



National Framework for Social Prescribing

An easy read guide to social prescribing



This document was written by **Welsh Government**. It is an easy read version of **National Framework for Social Prescribing**.

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How to use this document



This is an easy read document. But you may still need support to read it. Ask someone you know to help you.



Words in **bold blue writing** may be hard to understand. You can check what the words in blue mean on **page 16**.



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What is social prescribing?



Social prescribing helps connect people to groups and services in the community. It is a way to help them manage their health and wellbeing.



Wellbeing is to do with your physical and mental health and your quality of life. It is about being happy, healthy and comfortable with your life and what you do.



It is about connecting people to support and services in the community that can help them.



Some reports show that people who use **social prescribing** need to see their GP or go into hospital less often.



People may need different levels of support throughout their lives to support their health and **wellbeing**.



Social prescribing is a way of helping people get the support they need. And find lots of ways to improve their health and **wellbeing**.

It can help with lots of different things in a person's life. For example:



- Reducing loneliness



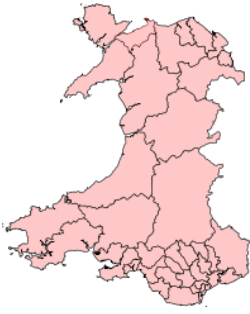
- Improving physical health



- Dealing with debt



- Lots of other things. It depends on each person and what they need.



Social prescribing in Wales varies from area to area. It has been around for some time and has grown. It is not new.



Some local council areas have a lot of services, and some don't.



Many of the organisations doing **social prescribing** are third sector organisations. This means they are a charity or a community group.



Local councils, some health services and education services also provide **social prescribing** services.



A **social prescribing practitioner** is a person who helps people with **social prescribing** as part of their job.



They are sometimes called other things. For example:

- community connector
- link worker
- community coordinator
- wellbeing advisor



The **social prescribing practitioner** will talk to you about the things you need support with. They do not deal with medical issues



Then will work with you to put a plan together. This is called a **action plan**.



The **social prescribing practitioner** is there to work with you, not tell you what you must do.



The **social prescribing practitioner** will connect you with groups and services that can help improve your health and **wellbeing**. They might go along with you when you start a new activity.

For example:



- Joining a group that spends time outside.



- Doing something creative

- Learning something new



- Being active

- Helping others by volunteering



- Doing a relaxing activity

- Or many other things.



For example, getting support with welfare benefits. They may be causing someone stress. Or many other things, like losing a loved one.

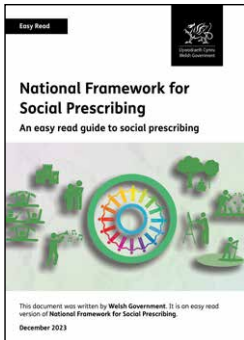


The amount of support needed will vary from person to person.

The Framework



As **social prescribing** is done differently across Wales we thought there needed to be guidelines in place.



That's what the **National Framework for Social Prescribing** is for.



It will help make sure organisations work in the same ways. And it will make sure the same terms are used to describe things.



It will help make sure **social prescribing** is of a high quality.



It will also help make sure **social prescribing** can be checked and improved if needed.

The Framework will also help make sure these issues are checked:



- people are treated fairly and equally



- all ages are getting support including children and young people



- social prescribing is available in Welsh



- the **social prescribing practitioner** has the right skills.

What we will do

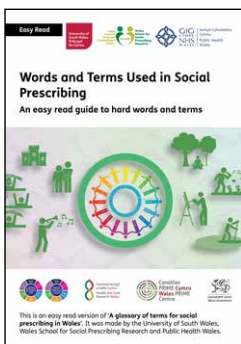
By having a **National Social Prescribing Framework** we will achieve these things:



1. We will improve understanding for everyone involved. This will mean we:



- Make a video about **social prescribing**.



- Make a **glossary of terms**. This means have a list of terms so everyone can use the same ones.



- Write case studies. This is a story about someone's experience. People can learn more about how social prescribing has worked .



2. Make sure people working in **social prescribing** have good knowledge and skills.



We will make training available to help make sure staff have the right skills.



3. **Quality standards.**



We will put standards together for community organisations to follow. For example, an organisation who is providing an activity.



4. We will put standards together for staff working in **social prescribing** about recording information.



We will use this to check how well **social prescribing** is working. We can learn from what they have found.



5. Improve outcomes.



This means we will set goals. They will help show what can be achieved through **social prescribing**.



We will do this work by the summer of 2024.



We have set up a group to make sure this work happens. It is called the **Wellbeing Partnership Board**.



Local areas will need to feedback on the work. This will help us find out how things are going. And if changes are needed.

Hard words

Social prescribing

This is a type of support to help people manage their health and wellbeing.

Social prescribing practitioner

This is a person who supports someone with social prescribing as part of their job.

Wellbeing

This is to do with your physical and mental health and your quality of life. It is about being happy, healthy and comfortable with your life and what you do.