

National Social Prescribing Conference

A joint conference hosted by NHS England and the Royal College of Psychiatrists

12 June 2019

Royal College of Psychiatrists, London

Programme

09:15 – 09:55	Registration, refreshments, poster exhibition viewing, networking, sign up for breakout sessions
10:00-10:10	Welcome Professor Wendy Burn, <i>President Royal College of Psychiatrists</i>
10:10-10:20	Mr James Sanderson, <i>Director Personalised Care, NHS England</i>
10:20-10:25	Questions
10:25-10:35	Embedding Social Prescription in the treatment and prevention of mental health disorders Dr Michael Dixon <i>GP and NHS England National Clinical Champion for Social Prescribing</i>
10:35-10:40	Questions
10:40-10:55	Social prescribing - ideas from Bromley by Bow and across the country Professor Sir Sam Everington OBE <i>GP and Chair of NHS Tower Hamlets CCG</i>
10:55-11:00	Questions
11:00-11:25	Professor Helen Stokes-Lampard <i>GP and Chair of Royal College of General Practitioners</i>
11:25-11:30	Questions
11:30-11:55	Refreshments break, poster exhibition viewing and networking
12:00-12:05	HRH Prince Charles (video message)
12:05-12:15	Integrated Health, the role of Dumfries House Carolyn Paton, <i>Health and Wellbeing Co-ordinator, Dumfries House Health and Wellbeing Centre</i>
12:15-12:20	Questions
12:20-12:40	Lived experience

	Arabella Tresilian & Diane Girling, <i>Social Prescribing Link Worker</i>
12:40-12:55	<p>Social Prescribing for Mental Health: The Rotherham Experience</p> <p>Jo Painter, <i>Nurse Consultant, Rotherham, Doncaster and South Humber NHS Foundation Trust</i></p> <p>Janet Wheatley MBE, <i>Chief Executive, Voluntary Action Rotherham</i></p>
12:55-13:00	Questions
13:00-13:40	Lunch, poster exhibition viewing and networking
<p>Concurrent sessions 1</p> <p><i>Delegates to attend 1 of 3 sessions. Facilitated discussion focused on co-designing a support offer</i></p>	
13:45-14:30	<p>Expanding choice and control within inpatient services</p> <p>Dr Jacob Krzanowski</p> <p>Dr Frances Mortimer</p> <p>How personal health budgets expand choice and control-practical application ‘the art of the possible’</p> <p>Janet Blair, <i>Manager Personalised Care Group, NHS England</i></p> <p>Personal Health Budgets enable a framework for clinicians to work in true partnership with people accessing mental health services – creatively engaging people in decisions; increasing choice, control and self-determination, and; leading to improved quality of life and a better experience of services.</p> <p>This talk will focus on how the model relates to and encompasses shared decision making; personalised care & support planning and; effective social prescribing & link working into community services.</p> <p>It will include some practical examples of how PHBs are being implemented & changing people’s experience of mental health services. The focus of this talk is to help clinicians recognise and start implementing the art of the possible.</p>
	<p>Supporting people in the community</p> <p>Creative Minds: An Asset Based Approach to Social Prescribing in Mental Health Phil Walters, <i>Creative Minds (Charity hosted by South West Yorkshire Partnership NHS Foundation Trust)</i></p> <p>Debs Teale, <i>Creative Minds</i></p> <p>The principles and philosophy of Creative Minds seemed to strike a chord with many people and has helped develop a real sense of community amongst participants leading to volunteering, employment, peer led projects and loads of peer support. Come along and find out why.</p>

What do you want to do

Julia Perry, *Head of Community & Wellbeing Services, Mental Health Concern*

Changing from a day centre to a social prescribing model and how the people using the service helped professionals see the benefits.

In the first decade of this century we thought we were cutting edge with a service based on the International Clubhouse Model. However, by 2010 we realised that the people who had joined the club were very much at home and very few people were moving on. We changed the way we were working to build the support around the individual, seeing what they want to do in their community, then finding it or helping them create it. This took us from supporting 150 people with very little move on to supporting 350 people at any one time and the average support period is 9 to 12 months. The outcomes we see are around 10% of people into employment, 10% into education and 60% leave with a range of social and training activities that are part of their everyday routine. The most important difference has been the way in which this model has helped people build sustained friendships that have no reliance on the service

Michael Craig

Connecting people across primary/community/inpatient care**The Life Rooms - A Social model of Health**

This session aims to provide an overview of the Life Rooms model and will look into its impact and future plans of the Life Rooms service

Michael Crilly, *Director of Social Inclusion and Participation, Mersey Care NHS Foundation Trust*

Clare Rotherham, *Life Rooms Social Health & Research Lead*

Concurrent sessions 2

Delegates to attend 1 of 3 sessions. Facilitated discussion focused on co-designing a support offer

14:40-15:25

Social prescribing lead role

Dr Katherine Kennett, *ST4 in CAMHS, Barnet, Enfield & Haringey Mental Health Trust and Royal College of Psychiatrists Sustainability Scholar*

In this session, we will explore what a social prescribing lead role could look like in a mental health trust

To discuss what a social prescribing lead role could look like

To discuss and agree core components of the role

Network for social prescribing leads

Bev Taylor, *Personalised Care Group, NHS England*

In this session, we will explore whether a network for social prescribing leads could be set up, what it might look like and how it might function. To discuss whether a network for social prescribing leads could be beneficial. To identify what the network

	<p>might look like and how it might function. To identify core requirements of the network</p>
	<p>Practical first steps</p> <p>Susanne Cox, <i>Personalised Care Group, NHS England</i></p>
15:25-15:50	<p>Sharing key points from concurrent sessions</p> <p>Chair: Dr Daniel Maughan, <i>Consultant Psychiatrist, Oxford Health NHS Foundation Trust, Royal College of Psychiatrists Associate Registrar in Sustainability</i></p>
15:50-16:00	<p>Summary, next steps and close</p> <p>Prof Wendy Burn</p>
16:00	<p>Close</p>