

SUPERVISION FOR SOCIAL PRESCRIBING LINK WORKERS - COMMISSIONING AN EXTERNAL SUPPLIER

WALTHAM FOREST TRAINING HUB (WF TH), NORTH EAST LONDON

THE APPROACH

- **Aim:** Better support social prescribers in their roles.
- **Cost analysis:** They spoke to a couple of providers who deliver external supervision 1:1, some from Bromley by Bow Centre, they then did a cost analysis and chose Alice.
- **Transferable skills:** Alice has a psychotherapy background (external and independent).
- **Simple payment system:** For the team of 10 social prescribers, costing was £50 per social prescriber session. This meant only sessions that happened were paid and the cost was simple. They had 12 months which added up to £6,000 initially, it has now been extended for a further 12 months.
- **Flexible booking:** A link to a scheduling tool (calendly) was created where the supervision slots were hosted. Open to all SPLW across Waltham Forest, they are able to book, cancel and rearrange at their convenience through the platform.

FUNDING

- The training hub used the System Development Funding (SDF), in which they submitted a proposal for ICSs to approve.
- For 12 months the pilot cost £6,000, which was then extended by a further 12 months.

THE CHALLENGE

- Waltham Forest Social Prescribers Link Workers (SPLWs) started in April 2020, at the start of the Covid Pandemic, and were not able to access the supervision they needed, so were not consistently supported emotionally or mentally in their work.
- Social Prescribing Link Workers play a crucial role in providing additional support to people needing a more holistic approach to their health and wellbeing, but clinicians didn't have the time, capacity to supervise, or train in being a supervisor.

WHAT HAPPENED

- Waltham Forest Training hub undertook a cost analysis of supervision options.
- Non-clinical external supervision was procured from an individual with expertise in the area of supervision, Alice, alongside a plan to evaluate the impact of this.
- SPLWs were eligible for one session per month.
- Carried out a before, mid and after surveys along with GAD-7 which is a mental well-being questionnaire and took - 5-10 minutes to complete.

THE IMPACT

- The evaluation took place from Nov 2021- Aug 2022.
- It showed SPLW's wellbeing scores had dramatically increased after the supervision, compared to before.
- Most SPLWs also said that they found it easier to switch off outside of work.
- They are continuing the supervision until November 2023.

KEY DRIVERS FOR SUCCESS

- Engagement with clinical directors.
- Continuous analysis of how the ARRS roles are improving in their own wellbeing to be able to measure impact.
- The solution frees up capacity for clinical directors and clinicians.