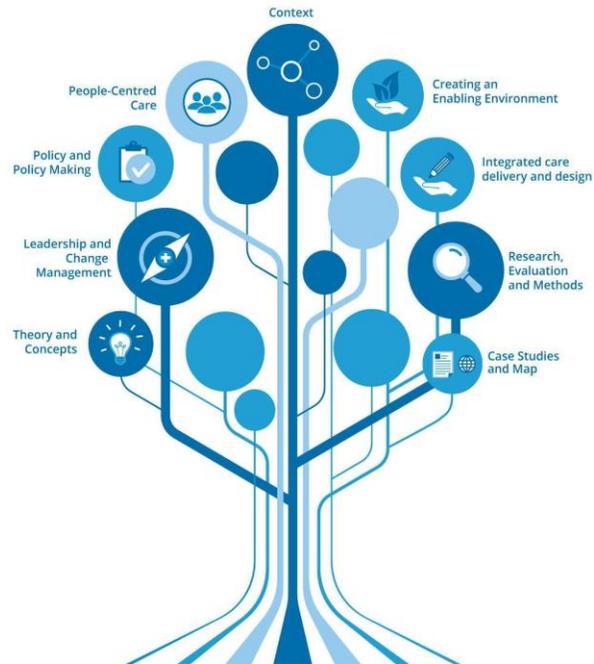


Integrated Care Matters

Social Prescribing - Up Close and Personal or Physically Distanced?

Knowledge Resource



About the information

The information provided in this document is intended to support the Integrated Care Matters webinar series.

Where possible, we select evidence that is published open access, and provided links to the materials referenced. Some are identified as author repository copies, manuscripts, or other copies, which means the author has made a version of the otherwise paywalled publication available to the public. Other referenced sources are pdfs and websites that are available publicly.

If you found this resource useful and would like to use the free [Evidence Search and Summary Service \(ESSS\)](#) to help you find and use evidence please get in touch to discuss your needs: esss@iriss.org.uk

Developed in partnership



Social prescribing

[Bickerdike L, Booth A, Wilson PM, et al Social prescribing: less rhetoric and more reality. A systematic review of the evidence BMJ Open 2017;7:e013384. doi: 10.1136/bmjopen-2016-013384](#)

This is a systematic review of evidence on social prescribing from 2000 to January 2016.

[Buck D, Ewbank L \(2020\) What is Social Prescribing? The Kings Fund](#)

This is an explainer resource of what social prescribing is, the evidence on its success, how does social prescribing fit in with wider health and care policy and possible developments of the field. The resource contains a range of evidence and signposting to other relevant resources.

[Collieson J \(2016\) Books can make us better...the role of bibliotherapy in prevention](#)

This is a blog post from SCIE on the role of books and reading in social prescribing.

[Cordis bright \(2019\) What works in social prescribing?](#)

This review highlights the potential of social prescribing services to combat the social causes of ill health and ease pressure and demand on primary and secondary healthcare services.

[Cultural Commissioning Programme \(2015\) Arts on Prescription: Arts-based social prescribing for better mental wellbeing](#)

This is a resource which describes three partnerships where arts activities have been prescribed to individuals experiencing mental health issues.

[Dayson C, Bashir N \(2014\) The social and economic impact of the Rotherham Social Prescribing Pilot](#)

This report is the final output from the independent evaluation of the Rotherham Social Prescribing Pilot undertaken by the Centre for Regional Economic and Social Research (CRESR) at Sheffield Hallam University. It provides a detailed assessment of the social and economic impact of the pilot from the perspective of key stakeholders.

[Dayson C, Damm C \(2017\) The Rotherham Social Prescribing Service for People with Long-term Conditions: Evaluation Update](#)

This report provides an updated assessment of the social and economic impact of the Rotherham Social Prescribing Service.

[Dayson C, Moss B \(2017\) The Rotherham Social Prescribing Service for People with Long-term Conditions: A GP Perspective](#)

This document explores GPs in Rotherham views about how Social Prescribing directly benefits them and the work of their Practice.

[Healthy Dialogues Ltd. \(2018\) Evaluation of the East Merton Social Prescribing Pilot](#)

This report is a summative evaluation of the East Merton Social Prescribing programme's first year and a review of its pathway.

[Chatterjee H J, Camic P M, Lockyer B & Thomson L J M \(2018\) Non-clinical community interventions: a systematised review of social prescribing schemes, Arts & Health, 10:2, 97-123, DOI: 10.1080/17533015.2017.1334002](#)

This resource is an evaluation of United Kingdom social prescribing schemes published in peer-reviewed journals and reports.

[Kinsella S \(2015\) Social Prescribing - A review of the evidence](#)

This is a review of some literature and evidence of effectiveness of social prescribing interventions (for adults).

[Munoz S A, Terje A, Bailey H \(2020\) Evaluating social prescribing, Iriss Insight \(55\)](#)

This resource provides a review of the research methods and approaches used to evaluate UK-based social prescribing interventions in recent years, to inform healthcare and social services professionals, as well as organisations delivering social prescribing interventions and those conducting evaluations of them. It aims to give an overview of how social prescribing has been evaluated, and, importantly, what can be learned from this.

[NHS \(England\) \(2019\) Social prescribing](#)

This is a web resource from NHS England on social prescribing, which includes a range of other resources and signposting.

[Polley M, Fleming J, Anfilogoff T, Carpenter A \(n.d\) Making sense of Social Prescribing](#)

This is a resource produced by people with practical experiences of designing, commissioning, delivering, and evaluating social prescribing schemes. The aim of this report is to support commissioners to understand what a good social prescribing scheme looks like.

[Primary Care One Social Prescribing Projects Wales](#)

This is a resource that contains a list of social prescribing projects in Wales.

[SCIE \(2019\) Social prescribing – linking with primary care](#)

This is a document, which describes a social prescribing project in Central Bedfordshire.

[SCIE \(n.d\) Social prescribing](#)

This is a web resource from SCIE which offers some social prescribing resources and evidence.

[Scottish Parliament \(2020\) Social Prescribing of Physical Activity and Sport](#)

This is a webpage from the Scottish Parliament on the prescribing of sport, exercise and other recreational types of activity.

[Steadman K \(2017\) Social Prescribing: a pathway to work?, The Work Foundation](#)

This is a presentation from the Work Foundation on the roles of social prescribing in supporting work outcomes.

[WWCP \(2018\) 'A Healthier West Wales' in Transformation proposal by the West Wales Regional Partnership Board.](#)

This is a report of the West Wales Regional Partnership Board. Section 6 discusses A Healthier West Wales, a programme shaped around 4 Action Priorities aimed at remodelling care and support pathways, integrating care at a local level and improving population health and wellbeing in the region.

Digital technology

[Appello \(2018\) The Role of Technology in Combating Loneliness and Social Isolation: A Guide for Housing Providers](#)

This is a resource which reports on the findings of a survey with almost 200 older people (aged 75+) across the UK, in collaboration with digital and social inclusion charity, Good Things Foundation, to better understand this demographics' lifestyle, social interactions and attitudes towards communications technology.

[Carretero S \(2015\) Technology-enabled Services for Older People Living at Home Independently](#)

This report presents six policy lessons that could help public authorities at all levels of the EU Member States to use new technologies in long-term care service provision for older people. These policy lessons are based on the cross-analysis of good practices in technology-enabled services to help older people live independently at home.

[Knox L, Dunning M, Davies C A, Mills-Bennet R, Sion T W, Phipps K, Stevenson V, Hurlin C, Lewis K \(2019\). Safety, feasibility, and effectiveness of virtual pulmonary rehabilitation in the real world. International Journal of Chronic Obstructive Pulmonary Disease. Volume 14. 775-780. 10.2147/COPD.S193827.](#)

This resource assesses the feasibility, safety, and effectiveness of a Virtual Pulmonary Rehabilitation (VIPAR) program in a real-world setting.

[Schedule of Delivery For the Provision of Proactive Technology Enabled Care Services Hywel Dda](#)

This resource sets out a three-year digital strategy for the Hywel Dda Health Board.

<https://www.alliance-scotland.org.uk/blog/resources/links-worker-programme-record-of-learning-series-1/>

Scotland Links Worker Programme Record of Learning Series 1

Self-management

[Curtis F, Tomlinson S, Hurlin C, Thatcher R & Rice S \(2016\) 'Can Patients Educate Patients? A Feasibility Study', Welsh Endocrine and Diabetes Society, Cardiff, United Kingdom of Great Britain and Northern Ireland](#)

This study evaluates the effectiveness of a patient delivered education programme for Type 2 diabetes in a Welsh population and to explore a range of factors that could inform future delivery of such a programme.

[Evans BA, Morrison-Rees S, Harris-Mayes R, et al HOW DO PEOPLE WITH CHRONIC CONDITIONS EXPERIENCE CARE IN THE HYWEL DDA HEALTH BOARD AREA? FINDINGS FROM INTERVIEWS WITH PATIENTS Emergency Medicine Journal 2015;32:e7-e8.](#)

This study describes how people with chronic conditions experience care in Hywel Dda Health Board including changes due to integrated working by professionals.

[Healthy Footsteps](#)

This resource is a presentation on guidance for personal foot care. The purpose is to give basic foot care advice alongside challenging some of the most common myths attached to personal foot care.

[NHS England \(2020\) Supported self-management](#)

This summary guide is aimed at people and organisations leading local implementation of supported self-management.

[SCIE \(n.d.\) Prevention and self-care](#)

This a resource page from SCIE with information and self-care and self-management in relation to prevention.

[Self Management Network Scotland](#)

This is the home page of the Self-Management Network Scotland.

TSA (n.d) How Technology Enabled Care Has Transformed People's Lives

This is a resource for social care directors and commissioners on the benefits of technology in improving people's lives and helping them self-manage.

Wong K C, Wong F K Y, Yeung W F, Chang K (2018) The effect of complex interventions on supporting self-care among community-dwelling older adults: a systematic review and meta-analysis. Age and Ageing, Volume 47, Issue 2 Pages 185–193, <https://doi.org/10.1093/ageing/afx151>

This study reviews complex interventions for self-management among older adults.

<https://www.matter-of-focus.com/house-of-care-programme-in-scotland-evaluation-report/>

Matter of Focus recently published an extensive evaluation of Scotland's House of Care model. The evaluation approach is specifically designed to evaluate complex, people-based interventions such as the House of Care where it is not possible to simply measure the difference made.

Co-production

CADR (2018) Staying on my Feet – a new Falls Prevention Guide

This is a resource which aims to open the dialogue on falls prevention in care homes. It's based on events with care home managers and staff with the intention of coproducing a best practice guide written by care homes for care homes in Wales.

Centre for Ageing Better (2019) Raising the bar on strength and balance: The importance of community-based provision

This report presents the models of delivery, issues, barriers and innovative solutions among projects tackling strength and balance for older adults. It focuses on community-based strength and balance programmes targeting all older adults and includes evidence-based programmes to reduce falls.

Closs L (2020) Hope for the Future - Trusteed Youth Research Results

This is a video resource about a youth homelessness project in Durham Canada.

Iriss (2018) Co-production Project Planner

This is a free resource which aims to help organisations use co-production in their projects.

[LGA \(2018\) Self care: councils helping people look after themselves](#)

This is an LGA report which contains examples of different approaches to self-management.

[Macduff M \(2013\) Create Gloucestershire - Strength in numbers: working together to engage with commissioning](#)

This is a document which describes some creative and user focused approaches to commissioning in Gloucestershire.

[The Gap Committee \(2020\)](#)

This is a website for the Gap Committee, an organisation that aims to prevent and end homelessness in Durham, Canada.

[Working Together Apart](#) This is an online tool for partnership or group projects where participants can't physically be together.

Other resources:

[ALLIANCE \(2019\) How was it for you? Learning events instead of written reports](#)

This resource details Alliance's new way of working with projects to find out about impact and learning.

[Boyle D, Bird S \(2014\) Give and Take, Timebanking UK](#)

This is a book which describes the findings of a two-year research project to test out time banks in the NHS. The authors show how some of the UK's 289 time banks and 35,000 members are using

[Knapp M, Bauer A, Perkins M and Snell T \(2010\) Building community capacity: making an economic case](#)

The aim of this document is to develop simple 'models' of interventions that can contribute to local community development programmes by examining some of the possible impacts.

their time and their skills for the health and social benefit of each other.

[Timebanking UK](#)

This is the home website of Timebanking UK.