacks a clear priority for the delivery for learning for health and wellbeing.

Policy recommendations



1. Provide strategic support to **improve the visibility of adult education**, opportunities to learn, and the benefits to mental health and wellbeing



2. Through Adult Education Budget commissioning, set **a clear priority for the delivery of learning for health and wellbeing**, and provide additional support for capacity building, innovation and workforce development.



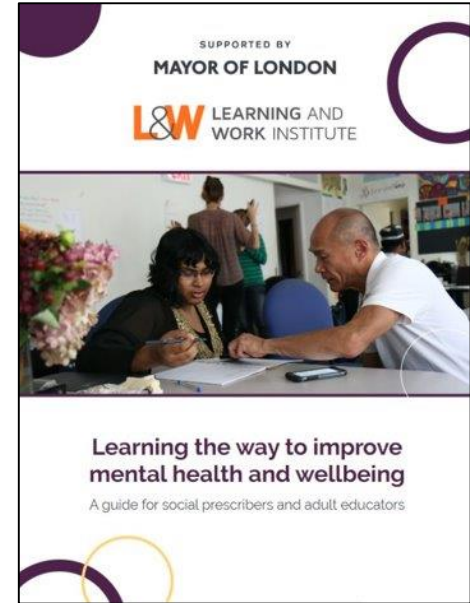
3. Develop **standardised approaches to the monitoring of referrals** and to measuring outcomes.



4. Support **systems leadership and develop strategic partnership working**, to enable social prescribers and adult education providers to develop and enhance services.

Overview

- Introduction
- Context
- The evidence base – why it works
- Social prescribing – what we mean by it
- Adult Education – what we mean by it
- A systems approach to building partnerships
- Approaches to data sharing and monitoring outcomes
- Glossary of terms used across social prescribing and adult education



Thank you

Practical approaches to tackling loneliness for better mental health in London

Ben Taylor, Chief Executive
Bromley, Lewisham & Greenwich Mind

Benefits of education and employment for Mental Health

- Increases skills
- Improves self-confidence
- Good for sense of self-efficacy
- Reduces loneliness and isolation
- May reduce other indicators of poor mental health such as being on a low income



Approach to social prescribing

- Individualised and tailored
- Starts with aspirations and interests
- Maximise people doing for themselves
- Work together to prepare effectively
- Allow for introductions and support to access where needed



One Approach: IPS Employment Support

- Rapid placement in real jobs
- Match to skills, interests and preferences
- Examples of jobs secured:
 - Radio Producer, Admin Officer, Modelling, Nursery Assistant, Translator, ICT Coordinator
- Time unlimited support to person & employer
- Includes benefits counselling
- Integrated with clinical mental health teams
- 2x as effective as other employment schemes



Why involve the third sector?

- Expertise in providing non-clinical support
- Strong connections in, and trusted by, local communities
- Flexibility and agility
- Ability to recruit and to access a different workforce
- Links to wider VCS networks
- Value for money



Integration with clinical services

- Frees up clinicians to focus on clinical work
- Ensures joined up approach across clinical and non-clinical support
- Specialism in social prescribing brings a strong knowledge base and skills set





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Social Prescribing, Employment, Adult Education,
Mental Health & Loneliness

A Practitioner's Perspective

- Lizzie Woodward, Mental Health SPLW



Case studies

Mrs H

- 46 year old woman with a diagnosis of schizophrenia
- Concerned about finding work and being judged for her mental illness
- Referred to social prescribing for social activities and employment
- Referral to the employment specialist and linked to activities in the community
- After several sessions, she disclosed struggles with using a laptop
- Referral to a digital skills course



Miss A

- 38 year old woman with a diagnosis of PTSD
- Referred to social prescribing for social isolation
- Low motivation and lack of hope for the future
- Joined a yoga class
- Learnt about the B.E.S.T program
- An interest in joining further activities and thoughts about future employment

Case studies continued



Mrs G

- 50 year old female with a diagnosis of EUPD
- Referred to social prescribing for social isolation and further education
- Several discussions with the MH Social Prescriber about what she would like to gain
- Desire to do something she would enjoy, the possibility of employment in the future or finishing her Health and Social Care qualification
- Decided she would like to get her English GCSE
- Worries about being able to cope due to her mental health diagnosis and feeling daunted after being out of academia for so long
- Referral made to Mind's B.E.S.T program
- Concerned about disclosing her diagnosis to the college
- At the last session was attending English classes and had made social contacts in the process

Feedback

Thank you for participating in our 'Social Prescribing, Employment, Adult Education, Mental Health & Loneliness' webinar. We hope you have enjoyed it and find it useful.

It would be great if you could complete this quick feedback form:

<https://forms.office.com/r/p0TNrrSRS2>

Please feel free to get in touch if you have any questions:

hlp.socialprescribing@nhs.net



Resources

- **Healthy London Partnership Personalised Care website – [access here](#).**
- **Learning & Work Institute website – [access here](#).**
- **Mind in London – [access here](#).**
- **One Westminster website – [access here](#).**
- **Health Place website – [access here](#).**
- **Good Thinking – [access here](#).**
- **The London Recovery Programme – mission on mental health and wellbeing – [access here](#).**
- **The 2018 London Health Inequalities Strategy – [access here](#).**
- **The NHS Long-Term Plan 2019 – [access here](#).**
- **Social prescribing into adult education in London research and toolkit – [access here](#). (Social Prescribing and Adult Education in London – [access here](#). Learning the way to improve mental health and wellbeing. A guide for social prescribers and adult educators. – [access here](#).)**
- **Resources shared by participants of the webinar:**
 - **MS Excel file: What community-based activities are you aware of/refer to that may support people with employment, adult education and mental health? – [access here](#).**
 - **Blog: Realising the wellbeing benefits of learning through social prescribing – [access here](#).**