A Physical Activity Based Social Prescribing Scheme

Heidi Morgan and Hayley Burgoyne
Social prescribing

Social prescribing is a way of linking primary care patients to sources of appropriate, non-clinical support in the community.

It provides GPs with a non-medical referral option that can operate alongside existing treatments to improve health and well-being.
Chair based exercise
Saints Keep Active Class
Eden on Prescription

At Eden we know how important being in and around nature is to our physical and mental health. Many of our current programmes give people social, shared experiences in the natural environment.
Eden on Prescription

In September 2016 in partnership with St Austell Healthcare we launched a pilot programme called *Eden on Prescription*.

We currently receive referrals for people who have diabetes, COPD, mental ill health or are over 65, live alone and are at risk of being isolated and lonely.
Two weekly walking groups for people with COPD and diabetes.

We walk all over the Eden site with walks for different abilities.

All walks are volunteer led.
You want to be able to keep up with the others so you push yourself to do a little more at other times in the week. Steve

It makes me feel mentally better, I suffer from depression so getting out and about and the socialising side makes me feel so much happier – I’m so glad I’ve done it when I get home. Sue
When I go on this walk it’s an effort but when I experience the effort, it makes me feel so much better to have achieved it - the achievement is so important.

The best part of this group is you’re all the same so you’re not frightened of trying to walk because you know that the people around are supportive and they’re all dealing with a similar condition.

Michael

Ray
Loneliness is now thought to be as bigger risk factor to our health & wellbeing as obesity and smoking.

Eden runs a weekly lunch club for local older people most of whom are in their 70s, 80s & 90s.

We do a short walk & then have lunch in the restaurant.
Often older people find that there is nowhere for them to walk or no-one to walk with, and they are not comfortable walking alone.

Members do a short walk together. Even for those who can only walk a very short distance the aim is to gradually extend their route as their fitness improves.

I stopped driving which obviously hinders things for me. When the family come home they take me out – one lives in Australia, one lives in Spain & the other in Wales so it’s not very often – apart from that I stay in because where I live, it’s not easy to walk. Liz
Eden’s horticultural therapy programme offers people with anxiety and depression the opportunity to develop a range of horticultural skills and aims to develop a sense of value and respect for the participants.
Horticultural Therapy
Vounder Garden

Physical Benefits of gardening
Weeding, digging, hoeing, raking and planting, bending, stretching, sweeping

Other benefits such as increased independence, ability to plan and adapt to issues and increase confidence and self worth are goals frequently met from the programme.
Results

- >300 Patients have entered since July 2016
- >200 GP appointments saved
- 32% drop out rate
- 94% have had increased Well being score at 6 months
- 66% of overweight patients have lost weight
Appointments 3/12 Before, During and After Social Prescribing Programme

Number of Appointments Before, During and After Social Prescribing Programme (Patients = 54)

- **GP Appointments**
  - 3/12 before social prescribing
  - 3/12 during social prescribing
  - 3/12 after social prescribing

- **GP Phone Calls**
  - 3/12 before social prescribing
  - 3/12 during social prescribing
  - 3/12 after social prescribing

- **Minor Illness Nurse Appointments**
  - 3/12 before social prescribing
  - 3/12 during social prescribing
  - 3/12 after social prescribing
"We generate fears while we sit. We overcome them by action."