

**Written response to:** Health and Wellbeing Scrutiny Panel

**Resolution:** That the Health and Wellbeing Manager seek details from Carlisle Health Care of the Social Prescribing initiatives including the number of referrals and what areas were involved and circulate to the Panel.

**Written response from:** Luke Leathers

**Response:**

Carlisle Healthcare, one of three Integrated care Communities for Carlisle District, have two Social Prescribers; Rachel Murdie and Carol Eland. Jeannie Pasley, Healthy City Team Manager has been liaising with them to link them in with the Community Centres and initiatives like the Walking for health programme.

Rachel Murdie, Carlisle Healthcare Social Prescriber has given the following update on the work she has been involved in since taking up the post –

I started in post on 14th October 2019 and have received 72 Referrals (25 Active, 6 Patients declined, 41 Completed) I also spent the first few months visiting agencies, groups and voluntary and community services to get a feel for what supports are out there for people.

In response to COVID -19 the focus has shifted to supporting the Shielding list of patients (This is mostly additional to the stats above), keeping up to date with government guidance and the emerging community support groups/ provision. I take part in the Carlisle Resilience Group. Welfare/ Wellbeing Calls to lonely/ isolated/ vulnerable people

Carlisle Network Social Prescribers started April 2020 and we are already collaborating to give a joined up approach across the city.

Also linking in with 2 Social Prescribers across the Copeland ICC

Examples of some of the pieces of work that are in development and progress

- Active Cumbria - to look at how we can collaborate and share resources around consistency of messaging and campaigns on activity levels, healthy living, etc. They can support with information for TV screens and advertising, campaigns.
- Jeannie Pasley – Healthy City Team Manager, Carlisle City Council –arranged to meet regularly. Purpose is to collaborate in relation to healthy cities work (and link into above work with Active Cumbria) Link to the Community Centre Managers and so can support further/ improving links with them.
- University of Cumbria (14.07.20 originally due April but rescheduled due to virus) – Virtual meeting to be held with Professor Brian Webster-Henderson, Pro Vice Chancellor (Health) to share information, raise awareness of local support for students who are patients but also to see if we can help identify other opportunities where students might be able to support and be involved with health and community/ voluntary services and activities which can benefit their learning and skills development too. Also wondering if there might be an opportunity to work with a student/ students in relation to Digital platforms and creating an app for community groups and information.
- Working with iCan fitness, and partners to develop a funding proposal to develop a community hub and outreach health and wellbeing service with 'buy-in' from PCN's/ ICC's and Public Health. Work in progress
- Smoking Cessation work – longer term piece of work, an ongoing theme looking at using brief interventions/ MECC, upskilling people in communities for opportunistic conversations, targeting specific

groups. Linked in with in-patient smoking cessation officer at CIC to see how we might support patient's pre admission and post discharge (continuity of care)

- Rough Sleepers Initiative – Meeting with Rough Sleeper Co-ordinator to discuss each other's roles and identify where we might collaborate (ON HOLD COVID-19)
- Work with Tullie House & Prism Arts – to deliver waiting room events to engage patients and get feedback on improvements and delivery of Culture Arts & Heritage to people locally (ON HOLD COVID 19)
- Already some success in linking patients with community groups – e.g. Cancer Chat Café, Carlisle Carers, and Family Action.
- Menopause Group Consultation – providing relevant community/ voluntary information for the group and attending sessions to advise about other support available. (ON HOLD COVID-19)
- Balance & Stability Group – Doing a presentation to the group and then providing relevant community/ voluntary information so people have 'follow on' opportunities to support mobility and wellbeing (ON HOLD COVID-19)
- Patient Participation Group Presentation – When next meeting goes ahead
- Developing positive networks and relationships in the community and generating other potential strands of work that can be developed in future.

**Date: 10/07/20**