



NORTH WALES SOCIAL PRESCRIBING COMMUNITIES of PRACTICE (CoP) **GATHERING - POST CONFERENCE REPORT**

THURSDAY MARCH 14TH Nant Gwrtheyrn, Pwllheli

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 from the previous CoP in Oct 2018

- Continue the conversations from previous CoP and provide an opportunity for **informal networking and shared learning**
- Feedback from the previous CoP in Oct from the **Education pilot** with a group of practitioners next steps as a result of the feedback
- Connect with other CoP on the first **National social prescribing day**
- Update CoP on research across Wales to support the skills development and the bid for a **Wales Institute for Social Prescribing Research** with a collaborative approach across Wales
- Overview of **systems leadership** and how this can help with our approach to changing the model of health and well being for the future
- Open mic approach as an **opportunity to share and learn from others**. Agree the next steps for the CoP to support each other and our communities
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Key points

- Over 75 practitioners attended with a real energy and focus. The key to the event was to move forward from the first session in Oct.
- Key individuals spoke about challenges, overviews on the open mic from Gwrp Cynefin, Healthy Homes and Healthy People and Mind Cymru
- 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 had been developed and the pilot with 9 practitioners with a report and feedback developing an action plan. This project will support 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. Key outcomes included developing a short masterclass, for an overview for those that need to understand the principles of Social Prescribing.
- 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.
- We looked at the approach to implementing Social Prescribing as a new model for Health and Well being and explored systems leadership to help us understand this and the development of the systems leadership co created programme.



Learning Points

Real value in coming together to share models and approaches.

Key themes from the session and challenges that we can explore as the CoP:

- Principles of Social Prescribing
- Learning and Education in Social Prescribing
- Behaviour change – collective change
- Funding
- Evaluation, impact and research/monitoring

Next steps:

- Next dates set for CoP on 8th July 2019, and w/b 4th Nov 2019
- Set agenda and send out thought piece for support working groups at the CoP
- Development of the masterclasses in Social Prescribing, and master level qualification
- Masterclass in systems leadership will be available in Summer open to all- send details
- Develop future plan and structure to support- update on the Wales institute of social prescribing research bid.

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