



SHROPSHIRE HEALTH AND WELLBEING BOARD

Report

Meeting Date	18/04/24			
Title of report	Children and Young People Social Prescribing Update April 2024			
This report is for (You will have been advised which applies)	Discussion and agreement of recommendations	√	Approval of recommendations (With discussion by exception)	Information only (No recommendations)
Reporting Officer & email	Claire Sweeney claire.sweeney@shropshire.gov.uk			
Which Joint Health & Wellbeing Strategy priorities does this report address? Please tick all that apply	Children & Young People	√	Joined up working	√
	Mental Health	√	Improving Population Health	√
	Healthy Weight & Physical Activity	√	Working with and building strong and vibrant communities	√
	Workforce	√	Reduce inequalities (see below)	√
What inequalities does this report address?	Wider determinants of health, health behaviours and lifestyles, integrated health and care system, places and communities, children and young people			

Report content

1. Executive Summary

- 1.1. This report provides an update on the Children and Young People’s Social Prescribing offer and its development in Shropshire. It describes the programme and recent progress to expand the support across the county. Referral data can be found in Appendix A, outcome data in Appendix B and a summary of comments from young people, schools and GPs in Appendix C, with a case study in Appendix D
- 1.2. Social prescribing for Children and Young people is a programme of listening and working with young people, empowering them to take control of their health and wellbeing. Specialist Healthy Lives Advisors give time, focus on ‘what matters to me’ and take a holistic approach, using motivational interviewing and behaviour change techniques. Young people are supported to co-produce their personalised care and support plan, connect to activities of interest and develop coping strategies to support their expressed concerns.
- 1.3. The Shropshire model described in this report is an integrated programme and a collaboration between Primary Care Networks, Public Health and the Voluntary & Community Sector (VCSE), closely working with schools and other partners across the system. Within the Health Wellbeing and Prevention directorate, the Healthy Lives Team delivers the service and the Voluntary and Community Sector deliver the Community Development element of the service. The programme benefits a range of referral and delivery partners including Primary Care, Early Help, schools, self referral and more.
- 1.4. Shropshire’s Social Prescribing service has been developed within the guidelines of NHS England (NHSE), utilising and embedding national toolkit recommendations, job descriptions and best practice. As such the service is an important part of Shropshire, Telford and Wrekin’s Person-Centred Care agenda and significantly contributes towards NHSE targets for Personalised Care.

1.5. The programme currently focusses on those aged 11-18, working with young people in schools and community settings. The support for children and young people started in 2021, working with the South West Shropshire PCN (Primary Care Network) area, and has now expanded to cover the whole county.

1.6. This report also provides an update on

- 1.6.1. Main issues young people are wanting support with, as well as reason for referral.
- 1.6.2. Outcomes demonstrating improvement in young people's self identified concerns
- 1.6.3. Innovative Wellbeing While Waiting research project working with Social Prescribing for Children and Young People in Shropshire, Telford and Wrekin to pilot the social prescribing offer for those young people waiting for CAMHS (Child and Adolescent Mental Health Services).

1.7. The Children and Young People's Social Prescribing programme is achieving fantastic results and can demonstrate significant improvement in outcomes for young people who take part (details in Appendix B). We believe that the success of the programme is in large part due to the integrated approach we have taken with Primary Care, the Voluntary and Community Sector, Public Health, Early Help and schools alongside many other partners.

1.8. Funding for the service is under review, with changes in commissioning from some PCNs, meaning that alternative sources of funding are being sought.

2. Recommendations

2.1 Note and endorse the progress and improved outcomes for Shropshire children and young people.

2.2 Note the risks to funding and discuss opportunities for the system to consider joint funding through Children and Young People Mental Health, Early Help and Primary Care.

3. Report

3.1 Background

In Shropshire, Public Health, the Voluntary and Community Sector and Primary Care have been working collaboratively for over 7 years to develop and roll out a model that supports people in the community where they live. This model is preventative in its approach; it supports people with their emotional wellbeing as well as physical health and social issues and supports them to have the confidence and motivation to take positive lifestyle decisions. The adult's model started in 3 practices in Oswestry, and was soon joined by 8 additional practices; in 2020-21 the programme was rolled out across all Shropshire PCNs and GP practices. In 2021, there was widespread recognition that children and young people's wellbeing had been profoundly affected by the Covid-19 pandemic and social isolation at a key time in their development. Working with the South West Shropshire PCN, we developed a pilot Children and Young People's Social Prescribing programme, offering extra support for young people's wellbeing.

3.2. The pilot worked collaboratively with young people, Healthwatch Shropshire, GP practices, Early Help, schools and colleges, Bright Star boxing, Shrewsbury Town in The Community, SPARC Theatre and Hands Together Ludlow. This collaboration brought together partners with specific areas of interest and something different to enhance young people's experiences as well as the opportunity to continue to learn from each other. The pilot also provided the opportunity to coproduce a Personal Care and Support Plan for CYP, which includes a personal safety plan. This plan delivers against NHS England targets for Personal Care and Support Plans and is used across the CYP service.

3.3 The project was well received by GPs, schools, young people and parents, demonstrating improvements in outcomes as well as positive feedback (Appendices B and C) and soon gained interest from other areas, with all Primary Care networks (PCNs) in Shropshire requesting social prescribing for children and young people.

3.4 In 2022-2023 the programme expanded rapidly from 1 advisor to 10.5 WTE advisors plus a Team leader. Funding from NHS England's ARRS (Additional Roles Reimbursement Scheme) through PCNs, as well as funding from Shropshire Council has enabled this expansion across the county. The Local Shropshire Target Operating Model, and our Demand Management work, recognises the need for this approach to reduce preventable demand on Early Help, Social Care, Primary and Secondary care as well as improving experiences and outcomes for young people.

3.5 The programme works in partnership with a variety of other agencies including Early Help, Compass, School nursing, pastoral team, Education welfare, bereavement support, Step up to Enable, BeeU, safeguarding leads. When consent is given they will speak to parent/carers to offer them support/guidance around the young persons support needs.

3.6 The Integrated Practitioner Team panel meetings are an important element of the partnership approach. The advisors take cases to the panel and this is particularly useful in sharing of support and guidance where there are challenging issues. Similarly, where others have brought cases to discuss, the Healthy Lives Advisors can offer input from social prescribing.

4. Data

4.1 A robust data set has always been collected and monitored as part of the programme. This includes referral (Appendix A), and outcomes data including Measure Yourself Concerns and Wellbeing (MYCAW) and Simple Activation Measure, used for all young people and a loneliness scaling tool where appropriate. These tools give before and after measures to show outcome data across the programme. This can easily be extracted and illustrated on Power Bi (Appendix B)

4.2 Data across Shropshire for the Childrens and Young People's Social Prescribing found that:

81% reported an improvement in their Concern 1, with **64% voicing an improvement in their wellbeing.**

Reasons for referral:

The overwhelming majority of referrals for children and young people are for **Emotional and mental health**, followed by

Lacking in self confidence

Adverse Childhood experiences

The emotional and mental wellbeing support provided through social prescribing is intended to be early and preventative in nature and works best when young people are supported to develop coping strategies and support networks before issues escalate to a higher level of need.

Referrers include:

- Schools, Early Help, Compass, School Nursing, GP practices, self-referrals and parents.

4.3 Additionally, Appendix C provides a summary of comments made by young people, schools and GPs as well as a case study in Appendix D

5.0 Summary of key information:

- Shropshire Children and Young People's Social Prescribing is an integrated service with the voluntary and community sector, Primary Care, Local Authority and partners;
- There have been over **885 referrals to date**;
- **Increase in referrals of 809%** compared to 2021-22
- The service is offered across the whole of Shropshire, mainly delivered in schools and community settings.
- The service is preventative in nature, and it works to improve wellbeing in order to prevent issues from escalating.
- Outcome measures demonstrate improved health and wellbeing of children and young people who participate in the programme;
- There is high demand for the service and it is very well received.
- There is potential for more venues to benefit from this, for example colleges, but this is limited by the capacity of the team.
- Funding for the service is under review, with changes in commissioning from some PCNs, meaning that alternative sources of funding are being sought.

6.0 Development

6.1 The Wellbeing While Waiting research programme started in January 2024, with an aim to evaluate the role of social prescribing for young people who are on Child and Adolescent Mental Health Services (CAMHS) waiting lists. This is a new Social Prescribing pathway within (CAMHS) for children and young people aged between 11 and 18. It is a collaborative project that will work across Telford and Shropshire. The goal of the project is to have a fully developed and tested model for embedding SP within CAMHS waiting lists that can be scaled nationally, bringing Social Prescribing to more children and young people who could benefit. Up to ten CAMHS sites in England are developing social prescribing pathways as part of this research programme, with support from the Social Prescribing Youth Network.

6.2 Work in development to increase the offer for stop smoking support for Children and young people alongside existing messaging about vaping.

7.0 Recognition in national publications or websites

- Highly commended in Local Government Chronicles Award 2023
- NHSE Presentation on CYP social Prescribing Claire Sweeney and Gemma Coulman-Smith Feb 2024
- Delivered national webinar on creative health and social prescribing Naomi Roche
- Delivered on national Children and Young People's webinar 2022 delivered by Naomi Roche and Claire Sweeney
- Delivered on webinar for schools on our Social Prescribing for Children and Young People 2022 delivered by Naomi Roche and Claire Sweeney
- Delivered session to national personal health and social education (PHSE) group 2021 Claire Sweeney and Sharon Cochrane
- National Healthwatch website – report by Healthwatch Shropshire

- <https://www.kingsfund.org.uk/publications/social-prescribing>
- LGA Website – presentation by Jo Robins and Lee Chapman

...Risk assessment and opportunities appraisal

(NB This will include the following: Risk Management, Human Rights, Equalities, Community, Environmental consequences and other Consultation)

As a health and care system we work to reduce inequalities in Shropshire. All decisions and discussions must take into account reducing inequalities. Covid 19 has shone a light on inequalities and requires all of our services to further risk assess individual risk and to support the population who are at increased risk of ill health.
Risk assessment doesn't apply, all of our programmes abide by equalities act 2010

Financial implications

(Any financial implications of note)

Funding through PCNs is under negotiation in some areas in Shropshire, with a risk to the delivery of Social Prescribing for Children and Young People. Shropshire Council part funds the programme through transformation but other sources of funding need to be considered.

Climate Change Appraisal as applicable

N/A

Where else has the paper been presented?

System Partnership Boards

Voluntary Sector

Other

List of Background Papers (This MUST be completed for all reports, but does not include items containing exempt or confidential information)

Cabinet Member (Portfolio Holder) Portfolio holders can be found [here](#) or your organisational lead e.g., Exec lead or Non-Exec/Clinical Lead

Cllr Cecilia Motley, Portfolio Holder for Adult Social Care, Public Health & Communities

Appendices

Appendix A – Social Prescribing Referral data

Appendix B – Outcome data

Appendix C feedback from young people, schools and GPs

Appendix D case study

Appendix A Referral Data

Referrals: CYP profile

885
Referrals

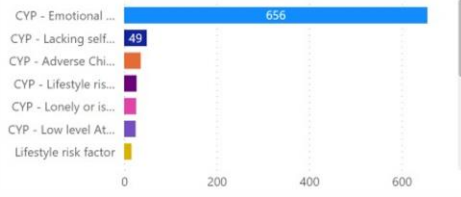
Referrals by GPs
121

Third party referrals
764

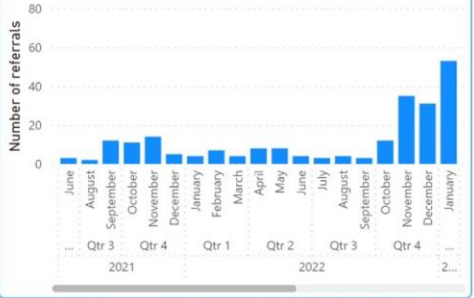
Attending sch...
All

Referral provision date
01/01/2021
08/02/2024

Primary referral reason



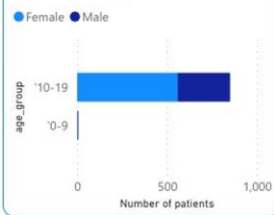
Referrals over time



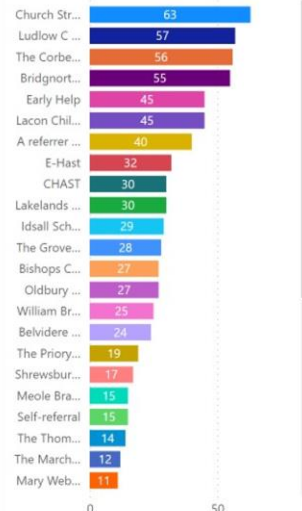
GP Referrals

GP.name	Count	%
STATION DRIVE SURGERY	18	14.88%
BISHOPS CASTLE MEDICAL PRACTICE	15	12.40%
MUCH WENLOCK & CRESSAGE MEDICAL PRACTICE	9	7.44%
THE CAXTON SURGERY	9	7.44%
CHURCH STRETTON MEDICAL CENTRE	8	6.61%
Total	121	100.00%

Age and Gender



Third Party Organisation referrals



PCN.Name

All

GPname

All

age_group

Multiple select...

Genderold

All

CYPStatus

Yes

InHIPProject.

All

ResetProject

All

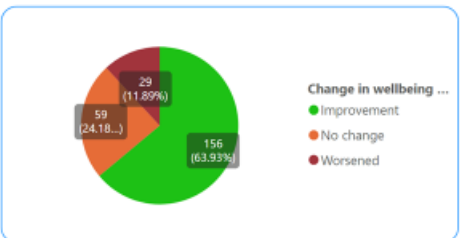
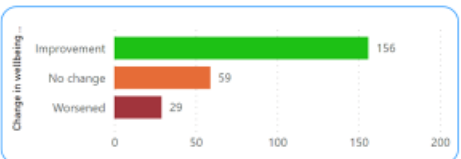
Appendix B Outcome Data

Change in Wellbeing MYCaW score

Number of followup wellbeing scores collected: **254**

Number with both baseline and followup recorded: **244**

Number with improvement in wellbeing score: **156**

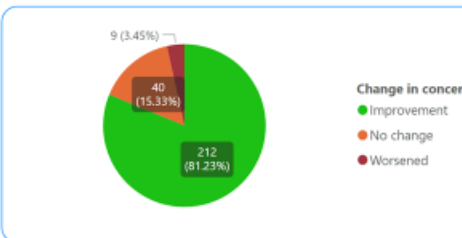
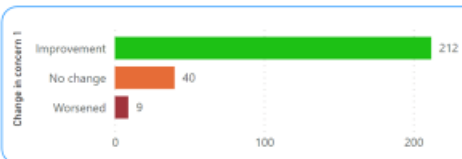


Change in Concern 1 MYCaW score

Number of followup wellbeing scores collected: **261**

Number with both baseline and followup recorded: **261**

Number with improvement in score: **212**



Followup provision date

01/02/2023
01/02/2024

PCN.Name

All

GPname

All

CYPStatus

Yes

Attending school:

All

InHIPProject.

All

ResetProject

All

Note: this page shows patients who had a referral and a baseline consultation.

Note: this does not filter for services attended as recording is poor. These figures show patients who had a baseline and follow up appointment and reported an improvement in

Appendix C feedback

Feedback from young people

- You have helped me believe in myself more which is helping my confidence. I really like talking to you, you listen to me
- You listen to me and hear what I say. No one usually asks
- I absolutely loved it. Helen was so helpful and easy to talk to, and she really helped. If it wasn't for her, I don't know where I'm so thankful for her, and will cherish my time with her for the rest of my life. It was quick and easy, and was always negotiated first, and was chased up when needed.
- Very easy to talk to and I felt better after talking. I found the breathing and the anxiety exercises really helpful. I feel a lot better than when I first started
- Really helped me overcome my anxiety and loss of confidence and has made me a lot happier.
- It has been good- someone to trust in school and talk to. She is kind and makes me feel better
- It's made a big difference to my confidence, she is a good listener and I trust her
- I like speaking to her as it then takes my mind of what happened after we spoke about it
- Useful and went well. Easy to talk to and supportive. Referred to Early help, Flames Netball team, Beam, Young Rangers.
- They were good and made it easy for me to talk because it was a welcoming environment
- Listened well and gave good advice to anything I was struggling with and helped me make a lot of progress. Gave me suggestions for youth groups and other activities I can try

Feedback from schools includes...

- I am very grateful for the professionalism and professional expertise of Anne - Marie who worked with one of our young people with ASD.
- This has been an absolute God send. If it were possible to have Caroline everyday, I know we could fill every single slot with a young person requiring support. Your service is vital moving forwards. I only hope that the funding can continue as without Caroline and the service, so many children would simply fall through the cracks, only to appear later in crisis or worse.
- We hugely value the service Kirsty has provided this school. The students have all responded positively to the support, and Kirsty has managed to find a way to work with our most disengaged and quietly reserved students. She has also never wavered, even with our most complex students, when I have been desperate for help, for which I am truly grateful. I truly do not know what I would do without her.
- In some cases the reduction of isolation has led to less need for further intervention. The students seem happier in school and use the sessions to express their feelings

GP feedback

- Happy with the service, she is doing an amazing job. Had nothing but positive feedback, parents talk about it as well, very happy that their child has this support and a grown up who they can relate to and talk to in school
- I just want to say well done for the work you are doing. You're making a difference and I want to encourage you and thank you for reaching out to these young people.



Appendix D case study

Case Study 1

Background

- 15-year-old referred by school for emotional wellbeing and attendance
- Young person reports anxiety, low mood. Low self-esteem feels doesn't fit in within school
- Can often feel panicky in lessons
- Some bereavement in family

Work Completed/Activities/Interventions

- Positive coping strategies breathing, grounding techniques, self soothe box
- Signposting to support services and websites to include BEAM and Kooth
- Liaison with school regarding support in lessons time out card for when feeling anxious
- Signposting to apps to support wellbeing
- Liaison with school nurse who was also supporting
- Contact made with parent to signpost and support
- Contact made with BEEU
- Support for transition to new school
- Referral to crane bereavements support services

Outcome

- Transition to new school
- Young person reporting a reduction in anxiety
- Young person reporting increase in self-esteem feeling more positive.
- Finding strategies that support wellbeing
- Connecting with a new group of friends
- Engaging with bereavements support

Case Study 1

Feedback from young person

Thankyou so much for everything xxxxx. You were really an amazing help, and I loved every meeting. If it wasn't for you, I don't know where I'd be. Honestly, I cant thankyou enough for everything that you've done for me!

I will definitely miss you lots! and hope to see you around soon! I will never forget you, and I'll always cherish the support you gave me!

Thankyou so much again xxxxx