Reflections from a Pilot Social Prescribing Project in Ireland

Embedding Social Prescribing in the Community

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Background

Aims
- Community linkage
- Enrich & develop community

What
- Health promotion – non-clinical program
- Community based – Family resource centers
- Funded by SlainteCare
Background

Focus
Vulnerable persons
Under-resourced & S/E deprived areas

Why
Strong social prescribing evidence in UK.

Site-selection
Expression of interest process reviewed
• Demographic details
• Governance
• Planning
• Staff readiness and engagement
• Systems and process
• Health Outcomes
Process

Referral

Accept

Decline

Initial Consultation

Return to referral source

Sign posting

Referral

Linkage

Community development

Local groups

Local services

6 support sessions

Development of groups

Highlight gap in service
Service-user concerns

Supports provided
Interventions
PoPH changes

Percentage of service-users who improved across the 6 pillars:

- Daily functioning: 40%
- Bodily functioning: 64%
- Mental Wellbeing: 72%
- Meaningfulness: 66%
- Quality of life: 70%
- Social participation: 75%
Service users' stories: Improvements in Health

“It has greatly boosted my confidence and [Link worker] was more than helpful with everything and very enthusiastic.” (Service-user)

“The walking group has benefited my mental health, as I get to laugh with others, and it does good for my body.” (Service-user)

“COVID shut down everything. It shut down my world... made it smaller. The program opened up my world again.” (Service-user)

“I found this very beneficial as it encouraged me to get back out of the house and back into the community.” (Service-user)

“[Link worker] made it easy for me to get involved in things, and I’m feeling happy in myself with lots of new things to do that I didn’t have before I had sessions with [Link worker].” (Service-user)
Service users' stories: Empowerment

“I felt like I had no future prospects. That filters down to everything. After one session with [link worker] I went from having no idea to having a plan. A direction. I feel excited. I can do this. I haven’t felt like that in a long time.” (Service-user)

“It gave me a sense of being in control of my own health care. You know you can get passed on from one person to another. After working with [link worker] I feel more in control.” (Service-user)

“After working with [link worker] I have a sense of being in control of my own healthcare. Usually, it feels like the health service is happening to you.” (Service-user)

“I didn’t know who to go to. Who to get in contact with? Now it feels like somebody is looking out for me. I have a plan of action.” (Service-user)
Thank you for listening!

Any Questions?

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