



2022-2023 Annual report



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WSSPR is an all-Wales Centre, co-lead by the University of South Wales and Wales Council for Voluntary Action. WSSPR sits within PRIME Centre Wales under the theme 'Seamless Care Closer to Home', within the work package 'Care Closer to Communities'.

Foreword

We are pleased to present our report for 2022-2023. The Wales School for Social Prescribing Research (WSSPR) sits within PRIME Centre Wales and was launched in April 2020.



This is our third year of funding from Health and Care Research Wales. This infrastructure support has enabled us to capture further funding to build on our developing research programme. Our aim is to drive a transdisciplinary and inter-sector approach for Social Prescribing research and evaluation linked with the UN Sustainable Development Goals. Thus, increasing the evidence base for social prescribing both in Wales and internationally.

Our year three report provides us with an opportunity to showcase our achievements for the last year. It describes how we are working with local, national and international partners. Our emphasis this year has continued with our Evaluation theme and developing our Social Value and Nature Based Interventions and Creative Referral (NBIC+) themes. Our evaluation work and the development of the reporting standards and the framework received KEIF funding in 2022. So, we are working with the University of Stirling and planning to report on our findings in the Autumn. We continue to have conversations about Social Return on Investment (SROI) with Prof. Mary Lynch who has now moved from the University West of Scotland to the Royal College of Surgeons in Ireland.

We continue to support the development of the National Framework for Social Prescribing in Wales through the Ministerial Task and Finish Group. We are sharing this work with our colleagues in Scotland as they start to plan the development of a Social Prescribing Evidence Centre, European partners and global network through the National Academy for Social Prescribing based in England.

We saw some changes to our team at WCVA. We welcomed our new co-chair Johanna Davies (Head of Health and Social Care) and said farewell to Fiona Harris. Dave Cook has joined us to continue our excellent network support, which now has 350 members within our research network. We said farewell to Dr Glynne Roberts and Professor Ruth Northway who both retired.

Our collaboration with Public Health Wales continues from strength to strength. We have been working together on the development of the Glossary of Terms and have a plan for future work in 2023-2024.

We would like to thank our steering group members for their support. WSSPR is a network of researchers and its stakeholders who contribute to building and sharing their knowledge and expertise. We particularly thank our two public members who give up their valuable time to ensure that the individual beneficiary's voice is heard and is at the centre of this relationship-based approach promoting well-being.

Aims

WSSPR aims to deliver outputs on four established objectives.

In addition to outcomes and impact in academia, employing the translational research model enables WSSPR to have impact in policy, practice, health and well-being.

1

Cultivate a high-quality multi-phase programme of research to develop an evaluation methodology for social prescribing.

2

Translate research findings into practice, policy and education.

3

Increase research awareness and capacity for social prescribing across sectors.

4

Build research capacity within the Wales School for Social Prescribing Research.

Who's Who

Who's Who in the group, governance structure and key partnerships included in the award.

WSSPR is nested within PRIME Centre Wales, under Theme 2: 'Seamless Care Closer to Home' and within Work Package 4 'Care Closer to Communities'. Work conducted by WSSPR will feed into PRIME Centre Wales through regular operational group meetings.

Within WSSPR is WSPRN, the Wales Social Prescribing Research Network. This is a network of researchers and practitioners in Wales who are interested in social prescribing research. The network currently has over 350 members.

Through the network, WSPRN, three Communities of Practice operate in North Wales, South East Wales and CONNECT Wales. These feed out to members of the public and the social prescribing community across Wales.

The WSSPR Steering group meets on a bi-monthly basis. Members include representatives from academia, third sector, public health, NHS, social care and two lay members. The steering group provides strategic guidance to WSSPR on how to maximise research impact nationally and internationally. It acts as a critical friend and supports research activities to achieve the aim and objectives of the school.

On alternate months, the WSSPR Operational group meets, it is comprised of the WSSPR director, third sector lead, social value lead, core-funded research staff and two lay members. The purpose of the operational group is to monitor activities and progress against grant objectives and to co-ordinate, review, feedback and contribute to the development and delivery of the grant activities and associated functions.

The WSSPR International Advisory Board meets annually. It provides independent advice, critical comment, and international perspectives on WSSPR research. It involves experts in social prescribing, primary care, community health and social care from England, Scotland, Northern Ireland, Republic of Ireland, Spain, Sweden, Poland, France, Netherlands, Australia, New Zealand and Canada. The Board met in November 2022.

WSSPR has 11 research students based in University of South Wales, Bangor University and University Central Lancashire studying projects related to social prescribing. 4 students have successfully completed their studies this year, Tom Roberts, Megan Elliott, Sarah Way and Adam Skinner.

WSSPR is hosted by the University of South Wales within its Health Care and Well-being Research and Innovation Group (RIG).

Steering group



Professor Carolyn Wallace*
Director of WSSPR
University of South Wales
and PRIME Centre Wales



Johanna Davies
Wales Council for
Voluntary Action



Rashmi Kumar
Patient and Public
Representative



Professor Diane Crone
Cardiff Metropolitan University



Dr Freya Davies
Cardiff University and
PRIME Centre Wales



Emma Davies-McIntosh
Aneurin Bevan
University Health Board



John Gallanders*
Patient and Public Representative



Emeritus Professor Joyce Kenkre
University of South Wales
and PRIME Centre Wales



Professor Mark Llewellyn
Welsh Institute for Health and
Social Care, University of South
Wales and PRIME Centre Wales



Professor Mary Lynch*
Royal College of Surgeons
in Ireland and Hon. Prof.
University of South Wales



Dr Simon Newstead*
University of South Wales
and PRIME Centre Wales



Emeritus Professor Ruth Northway
University of South Wales
and PRIME Centre Wales



Nina Ruddle
Wrexham Glyndŵr University



Dr Llinos Spencer
Bangor University



Claire Swales
PAVO & CONNECT Wales



Amber Pringle
Public Health Wales



Dr Amrita Jesurasu
Public Health Wales



Bethan Jenkins
Public Health Wales



Ben Williams
Hywel Dda University
Health Board



Sara Thomas
Cwm Taf Morgannwg
University Health Board



Sophie Randall
University of South Wales



Dr Sarah Wallace
University of South Wales

International advisory board



Professor Julie Barnett
University of Bath, England



Professor Diana Coholic
Laurentian University, Canada



Dr Katelyn Costello
General Practitioner,
New Zealand



Dr Miriam Dolan
Maple Healthcare,
Northern Ireland



Dr Daisy Fancourt
University College London,
England



Miriam Heijnders
Independent Researcher,
Netherlands



Helen Howson
Bevan Commission, Wales



Professor Jean-Pierre Jacquet
College National des
Généralistes Enseignants,
France



Professor Donata Kurpas
Wroclaw Medical University,
Poland



Professor Sinead McGilloway
Maynooth University,
Republic of Ireland



Dr Ferdinando Petrazzuoli
Lund University, Sweden



Professor Christopher Poules
University of New South
Wales, Australia



Professor Emmanuelle Tulle
Glasgow Caledonian University,
Scotland

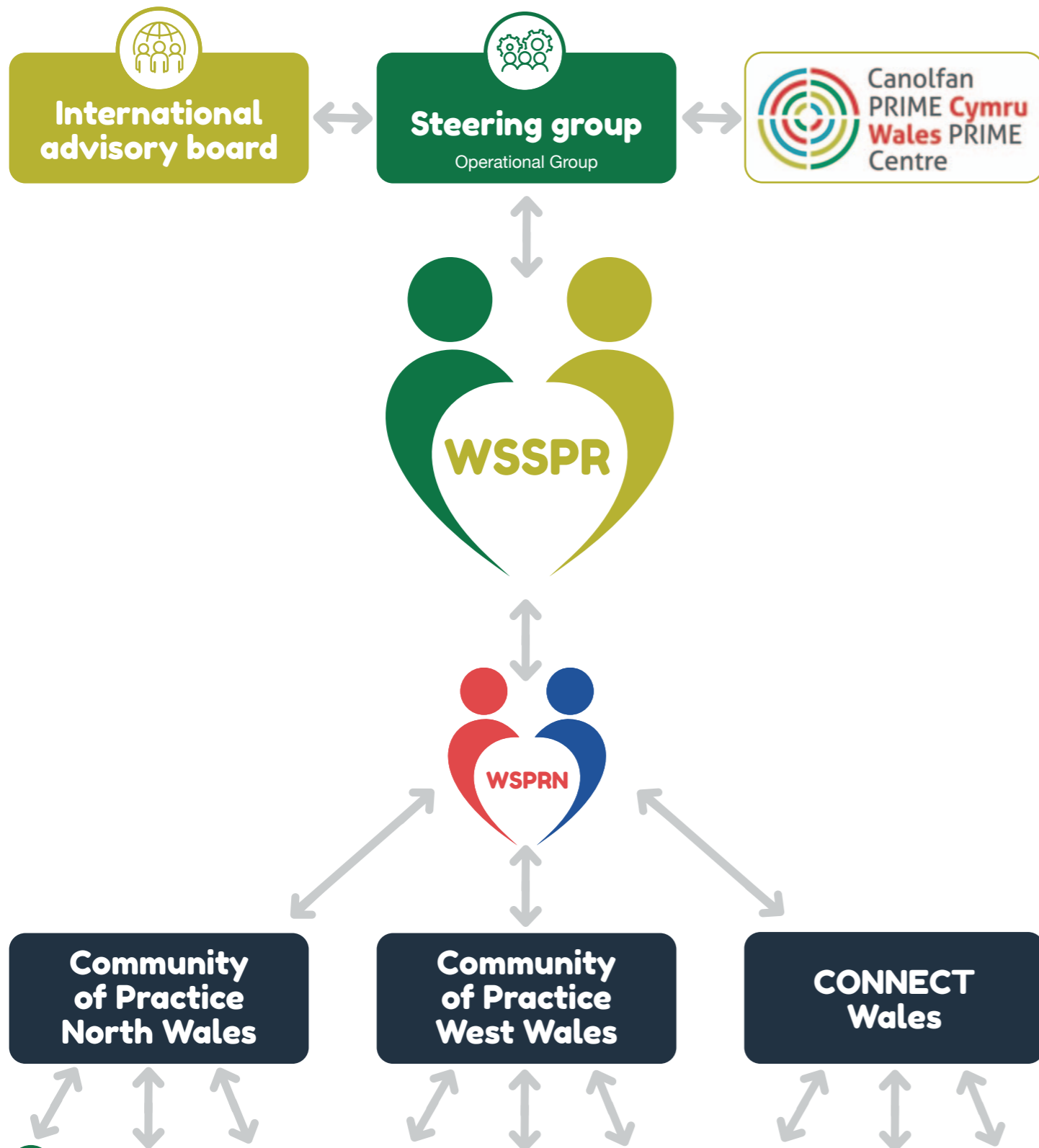


Dr Josep Vidal-Alaball
Institute Catala de la Salut,
Spain



Dr Nathan Wilson
Western Sydney University,
Australia

Organisational structure



Students and their projects



Susan Beese | PhD

Realist evaluation of staying well in your community: Identifying social prescribing intervention profiles for type and impact.



Tom Roberts | PhD (completed)

Social Prescribing in Practice: A Realist Enquiry of Third-Sector and Non-NHS services.



Leanne Hadley | PhD

What matters to me when I am paying for care? The Madeline Project.



Genevieve Hopkins PhD

Exploring the development of a new Community Care Hub and implementation of this social model into primary care delivery in Wales.



Fern Jones | PhD

Evaluating Training for Link Workers in Wales using a Realist Approach.



Cher Leweny | PhD

Developing a theory of change for a complex programme; a systematic framework for ensuring delivery of outcomes in a new Well-being Hub for the Nantlle Valley.



Dr Suzy Rogers | MPhil

Investigating Art-On-Prescription in Wales: How to Achieve Critical Success Factors for Sustainability.



Sarah Way | MRes (completed)

A Realist Review and Evaluation of SPARK: an Arts in Health Intervention for Older People in Wales.



Adam Skinner | MRes (completed)

My Life project- a social prescribing intervention for pre-diabetic patients.



Sam Pywell | PhD

Inclusive and effective teaching of social prescribing in higher education: coproducing curricula.



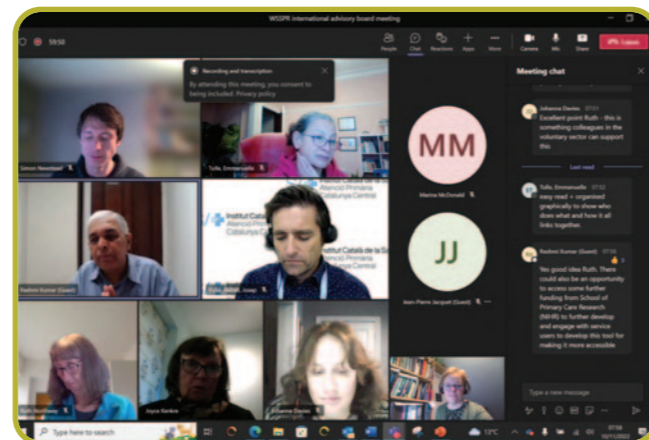
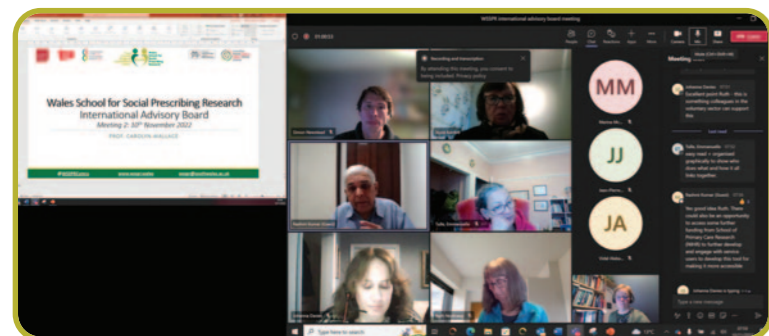
Rachel Swanick | PhD

Working with adoptive families in a planned creative arts intervention.

Summary of the year



Artwork created by Marina McDonald, Research and Support Officer, WIHSC, University of South Wales



International Advisory Board meeting of the Wales School for Social Prescribing Research (November 2022)

Core Metrics

Reporting period: 2022/2023

Health and Care Research Wales infrastructure award to the group



Direct funding awarded
£74k

Jobs created through direct funding



Grants won during reporting period

Grants won	Led by group	Group collaborating
Number	4	2
Value	£105k	£264k
Funding to Wales	£105k	£264k
Funding to group	£105k	£40k
Additional jobs created for Wales	1	1
Additional jobs created for group	1	1



Number of publications



Number of public engagement events



Number of public involvement opportunities

Key achievements

Brief summary of key achievements from performance review report

Update on the Ministerial Task and Finish Group for Social Prescribing

Since March 2021 members of WSSPR have been actively supporting the development of the National Framework for Social Prescribing in Wales by attending the Ministerial Task and Finish Group and its Coordinating Group. You will recall that last year we led on the first baseline study on social prescribing in Wales in partnership with Data Cymru and Public Health Wales. We have continued to share our findings. This year we contributed to the development of the Consultation on the National Framework for Social Prescribing which went out for consultation in the Autumn of 2022. Meanwhile we have been working in partnership with Public Health Wales whilst leading on the development of the Glossary of Terms (Dr Simon Newstead) and contributed to the development of the HEIW Social Prescribing Competency Framework. Fern Jones

(PhD student and Social Prescribing Practitioner) supported by Associate Prof. Mark Davies and Prof. Carolyn Wallace have made significant contributions. We are anticipating a launch event during 2023.



Developing the Concept of Social Well-being and the South Wales Social Well-being Scale

Dr Juping Ju, Professor Steve Smith, Dr Siva Ganesh, Professor Carolyn Wallace

We developed and preliminary validated the South Wales Social Well-being Scale (SWSWBS) to measure social well-being, applicable to social prescribing in health settings and other allied services, such as social care and social work. Initially, 24 items were drawn from a Group Concept Mapping study exploring the perspectives of academics, practitioners, and service-users concerning their concept of social well-being. These items were reviewed and reduced to 14 for preliminary validation, via a convenience sample of 103 university students and staff in health and social care disciplines. Construct validity and criterion validity were tested. Reliability was demonstrated by internal consistency. Floor and ceiling effects were

also evaluated. A 3-factor structure was identified and explored: “Social interaction in a non-discriminatory and safely accessible environment” (6 items), “Social reciprocity, education and community engagement” (4 items), and “Enjoyment, security and worthwhile social connection” (4 items). The SWSWBS shows satisfactory psychometric properties with good validity, reliability, and reasonable variability. Future research involving larger populations, will explore further how the scale can be used alongside the Warwick Edinburgh Mental Well-being Scale (WEMWBS), capturing a holistic/multi-dimensional understanding of well-being, thereby enabling the development of improved intervention for service-users.

Social Prescribing Evaluation Forums

Forum 7

WSSPR held its seventh forum in September 2022 in the form of a consultation response to Welsh Government’s “Developing a National Framework for Social Prescribing”, released in July 2022. Led by Professor Carolyn Wallace, the forum focussed on building a co-ordinated response to the proposed national framework, encouraging members to share their views. Whilst attempting to answer all consultation questions, the response was informed by the WSSPR mission statement: “To improve the health and well-being of society through excellent social prescribing research and evaluation”. The consultation closed in October 2022, with WSSPR’s co-ordinated response submitted as part of this.

Forum 8

The eighth forum was held in November 2022 with the theme of “The Fathom Trust: Engaging in Research and Evaluation”. Presentations were made by Professor Mary Lynch, Will Beharrell, Dr Lucy Sheehan and Dr Holly Whitely. This forum focused on Social Value, Social Return on Investment (SROI) and the Fathom Trust, an intervention aiming to: “create opportunities for personal and social regeneration through a holistic, community-based approach, call Fathoming”. The forum included dissemination of the SROI evaluation of the Fathom Trust in addition to wider discussion of SROI and Social Value, and an explanation of the work of the Fathom Trust.

Forum 9

The ninth WSSPR forum event was held in March 2023, this time focussing on the South Wales Social Well-being Scale (SWSWBS). Presentations were made by Professor Carolyn Wallace, Professor Steve Smith and Dr Juping Yu. Overall, the forum focussed on two main topics: developing the concept of social well-being in the context of social prescribing, and developing and testing the SWSWBS in the context of social prescribing. This included discussion of the policy and evidence surrounding social well-being and the identification of its’ six core components in addition to using the concept to develop the final 14-item tool. Members of the WSSPR Research Network in addition to three Welsh Communities of Practice were invited to participate in the forum and discuss the development and use of the SWSWBS.

Wild Skills Wild Spaces

Wild Skills, Wild Spaces aims to deliver and evaluate an ecotherapy programme designed to improve the health, skills, and well-being of local communities in Powys. The project is funded by Welsh Government (2021-2023) and led by Montgomeryshire Wildlife Trust in partnership with Cardiff Metropolitan University and Powys Teaching Health Board. The programme involves participants taking part in nature-based activities (e.g., green woodwork, crafts, tree pruning, and cooking) once a week over a 12-week period. Participants are referred onto the programme and are invited to take part in a mixed methods evaluation conducted by a team from Cardiff Metropolitan University’s Centre for Health, Activity and Well-being Research (CAWR). To date in excess of 150 people aged between 11 and 68 years (m= 18) have taken part in Wild Skills Wales Spaces with adult and young people groups being run separately. Initial statistical analysis and qualitative interviews indicate positive impacts upon participants’ health, well-being, and connection to nature. The project is due to end in June 2023, however Montgomeryshire Wildlife Trust have successfully received funding from the National Lottery People and Places grant to run stage two of Wild Skill Wild Space for another two years.



Images of some of the work participants have completed to support the Montgomeryshire Wildlife Trust reserves and local community.

Annual Event

WSSPR held its Annual Conference, online in March 2023. It was entitled 'What's in a Name? - The name is not as important as the service that is delivered'. The event showcased a variety of work from a mixture of academics and individuals who work in and/or with social prescribing in Wales. Following the opening remarks by Professor Carolyn Wallace, the event featured a diverse programme of presentations. Covered topics included:

- The positive social return on investment for the Arfon Community Link Project (Eleri Lloyd) and the Opening Doors to the Outdoors (ODO) walking and climbing programme (Abraham Makanjou).
- An overview of Nature-Based Interventions (NBIs), the Caerphilly Nature Well-being project (Julie Davies & Dr David Llewellyn), and a Small Woods Wales project that aimed to give GPs and health professionals a taster of what participation in (NBIs) was like (Dr Natasha Simons). The project helped identify enablers and barriers to referral to NBIs by trainee GPs.
- The process of the development and testing of an evaluation framework for social prescribing and accompanying Continued Professional Development training resources (Dr Sarah Wallace).
- An overview of how research and evaluation partnerships have impacted creative and art referral services, such as ArtLift (Cath Wilkins and Charlie Royall).
- The development of a realist programme theory for gatekeeper roles in social prescribing models (Genevieve Hopkins).
- An outline of the process of the development of a glossary of terms for social prescribing and demonstration of the glossary that had been produced in conjunction with Public Health Wales (Dr Simon Newstead).

Some of the presentations included heartwarming personal testimonies from intervention participants, such as *"I was told I'd never be able to walk long distances again. So, with this, it's proven that I can do it even with having a disability...it is having parts of my old life back."* (ODO participant). The conference also used the break to show some short social prescribing films that showcased interventions in Wales.

The annual conference was attended by 56 individuals, from Wales and beyond. Feedback for the conference indicated that it was a success and included comments such as:

“Much more of the same please. Thank you WSSPR!”

“I learned so much, excellent selection of presentations.”

“Lovely relaxed conference with a good mix of people all contributing, interested and keen to collaborate.”

“Really good variety of speakers often raising more questions than answers but that is good as it gets the debate rolling.”



Irish Sea Platform

Between May and June 2022, WSSPR ran a series of three, interactive and virtual events for academics and social prescribing professionals from Wales, Scotland, the Republic of Ireland and Northern Ireland. The primary aim of these events was to provide a forum in which to facilitate the identification of potential social prescribing-related research priorities for future collaboration. Additionally, these events provided an opportunity for a platform for attendees to highlight some of the social prescribing work and research that was occurring in their respective countries, through a series of short films.

A total of 75 academics, practitioners and professionals who shared a common interest in social prescribing attended across the three events. The consensus research method Group Concept Mapping was used to help attendees identify, sort and rank potential research priorities online, during

the events. A list of 40 different research priority statements was produced. Analysis indicated that 'improving community connection and engagement' was the most important and the most feasible research priority to pursue.

Discussion culminated in academics agreeing to meet in the future to discuss and plan a grant application to collaboratively work to address the research priority 'identifying how to improve community connection and engagement'. Potential limitations of future research were also discussed. The ability to obtain funding for cross-sea collaboration following the UK's exit from the European Union was acknowledged as presenting the largest barrier. Recordings of the events were uploaded to the WSSPR YouTube channel and a podcast of the event (The Welsh WSSPR) was produced. [\(266\) Irish Sea Platform Consensus Event 3 - YouTube](#)

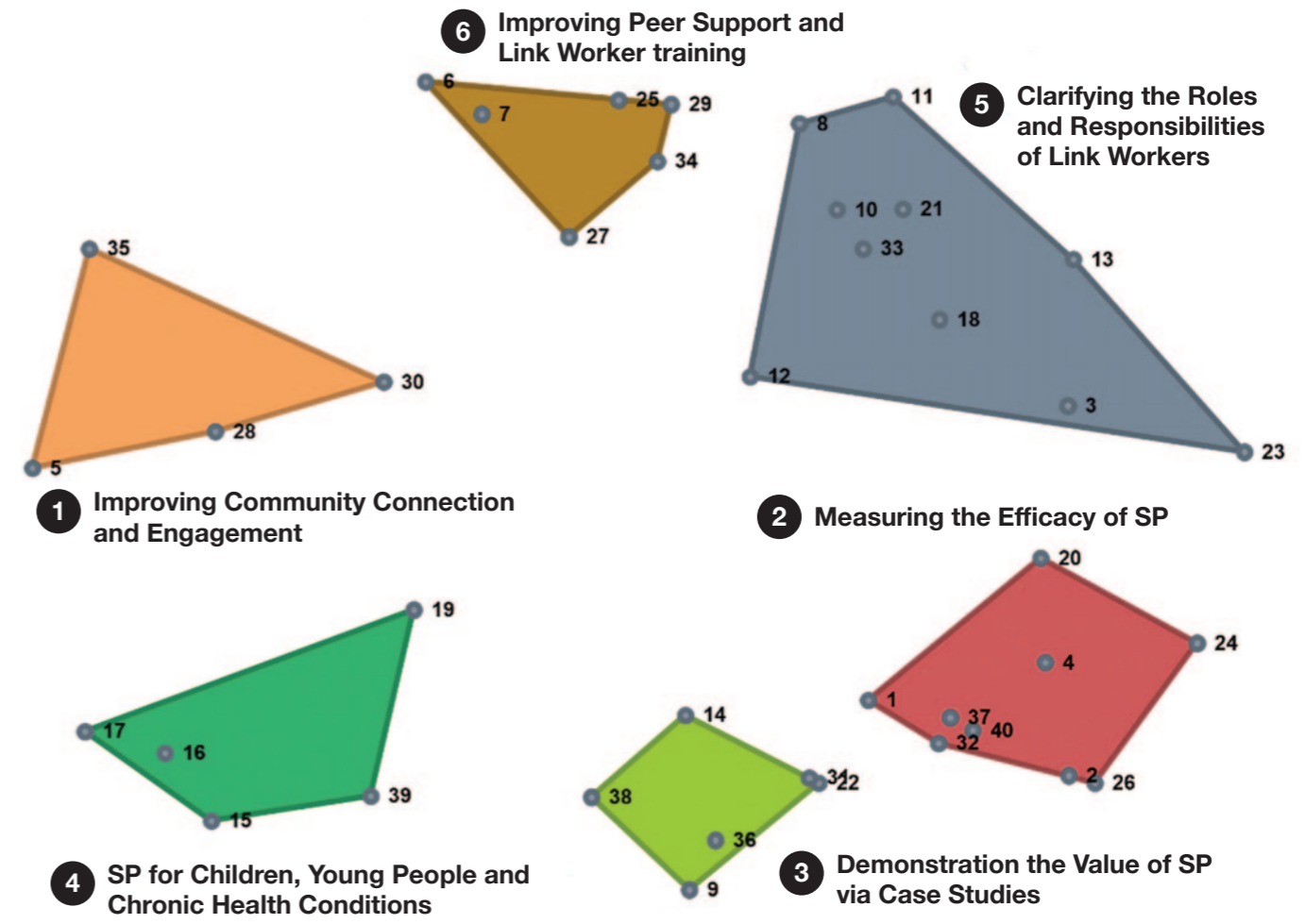
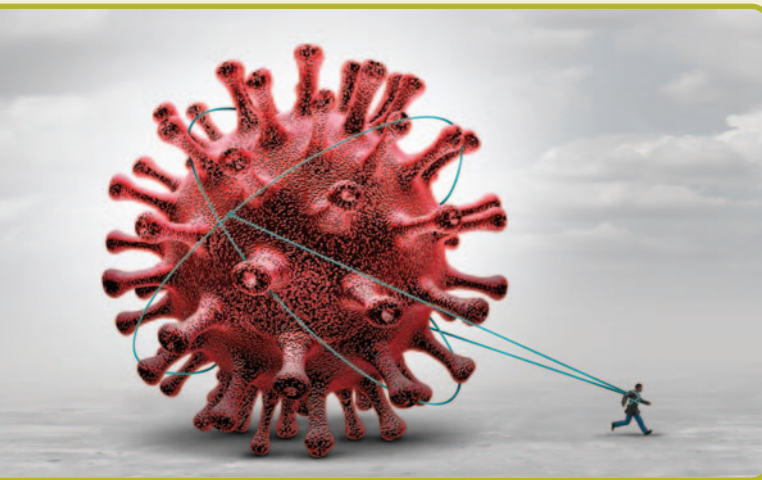


Figure 1. Cluster map with labels from the Group Concept Mapping participant sorting exercise.

Llantarnam Grange – Arts on Prescription for Long Covid



In 2022, Llantarnam Grange established a 12-week ‘arts on prescription’ pilot programme for people suffering with long covid. Arts on prescription provides an opportunity for participants to connect with their community through art classes in addition to learning and skill building, and this project particularly aimed to provide a safe space for people to share their feelings and experiences through creativity. As part of this, WSSPR were asked to

undertake an evaluation of the project and its outcomes.

The pilot intervention consisted of two 12-week programmes of between 4-8 people per group, all of whom participated in the evaluation. Pre/post intervention data has been collected using the SWSWBs in addition to 4 focus groups with participants, and 2 interviews with facilitators. A poster presentation was shared at the WSSPR annual conference, and the final report is underway, due to be completed and seeking publication in Summer 2023. So far, initial results indicate enjoyment of the programme and a sense of comfort within the group from participants. They have discussed matters such as the importance of the safe environment that Llantarnam Grange have provided, and the benefits to their well-being as a result. Interviews with facilitators have indicated the importance of their established space and frustration with time-limited funding leading them to seek alternative methods of keeping the group running beyond their initial funding.

Developing an Evaluation Framework in Cardiff and Vale

Across 2022/3, colleagues at WSSPR and the University of South Wales have been working alongside Cardiff & Vale RPB’s Regional Innovation Co-ordination (RIC) hub to develop a social prescribing evaluation framework in partnership with local area services and providers. This has included several key components which together form the framework, due to be completed in Summer 2023. A scoping review was undertaken at the inception of the work, focussing on the service user experience of social prescribing interventions and the possible benefits and challenges. This was followed by a Group Concept Mapping exercise to establish a core minimum dataset for social prescribing by gaining consensus from the local professional population as to what should be included. Alongside this work was the creation of a Development Matrix, informed by the scoping review, GCM report and conversations

with local services. The DM aims to provide a framework for a qualitative assessment to be made of progress and is designed so that services can identify with a set of descriptors and indicators across six domains to assess progress to date. All three of these reports can be viewed on the RIC hub website (Regional Innovation Co-ordination Hub – CAVRPB).

Finally, a Patient Reported Experience Measure (PREM) for use across the region has been developed in partnership with Cardiff & Vale’s Patient Experience Department. The PREM has been underpinned by the work above and combined with results from previous WSSPR research to arrive at its finalised version, containing 4 sections and 19 questions and ready to be utilised across Cardiff & Vale.

Global/European Networking/Collaboration

In May 2022 two members of WSSPR (Dr Amrita Jesurasa (PHW) and Professor Carolyn Wallace) were invited to speak at the EuroHealthNet’s Country Exchange visit at National Institute of Health Doutor Ricardo Jorge (INSA) in Lisbon, Portugal. The study visit included a walking tour of local voluntary social prescribing partners and roundtable discussions with the Director of EuroHealthNet and nine European countries. We have since been invited to an online workshop and contributed to an article ‘A comparison of social prescribing approaches across twelve countries’ led by the WHO Collaborating Centre for Health Systems Research and Management in Berlin.

Our global presence has grown with our membership of the Global Social Prescribing Alliance and the National Academy of Social Prescribing led by colleagues in England. We were invited to the Global Social Prescribing Alliance meeting in London in March 2023 and have since held online meetings with colleagues in Australia and Singapore. This all

means that we publish with key people in social prescribing including Kerryn Husk, Marcello Bertotti, Marie Polley and others. Including the BMJ Global Health publication with 17 countries across the world led by a colleague at Harvard University, USA. We are currently finishing our chapter contribution with our international colleagues on a social prescribing book. Due to be released in 2024.



Update on the contribution to the evidence submitted by WSSPR to the Senedd

Professor Carolyn Wallace contributed to the evidence submitted by WSSPR to the Senedd Health and Social Care Committee on the role of social prescribing and mental health inequalities in May 2022. This was reported in the Welsh Government publication ‘Connecting the dots’ in December 2022.



WONCA Europe Social Prescribing and Community Orientation special interest group



Joyce Kenkre led the development of the WONCA Europe Social Prescribing and Community Orientation special interest group. At the AGM for special interest group at the 28th WONCA Europe Conference in Brussels she was formerly elected chair of the group. In this role she was invited to observe the WONCA Europe Counsel Meeting. A meeting was arranged by the President and executive members to clarify what support is available by WONCA Europe to support the development of the special interest group.

The Vision of the Social Prescribing and Community Orientation WONCA European Special Interest Group (WESIG) is to establish Social Prescribing across Europe in all primary care settings, both large and small, urban, and rural and to strengthen community orientation of general practice and family medicine in Europe. Family doctors, community health and social care professionals, their patients, and communities will benefit from a well-researched and evidence-based approach which could be adopted in every European setting.

Joyce Kenkre, Patrick Ouvrard. Invited - Social prescribing workshop. 15th Congrès Médecine Générale France 24th-26th March 2022 Paris. Joyce Kenkre, Ferdinando Petrazzuoli, Miriam Dolan, Natasha Mrduljas-Dujic N, Jane Randall-smith. Understanding social prescribing: what it can mean for you, your practice, your patients and building social capital in your rural community. WONCA World Rural Health Conference. Limerick, Ireland. 17th -20th June 2022.

Joyce Kenkre, Ferdinando Petrazzuoli, Wolfram Herrman, Miriam Dolan, Nataša Mrduljaš-Đujic, Jane Randall-Smith. Title: Developing the matrix – the journey to implementing Social prescribing in your practice and community. WONCA 2022 27th WONCA Europe Conference. London, UK. 28th June-1st July 2022.

Joyce Kenkre, Ferdinando Petrazzuoli, Miriam Dolan, Natasha Mrduljas-Dujic N, Jane Randall-smith. Understanding social prescribing: what it can mean for you, your practice, your patients and building social capital in your rural community. WONCA World Rural Health Conference. Limerick, Ireland. 17th -20th June 2022.

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Miriam Dolan, Ferdinando Petrazzuoli, Jane Randall-Smith, Joyce Kenkre, Joanne Robins, Nataša Mrduljaš-Đujic, Josep Vidal-Alaball. Developing a matrix to support and develop social prescribing in your practice and community. EURIPA October 2022, Sicily, Italy.

'Nataša Mrduljaš-Đujic, Ferdinando Petrazzuoli, Jean Pierre Jacquet, Jane Randall-Smith, Juan Manuel Mendive, Katerina Javorska, Wolfram Herrmann, Joyce Kenkre, Miriam Dolan, Joanne Robins, Donata Kurpas, Patrick Ouvrard, Sinah Afra Noemi Evers, Thomas Kloppe 'Social Prescribing in Primary Care across Europe'. 96th EGPRN meeting Split, Croatia 11th-14th May 2023.

Are you interested in implementing or developing Social Prescribing in your practice? Miriam Dolan, Natasa Mrduljas-Dujic, Wolfram Herrmann, Joyce Kenkre, Juan Mendive, Ferdinando Petrazzuoli, Jane Randall-Smith. 28th WONCA Europe Conference, 7-10th June 2023.

Social prescribing: new paradigms for meeting the needs of older patients Dimity Pond, Louise Robinson, Lee Kheng Hock, Joyce Kenkre, Mohd Fairuz Ali, Ferdinando Petrazzuoli

Joint workshop at WONCA World meeting in Sydney between SPCO and Ageing WESIGs

Publication

Kurpas D, Mendive JM, Vidal-Alaball J, Petrazzuoli F, Morad M, Kloppe T, Herrmann W, Mrduljaš-Dujic N, Kenkre J. European perspective on how social prescribing can facilitate health and social integrated care in the community. International Journal on Integrated Care 23 (2). May 2023. DOI: 10.5334/ijic.7636

New look WSSPR website

This year we have revamped the WSSPR website to give it a fresh new look. The new website homepage shows the latest tweets from WSSPR Twitter account @WSSPRCymru. There is a page dedicated to WSSPR and social prescribing-related news, a page for forthcoming events hosted by WSSPR or of

potential interest to the network and a dedicated tab for the WSSPR podcast - The Welsh WSSPR. The website still provides a list and links to all WSSPR publications, as well as an overview of project themes, including the new theme of Nature-based interventions and creative referral (NBI+).



A Glossary of Terms for Social Prescribing

Last year, we reported on the initial development of a glossary of terms for social prescribing in Wales. Social prescribing has undergone a period of growth and development that has been accompanied by a proliferation of diverse and confusing terminology which creates barriers to engagement and communication.

We set out to address this issue by developing a glossary of terms for social prescribing for use by commissioners, professionals who work in or with social prescribing, and the public. We used a mixed methods approach to collate the terminology associated with social prescribing and develop the glossary. This involved a scoping review of UK peer-reviewed literature and Welsh grey literature, a group concept mapping study, and consultation with the social prescribing workforce. Additionally, glossary development also reflected feedback from the Welsh Government consultation on the National Framework for Social Prescribing.

We identified 426 terms associated with social prescribing, 192 of which were specific to social prescribing, and subsequently labelled as 'core' social prescribing terms. The development of the glossary focused on these core terms, many of which were used to describe the same aspects of social prescribing. Consequently, we were able to produce a glossary of 36 suggested terms, in which each of the 192 core terms was represented.

The final draft of the glossary, which will be referenced in the Welsh Governments National Framework for Social Prescribing was approved by our partners at Public Health Wales in March 2023 and will likely be published by July 2023. The glossary provides an innovative and interactive reference tool that will improve understanding across sectors and professions, and facilitate the standardisation of the language associated with social prescribing. Unlike traditional glossaries, it incorporates a description of the terms, shows the connectedness of terms, and identifies alternative terms and preferences for certain terms across sectors.

It is acknowledged that the glossary is a professional-facing document and the language used within it is reflective of this. However, looking forward, the glossary will also be available in a lay version for the general public and an easy-read version for those with learning disabilities. KIEF funding was secured in November 2022 to develop a web-based glossary that allows the user to easily access all versions, increasing accessibility and usability for all.

“

The more that can be done to bring multi agencies together the better all round for the outcomes of individuals.



Themes

Our themes are growing and expanding through our inclusive translational approach to research.

We create opportunities for researchers to engage with our network when they are preparing for grant applications and disseminating their findings. This year we successfully supported Prof. Linda Ross (University of South Wales in partnership with Staffordshire University) as she sought information about the role of social prescribing practitioners and their perspectives on spirituality. The network responded to her questionnaire providing the information she needed for the successful grant application for the development of a spirituality and spiritual care CPD course. The funding for this

international project recognises that addressing people's spiritual care needs is increasingly being recognised as important. The programme will provide social prescribing practitioners with the knowledge and skills required for person-centred practice.

Further information:

If you would like further information about spirituality and spiritual care CPD project, please contact Professor Linda Ross, Linda.Ross@southwales.ac.uk.

Theme 1: Evaluation

Developing and testing a social prescribing evaluation framework and training materials

In October 2022, Knowledge Exchange and Innovation funding was secured via the University of South Wales, to take forward the findings of the ACCORD study, and develop an evaluation framework, reporting standards and training materials for social prescribing evaluation.

Informed by the extensive work of WSSPR, and in partnership with WCVA, key components of the study are:

- Undertake an online Delphi (UK and international) to build a consensus of agreement on the items to be included in an evaluation framework and reporting standards for social prescribing evaluation.
- Informed by findings of the Delphi, develop, and finalise an evaluation framework, reporting standards, and training materials for social prescribing evaluation.
- Undertake a Wales-wide pilot of the evaluation framework, reporting standards, and training materials.
- Secure future research funding for UK-wide testing of the evaluation framework, reporting standards, and training materials

The study team have been working closely with the University of Stirling to develop the online Delphi which is currently live. Individuals with experience/ expertise in social prescribing will be invited to take part as expert panellists and asked to participate in three rounds. The aim is to work towards achieving mutual agreement/consensus on the components of evaluation framework and reporting standards for social prescribing evaluation.

Further information:

If you would like further information about the online Delphi Study, please contact Dr Sarah Wallace, sarah.wallace@southwales.ac.uk. To register and take part in the online Delphi, please contact: Professor Kevin Swingler: kevin.swingler@stir.ac.uk.

Theme 2: Social value

It has been an activity filled year Social Value theme. SROI evaluations were conducted in collaborative partnership with Bangor University, Cardiff University, University of West of Scotland and Royal College of Surgeons in Ireland, funded through the Welsh European Funding Office: Accelerate Wales Programme. We reported on **The Fathom Trust Making Well programme** in Forum 8. This eight-week supportive programme was developed to promote health and well-being for people with long-term mental health conditions, equipping individuals with new skills while fostering healthy social and cognitive development for self-empowerment. The well-being valuation to non-monetised outcomes indicates that the six-month Making Well pilot generated significant social value in the range of £3.30 to £4.70 for every £1 invested. When considering the social cost-benefit of the Making Well programme and The Fathom Trust's commitments to develop the programme going forwards, the forecast social value of the Making Well programme is estimated to be in the range of £5.40 to £7.70 for every £1 invested.

<https://fathomtrust.com/wp-content/uploads/2022/10/FULL-SROI-report-FINAL-August-2022.pdf>

The **Opening Doors to the Outdoors (ODO) 12-week programme** aimed at inactive individuals who experience low mental well-being in North Wales, to increase physical activity, confidence, self-esteem and quality of life in a supportive environment enabling socialisation with peers. The social return on investment (SROI) compared the costs of delivering the programme with the monetised outcomes experienced by ODO clients in terms of improved mental well-being, physical activity, social trust and overall health. The results showed that for every £1 invested in ODO programmes, £4.90 to £5.36 of social value was generated for stakeholders. In addition, interviews with clients indicated improved mental well-being, increased physical activity, more social trust and better overall health. The results showed that the ODO programme generated a positive social value to clients.

<https://outdoorpartnership.co.uk/wp-content/uploads/2022/12/ODO-Final-Report-21.12.22.pdf>

Adam Skinner previous Master's by research student published a peer reviewed paper from his thesis. The paper 'Social Return on Investment of Social Prescribing via a Diabetes Technician (DT) for Preventing Type 2 Diabetes Progression' was published in May 2023. The estimated social value for every £1 invested for participants who engaged with the 'DT only' ranged from GBP 4.67 to 4.70. The social value for participants who engaged with the 'DT plus SP programme' ranged from GBP 4.23 to 5.07.

<https://doi.org/10.3390/ijerph20126074>

Theme 3: Workforce and education

Tom Roberts 'Social Prescribing in Practice: A realist enquiry of third sector and non-NHS services'. Tom's thesis explores the roles of social prescribers in the UK employed in the third sector, exploring the knowledge, interpersonal competencies and skills currently utilised by those in the sector. A biopsychosocial model, social prescribing encourages integrated working from stakeholders in the community including health services, housing, transport, and recreation. Although research has increased in the past 10 years, there remains no-unified theory of practice and most research is focused primarily on outcomes as opposed to understanding the diversity in delivery and systems.

In this study Tom used a realist evaluation framework and included a group concept mapping study, survey and realist interviews. Key findings found prescriber roles to be largely non-standardised and practice drew largely from the individual prescriber's previous experiences and job roles. Where roles were newly established prescribers also had greater impetus to develop the role in line with their perception of need and specialty. Furthermore, practice was found to be highly flexible not only to needs of the client but to the culture of their organisation, with access to training, use of skills/techniques and the types of referrals given modulating based on meso-level expectations. Finally, despite a lack of standardisation, the type of community networking and development also differed based on both the original purpose of the role and the community, establishing a continuum of light-touch networking (e.g. database creation) and in-depth collaboration (e.g. establishing or co-developing groups/services). The thesis makes several recommendations for the future of practice. First, that standardisation must be approached with a consideration for the apparent benefits of the idiosyncrasies of each service. It argues that creating a single qualification may have a negative impact on the current capacity for an individual's and organisation's ability to respond to the needs of clients. Second, that organisations should approach recruitment to enhance skill gaps and the culture established in these close-knit teams. It argues that roles should be created and developed to suit the community ensuring a mix of light-touch and in-depth networking and client-facing roles. The thesis also recommends the continued development of a theory of practice where research is conducted on the outcomes of specific interventions or techniques rather than on the outcomes of the system holistically. Finally, further research is needed in how prescriber roles may enhance

community development and may strengthen links between stakeholders, as this remains the most unique aspect of the job role. Well done Tom on your successful viva defence.

[PHW_SP_Report_FINAL.pdf](#) (wsspr.wales) contributed to the evidence submitted by WSSPR to the Senedd Health and Social Care Committee on the role of social prescribing and mental health inequalities in 2022. [Agenda for Health and Social Care Committee on Thursday, 19 May 2022, 09.00](#) (senedd.wales)

Jones, F., Davies, M., Wallace, C. (2021). *Developing a social prescribing training package for link workers in Wales: a rapid realist review. PROSPERO*
www.crd.york.ac.uk/prospero/display_record.php?ID=CRD42021298317

Roberts T, Lloydwin C, Pontin D, Williams M, Wallace C, 2021. *The role of social prescribers in Wales: A consensus methods study. Perspectives in Public Health.*
doi.org/10.1177/1757913921990072

Makanjuola, A., (2021) *An evaluation study to investigate recruitment into social prescribing interventions and explore the skills sets of link workers in dealing with complex case referrals.* MSc Res Thesis. KESS. Bangor University. Conwy County Borough Council.

Skinner, A., Hartfiel, N., Lynch, M., Jones, A.W., Edwards, R.T. (2023). *Social Return on Investment of Social Prescribing via a Diabetes Technician for Preventing Type 2 Diabetes Progression.* *International Journal of Environmental Research and Public Health*, 20, 6074. <https://doi.org/10.3390/ijerph20126074>

Further information:

<http://www.wsspr.wales/workforce-education.php>

Theme 4: Well-being

This theme aims to explore how different models of well-being interrelate, and are reflected and applied in social prescribing theory and practice. Earlier we reported on the South Wales Social Well-being Scale (SWSWBS) and its preliminary testing. We have commenced discussions with Cardiff Metropolitan University developing plans on how SWSWBS can be used in a larger evaluation study during 2023-2024.

Last year we also reported on our 'enhancing student well-being through social prescribing' with Wrexham University. We have since shared the learning from this study and how the evaluation changed student services practice with HEFCW, Welsh Government, Council of Deans and the Association of University Administrators (AUA) and AMOSSHE national conference.
<https://events.rdmobile.com/Sessions/Details/1754111>

A Systematic Review to Examine the Evidence in Developing Social Prescribing Interventions That Apply a Co-Productive, Co-Designed Approach to Improve Well-Being Outcomes in a Community Setting - PMC (nih.gov)

Developing a conversation about identifying community needs to embrace well-being through social prescribing interventions: a qualitative study (thelancet.com)

Further information:

<http://www.wsspr.wales/well-being.php>



Theme 5: Nature Based Interventions and Creative Referral (NBIC+)

This year saw the development of the 5th theme: Nature based interventions and Creative Referral (NBIC+). The theme explores the efficacy and value of the nature-based interventions and activities that fall under the umbrella of 'creative referral', as well as the relationship between the two. NBIC+ describes a means of connecting people to NBIs and /or creative based activities, groups, projects and schemes in their local community for support with health and well-being. Creative referral includes activities such as dance on referral, art on referral and museums on referral. These activities may occur independently or in conjunction with NBIs. Currently we have several projects that fall within the NBIC+ theme e.g. RCBC 'skills for life' Realist Scoping Review with Lisa Williams. The Making Movement Irresistible project is funded by the Arts Council of Wales, National Lottery Health & Well-being Award. Cardiff Metropolitan University's Centre for Applied Research in Inclusive Arts and Design (CARIAD), the Centre for Health, Activity and Well-being Research (CAWR- led by Prof. Diane Crone), plus external academic partners from Creative Computing, University of the Arts, London and Oslo School of Architecture and Design have amassed a wealth of experience in developing playful computer vision technology applications and designing exercise, haptic and creative movement interventions that improve health and well-being across generations and ability levels. They have collaborated with some of the most marginalised groups in society and witnessed the growth in self-efficacy that combinations of technology and human-to-human interaction can offer.

<http://makingmovementirresistible.org/>

Wild Skills Wild Spaces (WSWS) project which is described in greater detail on page 13
<https://www.montwt.co.uk/WSWS> WSWS is partnership between Montgomeryshire Wildlife Trust, Powys Teaching Health Board and Cardiff Metropolitan University. It is funded by Welsh Government to deliver and evaluate an ecotherapy programme that is designed to improve the health, skills and well-being of the local community in Powys.

The team at the University of South Wales have also started working with Wrexham University on a Nature-Based Social Prescribing project to improve student social connectedness and mental well-being. The project aims to find out 'what matters now' to students and how universities can exploit the nature-based assets and green

spaces either on campus or in the community to improve mental and social well-being outcomes.

Evaluation of The Body Hotel Moving Respite Pilot- Compassion fatigue and burnout have significantly affected essential workers during the pandemic. The Body Hotel aims to address this knowledge gap by providing virtual spaces of respite with a well-being benefit to participants, employed through a client-centred approach. 'Moving Respite' speaks to the need for innovative employee well-being services, researching how dance movement psychotherapy (DMP) principles can support NHS workers' self-care. The Body Hotel Moving Respite is an employee well-being programme which ran as a pilot from November 2021 to April 2022, funded by Arts Council Wales and Health Education Improvement Wales. Its main objective was to pilot and evaluate a dance/movement-based burnout prevention programme for HEIW employees and understand the contributions of arts-based services to organisational development. The programme provided 12 online weekly sessions, two well-being drop in-sessions during HEIW Well-being Week and an in-person three-hour intensive session. During this last year we have been working with The Body Hotel to at first complete a feasibility of evaluating the 'Moving Respite' project and to understand the experiences of participants. This was completed in July 2022. The study found that participants in the project felt that taking part helped them to release stress and relax, cope physically and mentally. "It really helped with my mental health and I didn't do the NHS counselling because I felt I wanted to do try this body hotel because what I was finding that through the moving and through the relationships, I felt really safe and it was really nice" This year WSSPR is conducting a social return on investment (SROI). We will report on this study in our next annual report in 2024.

Publications

Williams, J., Elliott, M., (2023) *Promoting healthy environments, skills and communities in Wales: The NUTRITION SKILLS FOR LIFE programme. Perspectives in Public Health.* DOI: 10.1177/17579139221106948

Alejandre, J., Algonos, P., Soluta, N., Henry, R., Lynch, M. (2023). *Child-centered and nutrition-sensitive green spaces: policy recommendations for childhood obesity prevention in the Philippines' urban poor communities.* *HPRH.* 2022;63. 10.54111/0001/KKK5 <https://hprh.org/63-article-alejandre/?s=09>

Makanjuola, A., Lynch, M., Hartfiel, N., Cuthbert, A., Edwards, R.T. (2023). *Prevention of Poor Physical and Mental Health through the Green Social Prescribing Opening Doors to the Outdoors Programme: A Social Return on Investment Analysis.* *International Journal of Environmental Research and Public Health*, 20, 6111. <https://doi.org/10.3390/ijerph20126111>

Public involvement

Public representatives have been, and continue to be, actively involved in the development and activities within WSSPR.

Embracing Public and Patient Involvement

As we reflect upon another remarkable year at the Wales School for Social Prescribing (WSSPR), we find ourselves immensely grateful for the invaluable contributions and perspectives of our public and patient partners. Their involvement has been at the core of our mission to foster meaningful connections between healthcare, community organizations, and individuals across Wales.

At WSSPR, we firmly believe that the inclusion of public and patient voices is crucial to developing effective and person-centered social prescribing initiatives. Through their lived experiences, they offer unique insights, helping us shape policies, programs, and services that truly meet the needs of our communities. In the past year, we have witnessed the transformative power of this involvement in our various projects and endeavors.

However, we cannot overlook the challenges we faced when it came to terminology. The social prescribing landscape in Wales has long been plagued by confusing and inconsistent terminology, hindering effective communication and collaboration. Recognizing this issue, we took the initiative to establish the Glossary of Terms, a comprehensive resource that aims to bring clarity and coherence to the language we use across Wales.

The Glossary of Terms represents a collaborative effort between WSSPR, public and patient representatives, healthcare professionals, and community partners. It serves as a reference guide, providing clear definitions and explanations for commonly used terms in social prescribing. By establishing a shared language, we hope to bridge the gap between different stakeholders, enabling more effective communication and understanding.

The impact of the Glossary of Terms has already been felt in our projects, as we witnessed improved clarity and cohesion in discussions, collaborations, and planning processes. Public and patient partners have expressed their appreciation for the initiative, emphasizing the importance of clear and accessible language in promoting inclusivity and meaningful participation.

Looking ahead, we remain committed to nurturing and expanding public and patient involvement in all aspects of social prescribing. Our annual report stands as a testament to the tremendous strides we have made in harnessing the power of shared experiences and perspectives. We are excited to build upon this foundation, continuing to elevate the voices of the people we serve, and creating a future where social prescribing truly thrives in Wales.

We extend our deepest gratitude to our public and patient partners, without whom our progress would not have been possible. Together, let us stride forward, empowered by the clarity provided by the Glossary of Terms, as we shape a more inclusive and connected future for social prescribing in Wales.

By John Gallanders PPI Member

“Our annual report stands as a testament to the tremendous strides we have made in harnessing the power of shared experiences and perspectives.”

Work with the Learning Disabilities Group

In March, Connections Cymru brought over 40 people together to look at the various social prescribing opportunities available to people with a learning disability, what they can get from social prescribing, what can be done to overcome the barriers that are preventing people from accessing it. Simon Newstead and Ruth Northway attended the event to present on the barrier that the language of social prescribing creates, both for those with and without learning disabilities.

Ruth highlighted that there is limited evidence about the use of social prescribing by people with learning disabilities, and that some of the reasons for this may be that people are accessing services and support that are not necessarily labelled as social prescribing or that people may not be identified or self-identify as having a learning disability.


Simon presented the professional facing glossary of terms for social prescribing, that was at that time in development, highlighting the diversity of terminology used to describe social prescribing and individuals in a social prescribing practitioner role. He also discussed plans to make a lay version with more accessible language for use by the general public, as well as more concise, easy-read version specifically aimed at those with learning disabilities.

Social Prescribing is Confusing

Barriers can make it hard for **all** people to access social prescribing.

These can include:

- Knowing about social prescribing.
- Knowing where to go.
- Knowing who to talk to.
- Understanding what they are talking about.



Social Prescribing Glossary of Terms

Welsh speaking RHOI LLAIS patient and public involvement members were part of a stakeholder group which gathered at Bangor University on Friday 26th May 2023 to discuss the Welsh version of the Social Prescribing Glossary of Terms. The glossary was produced firstly in English by Dr Simon Newstead, Amber Pringle, Bethan Jenkins, Dr Amrita Jesurasa and Professor Carolyn Wallace, and translated into Welsh by Public Health Wales.

Public members were joined by staff members from the School of Medical and Health Sciences and a great discussion was held with facilitation from Dr Llinos Haf Spencer, Public Involvement Lead and Professor Carolyn Wallace, one of the co-authors of the glossary. Some of the Welsh terms will be changed following discussion. For example: ‘Prescripsiynu Cymdeithasol’ is not used by Welsh speakers, and ‘Atgyfeirio Cymdeithasol’ is more suitable, simple, and understandable to convey the meaning of what it is to a wide audience. Prescription was felt to be too medical. ‘Rhagnodi’ is the dictionary word for ‘giving a prescription’ but this is not used in spoken Welsh, and although Welsh speakers say ‘prescripsiwn’ for ‘prescription’ the word ‘prescription’ has very medical connotations and does not convey the process of ‘social’ prescribing. At least 41 terms in the glossary will be changed following the discussion held at Bangor University. A further consultation was held in Venue Cymru, Llandudno on 6 July 2023.



Some of the RHOI LLAIS volunteers who came to give their opinion on the new Glossary of terms for Social Prescribing, Bangor University, 26/05/2023. Dr Llinos Haf Spencer, Public Involvement Lead and Professor Carolyn Wallace, Director of WSSPR facilitated the event.

Conclusion and Looking Forward

The Wales School for Social Prescribing Research has completed its 3rd year working with colleagues across health and social care organisations within its five themes, Evaluation, Social Value, Workforce and Education, Well-being and Nature based interventions and creative referral (NBIC+).

Reflecting on this 3rd year we have developed our local, international and international presence. We are growing in size, with our Public Health Wales partnership we will welcome a new research assistant in the summer of 2023. In addition to a senior research fellow funded by Health and Care Research Wales and supported by PRIME Centre Wales.

Going forward we will continue to develop our global network but also ensure that we are responsive to Welsh Government policy and the new National Framework for Social Prescribing.

In the coming years, we will continue building the evidence base for social prescribing and delivering high impact research through:

- Extensive collaborative working with leading academics and our stakeholders.

- Employing the translational research model which guarantees pathways to impact and research which meets real world need. This includes disseminating work and learning from practitioners through social prescribing evaluation forums, webinars and our networks.
- Research capacity building activities for social prescribing research. This includes professional development of WSSPR researchers, e.g., post-doctoral researchers.
- Delivery of the evaluation framework, SWSWBS, reporting standards and a glossary of terms for social prescribing.

“

Thank you to all our staff, our network and our stakeholders who support our work. We couldn't build WSSPR and the evidence for social prescribing without you.



WSSPR will continue to benefit the people of Wales by developing strong evidence to support social prescribing practice, which aims to promote health, well-being and prevention of illness.

Social Prescribing Model in Wales

Rees, S., Thomas, S., Elliott, M., Wallace, C. (2019). *Creating community assets/social capital within the context of social prescribing*. Findings from the workshop held 17/7/2019. WCVA, Cwm Taf Morgannwg University Health Board, University of South Wales.

<http://www.wsspr.wales/resources/Rees%20et%20al%202019.pdf>

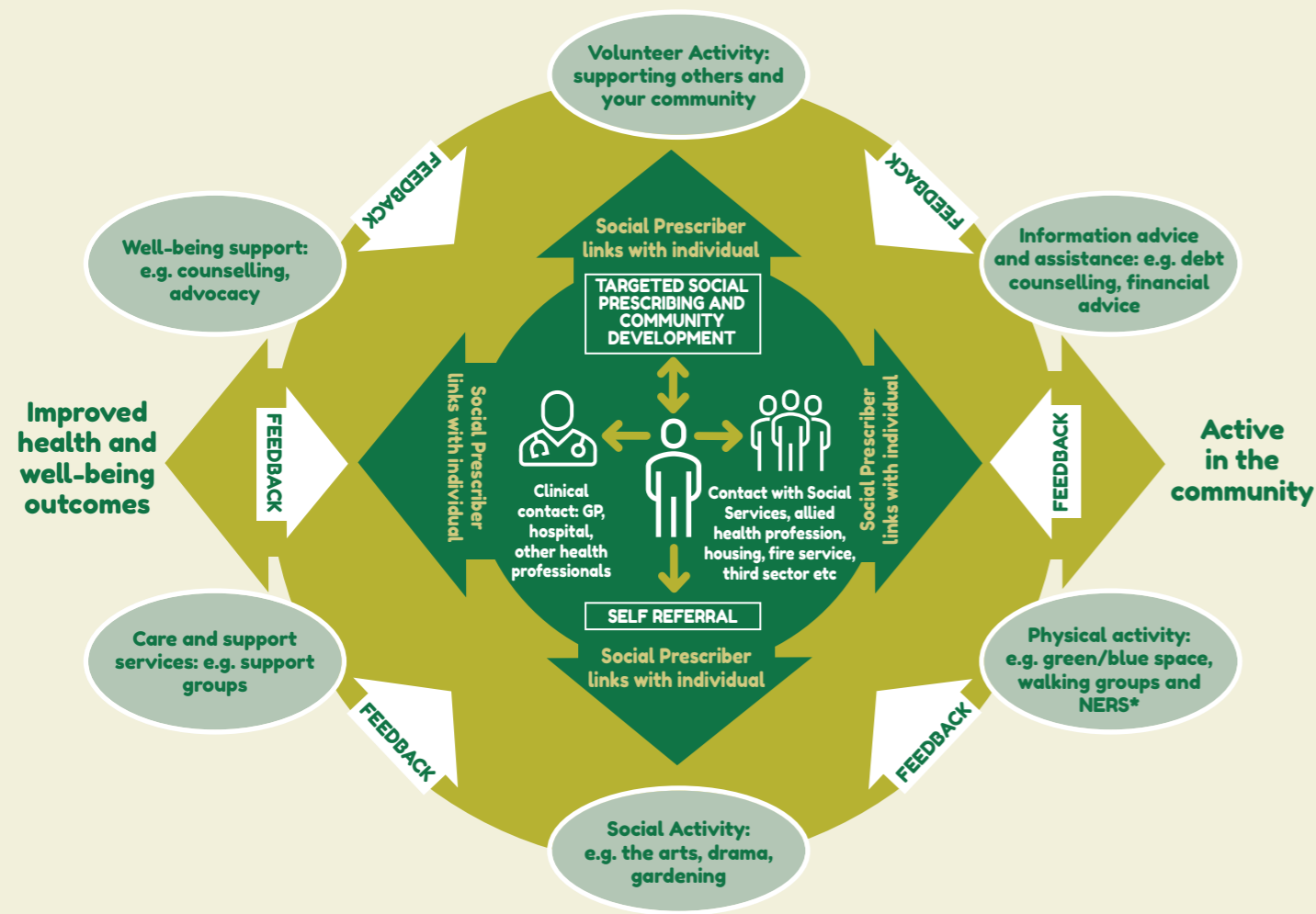
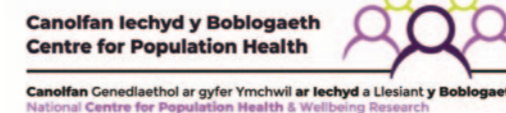


Figure 1
Social Prescribing in Wales
(Rees et al 2019)

Our partners





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www.wsspr.wales



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