



**NHS**

**West London**  
Clinical Commissioning Group

# Self Care and Social Prescribing

North Kensington Health and Wellbeing Network 23 Feb 2021



# Objectives

Build knowledge and confidence of individuals to better managing their existing medical conditions and

Provide and improve access to non medical services for well being



# Context

**Self Care** is an approach to health which helps people to keep themselves well and gives them the knowledge to share in decisions about illness, from diagnosis to treatment and recovery.

**Social prescribing** is a route for GPs to refer people to a range of non-clinical services provided by the community- these services are commissioned by the NKRT

# Delivery to date

- Training and reflective practice for staff
- Men's Shed
- Older Adults Art Therapy
- Menu of Services
- Social Prescribing Link Workers
- Integrated Care
- Outcome measures



# Objectives for today

Start a conversation today on this - get your views, suggestions, ideas- what services should we commission to meet the two objectives.

Conversation does not stop today after the meeting organisations can get back to us with more ideas and input



# Self Care and Social Prescribing

How best could we describe what we are doing to help communities and patients better understand this work stream if we did not use self care or social prescribing



# What is the current need

COVID-19 has highlighted a number of health challenges that we need to address urgently - which services do you feel we should commission to deal with this?