

**Introducing... Ways to Wellbeing**

**York's Social  
Prescribing Service**

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What is it?

**It's a way to give people a little extra support at a time they need it most**

(It's that simple)



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## How does it work?

- ▶ Someone finds us
- ▶ We meet over a cup of tea
- ▶ Find out what life is like for them
- ▶ Come up with an idea
- ▶ Work with others to make it real
- ▶ Try it!
- ▶ Review it
- ▶ Try it again...



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## How do we know it works?

- ▶ Over 200 referrals so far
- ▶ Positive feedback
- ▶ Formal evaluation of first three months
- ▶ Reduced hospital admissions and GP appointments
- ▶ 80% people reported greater sense of wellbeing
- ▶ 75% people reported increased confidence
- ▶ Return on investment of £1 for every 50p invested

And...

We have just undertaken an evaluation of the first full year of Ways to Wellbeing delivery, and our data tells us that GP appointment usage has decreased by 30% for patients using the service

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## What would have happened to Mr and Mrs Jones without Ways to Wellbeing?

- ▶ Hospital admissions due to falls (and use of ambulance services)
- ▶ Increased GP visits
- ▶ Increased visits from district nurses, physio and OT
- ▶ Accelerated move into residential care?
- ▶ Lack of customer choice

## What would have happened to Rose without Ways to Wellbeing?

- ▶ Increased GP appointments
- ▶ Referral to mental health services
- ▶ Deteriorating mental health
- ▶ Increased GP contact?
- ▶ Falls likelihood and associated hospital admissions?

## What works?

- ▶ Taking time to get to know someone (not just getting to know their need/their difficulty)
- ▶ Listening with no time limits
- ▶ Trying ONE new thing at a time
- ▶ Going with people to try a new thing for the very first time
- ▶ Taking away barriers like transport - we can provide a taxi or bus fare



## What works?

- ▶ Working with others to find something that works
- ▶ Being consistent
- ▶ Being different and ‘not like the system’
- ▶ Keep trying until we find something that works
- ▶ And if there is a solution we will find it! We never give up!

These are our tools - not revolutionary, but tried and tested, and so far they are working

The logo for YorkCVS, featuring the text 'yorkcvs' in a lowercase, teal-colored, sans-serif font. The logo is positioned in the bottom right corner of the slide, with a thin white line extending from the top left of the text towards the center of the slide.

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## What we don't do...

- ▶ Offer in-depth counselling
- ▶ Offer a long term service which creates dependency
- ▶ Offer our solutions
- ▶ Don't turn people away
- ▶ Don't perform miracles!

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# What next for social prescribing...

- ▶ Secure funding
- ▶ City wide support
- ▶ Create more local social connections
- ▶ Strengthen communities
- ▶ Support our VCS
- ▶ Grow volunteering
- ▶ Be clear about outcomes
- ▶ **Put York on the map!**

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