



**Social Prescribing
Awards
2024**

Social Prescribing Awards 2024 **WINNERS' GUIDE**

**Presented on 19th June 2024
at the University of Westminster
during the 5th International
Social Prescribing Conference**



National
Academy
for Social
Prescribing



Social Prescribing
Network

COLLEGE OF MEDICINE
AND INTEGRATED HEALTH

UNIVERSITY OF
WESTMINSTER^{##}



International
Social Prescribing
Conference
19TH - 20TH JUNE '24



Chamberlain
Dunn
creative & events

@SocialPrescrib2

@NASPTweets

@ChamberlainDunn



The awards were presented at a ceremony during the 5th International Social Prescribing conference at the University of Westminster.

We were thrilled to have received a record number of entries – nearly 200 across our 9 categories. The calibre of entries was exceptionally good and judging so many entries of such a high standard was a real pleasure and privilege; the strength of dedication and passion to bring creative, innovative and high-quality social prescribing services to communities and organisations across the breadth of the UK really shone through. So please,

A huge congratulations to everyone who helped the awards to happen this year, in particular:

- Viridian Nutrition
- Access Elemental
- The National Academy for Social Prescribing
- The Social Prescribing Network
- The College of Medicine
- University of Westminster
- Chamberlain Dunn

And of course, to our judges for their insights and expertise.

We are looking forward to seeing what exciting new innovations in social prescribing 2025 will bring, but for now, please do take a look at all of the fantastic projects, people and organisations that were finalists this year.

Our Winners' Guide is a vital part of the Social Prescribing Awards programme.

We are proud of it for (at least) four reasons:

- 1 It gives participants, guests, entrants and the wider healthcare world a chance to digest more fully the work of the finalists.
- 2 It is a more permanent record of the achievements of those working in social prescribing across the UK in 2024 than an awards ceremony can ever achieve.
- 3 It gives contact details for those wanting to find out more to build on their own work and to share experiences.
- 4 It helps us to stand out from the crowd – very few award organisers take the trouble to deliver this final piece of the jigsaw.

If you would like to be involved in the Social Prescribing Awards as a sponsor, judge or simply share some ideas about how we can develop the programme, please contact

Ellie Hayden on ellie@chamberdunn.co.uk
or call **020 8334 4500**

Award for the Best Nature Based (Green & Blue) Social Prescribing Project



Social Prescribing
Awards
2024

WINNER

Wild Swimming for Wellbeing Open Minds Active CIC



This blue social prescribing project has built a diverse and inclusive community of people around Bristol, who benefit from connecting with nature and each other to reduce isolation and foster positive mental health. Now in its 4th year, it was the first blue social prescribing project of its kind in the UK and has established a comprehensive 6 week facilitated programme of sessions that empower participants with knowledge and skills around acclimatisation, swimming in different bodies of water, cold water safety, breathing and mindfulness techniques. The service focusses specifically on health inequalities for those living with long term mental and/or physical health conditions from low socioeconomic areas and from ethnically diverse backgrounds, breaking down barriers to access which can include cultural, lack of transport, lack of money, low confidence, long term disability or illness.

The social support offered by peers and mentors encourages people to adopt healthy behaviours and positive coping strategies, thereby enhancing resilience and emotional wellbeing. Based on the outcomes observed over the past three years of programmes, the service has seen some dramatic results such as reduced feelings of suicidal thoughts, reduction in chronic pain and fibromyalgia symptoms and decrease in reliance on anxiety and depression medication.

Contact: maggy@openmindsactive.org

FINALISTS

Wild Health Project Gwent Wildlife Trust



This project uses nature-based activities to boost the physical and mental wellbeing of underrepresented communities across Gwent. The Trust invests in upskilling their staff as well sharing learning with many partner organisations to help increase the provision of nature-based initiatives independent of the project.

Contact: ithomas@gwentwildlife.org

Feel Good in the Forest Forestry England



Delivering social, inclusive, physical activities co-developed with local communities and organisations to reduce social isolation and improve mental and physical wellbeing, while promoting an enjoyment of nature at Chopwell Woods, Thames Chase Community Forest, Guisborough Forest and in the National Forest.

Contact: ellen.devine@forestryengland.uk

Award for the Best Heritage Social Prescribing Project



Social Prescribing Awards 2024

WINNER

Heritage Linkworker – Heritage for Wellbeing Restoration Trust



Collaborating with local health and heritage services, the team connect local people with activities and organisations to help people on low incomes and with poor health to enjoy local heritage throughout East Anglia. It has helped people who live with mental health issues through engagement with archaeology, ancient landscapes, historic places and spaces and archives. The project addresses the barriers that prevent people on low income and with poor health from enjoying local heritage.

The project has had a profound effect on its participants, who were keen to share their experience with the service.

“When my wife died, it left me very alone,” says David Ball. “I have no family or friends in the area and my grief crushed me into a lonely black hole. Heritage for Wellbeing quickly became my ladder to the light. I could not wish for a more welcoming group of people, who are not just friends, but have become like a family. They make learning about and exploring local heritage so enjoyable.”

Due to the success of the project in having a significant positive impact on individual and community wellbeing, Restoration Trust and the H4W participant group have secured a small amount of funding to support the group in transitioning to becoming a self-sustaining voluntary-led community group.

Contact: darren@restorationtrust.org.uk

The programme aimed to boost individual and community well-being and reduce isolation, engaging hard to reach groups for a sustainable, heritage-based approach to social prescribing and building positive relationships and partnerships with key individuals, venues and organisations in Kirkham.

Contacts: sue@greenclose.org

FINALISTS

Delapré Abbey Preservation Trust Delapré Wellbeing



This project worked with over 1500 people in 2023; committed to partnership working and community co-creation, the Trust aim to foster holistic wellness to help tackle local health inequalities, utilising the historic rooms and grounds of Delapré Abbey.

Contacts: leanor.sier@delapreabbey.org
Richard.clinton@delapreabbey.org

Archaeology on Prescription York Archaeology



A pioneering project that uses archaeology as a social prescribing tool to improve the health and wellbeing of participants, supporting them to develop social connections and learn new skills, boosting confidence and interest in archaeology and heritage.

Contact: afisher@yorkat.co.uk

**Kirkham Heritage,
Health and Wellbeing Programme**
delivered by the Phoenix Rising Partnership,
led by Sue Flowers, Green Close
with Helen Shearn for the Kirkham Futures
High Street Heritage Action Zone



Award for the Best Arts and Culture Social Prescribing Project



Social Prescribing
Awards
2024

WINNER

Raw Sounds

Raw Material Music and Media Ltd



This diverse programme centres on collaborative musical practice, including experimental and improvised music-making and vocal and instrumental session groups, to promote wellbeing and support socioeconomically challenged groups in Brixton, South London. The organisation works with around 300 people each year, aged between 11-70, across exciting creative programmes such as Mindful Music, The Voice and Vibe Alliance.

The majority of community members identify as Black African, Afro-Caribbean and other mixed heritage individuals (reflecting the diversity of South London), socioeconomically challenged groups and/or people experiencing mild to acute mental ill health. Raw Material Music and Media Ltd are a 'culturally democratic' organisation, with community taking a lead role in the governance and programme selection through the Programming Committee, which helps to establish equity and builds confidence for community members.

2023 data for the project showed that:

- 64% members felt sessions have greatly alleviated feelings of loneliness or isolation
- 91% reported an increased sense of pride and ownership in their created work
- 64% reported musical skills development (e.g. music theory and songwriting)
- 100% said they feel part of Raw's creative community

Contact: mamy@rawmusicmedia.co.uk
sasha@rawmusicmedia.co.uk

FINALISTS

The Hera Project

Robin Hood Health Foundation



The Hera Project includes a varied programme of inclusive, high-quality arts activities for people with long-term physical and mental health conditions in the Brighton & Hove area, which both delivers, and helps other communities to deliver, joyful, transformative, experiences.

Contacts: emma@robinhoodhealth.org

Liverpool Philharmonic Music and Health Programme



One of the longest running and largest UK arts and health programmes. The team work with the NHS to help people rebuild confidence and develop skills, while supporting them to live independently in the community, make new connections or return to employment.

Contacts: jessica.strawson@liverpoolphil.com
nicola.hopson@liverpoolphil.com
zoe.armfield@liverpoolphil.com

Award for the Best Physical Activity Social Prescribing Project



Social Prescribing
Awards
2024

WINNER

Bristol Physical Activity Social Prescribing project West of England Sport Trust



In collaboration with the 3 anchor organisations based in areas of deprivation, the Trust embedded 3 Physical Activity Link Workers (PALWs) into the social prescribing teams. The PALWs support people from socially and economically disadvantaged areas to move – in many cases, for the first time in their lives. From paddleboarding to wild swimming, yoga for anxiety, and chronic pain support group, they have developed a suite of gentle activities to creatively reach the unreached, helping them to get healthier, encouraging social interactions, creating communities, and build emotional resilience.

Embedding the PALW's alongside other personalised care roles meant they could advocate for the individual in a complex health system, connecting into other services to address other challenges they might be facing. This connectivity has turned out to be wider than just the health and physical activity sector, including: Employment; Green Social Prescribing; the Police; Addiction Services; and more.

The Physical Activity Social Prescribing project empowers people to lead the lives they wish to live, raising awareness of physical activity to improve their health, giving them choice and control in their health and care. Over the course of the project they received over 800 referrals from health and social care professionals, and because of the support, 61% of individuals are now more active in their daily lives, sustaining their behaviour change towards physical activity.

Contact: ali.chodkiewicz@wesport.org.uk

FINALISTS

Halton Travel Well Wellbeing Enterprises CIC



The programme encourages people to lead healthier and happier lives through wellbeing plans, integrating active travel into daily routines and overcoming barriers to physical activity; they use local assets such as parks, canal sides, and community centres to ensure that their initiatives are accessible and inclusive for all.

Contact: j.smith@wellbeingenterprises.org.uk

Embedding Physical Activity in Social Prescribing Approaches Central Liverpool Primary Care Network



The team have taken an important step to expand and develop their approach to social prescribing by encouraging and empowering their link workers to work in a more holistic way, embedding physical activity to deliver better outcomes for their hardest to reach and most complex clients.

Contact: anne-marie.morrison@livgp.nhs.uk

Award for the Best International Social Prescribing Project



Social Prescribing Awards
2024

WINNER

LiveWELL Program The Hong Kong Federation of Youth Groups



This project was designed to tackle local health inequalities and improve the wellbeing of people from low income households, with a comprehensive social prescribing approach which has helped young people and families in need.

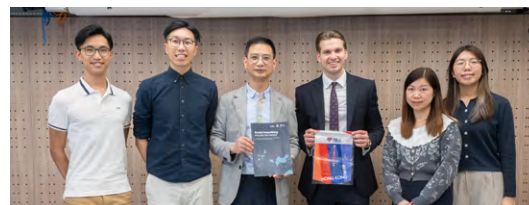
The project is focused on providing assistance to 60,000 low income households with children who receive Textbook Assistance by 2026, to improve food security and mental resilience through a youth-led social prescribing model. By empowering young people to become wellness practitioners and addressing the health concerns of both youth and their families, the LiveWELL Program is committed to creating a healthier future for youth and by youth.

The project has served around 8,000 youth and families up to May 2024, providing them with personalised health management by wellness managers, weight and mental health screening, and prescribed programs. Its social prescribing model has connected individuals and families to existing physical and mental health community services, ensuring they receive personalised care plans and specialised interventions when necessary. The project also promotes healthy living through community activities and workshops, fostering social support and empowering individuals to take charge of their wellbeing, resulting in remarkable outcomes and a supportive community network.

Contact: andy.chan@hkfyg.org.hk

FINALISTS

JC InnoPower: Nature4Mind Chinese YMCA of Hong Kong



This project aims to create a healthy community by connecting underprivileged children with anxiety to non-clinical community resources in Hong Kong, helping to ease their anxiety in an affordable, natural environment.

Contacts: anthonycheuk@ymca.org.hk
jimhui@ymca.org.hk

The Archivi e Salute project University of Chieti-Pescara

in collaboration with its partners



Co-designed with the community and focusing on personalised care, the team work with stakeholders to ensure that patients are treated as people who bring value to their communities in Italy.

Contacts: ar636@kent.ac.uk
pierluigi.sacco@unich.it
sara.uboldi@ispc.cnr.it

CREATIVE HEALTH FOR EVERYONE artSIP – more creative people



The team work to address health inequalities in the local community by providing access to creative activities for socioeconomically disadvantaged children and partnering with schools in the city of Graz, Austria.

Contacts: jasmin.dhanani@artsip.at
juergen.neubauer@artsip.at

Award for the Best Local Social Prescribing Link Worker Team/Service



Social Prescribing Awards 2024

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Edinburgh Community Link Worker Network Edinburgh Health and Social Care Partnership



The team have gone from strength to strength since their introduction in 2017, now employing 24 Community Link Workers (CLWs) and covering 45 (63%) practices in Edinburgh, ensuring that link workers are fully embedded in their communities.

In 2020, the team demonstrated immense adaptability by adjusting overnight to the changes brought about by the pandemic, providing remote support to some of the most vulnerable patients, and supporting a city-wide Covid response led by the City of Edinburgh Council. The team continued navigating the challenges of the mental health crisis that followed and the more recent cost-of-living crisis, showing remarkable resilience.

The CLWs help strengthen relationships between medical practices and the communities they are based in and have built a good relationship with the University of Edinburgh Medical School, introducing 1st year medical students to social prescribing. To date, the network have worked with over 800 potential future GPs, highlighting how social prescribing can help tackle health inequalities. Feedback from students has been overwhelmingly positive.

Over 6 years, the network have:

- Received 19,220 referrals
- Carried out 44,920 engagements
- Made 29,425 links to services.

Thanks to the continual hard work of the CLWs, Edinburgh is regularly used as an example of link working for new CLW programmes in Scotland.

Contact: alison.leitch@evoc.org.uk

FINALISTS

First Contact Clinical Social Prescribing Service (South Tyneside) First Contact Clinical Community Interest Company



FIRST CONTACT CLINICAL
ENABLING HEALTHY CHANGE



The service's self-managing teams across South Tyneside have high levels of autonomy based on what matters to patients: a quick response and ease of access. Their use of quantitative and qualitative data has enabled the service to challenge traditional practice.

Contact: davidjulien@firstcontactclinical.co.uk

Sussex Interpreting Services Social Prescribing Plus Team Sussex Interpreting Services



The team have been delivering easily accessible Bilingual Social Prescribing for 10 years, helping service users to overcome barriers of language, culture, power and information by providing holistic and culturally appropriate support.

Contact: vikki@sussexinterpreting.org.uk

Award for the Best Larger Social Prescribing Link Worker Team/service



Social Prescribing
Awards
2024

WINNER

Enable Social Prescribing/ Personalised Care Team



This diverse and passionate team work creatively with primary care staff in Wandsworth, growing social prescribing teams in four of the five Primary Care Networks (PCNs), where the PCNs recognised the need for evolving the provision.

With many local areas of high deprivation and high numbers of people with multiple long-term conditions, disabilities, frailty, and people from ethnic minority communities, the social prescribing service has been effective in getting to the heart of these disadvantaged communities by providing easy access to surgery-based services. This has helped tackle health inequalities within the borough.

Their “Our Front Door Social Prescribing Service” places link workers in the heart of Wandsworth Council’s Adult Social Care Access Team delivering appointments remotely over the phone or by home visit, enabling access to all. The “High Intensity User Social Prescribing Pilot” is one of the first in the country to be delivered by a non-NHS service, offering one-to-one social prescribing support to frequent users of emergency services. Early indicators show a reduction of 66% in emergency service use. Finally, the “Children & Young People Social Prescribing Service” in Merton has listened to clients’ needs, now providing appointments in GP surgeries, schools, libraries, garden centres and cafes.

In 2023–2024, the social prescribing service received 6,606 referrals, with link workers delivering 10,390 appointments over all services, making 4,919 onward referrals into voluntary and charity sector organisations.

Contacts: sifield@enablelc.org
rgrainger@enablelc.org

FINALISTS

Live Well Wakefield South West Yorkshire Partnership NHS Foundation Trust and Nova Wakefield District



Live Well Wakefield is a combined social prescribing and supported self-management service focused on innovation and partnership working; the Trust have increased capacity by pooling resources while advocating innovative personalised care approaches, resulting in a whole-system impact.

Contact: livewellwakefield@swyt.nhs.uk

Barnet Social Prescribing Service Age UK Barnet



Dedicated to improving the wellbeing of their communities through a holistic and personalised care approach, the service aims to reach those most in need by increasing accessibility through self-referral, feedback surveys and offering interpreters.

Contacts: bianca.illii@nhs.net
caitlin.evans@ageukbarnet.org.uk

Award for the Best Children and Young People Social Prescribing Project

sponsored by Access Elemental



Social Prescribing Awards
2024

WINNER

LINK Cumbria Social Prescribing for Children and Young People



LINK is a social prescribing service for children and young people aged 5 to 19 in North Cumbria. The service is commissioned by five Primary Care Networks (PCNs), with management and additional resource provided by Barnardo's. Established during lockdown, LINK has already helped more than 900 children and young people with their mental health and emotional wellbeing and is achieving demonstrably positive outcomes both for young people and the PCNs it serves.

LINK workers embed co-production with the children supported by the service. From the outset, children sat on interview panels, chose the name and logo of the service and have continually shaped the service, ensuring that LINK doesn't lose sight the child's perspective and the communities they live in. LINK workers embed themselves within communities and aim to uncover health and social inequalities with a view to improving outcomes for children and families. Natalie Hawkrigg, GP at Caldbeck Surgery, said: "... this service has filled the gap. The Barnardo's LINK workers form a close relationship with the young patients I refer, and it is the strength of these relationships and trust they build that lead to effective outcomes."

Another great achievement of the service is its work within green social prescribing and facilitating experience in the outdoors for children. All LINK workers have received Nature Well training and the initial session of a Nature Journaling Group focused on supporting children who are struggling to access education has been launched.

Contacts: sammy.fitton@barnardos.org.uk
hannah.wilkinson@barnardos.org.uk

FINALISTS

Enable CYP Social Prescribing Merton



Enable, in partnership with Merton Council and three Primary Care Networks (PCNs) in Merton, lead a free social prescribing programme for children and young people aged 13-25 years. The team refer children and young people to local opportunities to help them with the health and social issues they are facing, engaging the most deprived areas in the borough to establish a better quality of life.

Contact: rgrainger@enablelc.org

HALE Young People's Social Prescribing Project



(including the Afinity Young Persons Service & WISHH CYP Service), Health Action Local Engagement Project (HALE)

This ever-expanding service is working with established partnerships – including two Primary Care Networks, education settings, leaving care/residential homes, specialised young people's services, youth clubs, GP practices and self-referrals – to support more young people across the Bradford district, thereby reducing the pressures on Primary Care Services.

Contacts: rebecca.mcdonnell@haleproject.org.uk
shelby.robinson@haleproject.org.uk

Award for Social Prescribing Link Worker of the Year

sponsored by Viridian



Social Prescribing Awards
2024

WINNER



Matt Day
Social Prescribing Lead,
South Somerset West PCN
Symphony Healthcare
Services

Matt's strength is his passion and ability to work at many different levels; from grassroots with individuals, to helping Voluntary, Community, Faith and Social

Enterprise groups start and grow, to working at Integrated Care System level. He goes above and beyond his role to make an impact and create change across the social prescribing eco-system.

Over the last year, Matt has set up the Crewkerne Timebank – an informal volunteering group of 25 members who help each other with small tasks that help them to live independently and reduce isolation (with support from Timebanking UK). He developed a new Beginner Health Walk to appeal to patients with restricted mobility from long term conditions or recovering from hospital stays. He also started a Men's Wellbeing group that meets weekly to play non-contact sports and share tips on maintaining good mental wellbeing, with support from Somerset Activity & Sports Partnership. He is developing a therapeutic growing project – a community allotment – with a Practice Nurse aimed at connecting young families with nature and showing them how to grow their own food.

Matt leads by example, from working on the ground supporting patients, to developing relationships with VCFSE organisations and attending Integrated Care System meetings. A force to be reckoned with, but also a modest, kind, compassionate, caring person – he is a great role model to anyone entering the social prescribing workforce.

Contact: matt.day1@nhs.net

FINALISTS

Raj Chavda
Lead Social
Prescribing Link
Worker
Melton Syston
Vale Primary Care
Network



Raj is the lead Social Prescriber Link Worker for Melton Syston Vale Primary Care Network. He has managed the team over the last 12 months as they have received over one thousand referrals to the service, supporting them to ensure that all the patients receive timely and appropriate care and support, all while forging relationships with local communities to improve patient outcomes.

Contact: raj.chavda1@nhs.net

Marie Dyke
Community
Connections Lead
Wellbeing Exeter



Marie is the Community Connections Lead for Wellbeing Exeter, and her position has developed over the last 3 and a half years from that of providing welcome calls to all new referrals to Wellbeing Exeter, to becoming the 'go to person' for the Community Connector team. Marie is a role model for social prescribing, ensuring that people receive the best support and opportunities to connect to their community.

Contact: marie.dyke@colabexeter.org.uk

Thank you to our judges



Alyson McGregor MBE

National Director, Altogether Better

Holly Thallon Steenson

Managing Director, Viridian Nutrition

David Cowan

Managing Director, Kera Consultancy Services LTD

Siân Brand

Chair, Social Prescribing Network

Helen Smith

Head of Sales, Access Elemental

Jo Robins

*Social Prescribing Regional Facilitator,
NHS England - Midlands*

Lisa Jarvis

*National Lead CYP Social Prescribing/Social
Prescribing Youth Network, StreetGames UK*

Tracey Lines

*National Lead Physical Activity,
National Academy for Social Prescribing*

Nurjahan Aliarobi

*National Lead for Older People,
National Academy for Social Prescribing*

Tim Anfilogoff

*Head of Community Resilience/Regional Social
Prescribing Facilitator, Hertfordshire CCGs and NHS
England*

Louise Montgomery

*National Lead for the Natural Environment, National
Academy for Social Prescribing*

Warren Escadale

Chief Executive, Voluntary Sector North West

Bogdan Giurca

*Clinical Lead and Global Director,
National Academy for Social Prescribing*

Hamaad Khan

*Global Development Officer, National Academy for
Social Prescribing*

Debs Teale

*Independent Consultant and facilitator,
The Debs Effect*

Jo Ward

*Consultant-Change Maker and Global Account
Manager at HelmsBriscoe*



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