

NORTH WALES SOCIAL PRESCRIBING COMMUNITIES of PRACTICE (CoP)

GATHERING - POST CONFERENCE REPORT

THURSDAY 25th OCTOBER 2018 (8:30 – 12:30)

The Optic Centre, Glyndwr University Building, St Asaph Business Park, LL17 0JB

The aim of the gathering was to create:

A dynamic learning community, made up of people with a shared passion for delivering social prescribing across North Wales, reflecting and working together on the things that matter to members of 2025 and wider.

The Purpose of the Gathering: was to follow on the 'Made in North Wales Social Prescribing Conference 2017' and

- Remind ourselves of the policy context for social prescribing
- Reflect on current evidence and research across the region
- Hear from and engage with a selection of practitioners delivering social prescribing in North Wales
- Explore how social prescribing best practice and learning is being applied.
- Identify education and training needs to support social prescribers in their roles
- consider evaluation criteria for social prescribing programmes
- Design the NW CoP together and agree how this feeds into the national work on Social Prescribing
- Agree the next steps for the CoP to support each other and our communities

Key points

- Over 120 practitioners attended the first gathering that had a real energy and focus. The key to the event was also providing a stage for all practitioners to share with 5mins slots throughout the agenda, this worked really well although we were over subscribed for these slots.
- A Graphic facilitator captured the session and summarised the morning well. There was also a learning wall that reflected some thoughts.
- Excellent presentation set the tone for the event with a clear and innovative message from the new Executive Director for primary care and care closer to the community for practitioners, Chris Stockport.
- The was followed by an overview of the cross sector working and connections between Adverse Childhood Experiences (ACE's) and Social Prescribing particularly with the approach the North Wales police are taking.
- Another key presentation was the funding secured by Wrexham Glyndwr University to fund another 3 Community of Practices and also offer places for 20 practitioners on the new Social Prescribing module/short course. Practitioners were asked to attend, complete and feed into the module so that we co create it for practitioners.
- The CoP approach across the region, connecting practitioners and partners and the educational 'offer' have been selected as a 'mini live lab' project for the Art of the Possible by the Future Generations Commissioner. This project will support the the regional approach, the best application and implementation and share but ultimately

developing our collective approach to **preventative** healthcare that **empowers people to improve their own health and well-being**.

- This model and approach is supported by the All Wales Social Prescribing Network, where we as a CoP can inform and feed into this approach and also work with University of South Wales to look at the HEIW Social Prescribing Training needs which the pilot module will inform.

Learning from the first event:

- Timing was very ambitious and we tried to fit a lot into the programme and there was not enough time for networking or questions.
- There is a lot of activity with out connecting the dots. Hopefully the CoP will help with this, and provision of learning and guidance to support local models that respond and work with local needs.
- Create more space on the agenda for discussion and themes that support practitioners
- Create space for service users to come and talk about the benefits and approaches they use
- There was a real buzz and good atmosphere and appeared to be a good way to connect practitioners regionally and our way of sharing across North Wales.

Next steps:

- Inform and dates for the 20 practitioners to complete the Social Prescribing module to be completed by Jan/Feb 2019.
- Develop the project plan with Future Generations Office and key stakeholders
- Send out post conference report and questionnaire to inform the future CoP
- Send out dates for the future CoP and request topics to cover
- We said we did feedback to CoP based on the learning wall comments
- Ensure as wide invitations as possible and consider those that are in work or cannot attend such as teachers and how we can use technology to engage.
- Look at the usefulness and sustainability of the CoP following the next 3 events, how do we fund the events and support each other.

The contributions made by delegates on the day to the 'Learning Wall' are listed in the Appendix below.

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Appendix: Outputs – ‘Learning Wall Contributions’

Q1. *What are you learning from the conversation today?*

- Loads happening, without being joined up
- Together we are stronger
- Many volunteering opportunities
- There are clinical and non-clinical link workers
- Communities grow
- 3rd sector is very important
- The size of the appetite to change
- Let’s not get hung up on what we call this - it is what we do that matters.
- So much is already happening. The gap is sharing information - getting information out.
- My ideas are useful
- Communication, sharing info is always a big challenge (the biggest)
- Prescriptions are free in Wales so how can we persuade people to choose to pay to engage in social prescriptions?
- Lots of fantastic ideas and projects... but they all need to be brought together in a coherent and meaningful way.
- That 3rd sector knowledge is invaluable.
- Provide guidance not model
- I have many skills
- Collaboration not competition
- I need to share
- More projects promoted to share good practices from social housing
- At the next: Can we have more opportunities for discussion and development of key topics please? Opt in to conversation topics.
- How to join the bits together into a process plan – or how to get together to make that happen.

Q2. *Who is missing from the conversation/CoP?*

- Our Eastern European/Portuguese populations
- Artists
- Resource providers
- Community Connector Dwyfor (Tesni Roberts)
- Funding bodies e.g. Big Lottery
- Providers actively getting involved not just talking PLEASE
- Community volunteer groups e.g. Lions, Soroptomist, and Rotary etc.
- Young people schools nurseries (earlier the better).
- Health clinicians
- People affected by deafness
- Arts, theatre, poets
- Thinking maternity services NCT, Doula, parent- to- be (users)

- Care homes and providers of social care
- Schools
- Social housing
- The undiagnosed
- (No) Link workers
- Citizens
- People who don't agree with this approach
- University students
- Dewis
- Museums and cultural organisations
- *Link workers
- Councillors, Community County Councillors- how can they signpost people at the right time to the right place.
- Animators
- Parent volunteers
- Schools – teachers have a key role in prescribing/supporting children and families.
- No discussion about me without me- where are the non-clinical *link workers
- Small businesses e.g. cafes and social hubs.
- Those in need of the services
- People we don't know
- Vale of Clwyd Mind which has just got Welsh Govt funding for 3 year research project on social prescribing!
- Food growers
- ACE's start in childhood – we need to involve children and family organisations to have/enhance a preventative approach to stop ACE's
- The community
- Make GP's Physio's SW teams need to be here to understand how we (Soc. Pres/comm team) can help!

