



AIM: To host holistic wellness events and promotions in multiple PCNs, bringing together statutory, health and VCSE organisations to evolve the SP offer in City and Hackney.

Target goals/outcomes:

1. To promote social prescribing in City and Hackney to people not currently served by SP, including young people, asylum seekers, homeless populations and others
2. To reduce health inequalities by offering people tools for self care

Highlights:

- Huge potential for not only improving access to social prescribing through proactive outreach to neighbourhoods but also improving the wellbeing of SPLW themselves

Impact:

Held seven wellbeing events concentrated on three postcodes in Hackney, and invitations sent through community groups:

- **Average attendance** per event was **12 people**
- **97%** of attendees were from **underrepresented communities & global majority heritage**
- **95%** had **never experienced self-care treatment**, which was provided at the events
- **80%** had **never accessed SP through their GP** but **one third went on to make an appointment with the SPLW**
- **100%** **rated the event 5/5** and felt 'immediate benefits' including **increased feelings of self esteem**
- Attendees said they were "**likely**" or "**very likely**" to use the **self care techniques** shown in the workshop at home

Also held an **event for SPLWs**, and collected data before, immediately after and one week after the event:

- **88%** **felt stressed 'most of the time'** before the event but **reduced to 62% one week after**
- **70%** **felt miserable or unhappy at work** before the event yet **100%** **reported feeling ongoing positive wellbeing effects** one week after