

# National Framework for Social Prescribing

Connecting people to community support



Llywodraeth Cymru  
Welsh Government



A summary for children  
and young people

## ➡ Hello

**Being healthy doesn't just happen.** It's something we all have to work at and sometimes get support with.

**The Welsh Government wants to make sure you get the support you need – when you need it.**



Most people know how to get support from healthcare services – GPs, nurses, mental health services and others.

But often, people don't know as much about how connecting with organisations within the community can help their health and wellbeing.



## ➡ About the framework

We want everyone in Wales to know about social prescribing and understand how it can help them. This explains:

- some guidelines for how social prescribing works
- what social prescribing looks like
- why social prescribing is important
- our goals for social prescribing in Wales
- how professionals use social prescribing to help people
- how people can connect to social prescribing
- our aims and actions to grow social prescribing.



## ➔ What is social prescribing?

Social prescribing is about connecting people to local community support that can help them manage their health and wellbeing.

It puts people first and helps them in ways that suit their needs.



## ➔ What does community support look like?



Community support can be:  
**face-to-face** or **online**.



It can be:  
**formal** or **informal**.



It can happen **indoors** at places like community centres, health centres or sport clubs.



It can happen **outdoors** at places like parks, gardens or on open water.



It can include **groups** that improve your physical and mental wellbeing like:



- befriending groups
- healthy lifestyle groups
- youth clubs
- groups for older people
- drama groups
- local choirs
- running or sports groups
- community food projects or gardens.



It can include **support** for specific needs like:

- financial and housing advice
- dance to help older people keep their balance and reduce the chance of them falling
- art therapy groups to support mental wellbeing.




## ➔ Why is social prescribing important?

Everyone needs help at some point of their life. Sometimes people need support with more than one thing. Social prescribing:



## Our goals for social prescribing in Wales

We want it to help people understand what social prescribing should look like, so everyone gets the same high quality support across Wales.

 Communities across Wales were involved in developing this framework. Over 190 people and organisations told us what they thought to be in a framework.

### We want social prescribing to make things fairer for people and:

- improve the mental health and wellbeing of everyone across Wales
- improve the physical health and wellbeing of everyone across Wales
- improve people's social wellbeing so they have healthy strong relationships and feel part of where they live
- improve all areas of people's lives and health
- improve community life and wellbeing for everyone across Wales.



## How it works

### 1 The first meeting:

Once a person connects with a social prescribing professional, they discuss why the person needs support and 'what matters' to them.

### 2 Creating an action plan:

Together, they write an action plan that:

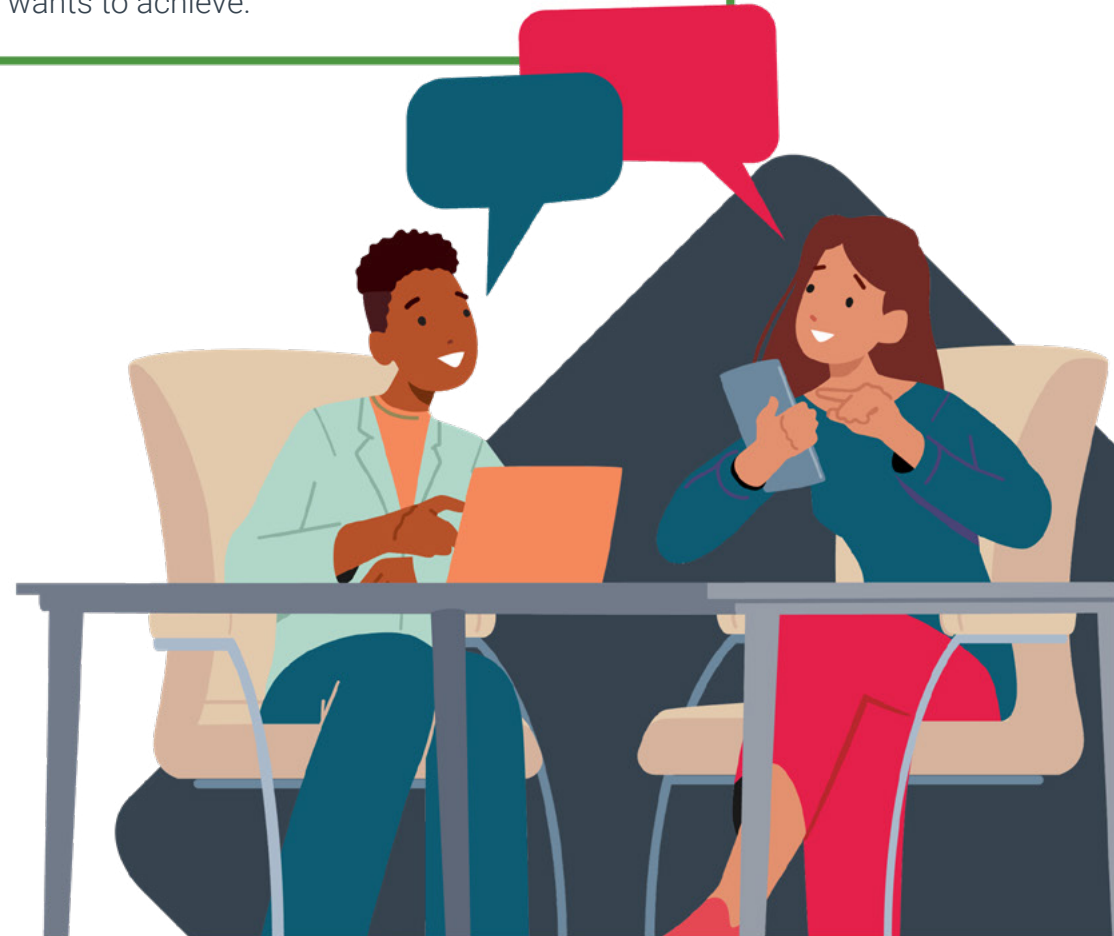
- focusses on the person and what they need
- sets out which activities or services will give support
- connects them to other support in the community or services if needed
- sets out how long the support will last and what the person wants to achieve.

### 3 Checking progress:

The plan and support are checked to make sure it's helping the person in the right ways.

### 4 Feedback and improvement:

After the person has reached their goals, the person can give feedback on the support. This helps professionals and services improve their work.



## ➔ How people connect to social prescribing

People can connect to social prescribing in different ways.

### Self-referral

**Someone realises they need some help, they know about the social prescribing service, and make contact.**

**This is Cai and his dad, Joe.** Joe decided it was time for them both to get more active but didn't know where to find groups in his local area. Joe contacted a social prescribing service who helped him find and connect with a local walking group for families. Now, every Sunday afternoon, they hike a different trail with the group. It's improved their fitness and they're making new friends.



### Healthcare referral

**Someone is getting support from a health service. Professionals spot they need support in another area of their lives and connect them to a social prescribing service.**

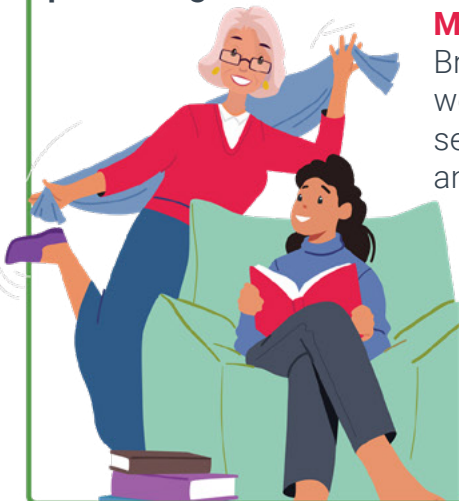
**Meet Ashley,** a catering student at college, who's been getting help for trauma and anxiety. His therapist picked up on his financial struggles and connected him to a social prescribing service in the community. They connected him to an organisation offering advice on how he can budget better. They also discussed Ashley's love of nature so they put him in touch with a local geocaching group. Ashley feels more in control and is looking for a weekend job in a restaurant.



### A statutory sector referral

**Someone is getting support from the council or other service. Professionals spot they need support and connect them to a social prescribing service.**

**Meet Bronwyn and her granny, Annie.** Often, Bronwyn is the only person Annie sees all week. During a home safety check, the fire service realised Annie was feeling isolated and struggling a bit. They connected her to a social prescribing service which helped her connect with a local community group that meets on Mondays and Fridays. Now Annie is enjoying new friends, she is feeling less anxious and getting advice on things that have been worrying her.



### A targeted referral

**Someone has a particular health condition or need. A professional from healthcare or social services refers them to social prescribing to stop things getting worse.**

**Here's Dawn.** Dawn's GP has identified that she might be at risk of falling, he asks a social prescribing service to contact Dawn to see if there is anything they can help her with. Dawn explains she is worried about her heating costs over the winter and is feeling very lonely since her husband died last year. The social prescribing team connect Dawn to the Warm Wales programme and helps her join local community groups. Dawn still misses her husband but has now started to build a new group of friends and has been able to get additional financial support to heat her home.





## Our aims and actions to grow social prescribing



### Understanding social prescribing

**We want to help everyone understand what social prescribing is and how it is delivered in Wales.**

- ➔ We will:
- raise awareness for everybody about what social prescribing is
  - raise awareness of the benefits of social prescribing and the difference it can make in people's lives.



### Supporting the workforce and growing skills

**We want to support people who work in social prescribing and help them develop their knowledge and skills.**

- ➔ We will:
- develop training courses and resources so people can increase their skills and knowledge
  - make sure this training gives people the skills to spot when people need support and connect them to social prescribing.



### Checking the quality of support

**We want to make sure social prescribing is high quality so people can make the most of the community support.**

- ➔ We will:
- publish guidance for community support that sets out national standards
  - explore how to use technology to support social prescribing
  - find ways to use technology to capture information about social prescribing and the outcomes it brings to people's lives.



### Monitoring social prescribing in Wales

**We want to make sure social prescribing works well for people and is high quality.**

- ➔ We will:
- publish guidance that explains to organisations what information we want them to collect and why
  - check the difference that social prescribing is making.



### Improving outcomes

**We want to improve the outcomes for everyone in Wales.**

- ➔ We will:
- have clear information about how we want social prescribing to work in Wales
  - make sure everyone understands the goals we have
  - make sure everyone understands our principles and standards for social prescribing.

We expect this to be completed by Summer 2024.



## Making sure it works

We can't do this alone, we need everyone to work together and good leadership. We have set up a Wellbeing Partnership Board to help make sure this framework makes the biggest difference across Wales.

### We want to work with the Regional Partnership Boards (RPBs).

RPB's are groups of key people and organisations that cover all local authority areas. These RPBs will make sure social prescribing is a priority and community support grows in their regions.

➔ We will:

- set out clearly what we expect from each RPB
- make it clear we want them to have a **social prescribing champion** to lead and grow social prescribing in their region
- make sure they report back on how social prescribing is doing in their area.

### We want to make sure our plans for social prescribing work.

➔ We will:

- have an independent check to show the difference this framework is making to social prescribing.



 Thanks for reading this

You can read more about social prescribing here:  
[gov.wales/national-framework-social-prescribing](https://gov.wales/national-framework-social-prescribing)

