



Social Prescribing Youth Network



SOCIAL PRESCRIBING YOUTH NETWORK

Social Prescribing – the means by which people of all ages can find their way into local, wellbeing-boosting activities, with the help of a link worker or community navigator - is now thriving and delivering fantastic results for people all over the UK.

Traditionally used to help adults and older adults find non-medical ways of combatting loneliness and stress, social prescribing has huge potential for young people too. Far too often, young people, especially those growing up in disadvantaged communities, do not find their own way into local services and activities that can help when they are struggling with problems in their home, school or personal lives.

Any professional, such as a teacher, police officer, doctor, counsellor or community worker, who spots a young person in need, can refer them to a dedicated Youth Link Worker (YLW). The YLW builds a rapport with the young person and helps them find the answers to their problems. It's exactly what young people are asking for: an open door to a personal service that treats them as an individual and provides direct help in a single place.

While much of social prescribing in the UK is driven from within the health system, and by GP practices, that isn't always the case. Its roots are in community development and it works best when it is fully owned by the community and run in partnership with the statutory sector.

That is the model for the Social Prescribing Youth Network. It is a growing movement and we invite you to join us.

JOIN US!

The Social Prescribing Youth Network is FREE to join.

630 frontline organisations, commissioners, academics, GPs and others have joined already, since we launched in 2019. They use it for updates, training, collaborations, evidence, funding bids and more.

There are two levels of membership:

SPYN List (SL) - members receive occasional updates by email including invitations to training and events, and news about the latest resources; this membership is for those who would like to stay up to date but are not actively involved in youth social prescribing.

SPYN Managers' Group (SMG) - (fee payable) members receive 1:1 support from our field team, plus quarterly group meetings and discounts on training and events; this membership is for those who are actively involved in delivering or commissioning youth social prescribing, or preparing to do so.

| | SL | SMG |
|--------------------------------|--------------|---------------|
| Knowledge sharing | Blue square | Purple square |
| E-updates | Blue square | Purple square |
| Invitations to events | Blue square | Purple square |
| Link Worker training | Blue square | Purple square |
| Programme delivery support | White square | Purple square |
| Discounted training and events | White square | Purple square |
| Action learning set | White square | Purple square |
| Delivery templates & toolkits | White square | Purple square |

6

LINK WORKERS
EMPLOYED

520

YOUNG PEOPLE
HELPED

340

REFERRALS INTO
ACTIVITIES

£5.03

RETURN ON
INVESTMENT FOR
EVERY £1 SPENT

CASE STUDY

JENNY PRIME

Jenny Prime was referred to the Sheffield Futures social prescribing service in early 2019, where she asked for help. With support from her Link Worker, Jenny has found the confidence and time to access a local recording studio and make a number of live performances.



YOUNG
PEOPLE'S
HEALTH



There are currently 11.7 million young people aged 10-24 living throughout the UK, making up one fifth of the nation's total population. Transition from child to adult services is an area of particular concern within the system, particularly for those young people who are already vulnerable and/or marginalised. 50% of Year 10 pupils (age 14-15) say they have visited the GP in the last 3 months and over a third of young people aged 15-19 visit A&E during an average year. 75% of lifetime mental illness starts by the age of 25. Adolescent mental health problems cost the system, on average, £59,130 per young person, per year.

CAN SOCIAL
PRESCRIBING
HELP?



A review of existing social prescribing schemes for adults by the national Social Prescribing Network showed a 28% reduction in GP appointments, a 24% drop in A&E attendances and an additional drop in referrals to secondary care. For young people, these benefits will extend beyond health and wellbeing, into the areas of education, employment, 'holiday hunger' and community safety.



Young People's
Health Partnership



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