



Social prescribing awards 2019 **WINNERS' GUIDE**

Details of the winning entries in the inaugural Social Prescribing Awards created by the Social Prescribing Network, College of Medicine and the University of Westminster.

Presented at the University of Westminster during the first International Social Prescribing conference on July 11 2019

Organised by Chamberlain Dunn



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WESTMINSTER**



THE SOCIAL PRESCRIBING NETWORK

COLLEGE OF MEDICINE
AND INTEGRATED HEALTH

When we were thinking of whether to launch the first social prescribing awards, our first concerns were “ would anyone apply and would anyone want to sponsor them?”

We should not have worried because social prescribing seems to have gained an unstoppable momentum. Nevertheless we were surprised to receive almost a hundred high quality entries and sponsors for all our categories .

Many congratulations to our winners but also to everyone that entered. Given that universal social prescription in every Primary Care Network in England began only a few days ago, the clear implication is that everyone who entered the awards – from England and elsewhere- is already well ahead of the curve of national policy.

Awards are less about winning and more about sharing experiences and connecting with others – the very essence of social prescription. The quality of entries has not only provided a headache for the judges but also bears testimony to the quality of work and levels of enthusiasm “out there”.

Dr. Michael Dixon and Marie Polley, Co-chairs of the Social Prescribing Network

Award for best local project

sponsored by Social Farms and Gardens.



WINNER

OASIS Community Centre & Gardens who offer Gardening for Life and Flowers for Life showing how people can come alive through the power of working with plants, flowers and nature.

The judges certainly had their work cut out for this award. In the end they chose this project as the winner because it works all round. It brings together local partners to deliver a joined up service. Its 20 years old so its proved its resilience and adaptability.

Contact for further information:
stevemark126@hotmail.com

FINALISTS

Community360 provides social prescribing within Parsons Heath Medical Centre in Colchester ranging from the simple but effective slipper exchange to prevent falls, to community transport and voluntary work.

Contact for further information: bdm2@community360.org

Kingston Vineyard's Growbaby helps 1,000 families a year with free baby clothes, equipment, a drop in centre and ante-natal and parenting classes – now expanded to 30 Growbaby projects across the UK.

Contact for further information: peterandnoni.farrelly@btopenworld.com

Hywel Dda University Health Board where the Llanelli GP cluster is a pioneer in running a Time Credit Social Prescribing initiative, helping people to contribute to their community as well as benefiting from activities.

Contact for further information: laura.lloyd Davies@wales.nhs.uk

Community Action Norfolk which has set out some clear messages about how to launch a successful social prescribing project: understand the different sectors and their cultures, and take time to explain what it can and can't do.

Contact for further information: Freedom.Duma@communityactionnorfolk.org.uk

Award for best larger project

sponsored by National Gardens Scheme.



WINNER

Family Action's Social Prescribing Service covering all 43 GP practices in Hackney gives participants a personal social prescribing action plan and also uses volunteer befrienders with great success.

This project stood out in a crowded category because it demonstrates extensive social prescribing across every practice in one CCG/Local authority area. It's a well-established service that's stood the test of time and develops and changes to meet participants' needs.

Contact for further information:
emel.hakki@family-action.org.uk

FINALISTS

West Ham United Foundation's 150Club where GPs refer people at risk of Type 2 diabetes and heart disease to a 24-week programme with a choice of 30 different activities to encourage exercise and fitness.

Contact for further information: MAbraham@westhamunited.co.uk

Halton Community Wellbeing Practices where the clinical commissioning group fund Wellbeing Enterprises to provide community wellbeing officers in all GP practices who steer participants to education and social inclusion projects or volunteer and social action work.

Contact for further information: c.laws@wellbeingenterprises.org.uk

The Merton Social Prescribing Model where co-ordinators in GP practices, employed by Merton Voluntary Sector Council, can show how they have reduced GP appointments and A&E visits and boosted the wellbeing of participants.

Contact for further information: tanya.stacey@swlondon.nhs.uk

Lancashire Adult Learning's ambitious programme of health and wellbeing courses across the whole community involving 3000 learners annually with 200 activities in 300 venues.

Contact for further information: w.cook@nelson.ac.uk

Innovator of the Year

sponsored by South West Academic Health Science Network.

WINNERS

Veronica Kuperman from Developing Health & Independence who has taken Myscript, the social prescribing service in Bath and North East Somerset, from a pilot to a nationally recognised scheme in which 93% of participants report an improvement in wellbeing.

This was a difficult category to judge with so many outstanding people.

The judges found the winner a fantastic innovative project from an inspirational leader. Her leadership qualities and vision are embodied in her team which radiates warmth and positivity, professionalism and passion and looks after itself in the same manner which staff look after their clients.'

Contact for further information:
veronicakuperman@dhi-online.otg.uk

FINALISTS

Bogdan Chiva Giurca and the National Social Prescribing Champions Scheme which has embedded social prescribing in the medical school curriculum throughout the UK, running teaching sessions, research projects and the highly successful Social Prescribing Day.

Contact for further information: bc299@exeter.ac.uk

Heather Mason and the Yoga In Healthcare Alliance who has reached across the often divided yoga world to bring people together, speaking to health professionals and politicians to help open the way for yoga to enter mainstream healthcare.

Contact for further information: heather.f.mason@googlemail.com

Sharon Hanooman, senior social prescriber, who introduced the service in Waltham Forest and with boundless energy, passion and commitment has ensured that it is well and truly been embedded throughout the Borough.

Contact for further information: sharon.hanooman@walthamforest.gov.uk

Award for the Best Nature Based Project in the Year of Green Action

sponsored by the Department of the Environment, Food and Rural Affairs



WINNER

Tickwood Care Farm is a community resource primarily for children with special needs, a working farm where children have the opportunity to work caring for animals or just looking after young orphans. Around 300 disabled or disadvantaged children visit each week.

The judges found this to be a fantastic example of a working in partnership to enrich the lives of children with special needs. It enables a wide range of people from the local community to access and experience nature based activities through a Forest School, gardens and commercial kitchen.

Contact for further information:
shine@tickwood.co.uk

FINALISTS

Core Landscapes promotes positive mental health by developing inaccessible East London sites into thriving green resources for community development through imaginative use of container growing design and community engagement.

Contact for further information: nmercerc@corearts.co.uk

Sydenham Garden in Lewisham provides activity and spaces that promote community wellbeing and foster recovery from mental ill health with weekly services for nearly 200 co-workers with over 100 volunteers giving at least half a day per week.

Contact for further information: tom@sydenhamgarden.org.uk

Dementia Inclusive Gardening is an outdoor group held monthly at PLOT 22 welcoming people living with dementia, their family and carers. This inspiring, accessible nature space provides an immersive experience to engage participants' imagination in a gentle way.

Contact for further information: info@plot22.org

International award

sponsored by Pukka



WINNER

Alliance for Healthier Communities has brought social prescribing to Canada in partnership with UK mentors. The pilot is being implemented in 11 community health centres in Ontario with a diverse mix of urban, rural, Francophone and Northern communities.

The judges were impressed by the potential of this ambitious project to roll out social prescribing to diverse communities. It is at pilot stage but watch this space.

Contact for further information:
sania.hsiung@allianceon.org

FINALISTS

Austrian Public Health Institute's Frühe Hilfen, a national project to ensure that children from socially disadvantaged backgrounds have a better start in life, based on a holistic and multiprofessional approach linking services from social and healthcare sectors.

Contact for further information: gabriele.antony@goeg.at

SingHealth Community Hospitals Singapore where patients who are unable to be discharged home are transferred to community hospitals for rehabilitation and post-acute care social prescribing is being introduced, with emerging evidence that social prescribing can improve health and wellbeing of patients.

Contact for further information: adeline.k.l.f@singhealthch.com.sg

THANK YOU TO OUR SPONSORS



Social Farms and Gardens

Social Farms & Gardens is a leading charity supporting care farms, city farms and community gardens throughout the UK.

Our membership of over 1,300 covers a wide and diverse range of spaces and activities, from small inner city community gardens through to large scale farms who deliver care farming activities. We advocate for and support the use of farming and gardening as a way to transform lives and connect people, putting pride back into communities and improving health and well-being.

As a second tier charity, Social Farms & Gardens advocates on behalf of our members and offers support in all that they do.

www.farmgarden.org.uk



National Garden Scheme

The National Garden Scheme gives visitors unique access to 3,500 exceptional private gardens in England and Wales, and raises impressive amounts of money for nursing and health charities through admissions, teas and cake.

Thanks to the generosity of garden owners, volunteers and visitors we have donated a total of £58 million to nursing and health charities, and made an annual donation of £3 million in 2019. Our beneficiaries include Macmillan Cancer Support, Marie Curie, Hospice UK and The Queen's Nursing Institute.

To find your perfect garden, [visit www.ngs.org.uk](http://www.ngs.org.uk)



South West Academic Health Science Network

The South West Academic Health Science Network (SW AHSN) is dedicated to transforming the lives of people in Cornwall and the Isles of Scilly, Devon and Somerset through innovation and best practice. It is part of a national network of 15 AHSNs across the country established by NHS England in 2013 to spread innovation at pace and scale, improving health and generating economic growth. The SW AHSN is a membership organisation, with partners including health, academic, care, industry and voluntary sector organisations.

www.swahsn.com



College of Medicine

We advocate for a new attitude to healthcare: one which forges partnerships across society, emphasises prevention and a multi-faceted approach and empowers a healthier, happier population. We think everyone should be part of the conversation about health, not just a select professional elite.

Founded in 2010, we bring together the experience of senior healthcare professionals and scientists who know the NHS from the inside; the lateral thinking and enthusiasm of the many students associated with the College and – centrally – the powerful voice of all those who receive healthcare, and their carers.

<https://collegeofmedicine.org.uk>



Pukka

Pukka is in the business of regeneration, continuing its founding mission to deliver net benefits for people, plants and the planet. Our international achievements in delivering these ambitions are independently validated, and elaborated in our keynote 2018 Sustainability Report. These passions have helped us to reach millions, and encourage us in our goal for a natural health and wellbeing revolution.

Pukka has partnered with the College of Medicine to develop integrated health approaches. Together we wish also to democratise care, to help people and communities better to live more conscious lives. We know self care works best when we are not alone: social prescribing allows professionals to empower sustainable health.

[#pukkaherbs](#) [#organic](#) [#sustainability](#) [#climateemergency](#)



Year of Green Action

There is good evidence that the natural environment plays an important role in supporting people's health and wellbeing. Recognising that our natural environment is our most precious inheritance the government's 25 Year Environment Plan sets out what we will do to protect and enhance the environment within a generation and connect people more deeply with nature.

2019 has been designated a Year of Green Action: the year people, businesses and organisations pledge to engage more closely with the natural world, improving our environment and benefitting our health and wellbeing.

Make your pledge to take green action, share your inspirational stories and find out how to get involved at www.yearofgreenaction.org



University of Westminster

We started out 180 years ago as the UK's first polytechnic institution, established to educate the working people of London. Today we continue to build on this reputation, helping students from a variety of backgrounds to realise their full potential.

We have always strived to create offerings that respond imaginatively to the varied needs and aspirations of our diverse audiences, and we have a firm and historic commitment to equality and diversity, building an environment that is welcoming and inclusive for all our students and colleagues.

www.westminster.ac.uk



THE SOCIAL PRESCRIBING NETWORK

The Social Prescribing Network

The Social Prescribing Network consists of health professionals, researchers, academics, social prescribing practitioners, representatives from the community and voluntary sector, commissioners and funders, patients and citizens. We are working together to share knowledge and best practice, to support social prescribing at a local and national levels and to inform good quality research and evaluation. Over the past year we have been setting up regional networks around England, Ireland and Scotland.

www.socialprescribingnetwork.com