

Exercise Referral Learning Exchange

SOCIAL PRESCRIBING AND DIGITAL

Presented by:

Leeann Monk Ozgul (Co CEO)

Sonia McKenzie (Partnerships Manager)



ELEMENTAL

The social prescribing people

OUR STORY



"We're first and foremost a group of former community workers devoted to improving lives, connecting people and building communities. It's where we came from and it's embedded in the very bones of Elemental. Our roots are firmly in the neighbourhoods we empower."

Our story starts with 3 things. An ordinary world, a question and an answer. Every community has each of those things, and we believe that what makes it extraordinary is that we're still committed to asking the question and finding the answer. How can we reduce health inequalities?

What's the answer? Well we think what we've developed is a big part of the answer. A way to connect all stakeholders and give anyone, anywhere the ability to make, manage and monitor referrals into community activities and programmes.

WE'RE MORE THAN JUST A 'TECH COMPANY'

GREATER
LONDON
AUTHORITY

emis health
accredited partner

HSC Public Health
Agency

Bromford.

QUEEN'S
UNIVERSITY
BELFAST

HARCA

Ulster
University

South Dublin
County Partnership
Páirtíocht Chontae
Atha Cliath Theas

ForViva



UEL
University of
East London

Healthy Living Centre Alliance

Mersey Care
NHS Foundation Trust

NHS
Knowsley
Commissioning Group

NHS
Tameside and Glossop
Integrated Care
NHS Foundation Trust

HEALTHBOOK

هيئة الصحة بدبي
DUBAI HEALTH AUTHORITY

RADIAN
where people flourish

The
ResurgamTrust
Connecting Networks
Transforming Communities

Halton Clinical Commissioning Group

Social Prescribing - Our Understanding



PHYSICAL ACTIVITY

DIET & NUTRITION



MENTAL HEALTH

SOCIAL SUPPORT



DEBT & BENEFITS ADVICE



HOUSING SUPPORT

EMPLOYABILITY SUPPORT



CONNECTING PATIENTS

to non medical sources of support in their own communities

Our research tells us



HEALTH, HOUSING & SOCIAL CARE PROFESSIONALS

- Want to provide social prescribing
- No time to research activities in the community
- No quality assurance on suppliers
- No ability to track & monitor patient progress after referral

COMMUNITY & VOLUNTARY PROVIDERS

- Need to track project outcomes to prove value for money to commissioners
- Need to track individual patient health risk to report back to their funders

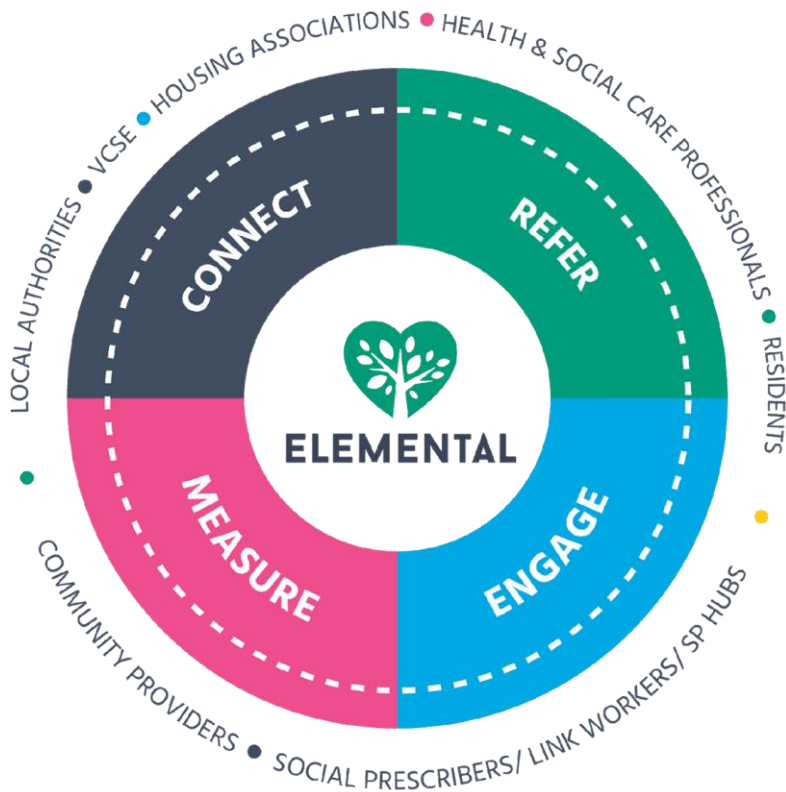
PATIENTS/RESIDENTS/CITIZENS

- Want to receive social prescriptions from GP to reduce their health risks
- Want to know more about health & wellbeing activities in community
- Need 1-1 support to keep motivated

HEALTH, HOUSING & SOCIAL CARE COMMISSIONERS

- Need analytics from commissioned programmes to prove value for money
- Need to track outcomes to justify expenditure

Our social prescribing platform



- **CONNECT:** Connect stakeholders and people into their communities as and when they need it most
- **REFER:** Open up referral routes into programmes and services so that people can access and engage in community based support
- **ENGAGE:** Support people to engage in programmes and services that improve their health and wellbeing and reduce demand for services
- **MEASURE:** Measure the uptake and impact of social prescribing so as to identify gaps in service provision and commission better services

More than the technology



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MAPPING/ UNCOVERING THE ASSETS IN A PLACE

Established who the key players are
Determine the offering
Identify the gaps in partnerships/ services/ access
Connect it back to an area's strategic goals

CO DEVELOP THE VISION

Deliver ways to engage stakeholders through workshops/
webinars/ interviews
Facilitate the discussions
Co produce the vision with the partners

PROVIDE TRAINING

Over 400 Link Workers trained by Elemental team on
digital social prescribing
Over 1250 health and social care professionals trained in
digital referral making (of which 864 are EMIS Web users)

CONNECT A REGION

Work with partners from a neighbourhood, a whole ICS
level and to regions like Northern Ireland, London and
Greater Manchester
Create the learning and sharing environments to ensure
the widespread adoption

Who we work with



Digital social prescribing partner of choice for:



VCSE



HEALTH



HOUSING



GOV



PRISON



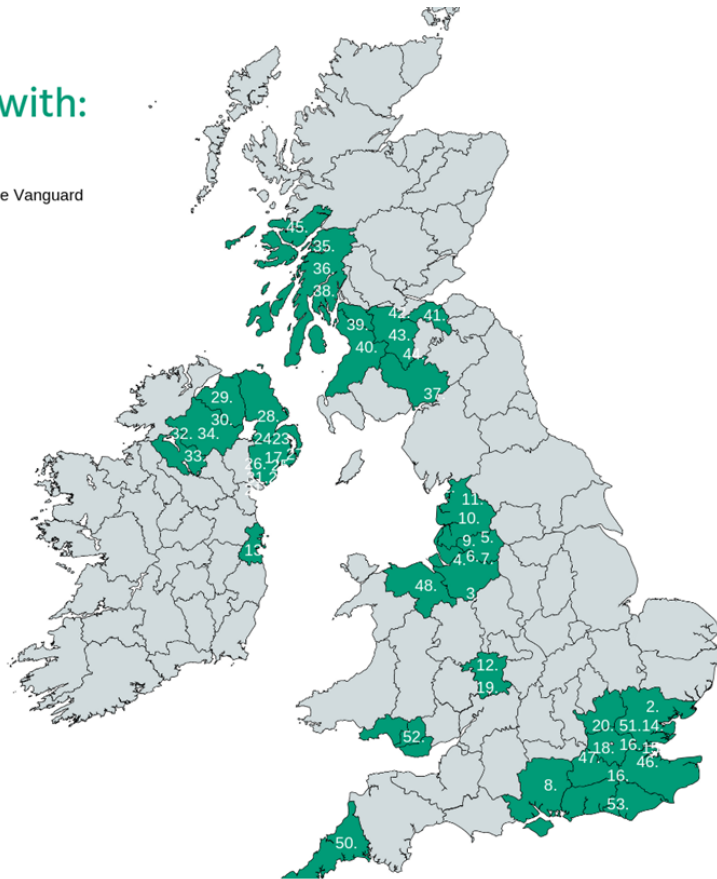
The Elemental Footprint



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Working in partnership with:

1. Halton NHS Clinical Commissioning Group & Improving Me Vanguard
2. Poplar HARCA Housing Association
3. Forviva Housing, NW England
4. Tameside and Glossop NHS Foundation Trust
5. Stockport Viaduct
6. Salford CVS
7. Merseycare NHS Mental Health Trust
8. Radian Housing Association
9. West Lancs NHS Clinical Commissioning Group
10. Knowsley NHS Clinical Commissioning Group
11. Healthbox CIC
12. West Midlands Combined Authority
13. South Dublin Partnership, Tallaght
14. Clapham Park Medical
15. Mayor of London, Greater London Authority
16. Tandridge LA
17. NI Prison Service
18. Waltham Forest
19. Bromford Labs
20. Hackney CVS
21. Ligoniel HLC
22. East Belfast Community Development Agency
23. New Life Counselling
24. The HEART
25. Ardyne / Shankill Health Partnership
26. Upper Springfield
27. Newlodge / Duncairn Community Health Partnership
28. Resurgam Trust



29. Bogside & Brandywell Health Forum
30. Old Library Trust
31. Peninsula Healthy Living
32. The Oak HLC
33. The Arc HLC
34. Derg Valley Care HLC
35. Annexe Communities
36. SEAL
37. The Hub Community Action Centre
38. Healthy n Happy
39. Shotts
40. Getting Better Together
41. Health in Mind
42. Healthy Valleys
43. Greenock
44. Your Voice
45. Lone and Oban Healthy Options
46. One Health Lewisham
47. Harrow
48. Betsi University Health Board
50. Cornwall Council
51. City of London CCG
52. United Welsh
53. Possibility People



Primary and Community Care Systems

- The only digital social platform that connects with EMIS
- Make and manage referrals- track uptake and impact
- For GPs, Physios, OTs etc



Report on Primary Care outcomes

- The only digital social platform that connects with Insignia's Flourish system to enable PAM assessment and reporting
- Embedded PCN approved measurement tools PAM, SWEMWEBS and ONS



New Integration Partners

- Prescribing NHS approved Apps
- Connecting with Secondary and Social Care Systems
- Linked data sets

Different roles within the platform



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REFERRAL AGENTS

GP/ Nurse/ Housing Officer/
Social Worker

Someone who has been given the authority to make referrals for a resident to take part in the project

REFERRAL HANDLERS

Social Prescribing Link Worker

Someone who has been assigned the responsibility to receive referrals from the referral agents

PROVIDERS

Internal Provider/ External
Providers

An organisation selected to be part in the social prescribing programme of the select list of providers for the project

PATIENT/TENANT/ CITIZEN

Anyone that meets the project's inclusion criteria-
Example: Debt, rent arrears, mild depression, social
isolation etc



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Social Prescribing in action case study



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Dr Maassarani & Partners



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The Founding Team - Care Merseyside



Dr Maassarani & Partners



**Cathy Connolly,
CEO
Care Merseyside,
GP funded social prescribing
charity**



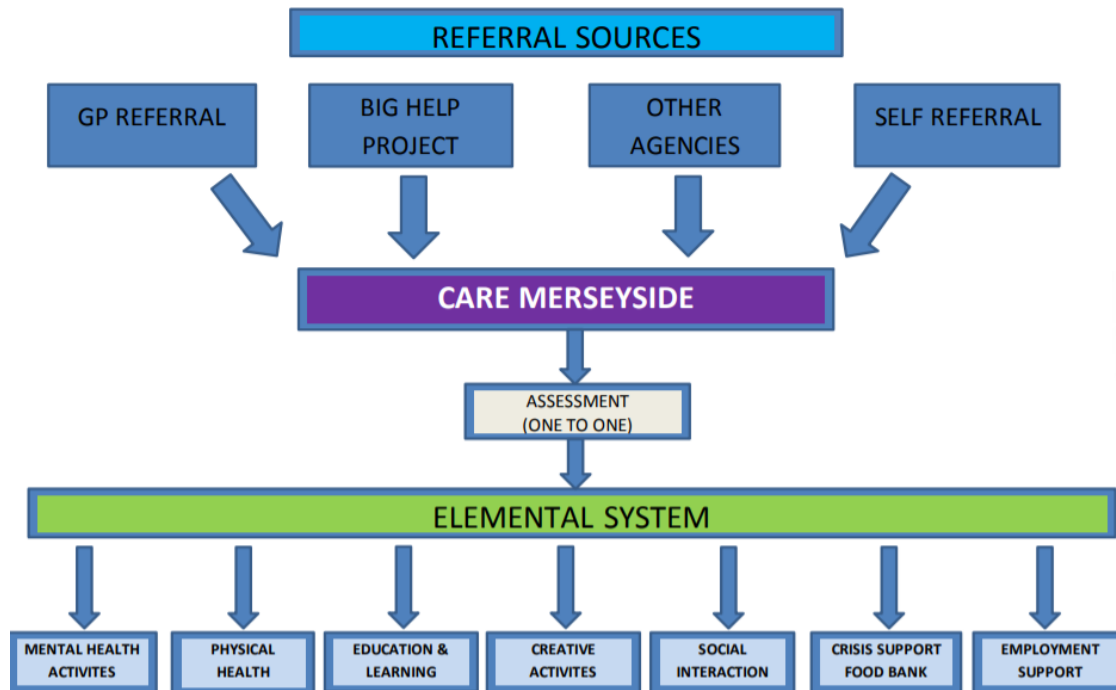
**Dr Faisal Maassarani,
GP Partner, Co-founder
Care Merseyside,
Maassarani Group**



**Lee Panter,
Managing Partner,
Maassarani Group**

Care Merseyside - The Model

Last year, **Dr Maassarani & Partners** practice and **Care Merseyside** launched a major social prescribing partnership with Elemental to support individuals through community-based programmes and services.



Dr Maassarani & Partners

How it works - Meet Oliver



56 Years Old,
had a **stroke** 6 months ago

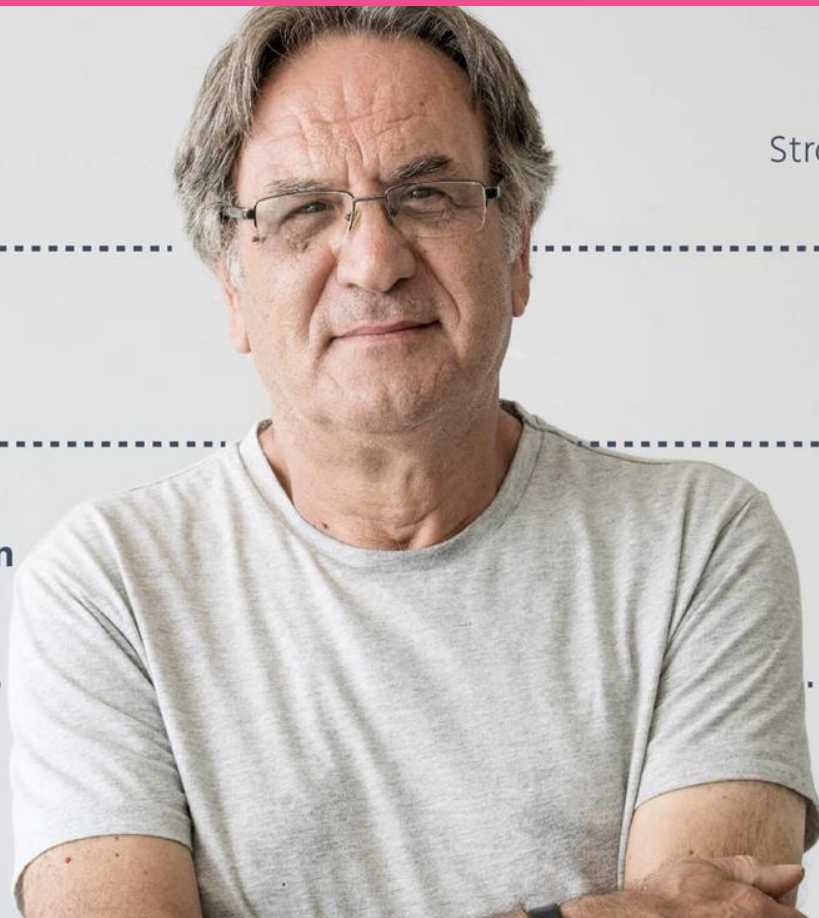
Stroke affected his **speech**
and **mobility** slightly

Lack social connections
(family live in another city)

Isolated since stroke

Needs help with **motivation**
levels to keep up with the
exercise routine

Experiencing symptoms
of **mild depression**
and **anxiety**



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Oliver's Journey



01 REFERRAL

Referral Agent (i.e. GP makes a referral for patient)



01

START

02

02 ASSESSMENT ARRANGED

Referral Handler (i.e. Social Prescribing Link Worker) makes a appointment to meet Oliver

03

03 BASELINE METRICS

Link Worker meets patient
Baseline measures taken and scores explained

04

04 SOCIAL PRESCRIPTION GENERATED

Social Prescription package co-created and introductions made to community providers. For example Canal walks, low carb cooking class and light exercise programme

05

05 FURTHER VISITS

Monthly follow ups and scores retaken and extra support given if needed

06

06 HEALTH RISK REDUCED

Tenants anxiety levels are lower, he is less isolated, he is more active and reducing his health risks

07

FINISH



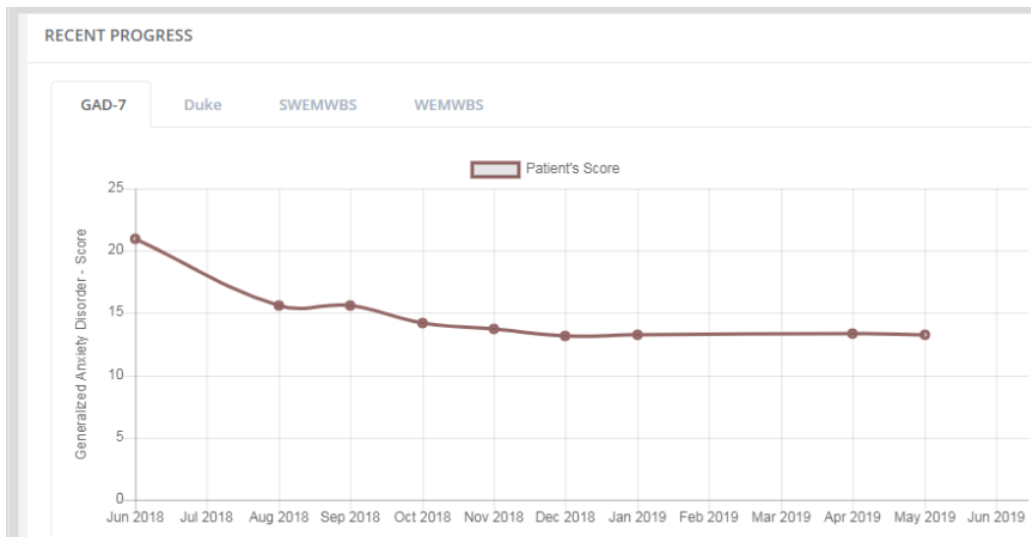
07 RESULTS

Engaged, empowered & mobilised tenants & communities

Measuring success



Dr Maassarani & Partners



43% reduction in feelings of Generalised Anxiety Disorder for participants.

The team have reported a drop in scores on the GAD7 (Generalised Anxiety Disorder Assessment) from 23 in June 2018 to 13 in May 2019 which translates to a **43% reduction in feelings of Generalised Anxiety Disorder** for participants.

The Generalised Anxiety Disorder Assessment (GAD-7) is a **seven item psychometric baseline questionnaire** that is used to measure or assess the severity of generalised anxiety disorder (GAD).

Scores are recorded within the Elemental social prescribing platform **before, during and after** an individual has entered into a social prescribing programme and is attending activities or interventions.

Progress to date



Dr Maassarani & Partners



Since beginning their partnership with Elemental, Care Merseyside **have received over 400 referrals.**

These initial numbers came from predominantly one practice within the Maassarani group but in 2019 the programme has extended training out to clinicians across 5 practices and also to all admin staff in the Maassarani Group.

Being able to track attendance and access baseline progress reports through the Elemental social prescribing platform allows Programme Leads at Care Merseyside to identify the impact that digital social prescribing is having on their patient's physical and mental health.



Brenda from the latest Low Carb Group who's HbA1c results have gone from 44 to 42



Brian's HbA1c is down from 94 to 71 after just four weeks in the Low Carb Group



"Elemental has provided us with a platform to present our findings with authority, encourage more partners to collaborate with us, allowed us as an organisation with a small number of staff to help provide a service to a large number of people and made it so easy for GPs and Clinicians to buy in to making a social prescription at a single click of a finger in consultation times."

Cathy Connolly, CEO, Care Merseyside

THANK YOU



T. 02871 271800
info@elementalsoftware.co
www.elementalsoftware.co

