

# Men's Engagement in Social Prescribing in Tower Hamlets



In Tower Hamlets, referrals to Social Prescribers have increased year on year and are on course to receive over 9000 referrals this financial year.

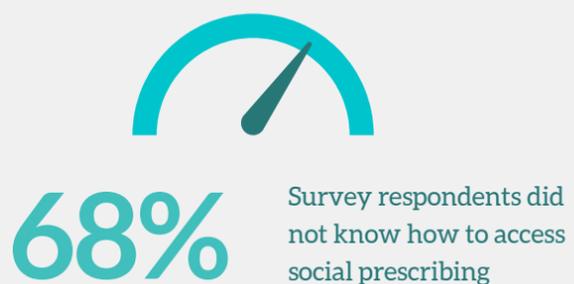
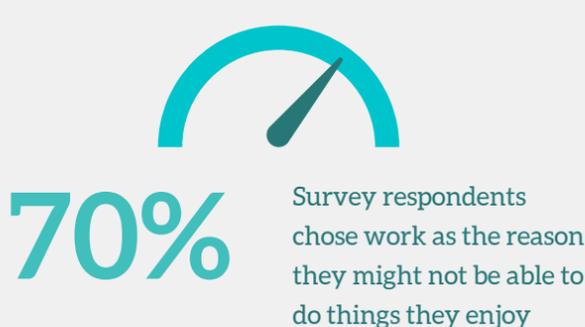
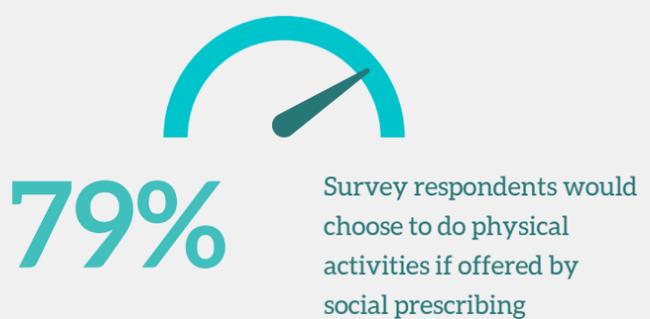
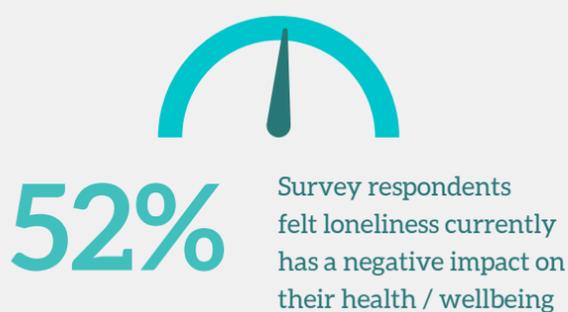
The trend in the proportion of referrals for males has remained fairly consistent as referrals have increased, with the share of referrals for males hovering around 40% in comparison to 60% female in the last 3 years (2020 - 23)



Word cloud representing responses of 5 men's groups to the question: 'What social prescribing activities would you like to engage in?'

Observed impacts, reflected in both survey & consultations:

- Men largely had little awareness of social prescribing as a whole
- The largest barrier to men taking care of their wellbeing was work or feeling too busy
- Keeping healthy, whether through physical activity, healthy eating or advice were the top interests for men



This project was led by Tower Hamlets GP Cares Group, St Margaret's House, Social Action for Health and Voicebox.

We consulted 6 diverse men's groups based in Tower Hamlets and ran an online survey with 54 respondents to explore how we can better engage men in social prescribing activities. We also consulted 4 male social prescribers to ask for their thoughts on male participation.

Our learnings showed there is a need for men-only activities, and for wider awareness on how men can access these activities.

To see full survey results, and slides summarising male social prescriber's reflections and the results from our consultations with men's groups, please use the link: [shorturl.at/mAVX9](http://shorturl.at/mAVX9)