

Evaluating Social Prescribing

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Nesta is a global innovation foundation



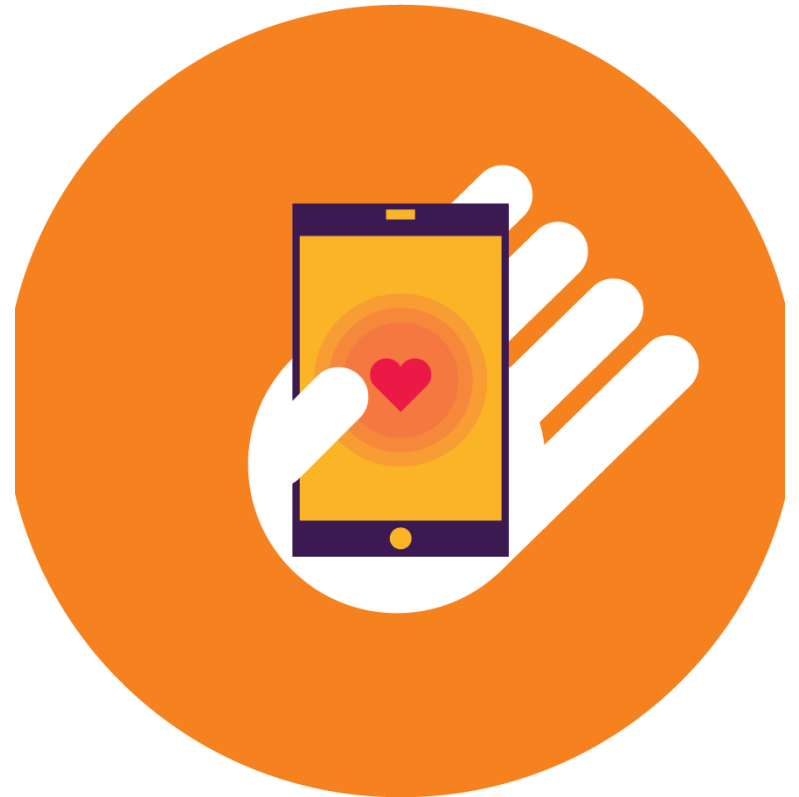
- We back new ideas to tackle the big challenges of our time: from the pressures of an ageing population to stretched public services and a fast changing jobs market.
- Using our knowledge, networks, funding and skills, we grow new ideas that can change the world for the better. We are a UK charity but work globally, and always in partnership with others.
- We work in five priority fields: health; education; government innovation; the creative economy, arts and culture; and innovation policy.

Nesta Health Lab

“People Powered Health” – Health and care systems that are by people, for people, with people.

Our focus is on empowering people, communities and frontline professionals to improve health and wellbeing.

We believe that networks, knowledge, digital technologies and empowered individuals taking an active role in managing their health have the potential to improve health and reduce pressure on the whole health system.



Evaluating social prescribing: three questions



- **What is it?**

(What's our framework for how it fits into health and care? What's in a name?)

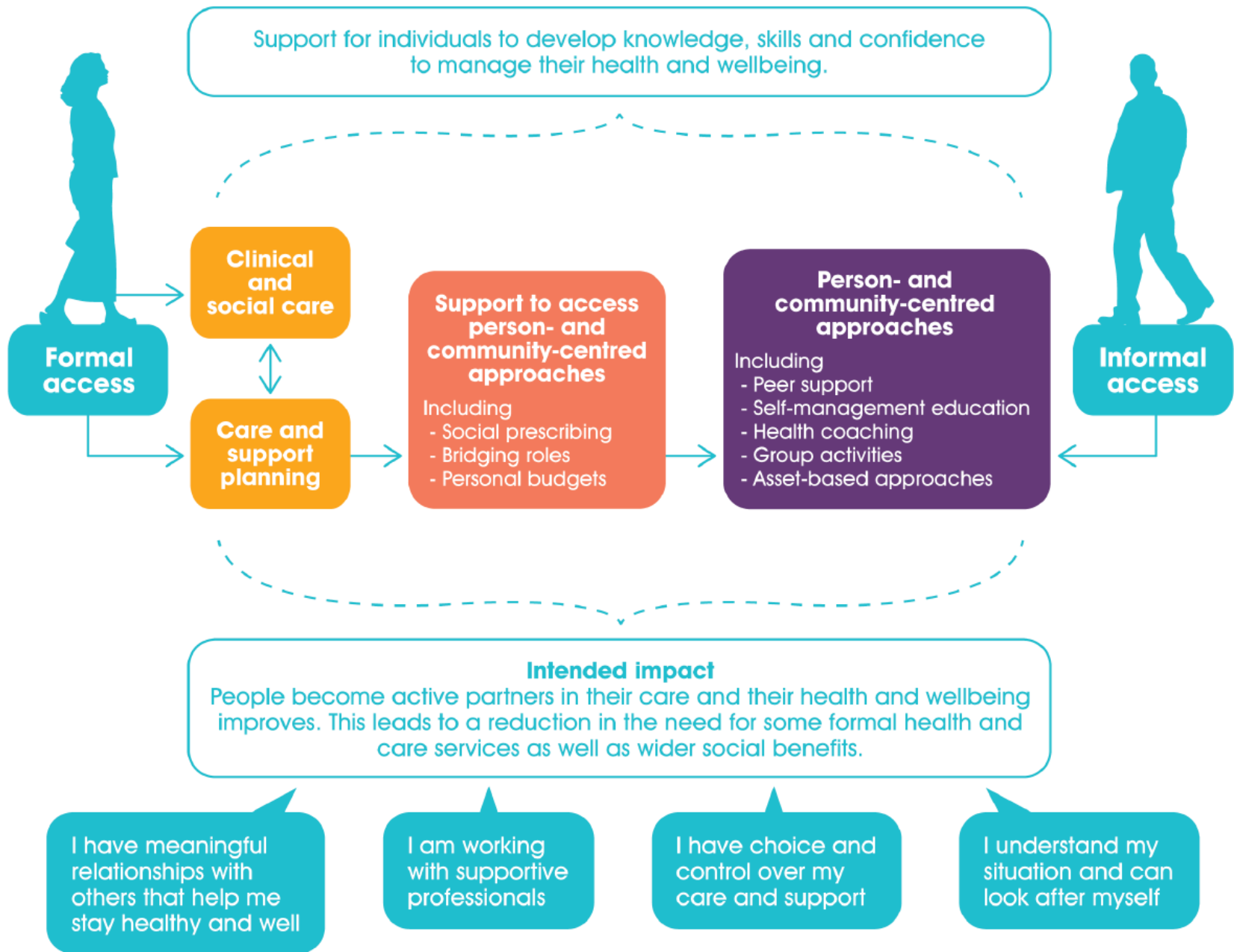
- **What to measure?**

- **How good is the evidence?**

'Realising the Value'

(18-month programme, 2015-16; funded by NHS England, led by Nesta and the Health Foundation)

- Enable the health and care system i) to support people to have the knowledge, skills and confidence to play an active role in managing their own health, and ii) to work with communities and their assets.
- 5 approaches & partner sites
 - Peer support (Positively UK)
 - Self-management education (Penny Brohn UK)
 - Health coaching (Big Life Group with Being Well Salford)
 - Group activities to promote health and wellbeing (Creative Minds)
 - Asset-based approaches in a health and wellbeing context (Unlimited Potential with Inspiring Communities Together).



“What to measure?”

Examples from Realising the Value (1)

- **Positively UK** supports over 1,000 people each year. Its **peer support** has been shown to improve the mental health and emotional wellbeing of participants, reduce isolation and increase social inclusion, and promote self-management through increased understanding of HIV.
- **Penny Brohn UK’s self-management course** has been shown to lead to improvements in diet, exercise and use of self-help techniques, improved wellbeing and better relationships and communication with family, friends and medical professionals.
- Last year, **Being Well Salford** delivered more than 7,000 individual **health coaching** appointments and over 500 health coaching group sessions. After using the service, people achieving their activity targets more than doubled, from 23% to 49%, and two thirds of participants said their mood had improved.

“What to measure?”

Examples from Realising the Value (2)

- **Creative Minds** aims to develop creative **group activity projects** that help people who use mental health services to live well in their community and to reach their potential. Creative Minds has supported more than 250 creative projects in partnership with over 120 voluntary, third sector and community groups, reaching more than 20,000 people.
- **‘Dadly does it’** creates male-friendly spaces where **positive role models** can talk to each other openly and try out fun bonding activities with their children. A social return on investment study of ‘Dadly Does It’ found that £1 invested yielded approximately £3 of potential savings to children’s services and £13 of wellbeing value for the fathers involved.

“How good is the evidence?”



“If one went purely by the numbers of papers published, one would put effort into pharmacological treatment and would ignore housing; emphasise case management and ignore poverty.”

(Michael Marmot)



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References & Resources:

<https://www.nesta.org.uk/project/realising-value>

<https://www.nesta.org.uk/publications/nesta-standards-evidence>

<https://www.nesta.org.uk/project/creating-confidence>

Upcoming events:

['Good and Bad Help' – 6 February 2018](#)

['The Future of People Powered Health 2018' – 2 May 2018](#)