

Agenda Social Prescribing Network Event

30/04/25, 13.00 - 14.30

Room available from 12.30 – bring your own lunch

Item	Topic
13.00-13.20 <i>20mins</i>	Introductions & Getting to Know You Exercise.
13.20-13.40 <i>20mins</i>	• Brief Summary of the Project to Date including social prescribing definition. • Actions since the last meeting in January – using / promoting the social prescribing definition, the Network etc, eg:- Social Prescribing Day in March. • Terms of Reference • Network member updates – something you are doing, something the Network should be doing
13.40-13.55 <i>15mins</i>	<i>Tea/Coffee Break & Networking.</i>
13.55-14.10 <i>15mins</i>	Presentation – St Helens South PCN - Evaluating a Group Intervention; Introduction – Practice Survey on value of Social Prescribing Marie Powner, Lead Social Prescribing Link Worker
14.10-14.25 <i>15mins</i>	Presentation – Age UK Mid Mersey - Maintenance Cognitive Stimulation Therapy Allison Courtney, MCST Team Lead
14.25-14.30 <i>5mins</i>	Any other business and close – next meeting 2 July 2025.

Social Prescribing in St Helens

SOCIAL PRESCRIBING is an approach that supports individuals to take greater control of their own health & wellbeing. It does this by connecting people to activities, groups, & services in their community. The goal is to meet their practical, social, and emotional needs based on what is most important to them.

EXAMPLES can include:

- Supporting a person to improve their wellbeing by getting involved in activity that is meaningful & and helps to build confidence.
- Enabling a person who feels lonely & isolated to join a group, class, community project or sports activity based on what works for them.
- Connecting a person struggling with financial stress to a service that helps with managing debt or claiming benefits.
- Supporting a person living with dementia to join a dementia friendly activity to enable them to maintain a sense of social connection.
- Enabling people to increase activity levels to improve their wellbeing.
- Being a listening ear, supporting & enabling a person to identify and address what matters to them about their wellbeing.
- Enabling a carer to find a volunteer befriender for their loved one meaning they can meet a friend for a coffee & maintain their own social connection & wellbeing.

ST HELENS
CARES



Leadership of the Social Prescribing Network

Following an expression of interest process and review by the project task group the leads were identified meeting on 25/09/24 to plan the first social prescribing network event.

Jane Brown, Service Manager Age UK Mid Mersey

janebrown@aukmm.org.uk

Annie Lawrenson, Deputy Place Based Lead St Helens, VCA

alawrenson@haltonsthelensvca.org.uk

Susan Haden, Mental Health Clinical Lead Newton & Haydock PCN

susan.haden@sthelensccg.nhs.uk

Rose Webb, Occupational Therapist Intermediate Care Service, MWL

rose.webb2@sthk.nhs.uk

Areas for Development within the Social Prescribing Network

- Continue to support onboarding & use of the Live Well Directory across St Helens with organised presentations at events.
- Collection of outcome data – share recognised tools across the Borough.
- Social prescribing training opportunities through collaboration with the NHS online platform and skills academy.
- Support/supervision & networking opportunities for our social prescribers – through quarterly events.