



Social Prescribing  
Network Awards 2022

# WINNERS' GUIDE

**Presented on 10 March 2022 during the virtual 4th  
International Social Prescribing Network Conference**

# 2022 Social Prescribing Network Awards

This Winners' Guide is an important part of the awards programme as it provides a lasting resource for all those involved in social prescribing. We summarise the shortlisted entries and provide contact details so you can follow up those projects that could be adopted and adapted on your patch.

Social prescribing has come a long way in the past few years and, as many of these entries show, adapted brilliantly to be able to continue to help people during the pandemic.

The awards were presented at a ceremony during the 4th International Social Prescribing Network conference. Finalists were invited to submit a short video about their work and this too forms a useful resource on the website.

We were thrilled to have received over 60 entries this year across 9 categories; the calibre of entries was high and we appreciate the work of our judges and their insights and wisdom.

**Dr Michael Dixon**

**Dr Marie Polley**

*Co-chairs, Social Prescribing Network.*

A huge thank you to our supporters:

Viridian Nutrition | The Conservation Volunteers & People's Postcode Lottery | Simply Connect | Elemental | NHS England and NHS Improvement, Personalised Care Group | The National Academy for Social Prescribing | The Social Prescribing Network

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## Award for the Best Local Social Prescribing Project

*Sponsored by Viridian Nutrition*

### Winner

**The Chiltern Open Air Museum, Buckinghamshire**

The museum offers free accompanied walks with a friendly volunteer for the socially isolated over 65s. They work closely with social prescribers who refer patients they think will benefit most from the walks and people can also self-refer. Participants learn about the heritage buildings set in 45 acres of beautiful gardens and woodland, then enjoy refreshments and a chat: a dose of fresh air and social interaction. Funding has meant they are able to extend the walks to young adults with autism and their carers.

**Contact: Gill Whitehead, fundraising officer,**  
[development@coom.org.uk](mailto:development@coom.org.uk)

The judges were impressed by this project's positive evaluation and the great feedback from appreciative walkers and carers.



## Finalists

**Sing and Breathe Wiltshire, Music for Wellbeing CIC**

This project supports people with lung conditions to manage their breathlessness through singing, movement and breathing exercises.



**Contact: Olivia McLennan, co-director**

[sing.breathe.wiltshire@gmail.com](mailto:sing.breathe.wiltshire@gmail.com)

**The Health Tree, St Margaret's House and Partners, Tower Hamlets, London**

A dynamic arts and wellbeing programme that engages residents in Tower Hamlets in activities that improve wellbeing and mental health challenges and support Covid recovery.



**Contact: Laura Furner, wellbeing manager**

[wellbeing@stmargarethouse.org.uk](mailto:wellbeing@stmargarethouse.org.uk)

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## Award for best Community-based Organisation in Social Prescribing

Sponsored by The Conservation Volunteers & People's Postcode Lottery

### Winner

Focal Project and Green Social Prescribing, Kirklees Metropolitan Council

Local Services2 You is a group of social enterprises in Huddersfield, supporting community activities which have been particularly important during COVID, including the Chestnut Baby Boutique, providing clothes and equipment to families in need. Their Focal Project and Green Social Prescribing initiative has been valuable in bringing groups together again in the community centre with a project to grow vegetables. The group is thriving after its first crop of vegetables and have transformed the outdoor space they are using.

Contact: Mags Rogerson, social prescribing service manager  
[Mags.rogerson@kirklees.gov.uk](mailto:Mags.rogerson@kirklees.gov.uk)

The judges were impressed by the sheer range and scope of these projects, creating a sustainable community anchor.



## Award for the Best Larger Social Prescribing Project

Sponsored by Elemental

### Winner

The Life Rooms – Pathways Advisor Service, Merseyside

The service provides free and accessible social prescribing support to people in Merseyside. It provides commissioned activity by providing social prescribing provision to the primary care network, to Liverpool Public Health in libraries, one stop shops and children's centres and to support adult community mental health transformation.

Contact: Andrew Litchfield, community inclusion lead  
[andrew.litchfield@merseycare.nhs.uk](mailto:andrew.litchfield@merseycare.nhs.uk)

The judges were so impressed by the range of partners who came together to make this work – and the way people were able to refer themselves.



## Finalists

The Active Wellbeing Society, Birmingham

They have bridged the gap between the health and community sectors with a social prescribing link worker service, using an open access triage system at medical centres and strong community involvement.

Contact: Beccy Crosby, funding development lead

[funding@theaws.org](mailto:funding@theaws.org)



Wellbeing Matters, Salford CVS

The pandemic has encouraged new meeting places online and in green and blue spaces. With mental health problems increasing, they have developed a specialist Community Connector role to support people with mild to moderate depression and anxiety.

Contact: Bruce Poole, strategic lead

[Bruce.poole@salfordcvs.co.uk](mailto:Bruce.poole@salfordcvs.co.uk)



## Finalists

Our Health Partnership, Birmingham

A large NHS GP partnership has created a GP provider led ecosystem of social prescribing with the aim of investing in health, creating partnerships and building community assets.

Contact: Dr Vishanka Ratnasuriya, GP and chair

[Vish.ratnasuriya@nhs.net](mailto:Vish.ratnasuriya@nhs.net)



Healthy Homes, Healthy People PLUS, Warm Wales, North Wales

Tackling fuel poverty and ensuring access to secure and warm housing, bringing together energy advice and support, social prescribing and wellbeing to improve people's health outcomes by understanding the root causes.

Contact: Joanna Seymour, partnerships and development manager

[Joanna.seymour@warmwales.org.uk](mailto:Joanna.seymour@warmwales.org.uk)



**ELEMENTAL**  
The social prescribing people  
an access company

## Award for Social Prescribing Link Worker of the Year

Sponsored by *Simply Connect*

### Winner

**Callum Buck, Live Well Wakefield**

Callum has flexibility, empathy and ingenuity. He used his skills and personality to help form a wellbeing team within his PCN during the pandemic and has shown huge initiative in, for example, using a targeted approach to clients at high risk of COVID, ensuring the most vulnerable were supported. He has all the qualities of a great link worker.

[callum.buck@swyt.nhs.uk](mailto:callum.buck@swyt.nhs.uk)

The judges praised his vision, forward thinking and innovation - using analytics to promote a targeted approach to social prescribing.



## Award for Most Inspirational Person

Sponsored by *NHS England and NHS Improvement, Personalised Care Group*

### Winner

**Ben Brazil, Shaw Trust, Live Well Kent**

Ben learnt to live in the moment and grab every opportunity. After completing Living for the Moment sessions, he became a volunteer and shared his journey, so he is now helping many more people to believe in themselves again, giving them hope and inspiration.

Contact: Alison Grainger, community wellbeing volunteer coordinator

[alison.grainger@shaw-trust.org.uk](mailto:alison.grainger@shaw-trust.org.uk)

The judges said Ben stood out as having a positive and sustained influence, using his own experiences to mentally and emotionally support others on their own journeys.



## Finalists

**James Moore from Croydon  
Voluntary Action and Croydon Link  
Central**

James has helped people make their own first steps to better health by finding a way to properly hear people and with a real sense of the potential of social prescribing.

[james.moore@cvalive.org.uk](mailto:james.moore@cvalive.org.uk)



**Gary Deighton, Forest of Dean  
Community Wellbeing Service**

Gary radiates positivity and optimism to help people achieve their goals and make positive changes in their lives, supporting his team along the way.

[gary.deighton@fdcn.gov.uk](mailto:gary.deighton@fdcn.gov.uk)



## Finalists

**Art Gilchrist, The Active Wellbeing  
Society**

Art's world opened up again after social prescribed activities helped him recover from the impact of a serious accident. He is now a volunteer which also forms part of his recovery.

[art.gil01@gmail.com](mailto:art.gil01@gmail.com)



**Chris Roffey, Shaw Trust, Live Well  
Kent**

Having been helped to gain confidence and belief in herself, Chris now helps to run Living in the Moment workshops to encourage people to live healthier lives.

Contact: Alison Grainger, community wellbeing volunteer coordinator

[alison.grainger@shaw-trust.org.uk](mailto:alison.grainger@shaw-trust.org.uk)



## Award for the Best International Social Prescribing Project

Sponsored by The National Academy for Social Prescribing

### Winner

Footprints Community: Care Coordination Service, Queensland, Australia

The service was set up to help people with chronic health challenges. It provides a non-clinical approach to supporting patients over-18 with chronic health conditions and psychosocial challenges. The aim is to help build independence and self-management of health and wellbeing through connection to the community, health literacy and help in navigating health systems.

Contact: Fiona Dunn, manager, mental health and community services

[fionad@footprintscommunity.org.au](mailto:fionad@footprintscommunity.org.au)

The judges felt that this project was a brilliant initiative; sustainable, impactful and adaptable in the light of Covid 19.



## Award for the Best Children and Young People Social Prescribing Project

### Winner

LINK, Barnado's, Cumbria

LINK is a joint initiative between Barnado's and PCNs in Cumbria, launched during the lockdown to combat loneliness and boost wellbeing, co-designed with children of secondary school age. It offers a social prescribing service to young people providing them with strategies and tools. They are connecting young people to local wellbeing-boosting services.

Contact: Ellen Buckley, children's service manager

[ellen.buckley@barnados.org.uk](mailto:ellen.buckley@barnados.org.uk)

The judges were impressed by the evaluation for this project which showed just how effective it has been in helping young people.



## Finalists

Art of Wellness, Creative Path to Mental Health, WriteWell, Ontario, Canada

This project demonstrated the healing power of the arts through a documentary showing the value of arts-based programmes to support mental wellbeing.

Contact: Susan Ksiezopolski, founder

[info@mywordsnow.com](mailto:info@mywordsnow.com)



Open Living Lab – Grand Living Space for All, Taiwan

This offered flexible indoor and outdoor spaces for a diverse range of activities which a user described as: 'Here's like a small utopia, not too many restrictions, everybody respects each other and takes the initiative to maintain the space.'

Contact: Ting-ting Wu, principal

[2017openliving@gmail.com](mailto:2017openliving@gmail.com)



## Finalists

Wellbeing Enterprises CIC, Halton

Their Inspire project was successfully co-designed and co-delivered, based on the communities' wishes, helping young people to achieve their goals, connect to local support services, undertake health promoting activities and learn new skills.

Contact: Rebecca Phillips, quality and performance officer

[r.phillips@wellbeingenterprises.org.uk](mailto:r.phillips@wellbeingenterprises.org.uk)



SPACE – Supported Physical Activity for Care Experienced Project, Sport Aberdeen

An innovative project designed to support care-experienced young people toward a brighter future. It aims to remove barriers and support young people to improve their physical health, emotional wellbeing and enhance key life skills.

Contact: Emma Murray, communications manager

[emurray@sportaberdeen.co.uk](mailto:emurray@sportaberdeen.co.uk)



## Award for the Best Student Social Prescribing Champion

### Winner

Wentin Chen, University of Birmingham

Wentin is a medical student who has spread the word brilliantly through social media. She is passionate and committed to gaining knowledge about social prescribing and supporting peers and health professionals to implement an SP model in clinical practice. She has been driving national digital communications and managing the scheme's social media, co-ordinating the work for Social Prescribing Day and the student conference.

[wentinchen@gmail.com](mailto:wentinchen@gmail.com)

The judges felt Wentin made an amazing contribution to the Social Prescribing Champion scheme and has been proactive in seeking out and engaging with many students.



## Award for Best Nature-Based Social Prescribing Project

### Winner

Let's Grow Preston

The scheme has been changing people's lives by providing a safe place to meet outside in calm surroundings. They have two sites where they promote physical and mental wellbeing through horticulture, helping people by providing a safe place where they can meet and learn outside in safe, serene surroundings. From those with garden skills to those with no experience, they all enjoy being outside with fresh air and nature.

Contact: Annie Wynn, development director  
[letsgrowpreston@gmail.com](mailto:letsgrowpreston@gmail.com)

The judges noted this project's impressive impact - the food produced and the enthusiasm of the participants and volunteers.



## Finalists

David Phillipps, De Montfort University, Leicester

Training to be a speech and language therapist, David has worked tirelessly to help students in the allied health professions understand social prescribing, developing a network of mentors and champions.

[P261731@my365.dmu.ac.uk](mailto:P261731@my365.dmu.ac.uk)



Rania Fernandes, University of Dundee

Rania is a medical student who has made a huge impact across Scotland and been involved in the launch of the student scheme globally, developing the International Framework to inspire similar student schemes.

[raniafern@gmail.com](mailto:raniafern@gmail.com)



## Finalists

Nature Connection Wellbeing Course, Dacorum Borough Council and Natural Edge Coaching Ltd Hertfordshire

This was a Nature Connection programme during COVID to help improve wellbeing for people living with mild mental health conditions and isolation, using urban parkland.

Contact: Annie Smith, community partnerships wellbeing officer

[annie.smith@dacorum.gov.uk](mailto:annie.smith@dacorum.gov.uk)



Nature Writing for Wellbeing, Hedge Arts CIC, Liverpool

This is a social enterprise bringing green-creative workshops to in-need areas, including schools, woodlands, TATE Liverpool, hospitals and the wider community. During the pandemic, they ran a programme to help NHS staff and keyworkers.

Contact: Bernadette McBride, director

[bernadetteMariemc@hotmail.com](mailto:bernadetteMariemc@hotmail.com)



# THANK YOU TO OUR JUDGES

**Michelle Howarth**, Senior Lecturer/ Deputy Director PGR - (training), School of Health & Society, Salford University **Sian Brand**, Social Prescribing Associate, Regional Social Prescribing Facilitator including PCN advice support, Social Prescribing Learning Coordinator, NHS England East of England **Debs Teale**, Engagement and Involvement Coordinator, South West Yorkshire Partnership NHS Foundation Trust **Rachel Hoyes**, Health Development Manager, The Conservation Volunteers **Mary Ann Lindsay**, Countywide Manager, Herts Help Hospital & Community Navigation Service **Bogdan Chiva Giurca**, Founder and Chair of the NHS England National Social Prescribing Student Champion Scheme and the Global Alliance & Clinical Champion Lead at the National Academy of Social Prescribing **Paul Jarvis-Beesley**, Head of Sport & Health, StreetGames **Richard Kimberlee**, Senior Research Fellow at UWE and NHS England Regional Facilitator for the South West Social Prescribing Network **Jo Robins**, Consultant in Public Health, NHS E Regional Facilitator – Midlands Social Prescribing Network, Shropshire Public Health **Jane Hartley**, Health & Wellbeing Associate at VONNE, NE Regional Social Prescribing Facilitator at NHSE, Thriving Communities Regional Co-ordinator at NASP **Michelle Pilling**, Senior Lead Social Prescribing, NHS England and NHS Improvement **Alyson McGregor**, National Director, Altogether Better **Tom Welch**, Marketing Manager, Viridian Nutrition **Leeann Monk-Ozgul**, Operations Director & Co Founder, Elemental **Sarah Grindrod**, Sales & Marketing Director, Simply Connect **Sirinda Bhandal**, CEO/Founder, Simply Connect **Jo Ward**, Changemaker

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events

## EVENT ORGANISERS

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