



Social Prescribing Youth Network



SOCIAL PRESCRIBING YOUTH NETWORK

Social Prescribing – the means by which people of all ages can find their way into local, wellbeing-boosting activities, with the help of a link worker or community navigator - is now thriving and delivering fantastic results for people all over the UK.

Traditionally used to help adults and older adults find non-medical ways of combatting loneliness and stress, social prescribing has huge potential for young people too. Far too often, young people, especially those growing up in disadvantaged communities, do not find their own way into local services and activities that can help when they are struggling with problems in their home, school or personal lives.

Any professional, such as a teacher, police officer, doctor, counsellor or community worker, who spots a young person in need, can refer them to a dedicated Youth Link Worker (YLW). The YLW builds a rapport with the young person and helps them find the answers to their problems. It's exactly what young people are asking for: an open door to a personal service that treats them as an individual and provides direct help in a single place.

While much of social prescribing in the UK is driven from within the health system, and by GP practices, it isn't all. Its roots are in community development and it works best when it is fully owned by the community and run in partnership with the statutory sector.

That is the model for the Social Prescribing Youth Network. It is a growing movement and we invite you to join us.

JOIN US!

The Social Prescribing Youth Network is a movement within a movement - championing an approach to social issues that's as popular as it is effective.

Social prescribing is proven and effective. The Social Prescribing Youth Network (SPYN) believes that social prescribing has multiple, health and social benefits for young people, with dozens of compelling reasons why this work should begin as early in life as possible. After all, young people are the future!

There are two ways to join this growing movement, via:

The Specialist Interest Group (SIG) - an informal collective of practitioners, researchers and commissioners who share knowledge and updates via email, social media and occasional events.

The Programme Management Group (PMG) - a small but growing group of project managers directly delivering youth social prescribing; the PMG meets quarterly to collaborate on the design, delivery and evaluation of their programmes.

	SIG	PMG
Knowledge sharing	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
E-updates	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
Invitations to events	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
Link Worker training	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
Programme delivery support	<input type="checkbox"/>	<input checked="" type="checkbox"/>
Participation in research	<input type="checkbox"/>	<input checked="" type="checkbox"/>
Action learning set	<input type="checkbox"/>	<input checked="" type="checkbox"/>
Delivery templates & toolkits	<input type="checkbox"/>	<input checked="" type="checkbox"/>

27

No. of health and allied professionals actively making referrals

33

No. of services into which young people are successfully referred

44

No. of young people seen by Link Worker

19

No. of young people successfully referred by Link Worker into VCS activity/service

147

No. of members of the Specialist Interest Group

CASE STUDY

JENNY PRIME

Jenny Prime was referred to the Sheffield Futures social prescribing service in early 2019, where she asked for help. With support from her Link Worker, Jenny has found the confidence and time to access a local recording studio and make a number of live performances.



YOUNG PEOPLE'S HEALTH



There are currently 11.7 million young people aged 10-24 living throughout the UK, making up one fifth of the nation's total population. Transition from child to adult services is an area of particular concern within the system, particularly for those young people who are already vulnerable and/or marginalised. 50% of Year 10 pupils (age 14-15) say they have visited the GP in the last 3 months and over a third of young people aged 15-19 visit A&E during an average year. 75% of lifetime mental illness starts by the age of 25. Adolescent mental health problems cost the system, on average, £59,130 per young person, per year.

CAN SOCIAL PRESCRIBING HELP?



A review of existing social prescribing schemes for adults by the national Social Prescribing Network showed a 28% reduction in GP appointments, a 24% drop in A&E attendances and an additional drop in referrals to secondary care. For young people, these benefits will extend beyond health and wellbeing, into the areas of education, employment, 'holiday hunger' and community safety.



To join either group or find out more, contact StreetGames' Head of Health, Paul Jarvis-Beesley
paul.jarvis@streetgames.org | @PaulWJarvis | 07889 046106