Reflections from a Pilot Social Prescribing Project in Ireland

Embedding Social Prescribing in the Community

ucc
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Sláintecare.

pobal
government supporting communities

family resource centre
national forum

Background

Aims

- Community linkage
- Enrich & develop community

What

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

Health & Wellbeing
Community Referral

Background

Focus

Vulnerable persons

Under-resourced & S/E deprived areas

Why

Strong social prescribing evidence in UK.

Site-selection

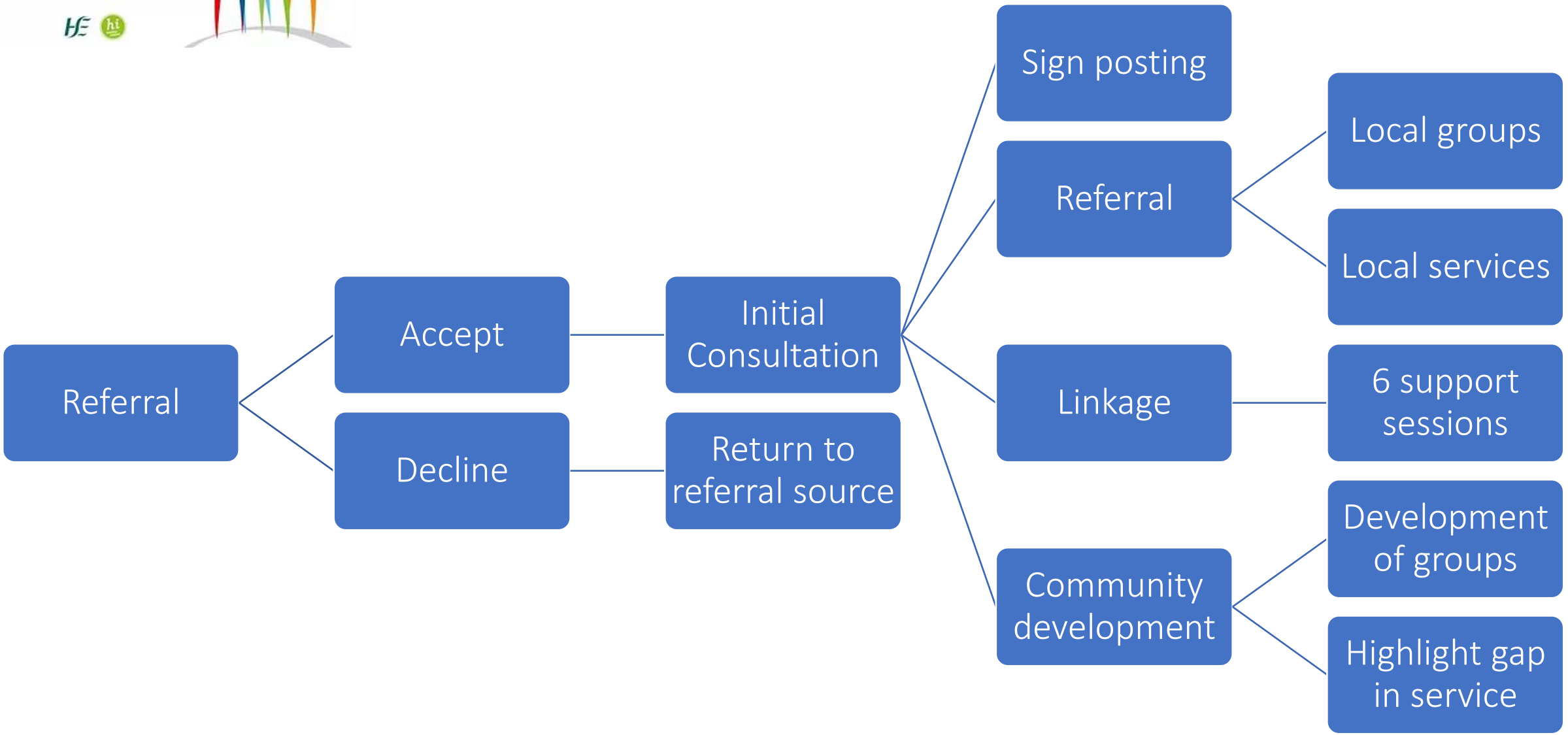
Expression of interest process reviewed

- Demographic details
- Governance
- Planning
- Staff readiness and engagement
- Systems and process
- Health Outcomes

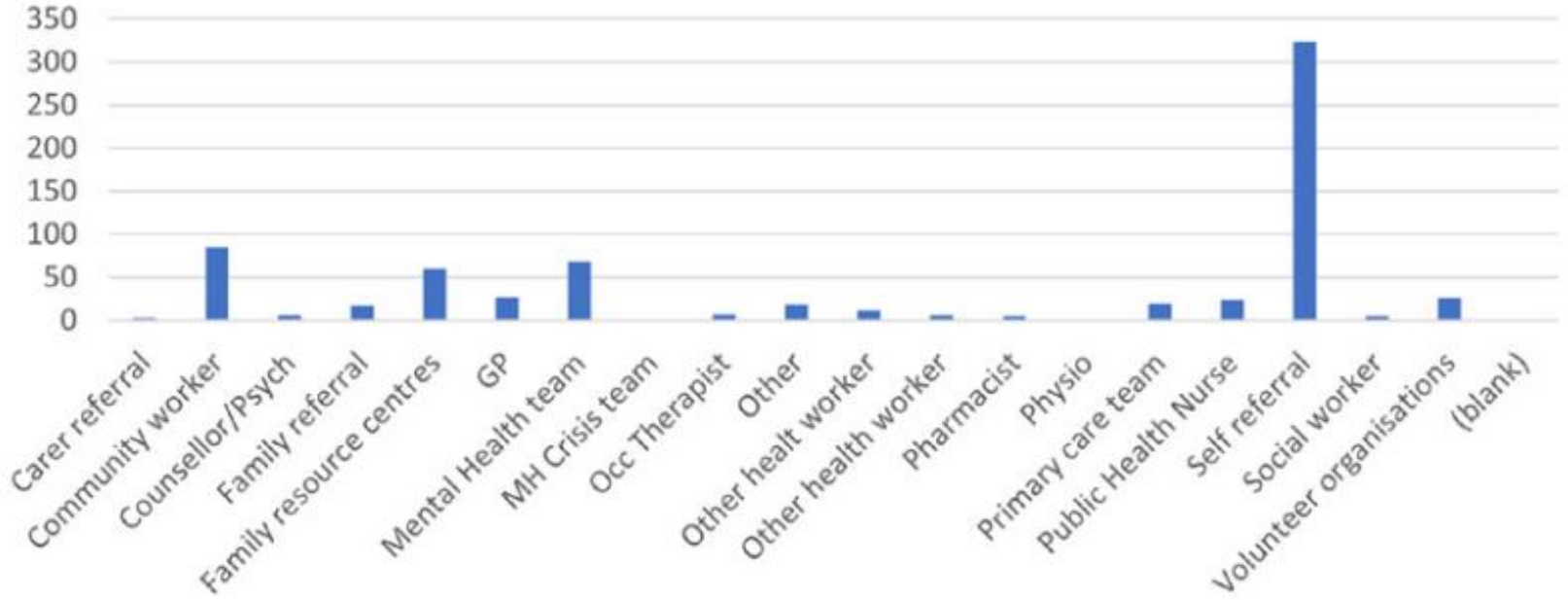
HSE Social Prescribing Framework

Mainstreaming social prescribing in partnership with community & voluntary organisations.

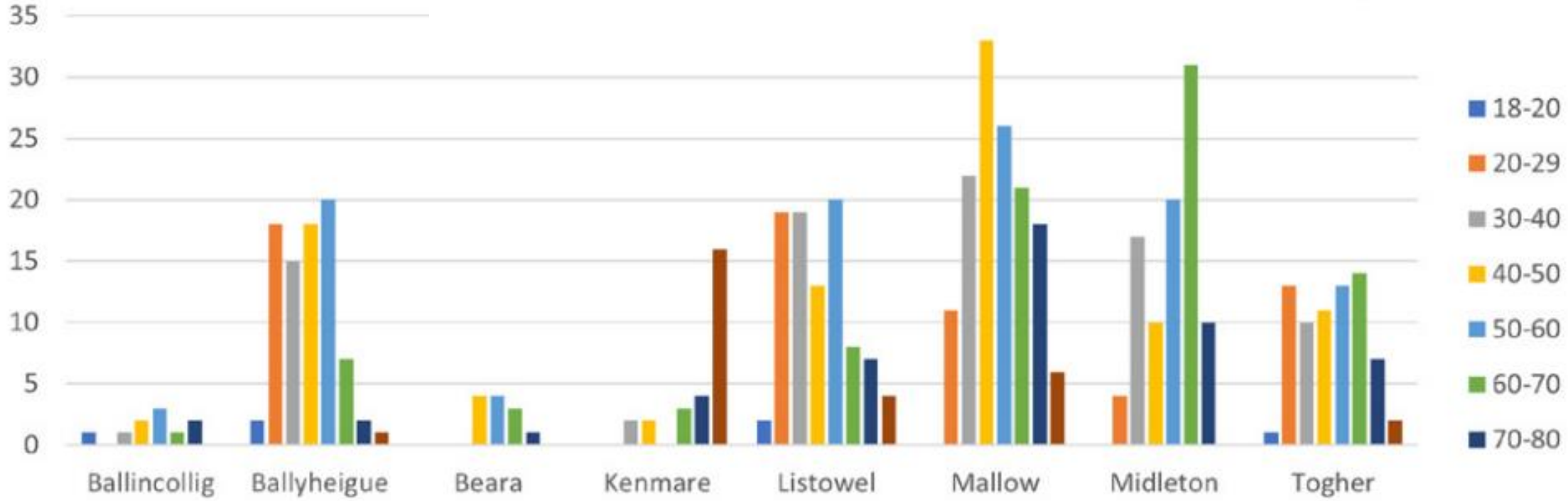
Process



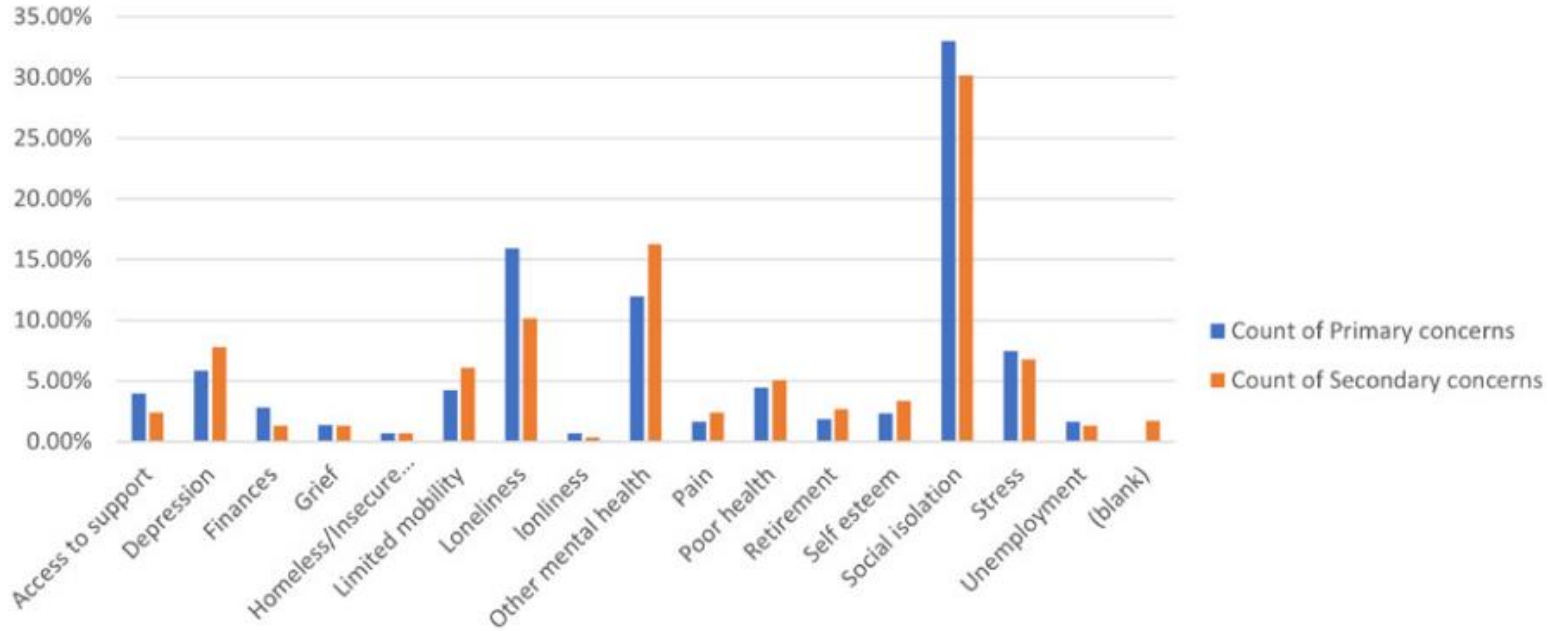
Referral sources

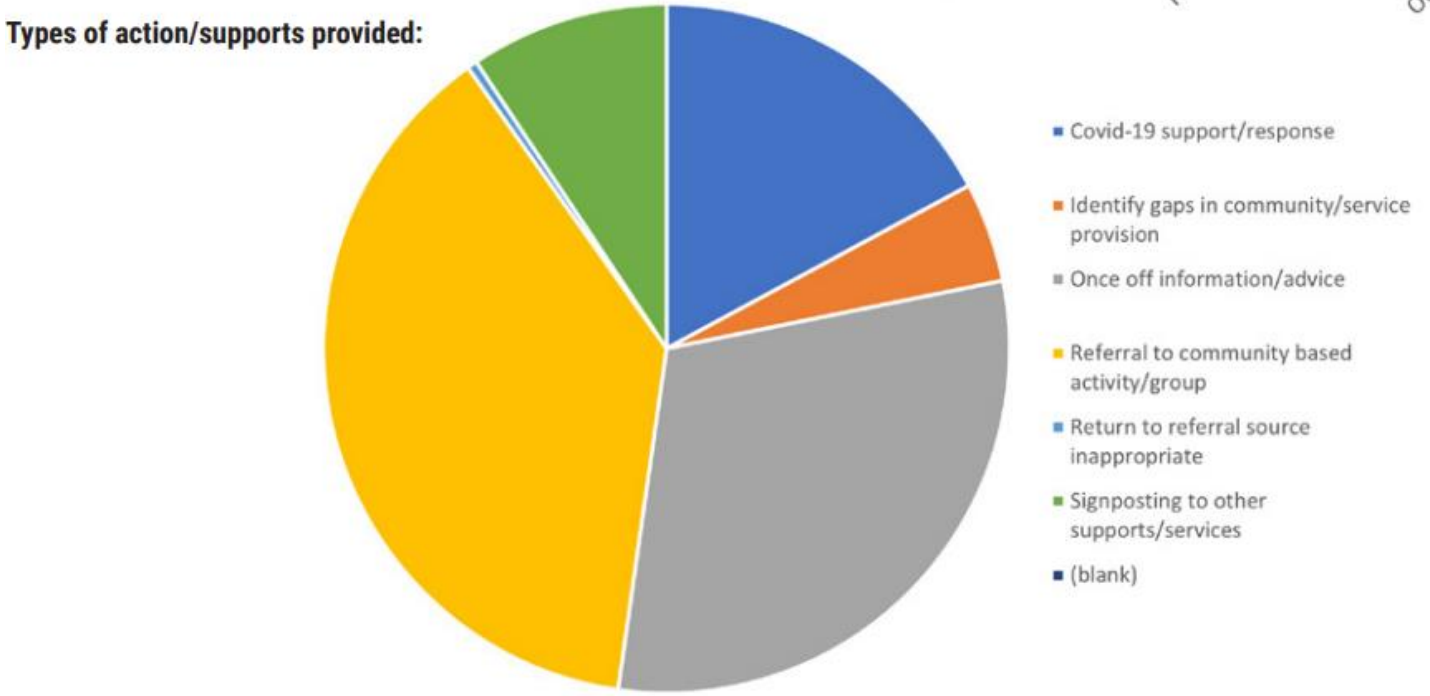


Service-user ages

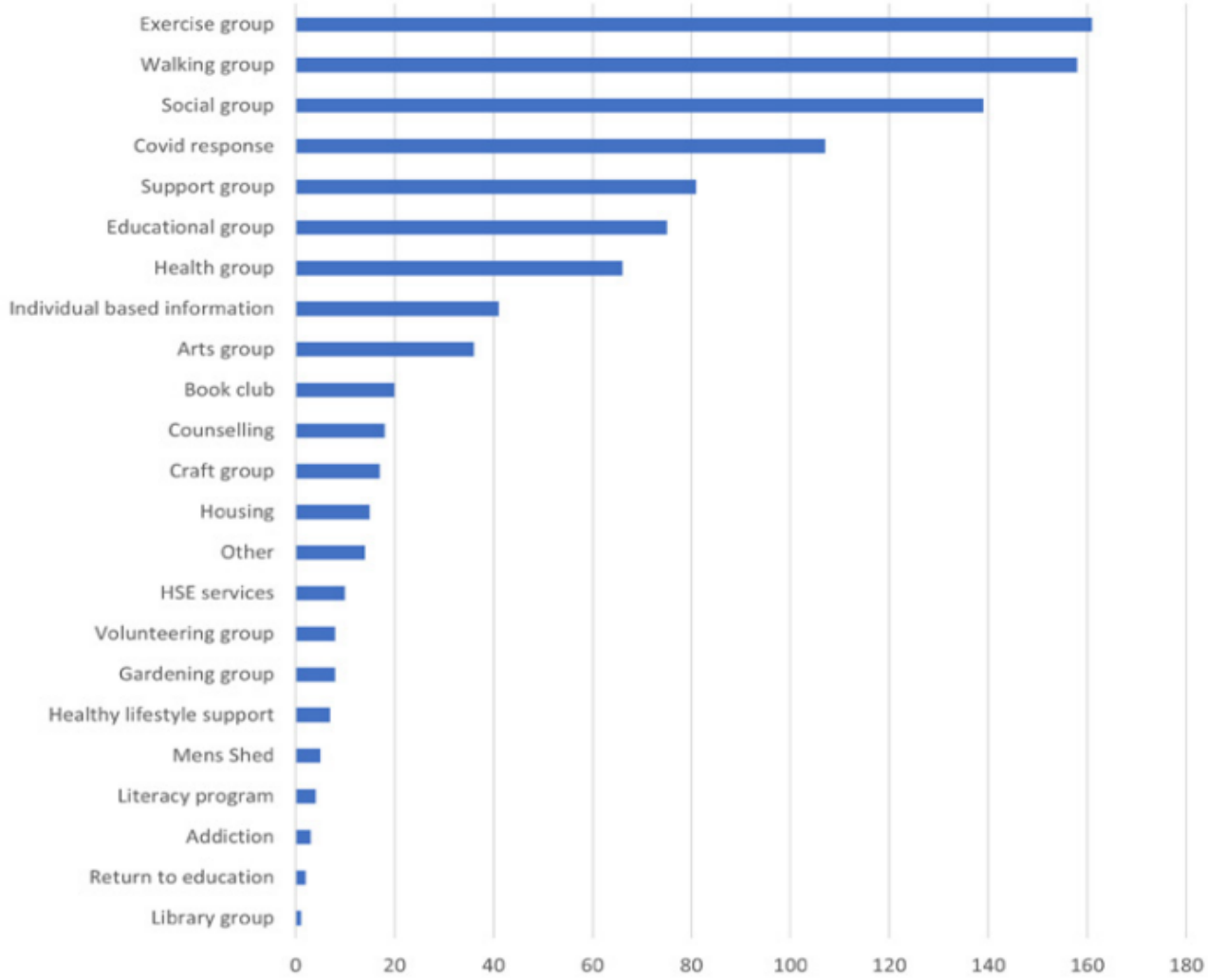


Service-user concerns





Supports provided

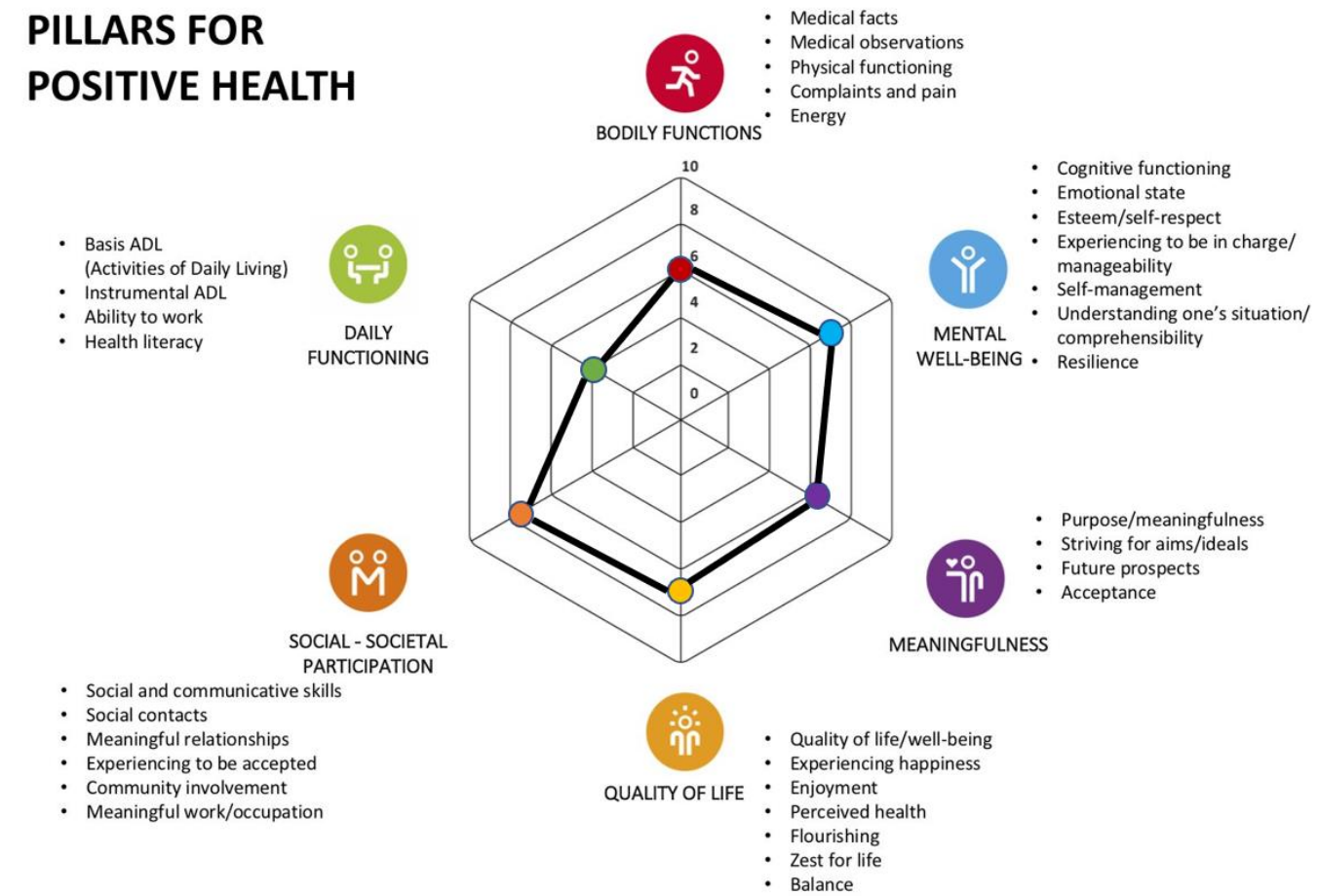


Interventions

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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