



# Healthwise Social Prescribing

The Healthwise Social Prescribing is a pilot scheme to provide solutions to social issues and to address the wider determinants of inequality within the local demography. It is an attempt to support those who are marginalized on issues related to health and social care.

This is funded by the Department of Communities and Local Government, through an external grant application undertaken by Harrow Council and managed by Capable Communities Ltd.

This pilot scheme attempts provision for 3000 people in one year. It was launched on 28<sup>th</sup> June 2017 and was due completion in March 2018. However, with success in deriving income within the project itself, this will now continue until December 2018.

## CURRENT OFFER

Referral process includes self-referral, or referral via a simple formatted form. A health Professional, on identifying a need together with a referral reason, enables a reason for the following steps to take place:

- The patient is screened using an holistic screening assessment tool, where needs are assessed
- A personal outcomes-based plan of intervention is devised, in partnership with the patient. This offer provides support to meet identified needs
- The plan is sent to the referrer to enable the patient to take up the available service on offer
- Both provider and patient are able to plan and evaluate outcomes with incorporation of a future plan
- Importantly, the results of the completed personal outcomes-based plan are shared with the referrer.

## SERVICE PROVISION

### Three Categories of Service

#### Health

Managing Long Term Conditions (Heart Disease/Hypertension and Diabetes) – incorporates 15 separate activities)

Prevention of falls -incorporates 2 separate activities

The 'enablement' of affordable access to healthy food is facilitated using the following activities:

- Fruit and Veg Stalls (4 weekly),
- Cooking Training 3 per year)
- Friendship Café (to support mental cognition)
- 13 specialist counselling services

#### Rights

Access to Advice and Information, incorporates 15 separate services

Access to Advocacy, incorporates 12 separate services

#### Wellbeing and Resilience

A range of wellbeing activities cover issues concerning mental health, carers, older people, learning disabilities, disability, domestic violence, housing, volunteering and leisure, which incorporates 90 separate activities

**Service Directory:** [https://wiki.healthylondon.org/Harrow\\_Service\\_Directory](https://wiki.healthylondon.org/Harrow_Service_Directory)

## Patient Journey

ML is an older person referred by CMHT Outreach worker for Day Care, due to weekly calls and office visits due to loneliness.

The screening assessment reveals that there were needs related to a) anxiety and depression, b) social isolation, c) difficulties in managing money. This revealed a score of 22 (out of 40) on the Wellbeing Star Outcomes chart. This also revealed restriction for the patient, who was unable to leave the house for more than three hours per day due to an elderly dog.

Using a co-designed Personal Outcomes Plan, has enabled the patient to take up social activity for 3 hours per day and to see a debt counsellor.

After a six-week period, the patient has deemed the placement to be beneficial and she wishes to continue with its success. It has given her a sense of purpose with additional benefits of seeing the debt counsellor. This improvement in her ability to manage her personal financial circumstances has reduced her anxiety considerably. A repeat of the Wellbeing Star Outcomes assessment was retaken. This now reveals a score of 36, with a three-point improvement in Looking after oneself and a 4-point improvement in managing her personal situation.

The visits to the outreach worker have reduced to 1 visit per month.

### Results

### Outcomes

As of 6 March 2018 (8 months of a 12 month project)

Patients Engaged 2763

Planned Outcomes Achieved 2325

### Financial returns

| Financial Case (Fiscal CBA) |          | Financial Year                         |   | Net Present Value (NPV) |              |
|-----------------------------|----------|--|---|-------------------------|--------------|
|                             |          | 2017-18                                |   | 2017-18                 |              |
| Actual costs                | Costs    | £ 68,999.50                            | £ | 68,999.50               |              |
|                             | Benefits | £ 1,415,852.94                         | £ | 1,415,852.94            |              |
|                             |          | Net Present Budget Impact              |   | £                       | 1,346,853.44 |
|                             |          | Overall Financial Return on Investment |   |                         | 20.52        |
|                             |          | <b>Authority</b>                       |   | <b>Fiscal Benefits</b>  |              |
|                             |          | NHS                                    |   | 73%                     |              |
|                             |          | Local Authority                        |   | 27%                     |              |

### Anecdote from a patient.

*"I just wanted to thank you for the past few days. I feel alive and feel worth something."*