



Islington Social Prescribing for Young People

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Service scope

For young people aged 11-25

PH commissioned [Isledon Arts CIC](#), a company managing two local youth hubs, to deliver the social prescribing service.

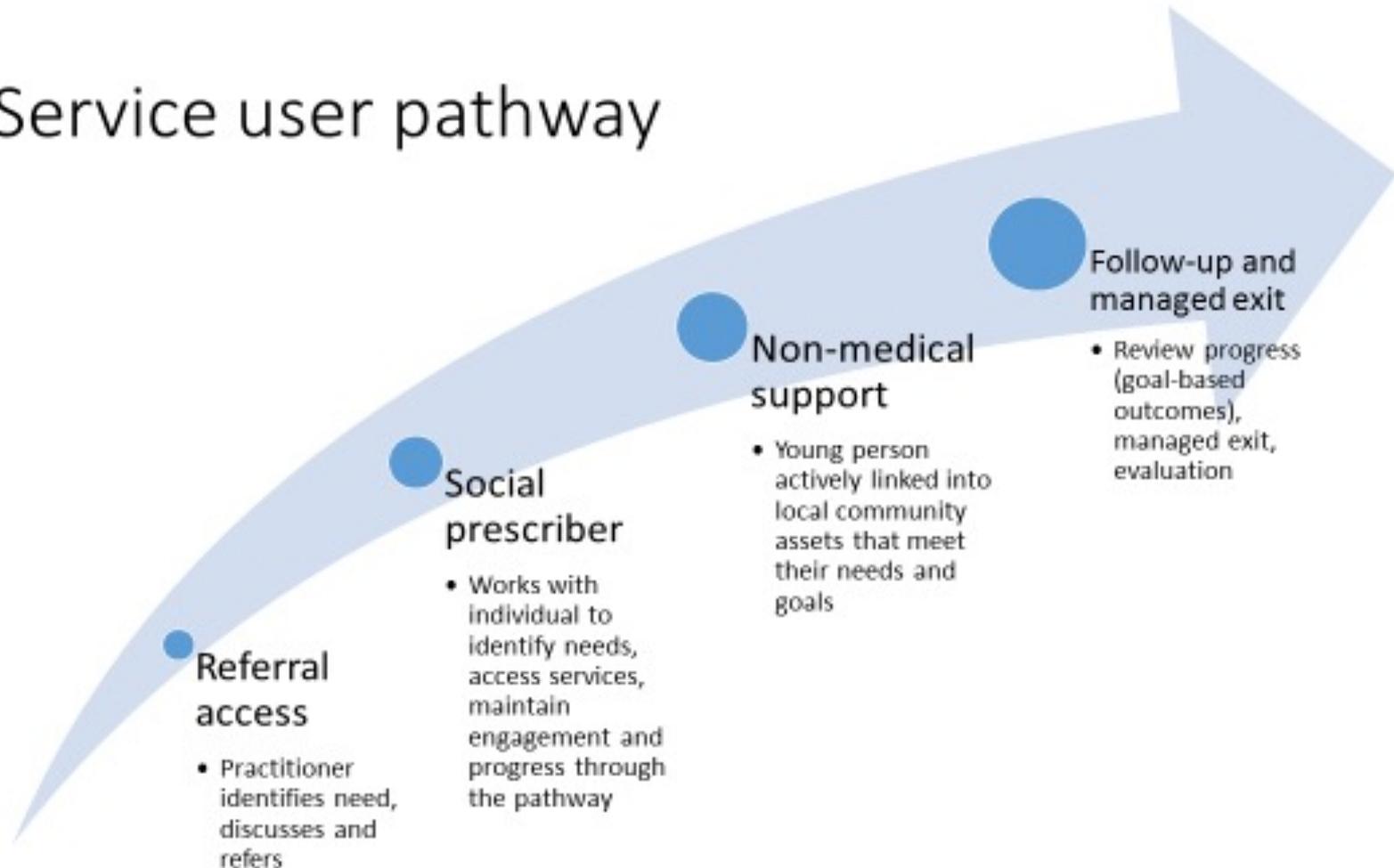
Offers an early non-clinical intervention pathway for young people who are showing very early risk factors for longer-term poor mental health.

GREEN (Low-risk) CRITERIA examples

Wellbeing risks/ low wellbeing associated with:

- Stress at school/work/ personal life (screen for depression/anxiety first)
- Coping with chronic illnesses
- Bullying, loneliness, low self-esteem
- Issues with family or personal relationships
- Children/adolescents &/or families coping with challenging behaviour
- Teenage parenting
- Contraception/ sexual health related issues (if not directly referred)
- Substance misuse – drug and alcohol issues requiring no psychiatric intervention (ie no features of harmful use or dependence)
- Difficulties with self-regulation – e.g. detrimental screen-use, poor sleep hygiene, poor diet, risky behaviour

Service user pathway





Referral reasons

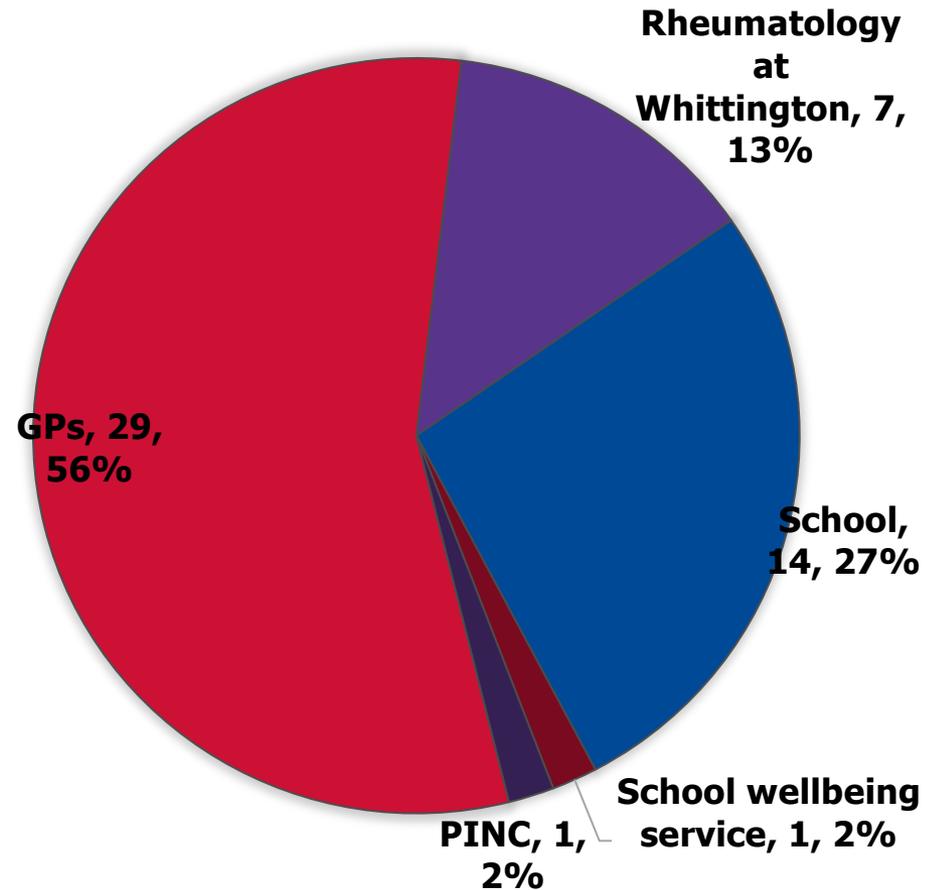


Breakdown of referral routes

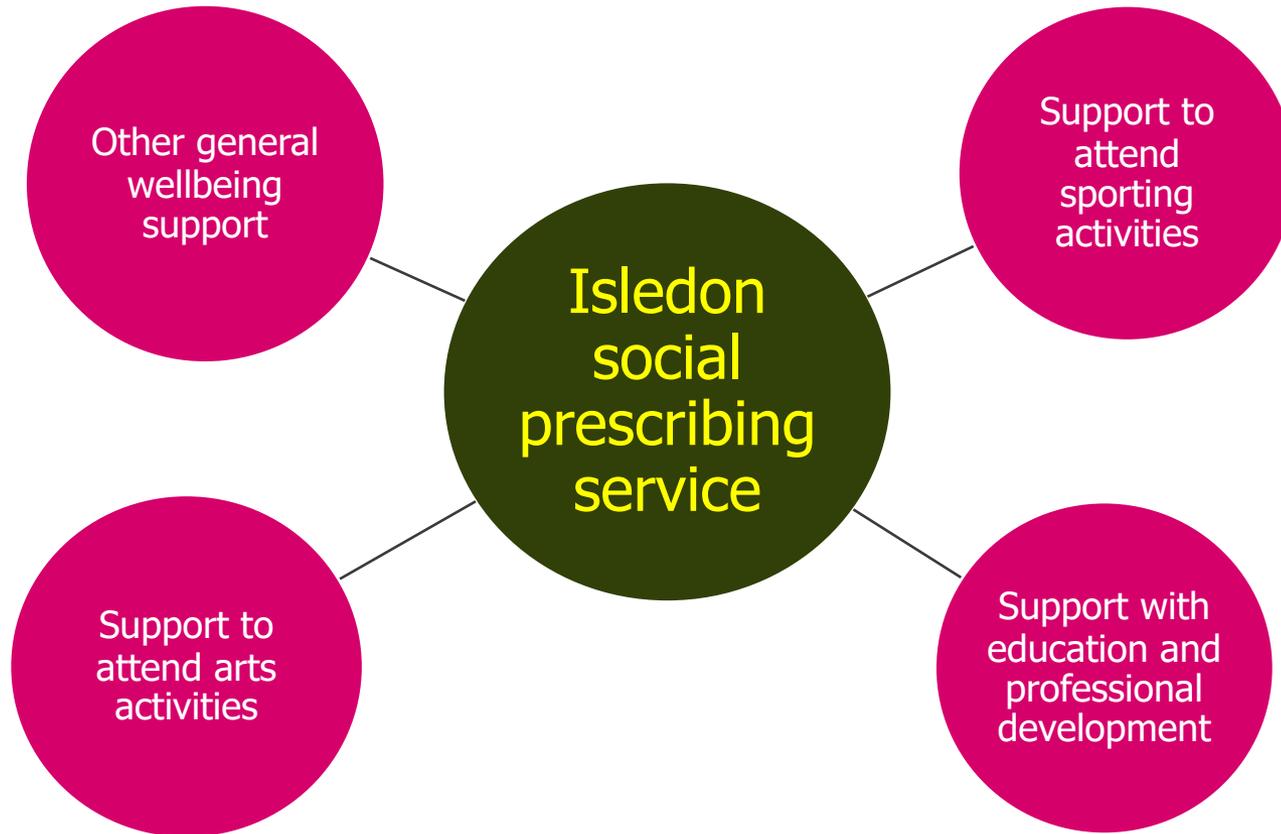
Five referral routes:

- Secondary school
- Paediatric rheumatology unit and Diabetes team at Whittington Hospital
- 4 x GP practices
- (Ad hoc from school wellbeing service)
- PINC

Received **52 referrals** as of August 2021.



Completed referrals – examples



Case study – Georgia

Georgia: Whittington Rheumatology department Age 16, Musculoskeletal Disease and Social Anxiety

Georgia was a **long-term outpatient** at the Whittington who had been **home schooled** for 2 years.

Although she had managed to do well academically, she was referred to social prescribing for support around combatting her **social anxiety of mixing with her peers** at school as well as **finding community-based activities to help her remain active** and manage her fitness herself without support. **Georgia was a key model for what social prescribing looks like when done correctly.**

I support Georgia by **enrolling her into weekly Yoga** at Lift and we worked together on finding her a work placement. Georgia also was keen on **building up the confidence to socialise** with her peers again. We worked on her **conquering her anxieties by setting weekly tasks** by planning a weekend trip to the cinema with friends post lockdown or simply initiating a walk. The key was that she would initiate the activity and provide her with a sense of normalcy. Although we discussed whether counselling was needed, due to her age and overall confidence, I believe that I was able to support her into achieving her goals and overall wellbeing. Georgia would still experience regular pain, but expressed that on her good days **she was very pleased of her progress and started to attend Lift for Yoga independently.**

What we need from VCS

- Information about you!
- Personalised offer
- Safeguarding

What we can give you

- Safeguarding support
 - Social Prescribing access/SEMH info
 - Training groups
 - Job advert!
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Next steps

- Evaluation of pilot
 - Targets for 130-150 young people by the end of the contracted year
 - Increase the rate of referral through better engagement with existing partners
 - Expand to new partners
 - Improve the efficiency of the service and the through-put of cases by operating a light-touch, rapid-response service
 - Consistent use of outcomes frameworks
 - Standardised training for social prescribers
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Thank you

Questions?

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