

Community Connections: Social Prescribing for Children and Young People

Engagement Report Summary



What is Social Prescribing?

Social prescribing **connects** people to groups, activities and opportunities within their **local communities** to empower and promote positive wellbeing.

This could include:

- Finding a new interest
- Joining a youth group/club
- Information and advice
- Engaging in volunteering
- Accessing other services and resources

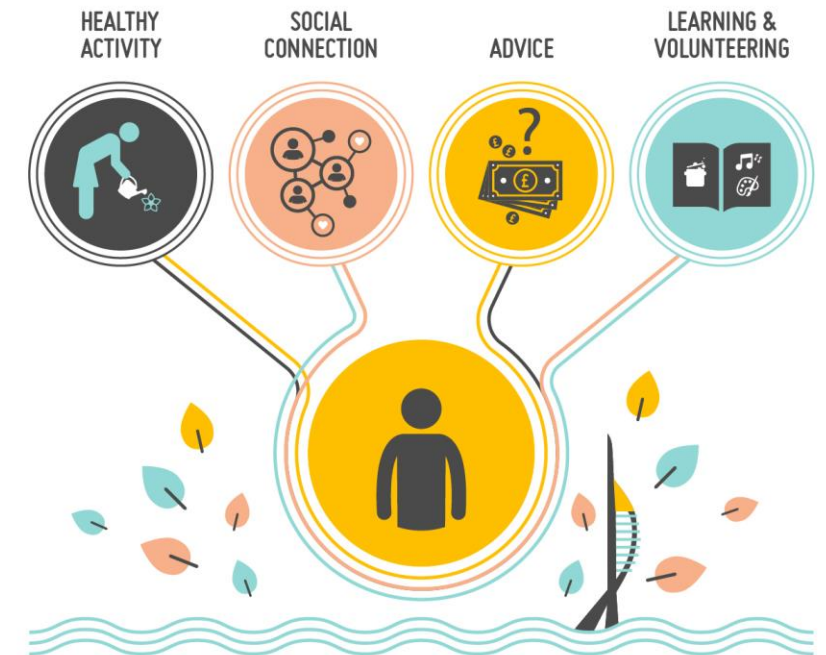


Image source: theyoustrust.org.uk/social-prescribing

Community Connections

What?

We received funding from NHS Health Charities to run a **social prescribing pilot** for young people - called **Community Connections**.

Who?

The service is for young people aged 11-18 years old who are facing **low level challenges** to their emotional wellbeing. *e.g. feeling lonely, low confidence, wanting to make a change in their life*

Why?

The Covid-19 pandemic had a **big impact** on many young people's emotional wellbeing.

We couldn't see friends or family, do many of the things we normally enjoy doing and it was hard to try or learn new things.



We want to test if our social prescribing service will have a **positive effect** on young people's emotional wellbeing, especially after the pandemic.

What did we ask?

We wanted to **hear from** young people what they thought about social prescribing and our ideas for the project

- We visited **youth groups** across Cardiff and the Vale
- We developed a section on **CVRPB participation website** - for young people to give feedback & opinions online



Our findings - what we learned

Name



- Young people did not like the name 'social prescribing'
 - Sounded too "medical"
 - They liked '**Community Connections**' –so we made this our team name.

Accessing the service



- Most said they would like to access the service through their **school** or **self-referral**
 - GP can **be intimidating**, takes time and may need a parent to go with them.

Social media



- Majority of young people thought it was a **good idea** for us to have social media
 - **Instagram** was the most popular platform
 - They want to hear from us weekly

Our findings - what we learned

Wellbeing journal



- Young people agreed a journal would be **helpful**
- For content – the most popular responses were **information about social prescribing** and **spaces for thoughts and reflections**.

Activities & challenges



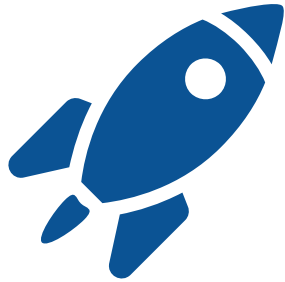
- Young people already **go for walks, go to the gym, read and see friends** to look after their wellbeing
- They struggle most with stress, their mental health, confidence and eating.

Community activities



- Major **challenges** to accessing services included transport, money, time, anxiety and location
- They would like to see **sports** (especially team sports) and **creative activities** in their local area.

What will we do next?



Service launch

- Start accepting referrals from [Single Point of Access](#) in **January 2023**



Engagement

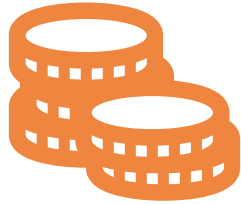
- Continue **listening** to young people
- [Engagement platform](#) to remain active with updates & new activities



Wellbeing journal

- **In development** - using feedback from young people
- Cycle of learning - **seek feedback** from service users

What will we do next?



Funding

- We are exploring different options to support **existing groups** & to help young people **access activities**



Access routes

- Accepting referrals from Single Point of Access in Jan 2023
- Other routes in development:
 - School In-Reach
 - Early Help

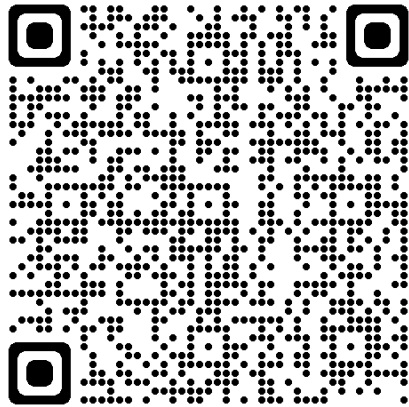


Social media

- Setting up social media on **Instagram & Twitter**
- Plan to post on a **weekly** basis

Want to learn more?

Read our **full engagement report** &
find out more at



<https://cavyoungwellbeing.wales/young-people/emotional-wellbeing-mental-health/our-services/community-connections/>

What do you think?

We want to hear from young people about what **you think** about Community Connections. There are **short surveys, polls & forum** for you to take part in at:



<https://participate.cavrp.org/social-prescribing>

Thank you for taking the time to share your views!