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**8 July 2020**

Here is edition 12 of the social prescribing update, with links to the latest guidance and resources relevant to the role of social prescribing during the Covid19 pandemic. For queries relating to this update, please contact: england.socialprescribing@nhs.net.

Previous editions are on the SP Collaboration Platform in the [Latest News](https://future.nhs.uk/socialprescribing/view?objectID=96952) section.

📄 **National updates**

The [**NHS People site**](https://people.nhs.uk/)provides support and resources for all NHS staff, including those working in and for primary care. It includes a range of [free mental health apps](https://generalpracticebulletin.cmail19.com/t/d-l-mkundl-jlddoyhhy-x/) and has recently published a [Guide to Good Sleep](https://people.nhs.uk/guides/a-guide-to-good-sleep-for-clinicians-and-healthcare-professionals/). Please share these tools widely with your colleagues.

[**Shielding guidance**](https://www.gov.uk/government/publications/shielding-update-letter-to-patients-22-june-2020) – the Government’s letter sent to people who are shielding is now available in various translations and accessible formats.

The[**NHS Parliamentary Awards 2020**,](https://www.england.nhs.uk/nhs-parliamentary-awards/) are designed to celebrate NHS staff, carers and volunteers. MPs are now searching for nominations to submit and want to hear from outstanding individuals in their local area, who have innovated, impressed and made a real difference to how the health service provides care for people. Have you got a good example to share? [Find out how to nominate](https://www.england.nhs.uk/nhs-parliamentary-awards/how-to-nominate/).

[**Social prescribing approaches for migrants: call for evidence**](https://www.gov.uk/government/consultations/social-prescribing-approaches-for-migrants-call-for-evidence)**:**Public Health England is conducting an evidence review on social prescribing approaches for migrant populations in England in collaboration with University College London (UCL) and International Organization for Migration (IOM).

**Case studies**

Thank you to everybody who has contacted us recently. We have received a flood of case studies, and feedback. The information you have sent highlights the challenges that have faced link workers and our communities during recent months. You have also demonstrated the impact that you are having, with resilience, creativity and hard work.

We haven’t been able to make them all public, but we have published a representative set of [**case studies on the NHS England and NHS Improvement website**](https://www.england.nhs.uk/personalisedcare/social-prescribing/case-studies/)**.** They paint an amazing picture of social prescribing in communities, primary care networks and voluntary sector organisations.  Thank you for making a difference.

💻💬  **Webinars**

Over 6000 people have already attended our [**coronavirus response webinars**](https://future.nhs.uk/socialprescribing/view?objectID=19176208)**.**  The next webinar will be on **Wednesday 15 July** at 1.30pm. The topic will be: Social prescribing for green spaces and accessing nature remotely.   [Register here.](https://nhsiq.webex.com/nhsiq/onstage/g.php?MTID=e47b6627ca6f09df3f520a1a59204bbee)

[Slides and presentations](https://future.nhs.uk/socialprescribing/view?objectID=19176208) from all the previous webinars are available on the Collaborative Platform, our online network for social prescribing.

**Social prescribing support from NHS England**

[**Social prescribing collaborative network**](https://future.nhs.uk/socialprescribing/grouphome)(aka the Platform) for info, resources, case studies and discussion. To join email england.socialprescribing@nhs.net

[**Peer support and networking**](https://www.england.nhs.uk/personalisedcare/social-prescribing/support-and-resources/learning-coordinators/). As a result of Covid19, we’ve had to move our regular support offer on line. (In the four months before the pandemic, we ran 130 live social prescribing events across England.) Key to the support is our team of [Regional learning coordinators (RLCs)](https://www.england.nhs.uk/personalisedcare/social-prescribing/support-and-resources/learning-coordinators/) who are currently providing virtual peer support, and who can link you to resources and learning opportunities. If you don’t already know who your RLC is, email england.socialprescribing@nhs.net telling us where you’re based and we’ll put you in touch.

And if you want to see what an RLC does, check out the [film of Sarah Gorman](https://youtu.be/YiEyPfrkTEA), who is our RLC in the north east.

[**Social prescribing E-learning**](https://www.e-lfh.org.uk/programmes/social-prescribing/)for link workers,  in conjunction with Health Education England. This online training has been created by experienced social prescribers to cover the key topics that will help you in your role. You can register and start any of the six modules at no cost, by linking to [Health Education England Education for Health Learning](https://www.e-lfh.org.uk/programmes/social-prescribing/) .

[**NHS England resources**](https://future.nhs.uk/socialprescribing/view?objectID=20029776), including a [welcome and induction pack](https://www.england.nhs.uk/publication/social-prescribing-link-worker-welcome-pack/) to support the work of social prescribing link workers – especially useful if you are new in role.

🔗 **Useful links**

[**Let’s Talk Loneliness website**](https://letstalkloneliness.co.uk/advice/) - information on how individuals can safely help themselves and others, and signposts sources of further support.

**The Patient Activation Measure (PAM) - training**. If you’re using the PAM with people, to support planning and evaluation, the Supported Self-Management team at NHS England is running no-cost training sessions:

* 14 July: What is the PAM?
* 29 July: Using PAM to tailor conversations and supported self-management approaches.
* 12 August: How to administer PAM
* 20 August: Embedding PAM in a CCG

For information and booking, visit Online Events on the [Personalised Care Collaborative  Platform.](https://future.nhs.uk/PCCN/grouphome)  For enquiries email: **england.patientactivation@nhs.net****.**

**Employment:** Last week’s webinar was on unemployment and supporting people into work. The [presentation](https://future.nhs.uk/socialprescribing/view?objectID=21262160) included an overview of Building Better Opportunities (BBO) a National Lottery funded initiative to support people into work.  To find what BBO programme is operating in your area, please visit [the National Lottery Community Fund](https://www.tnlcommunityfund.org.uk/funding/programmes/) website.

**And finally, our quote of the week:**

“During COVID times, the link workers have been exceptional, adapting to the needs of the practice and the PCN. It has allowed our vulnerable and isolated patients to get the support the require. They have supported those in a crisis and will also be integral to our recovery offer.”

**Dr Mohan Sekeram**

GP Principal at Wideway Medical Practice in Merton

RCGP Regional Clinical Lead London (Person Centred Care)

Clinical Lead for Social Prescribing in Wandsworth and Merton Borough

This quote is taken from a case study online: [**social prescribing and the response to Covid19 in Merton**](https://www.england.nhs.uk/personalisedcare/social-prescribing/case-studies/a-gp-perspective-on-social-prescribing-and-the-response-to-covid-19/).

Social Prescribing Team

The Personalised Care Group

NHS England and NHS Improvement
england.socialprescribing@nhs.net