

A stylized, colorful illustration of a landscape. The foreground features rolling green hills in various shades of green, with a brown path winding through them. On the left, there is a green tree, a purple flower, and an orange flower. A small red bird is flying in the sky above the tree. The background consists of light blue and white wavy bands representing a sky or water.

# *Social Prescribing and Resilient Communities*

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Locality and Place*

## Mental Health – Populations at Risk ([https://www.thelancet.com/journals/lanpsy/article/PIIS2215-0366\(20\)30168-1/fulltext#secestitle30](https://www.thelancet.com/journals/lanpsy/article/PIIS2215-0366(20)30168-1/fulltext#secestitle30))

- **Recovery from COVID-19:** The SARS epidemic was associated with a 30% increase in suicide in those aged 65+ years; around 50% of recovered patients remained anxious; 29% of health-care workers experienced probable emotional distress. Patients who survived severe and life-threatening illness were at risk of post-traumatic stress disorder and depression. Front-line health-care workers have to deal with fears of contamination, moral injury, disruption of normal supportive structures, work stress
- **Children, young people, and families:** School closures, exposure to substance misuse, gambling, domestic violence and child maltreatment, absence of free school meals, accommodation issues and overcrowding, parental employment, and change and disruption of social networks.
- **Older adults and those with multimorbidity:** Particularly affected by issues including isolation, loneliness, end of life care, and bereavement, which may be exacerbated by the so-called digital divide.
- **People with existing mental health issues:** Particularly affected by relapse, disruptions to services, isolation, the possible exacerbation of symptoms in response to pandemic-related information and behaviours
- **People with learning difficulties and neurodevelopmental disorders:** Changes and disruption to support and routines, isolation, and loneliness.
- **People on low incomes:** Job and financial insecurity, cramped housing, and poor access to the internet and technology
- **Socially excluded groups:** including prisoners, the homeless, and refugees
- **Wider population:** anticipated consequences of quarantine and associated social and physical distancing measures are themselves key risk factors for mental health issues. These include suicide and self-harm, alcohol and substance misuse, gambling, domestic and child abuse, and psychosocial risks (such as social disconnection, financial stress, bereavement, unemployment, homelessness, and relationship breakdown)

## Loneliness and Social Isolation

- Loneliness and social isolation are related but different concepts.
- **Loneliness** relates to a person's subjective, unwelcome feeling of lack or loss of companionship
- In contrast, **social isolation** is an objective physical separation from other people which can involve "staying at home for lengthy periods of time, having no access to service or community involvement, and little or no communication with family, friends and acquaintances."
- Both share many factors that can increase the likelihood of people experiencing each.
- However, they do not always go together; a person may have very few contacts but not feel lonely, or conversely be surrounded by people but still feel alone

- Research shows that loneliness and social isolation are harmful to our health: lacking social connections is a comparable risk factor for early death as smoking 15 cigarettes a day
- Long term they are associated with an increase in mortality of almost a third
- It is clear that the pandemic will negatively impact on many of the risk factors associated with loneliness and isolation
- The so called 'Digital Divide' is likely to be intensified as reliance on virtual means for staying in touch increases, particularly for the elderly and deprived
- However, three quarters of respondents to the National Opinions and Lifestyle Survey reported that people were doing more things to help other people out
- Social capital (generalised trust) has a positive buffering effect on levels of psychological well-being

## Risk Factors

### Individual Characteristics

- Age
- Ethnicity
- Sexual Orientation

### Social Connections

- Living Alone
- Divorced, Separated, Never Married
- Bereavement
- Living in residential care
- Becoming a carer
- Retirement

### Environment

- Material deprivation and poor amenity provision
- Neighbourliness
- Poor Housing
- Poor access to services
- Lack of transport
- Crime

### Health

- Poor mental and physical health
- Unmet social care needs
- Mobility limitations
- Cognitive and/or sensory impairment

# THE COMMUNITY PARADIGM

N L G N

WHY PUBLIC SERVICES NEED RADICAL CHANGE AND HOW IT CAN BE ACHIEVED



## EXECUTIVE SUMMARY

With power comes responsibility. This is the essential truth at the heart of this paper. We contend that if public services are to move towards a more preventative approach than individual citizens, and particularly their communities and networks, must take on much greater responsibility for their own lives. However, that flourishing of responsibility will only occur if citizens and communities are given the power to exercise it. This means fundamentally challenging the strong tendency of public services to hoard power rather than share it.



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# THE ASSET-BASED HEALTH INQUIRY

HOW BEST TO DEVELOP SOCIAL PRESCRIBING?



It's to support people with a range of emotional, physical and mental health needs to better access support, largely in the community, to improve their lives."

Definition of social prescribing, Mick Ward,  
Leeds City Council

# Loneliness, social isolation and COVID-19

Practical advice



## The (Local) Recovery

14 Jun 2020

NICK FORBES

Nick Forbes, L  
Newcastle City Council  
that recovery must include a  
public services  
local level.

Note: this advice is correct as of 14 Jun 2020

Chris Ham: Enabling the resurgence of

July 6, 2020

The decision to lock down the community marks a shift in power. It demonstrates a shift in power from central authorities and public health leaders to have access quickly to contain the

As in the first wave of actions of every citizen, distancing have continued. Individual actions matter.

# Integrated care

## Integrated care

### Definition & legislation

### Delivering

### Webinars with NHS England

### The future of place

### Involving citizens in pandemic response

### Tackling health inequality in ICSs

# COVID-19 webinar: Involving citizens in the next phase of the pandemic response

Recorded 13 October 2020

This webinar discussed 'dialogue and deliberation'. It focused specifically on engagement by NHS England and Improvement's London region who have worked in partnership with residents to help shape policy and their response to the pandemic. The webinar focused on why citizen engagement is crucial to COVID-19 recovery and how Integrated Care Systems (ICSs) could benefit from adopting the same approach.



## **CREATING EMPOWERED AND RESILIENT COMMUNITY**

<https://youtu.be/BoeweP3kjk>

# Community Voice

- *Community Champions and networks*
- *Authentic relationships that nurture trust, honesty and 2 way communication flow*
- *Community cohesion and neighbourliness*
- *Localised Approaches*

# *Keep in our consciousness.....*

*What do we have locally?*

- Arts and Health*
- Physical Activity*
- Nature/green SP*
- Local Business*



- <https://blogs.bmj.com/bmj/2020/07/06/chris-ham-engaging-people-and-communities-will-help-avoid-a-resurgence-of-covid-19/>
- <https://www.dannykruger.org.uk/communities-report?s=03>
- <https://www.thersa.org/comment/2020/06/local-road-recovery>
- <https://www.adph.org.uk/wp-content/uploads/2020/10/Protecting-our-communities ADPH final.pdf>

*Thank you!*

