

ST HELENS WELLBEING

Social prescribing – The benefits

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St. Helens Council



Overview

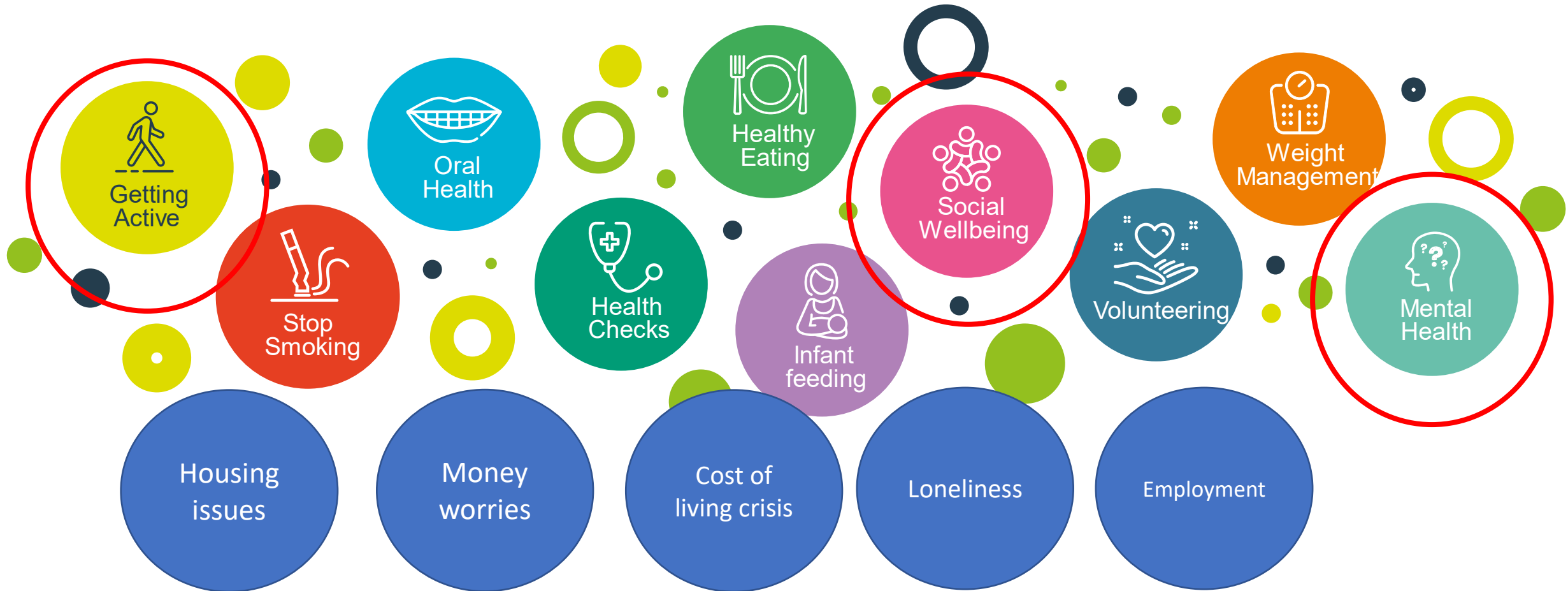
- The Why - Our Social Prescribing Approach
- The Benefits:
 - People
 - Partnerships
 - Communities
 - Financial

Vision: Lead and inspire through excellence, compassion and expertise in all that we do.

St Helens Wellbeing service is an integrated set of health improvement 'units' that are shaped to support clients needs - **bringing the right support around the person or family at the time they need it.**

StHelensWellbeing.org.uk

Providing **FREE** health and wellbeing support and advice





Social Prescribing Approach

- A holistic approach to improve individual's wellbeing.
 “what matters to me.”
- Underpins all service interventions
- Sees the person not just the condition or reason for referral
- Empowers a person to take control
- Build a goal plan based upon their holistic needs
- Get the wider/ life stuff sorted... gives space to think about health
- MSK – Escape Pain delivered in partnership with Physio team
- We listen, look at what/ who could help them and put them in touch



The Benefits: for People

Mr M, 46yrs
Isolated, Social Anxiety, Debt,
Overwhelm, inactive,
Wellbeing: 3/10 PHQ9: 19



Individual approach, listened, struggled initially with talking to worker. Built up trust.
Referrals to: Together for Mental Wellbeing, Think Wellbeing, Health Trainers Joined up care plans
Focused Techniques: Anxiety management
Has been able to leave the house for short walks
12 weeks: Wellbeing 5/10 PHQ9: 14

“I finally feel like all the right people are in place to support me. I feel like things are finally starting to come together for me”

The Benefits: for People

Mrs P, 54yrs

Chronic Pain, employment issues,
Wellbeing: 4/10 PHQ9: 15

Referred to ACAS for employment support; PIP application; Applied for discounted Gym/ Swim membership.

12 weeks: Wellbeing 8/10 PHQ9: 5

Attending swimming and activity classes to manage pain

Approved PIP at standard mobility rate

Adapted job role to enable client to continue working.



“If it weren’t for the service I would not have known where to go for support; Dani [Link Worker] has been so supportive, and her calls have helped me a lot”

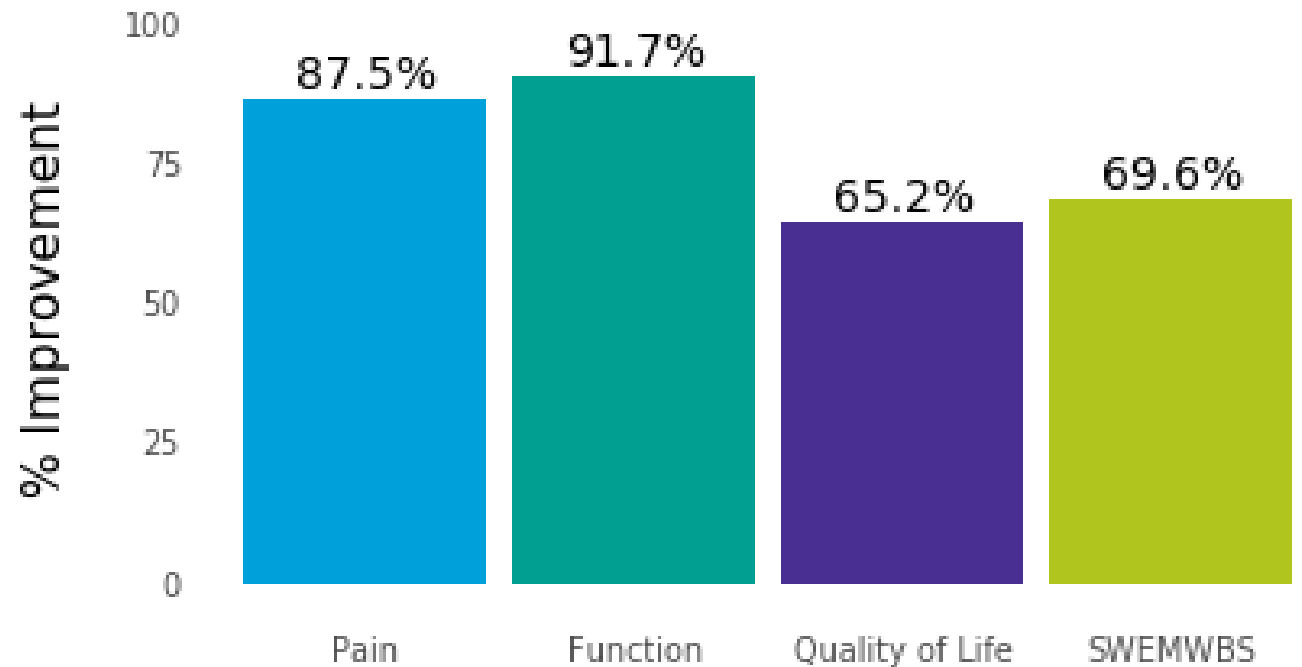
Outcomes

Proportion of ESCAPE-pain participants which improved at post-intervention across every outcome measure.

Average retention rate for the year 2018/19 Nationally 76%

Locally St Helens gold standard model **94%**

Partnership between St Helens Wellbeing Service and Hospital Physio team



The Benefits: For Our Communities

- Mapping
- Directory
- Navigation
- Connections
- Accessibility
- Fill gaps
- Access funding
- Volunteering



The Benefits: Partnerships

- GP practice teams
- Physio teams
- Hospital teams
- Community organisations
- Mental Health teams
- Public health



Benefits: Finances



2,189

hours of
client time



2,141

onward referrals to
114 organisations

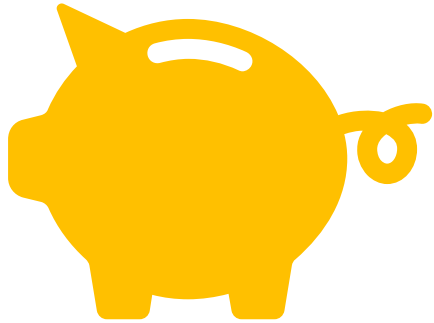
Social Return on Investment

£45.74 of social value created for
every £1 invested

£1 : £45.74



ESCAPE-pain System savings for St Helens (Health Innovation Network)



£43,848

Saved in the health and social care sector over 2.5 years based on the number of completers for your site this past year. (Based on 29 clients)

An economic evaluation on ESCAPE-pain was conducted by Hurley et al (2007) to demonstrate the cost-effectiveness of the programme and where in the system the reductions in healthcare utilisation occurred. Figures quoted above are updated to 2017 rates. The original paper can be accessed here: <https://escape-pain>

Thank you for listening
For further information please get
in touch...

ST HELENS WELLBEING

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NHS