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# Transformation Partners

in Health and Care

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**SOCIAL PRESCRIBING & COMMUNITY  
LED PREVENTION**

**Patient Voices for Social Prescribing  
Programme**

**October 2023**

## Background: What is Social Prescribing?

Social prescribing can take many forms. A social prescriber is someone who has given the time and space to talk through a patient's non-medical concerns and signposted to support services in their local area.

Social prescribing aims to:

support individuals to take **greater control of their own health and become better** integrated within their community to improve health & wellbeing

build on community assets **creating thriving communities** through connecting voluntary organisations with those in need

help to **relieve pressures on NHS** services through enabling GPs, nurses etc to refer patients with non-clinical needs to community based support



### Useful resources:

- [Social Prescribing Link Worker: one pager](#) on the role and unique contribution
- [NHSE: What is a Social Prescribing Link Worker?](#)
- [NASP: Social Prescribing & Me](#)

## Key aspects & components

### What?

A London-based Patient Voices programme for people with lived experience of social prescribing.

Reflective practice, confidence building, presentation skills, group work and opportunities to put what they have learnt into practice in a safe way, enabling participants to demonstrate the value of social prescribing to all parts of healthcare system, with powerful, personal, first-hand stories of why this work matters.

This will include:

- **Storytelling & confidence building sessions:** A series of group sessions, providing a safe space, support and a platform for individuals with lived experience of social prescribing to learn how to deliver their story with impact
- **Peer support network:** A group of patients who've experienced social prescribing, with additional opportunities to connect to people working in and across social prescribing in London
- **Bank of lived experience case studies:** Opportunity for those involved to be supported to develop their stories into case studies in the form of podcasts, videos or animations
- **Exposure to further opportunities for 'patient voices':** We will seek and share opportunities for participants to develop their skills, share their stories or use their lived experience to support social prescribing services
- **Evaluation of impact:** We will be evaluating the programme to understand what the impact has been for participants and social prescribing services. We will seek continuous feedback throughout in order to adapt & improve

## Background to the programme

### Problem

- We are missing powerful, important and influential patient voices which can help to shape social prescribing services and advocate for it's impact
- There is a gap for more social prescribing lived experience or advocacy roles or involvement across the system to share lived experiences

### Opportunity

- A Patient Voices for Social Prescribing Programme providing a platform for those who wish to share their experiences to help improve services and increase access
- A programme which helps to build confidence, creates a safe space to share lived experiences, provides access to skills & resources, and signposts to further opportunities for social prescribing patients
- An opportunity to support patients to turn their lived experience into something powerful which can help to raise awareness of social prescribing and demonstrate the impact

## What are we trying to achieve?



## Patient Voices for Social Prescribing

### Core aims:

- To **empower and amplify patient voices** in social prescribing, providing a platform to have their voices heard
- To support people with lived experience of social prescribing and increase visibility of patients through **identifying opportunities to share experiences and advocate for the impact**
- To **demonstrate the extensive impacts** of social prescribing across a range of health & social care settings
- Enable patients to be involved in service design, to help improve services, leading to **better outcomes, access and experience.**

## Session structure

- The programme aims to support people with lived experience of social prescribing to build confidence in sharing their story and build a library of case studies showcasing successful outcomes
- Case studies are people stories, told in such a way to educate, learn, evaluate and promote Social Prescribing
- **Hear my story:** Four core sessions/workshops (in person & online) – see themes below
- Additional optional sessions to support participants

### Session 1: Introduction to storytelling & confidence building

4 hour in person workshop with lunch

#### Key themes:

- Introduction to the course and the aims
- Defining a story, confidence building and setting the context
- Exploring barriers including communication styles and ensuring safety

### Session 2: Overcoming barriers

2 hour online session with short break

#### Key themes:

- Confidence building
- Recap on barriers
- Managing emotions
- Becoming aware of good and bad communication styles

### Session 3: Looking after yourself (and others)

2 hour online session with short break

#### Key themes:

- Protecting yourself (triggers, support, advice)
- Receiving feedback
- Adapting your story based on feedback

### Session 4: This is my story

4 hour in person workshop with lunch

#### Key themes:

- Exploring examples of storytelling
- Having a go at telling your story
- Giving constructive feedback
- Next steps and opportunities to share your story
- EDI & unconscious bias



In addition to the core programme, we will offer additional sessions to raise awareness of further lived experience roles and develop relevant skills.

We will work with the participants to shape these sessions based on their interests and goals.

### Potential topics:

- **A kick off session:** an in-depth view of social prescribing across the system providing the background, evidence, current challenges and what's next for social prescribing in London. As well as sharing useful, informative resources/webinars to expand knowledge.
- The role as a champion or advocate for social prescribing
- Further peer support, peer leadership or peer coaching roles
- Specific skills training e.g. networking, IT skills, presentation, leadership.

## Outputs from the programme

We will seek and share opportunities for participants to consolidate and apply their learnings after the programme.

### Library of case studies

- Case studies are **people's stories**, told in such a way to educate, learn, evaluate and promote social prescribing.
- We will offer the opportunity to work with participants to develop a series of **videos, podcasts or animations** to make up the library of voices.
- The aim is to **empower patient voices** to demonstrate how lives can be changed and the **impacts of social prescribing**.

### Raise awareness of further lived experience opportunities

- We will source and **map out opportunities** for participants to progress towards further training or lived experience roles **depending on their goals and ambitions**.
- We will support graduates by connecting them to their local social prescribing service, to further opportunities to share their impactful stories, or to further training & development opportunities across the system.