

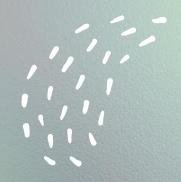
WHAT IS SOCIAL PRESCRIBING?

Social Prescribing - the means by which people of all ages can find their way into local, wellbeing-boosting initiatives, with the help of a link worker, or community navigator

Our Young People's Social Prescribing service is for those young people aged 9-19 years who are living in, or accessing a GP or Education setting in BDI, BD2, BD3, BD5, BD7, BD8, BD9 (RIC funded - April 2020) or who are patients at an Affinity Cares GP practice (September-2020).







OUR TEAM

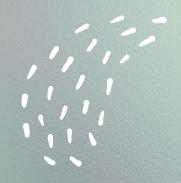


REBECCA McDonnell





LAURA Sewell



OUR TEAM



JENNY Laskowsky





JOEL HOWARD BIRT



OUR TEAM



JASON CHARLES







OUR PROJECT AIMS

INCREASE AND
ENCOURAGE YOUNG
PEOPLE'S ABILITY TO
MAKE POSITIVE CHOICES
WHICH KEEP THEM SAFE
AND WELL

RECOGNISE AND VALUE
YOUNG PEOPLE'S
CONTRIBUTIONS IN THEIR
COMMUNITIES



REDUCE LONELINESS

AND ISOLATION IMPROVE CONFIDENCE

AND SELF-ESTEEM

YOUNG PEOPLE GAIN
GREATER
UNDERSTANDING AND
AWARENESS OF PERSONAL
HEALTH AND WELLBEING



23RD MARCH 2020



"From this evening I must give the British people a very simple instruction - you must stay at home"

"You should not be meeting friends. If your friends ask you to meet, you should say No"

"You should not be meeting family members who do not live in your home"

BRADFORD COVID RESPONSE SHIPLEY WARD

WORKED WITH COLLEAGUES
FROM OTHER VCS
ORGANISATIONS TO
COORDINATE SHIPLEY'S 284
COVID RESPONSE
VOLUNTEERS

PROVIDED A DROP OFF
POINT FOR THE
COLLECTION AND
DISTRIBUTION OF FACE
MASKS



BAKING AND ENTERTAINMENT FOR CARE HOMES

LITTER PICKING WHIST ON DAILY WALK

WRITING LETTERS TO CARE HOME
RESIDENTS



WHAT HAS OUR YOUTH WORK TEAM DONE?

BEVAN HEALTHCARE
WE DELIVERED 280+
WELLBEING/ACTIVITY
AND FOOD PACKAGES TO
PATIENTS AND THEIR

FAMILIES

30 x WELLBEING CALLS FOR VULNERABLE PATIENTS AT AVICENNA, PICTON, THORNBURY, MUGHAL, KENSINGTON AND WOODROYD PRACTICES



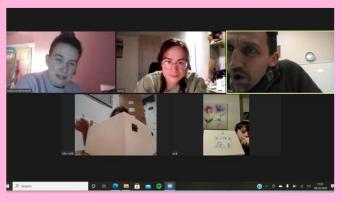
ESTABLISHED ONLINE
GROUPS AND DROPPED
OFF RESOURCE PACKS FOR
SESSIONS SO EVERYONE
COULD ENJOY AND BE
INVOLVED





GROUP SESSIONS

77 group sessions - some of these were online and some face to face



INSPIRATIONAL CANVASES//

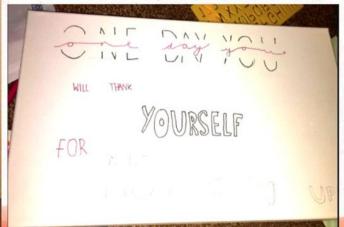
















WHATSAPP GROUPS / PEER SUPPORT

Some of our young people
have established a peer
support network away from
our sessions, using
WhatsApp, as well as
meeting up as friends for
social activities

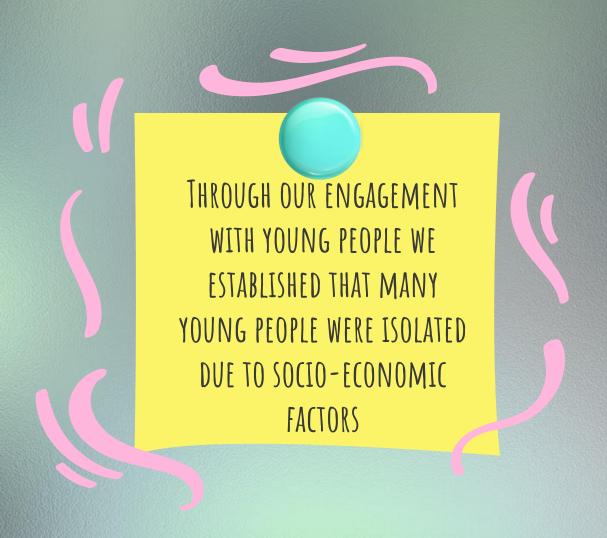


1:1 SUPPORT

We have carried out over 363 l:l support sessions with young people. These have taken place:

- Face to Face
- Telephone
- Video Chat
- Text/WhatsApp







THROUGH OUR DISCUSSIONS WITH YOUNG PEOPLE WE IDENTIFIED A NEED FOR ADDITIONAL RESOURCES TO KEEP THEM ACTIVE, OCCUPIED AND ENGAGED DURING LOCKDOWN

Social Activities

We provided resource kits containing all the equipment young people needed to keep occupied at home or take part in the activities online

Clothing

52 winter coats were provided to young people from across the district who didnt already have one

Digital Equipment

We provided 10 young people with a laptop, USB stick, Microsoft subscription and laptop bag so that they could fully engage with learning from home, and keep in contact with peers

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Travel and Transport

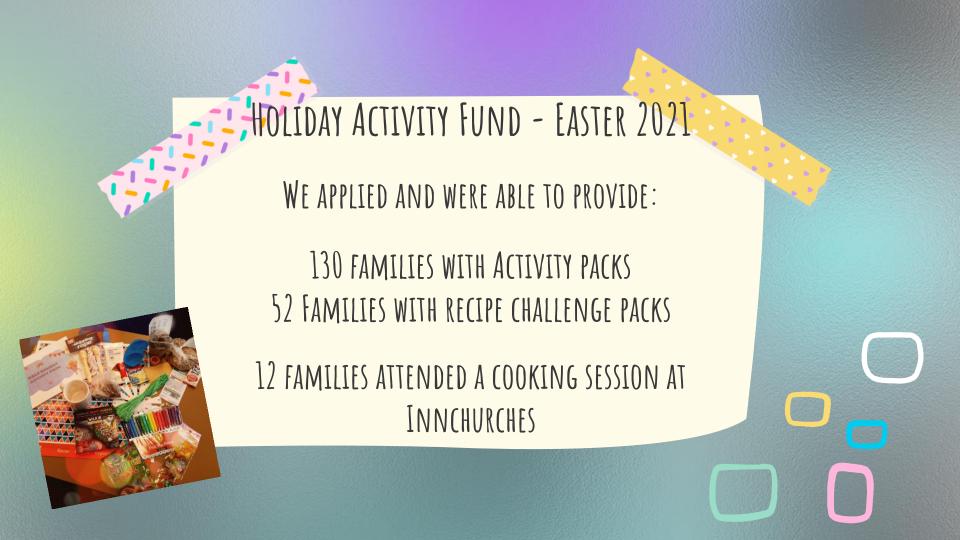
The funding allowed us to pay for transport for young people to attend walk and talk groups, peer support and social groups

Big Sports Equipment

We were able to provide young people with bikes, helmets and locks so they could keep active and spend time outdoors during lockdown

Other

- Worked with Urban Saints to create a community garden in BD3
- Paid for 1 year of subs and a uniform for scouts



WHAT DO OUR YOUNG PEOPLE GAIN FROM HALE SOCIAL PRESCRIBING



V----

YOUNG PEOPLE

Enjoyed the sessions a lot



YOUNG PEOPLE

Felt less isolated



YOUNG PEOPLE

Felt somewhat more connected to other young people



WHAT DO OUR YOUNG PEOPLE GAIN FROM HALE SOCIAL PRESCRIBING



93.3%

Gave them an opportunity to talk to someone, feel supported and build positive relationships



93.3%

Said they would like to continue accessing support from HALE



Said they would like some face to face support which means, 33.3% prefer online support

FEEDBACK FROM YOUNG PEOPLE

"It was actually really fun"

357575757575

I'm glad I got recommended this group. You're all so nice to be around. There's no judging and it feels such a friendly group to be apart of. It makes me feel so much more comfortable knowing that the world isn't as bad as my mind keeps trying to tell me

Art does help me but it's the picking up and starting it that I struggle with, it's why the group helps so much because I am actually doing it now and it's really helping

Thank you so much for taking the time to send all of this information. I will sit down with xx and see what she would like to do. I'm hoping she will join in and finds it helpful. Thank you again

For me I still really struggle to express how im feeling because I don't understand any of it but art and music can be a big way to distract myself and so make it easier to deal with

He was soooo nervous I'm not going etc etc and
then I saw him turn his
camera on later in the
call and loved it
small steps

MAKING A REFERRAL



DIRECT REFERRAL TO HALE

Email:

rebecca.mcdonnell@haleproject.org.uk

for a referral form



YOUTH IN MIND IN CITY S.P.A

GPs can use the Youth in Mind in City Referral Form which is on Systml





SYSTM1

Use the Bradford Social Prescribing DQT on Systml



AFFINITY CARES YOUNG PERSONS CLINIC

Affinity staff can refer into the YPC on Systml
(or contact Rebecca - HALE or Sarah Cardus - Affinity)







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