

# A Guide to Social Prescribing

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Wednesday 26th February 2025

Virtual Conference



## Speakers Include:

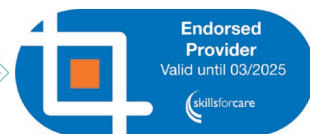
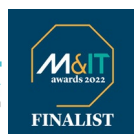
**Charlotte Osborne-Forde**  
*Chief Executive Officer National Academy for Social Prescribing*

**Debs Teale**  
*Independent Consultant and Facilitator The Debs Effect*

**Lucy Brenkley**  
*Active Forests Coordinator Forestry England*

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## Supporting Organisations:



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**“Giving people the time to express ‘what matters to them’ is at the heart of social prescribing. Unlike traditional healthcare models, Social Prescribing Link Workers prioritise meaningful conversations, allowing individuals to openly identify and express their wishes. This unique approach empowers individuals to co-produce personalised care support plans, tailored to their specific needs and priorities.”**

*Vicky Ogretmen, Social Prescribing Link Worker, March 2024*

**“In the NHS Long Term Plan, NHS England committed to building the infrastructure for social prescribing in primary care and embed social prescribing and community-based approaches across the NHS.”**

*NHS England, 2024*

**“Social prescribing is changing the landscape of health care, where our attention is moving beyond the brick and mortar of hospitals and into peoples’ communities. We know our health and wellbeing is most affected not by the medicines we prescribe but the lifestyles, social connections and conditions people live in. The global interest in social prescribing represents a shift in culture and understanding that our health systems must go beyond the pills to create good health for all.”**

*Dr Michael Dixon, Co-Chair for Social Prescribing Network, July 2024*

**“Social prescribing transforms the care that we can provide - it’s a paradigm shift prioritising holistic wellbeing. By addressing the practical, social, and emotional requirements alongside medical treatment, we can empower individuals towards better health, enabling a comprehensive, coordinated biopsychosocial approach to wellbeing.”**

*Dr Bogdan Chiva Giurca, Clinical and Global Lead for National Academy for Social Prescribing, July 2024*

**“The increasing acknowledgement of social connections, community support, and integrating these into health care is shifting the traditional medical model. As health systems experience challenges, social prescribing offers optimism - pioneering an alternative approach building on people’s resilience, strengths, capitalising on and regenerating community resources.”**

*Charlotte Obsborn-Forde, CEO for National Academy for Social Prescribing, July 2024*

This conference will focus on increasing the scale and impact of social prescribing as outlined in the NHS long term planned. We will take a practical case study based approach to assessing, monitoring and improving the health outcomes of people who typically experience health inequalities.

There will be an emphasis on understanding the evidence base, and through learning from organisations that have succeeded in addressing the challenge of social prescribing for people from economically deprived areas in the country.

This conference will enable you to:

- Network with colleagues who are working to improve social prescribing in their community
- Network with colleagues working to improve outcomes and access to social prescribing services
- Reflect on national developments including the NHS long term plan
- Understand how we can address the wider social determinants of people’s health
- Update your knowledge on national developments including what we are seeing across the country
- Understand how you can support people with long-term chronic pain through a multidisciplinary team approach
- Developing your skills in working with community organisations
- Ensuring people who are homeless or excluded can still access social prescribing
- Understand and ensure equality in accessing social prescribing through NHS services
- Learn from case study examples of how to effectively support children and young people with social prescribing
- Identify key strategies for supporting underserved people from migrant communities with gaining access to social prescribing
- Understand how to evaluate and assess your services
- Supports CPD professional development and acts as revalidation evidence. This course provides 5 Hrs training for CPD subject to peer group approval for revalidation purposes

## 10.00 Chair's Welcome and Introduction

**Charlotte Osborne-Forde** *Chief Executive Officer* National Academy for Social Prescribing

## 10.10 A lived experience of social prescribing

**Debs Teale**  
*Independent Consultant and Facilitator*  
The Debs Effect

- my mental health journey
- how taking an art class changed my life
- why social prescribing should be a priority in mental health

## 10.40 EXTENDED SESSION: National developments and challenges in social prescribing

**Sian Brand**  
*Chair of the National Social Prescribing Network*  
College of Medicine

- an introduction to social prescribing, what it can and cannot address
- developments in social prescribing we are seeing across the UK
- social prescribing in relation to the NHS Long Term plan
- challenges faced in social prescribing practice and how we can see this become overcome
- future outlook and where we hope to see the adoption of social prescribing moving forward

## 11.25 Comfort Break and Virtual Networking

## 11.45 EXTENDED SESSION: The case for social prescribing to tackle health inequalities

**Lucy Brenkley**  
*Active Forests Coordinator*  
Forestry England

- addressing the wider social determinants of people's health
- how stress, unemployment and loneliness can impact a significant proportion of health outcomes people experience
- social prescribing success stories and the evidence base for its impact on people
- innovative ideas for further embedding social prescribing services in deprived areas

## 12.30 Group discussion led by chair

## 12.45 Evaluating NHS Social Prescribing Pathways within social and economically disadvantaged settings

**Dr Steven Markham**  
*Research Fellow in Health Services Research*  
Nuffield Department of Primary Care Health Sciences  
University of Oxford

- employing link workers in GP surgeries to provide social prescribing to patients
- understanding what matters to patients and their health and wellbeing goals
- how link workers set up social prescribing pathways with community organisations in disadvantaged areas
- how link workers in disadvantaged settings experience and fulfil their role

## 13.15 Lunch Break and Virtual Networking

## 14.00 EXTENDED SESSION: Health inclusion and homelessness

**Gay Palmer**  
*Social Prescriber/Health and Wellbeing Coach Team Lead*  
South Southwark Primary Care Network  
Improving Health LTD

- health outcome data and statistics for those experiencing homelessness and exclusion
- why GP practices may not have the resources to engage and support people in these circumstances
- how do we connect these individuals to the right services to support better health outcomes
- creating outreach opportunities
- case study examples and what we've seen so far

## 14.45 Small breakout groups led by chair

## 15.00 The Effectiveness of Social Prescribing for Children and Young Adults

**Emma Bush**  
*Director of Education and Leadership*  
Curious Minds

- supporting children and young adults to build confidence, gain skills and better manage living with long term health conditions
- working in partnership specialist clinical nurses to provide safe, friendly and inclusive community activities
- case study: evaluating the effectiveness of social prescribing for children and young adults

## 15.30 Comfort Break and Virtual Networking

## 15.50 Increasing the scale and impact of social prescribing

**Charlotte Osborne-Forde**  
*Chief Executive Officer*  
National Academy for Social Prescribing

- ensuring that all GP surgeries have a designated Social Prescribing Link Worker
- supporting community organisations through Shared Investment Funds for social prescribing
- embedding social prescribing in wider civic and community services

## 16.20 Close

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Virtual Online Conference

Download

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#### Venue

This virtual conference will include access to a virtual user friendly format which will provide you with the full conference experience from your workplace or home.

#### Date

Wednesday 26th February 2025

#### Conference Fee

- £295 + VAT (£354.00) for NHS, Social care, private healthcare organisations and universities.
- £250 + VAT (£300.00) for voluntary sector / charities.
- £495 + VAT (£594.00) for commercial organisations.

#### \* Credit Card Discount

10% discount when you book via credit or debit card. This offer is exclusive to card bookings and cannot be used in conjunction with any other Healthcare Conferences UK offer.

#### \*\* Group Rates

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