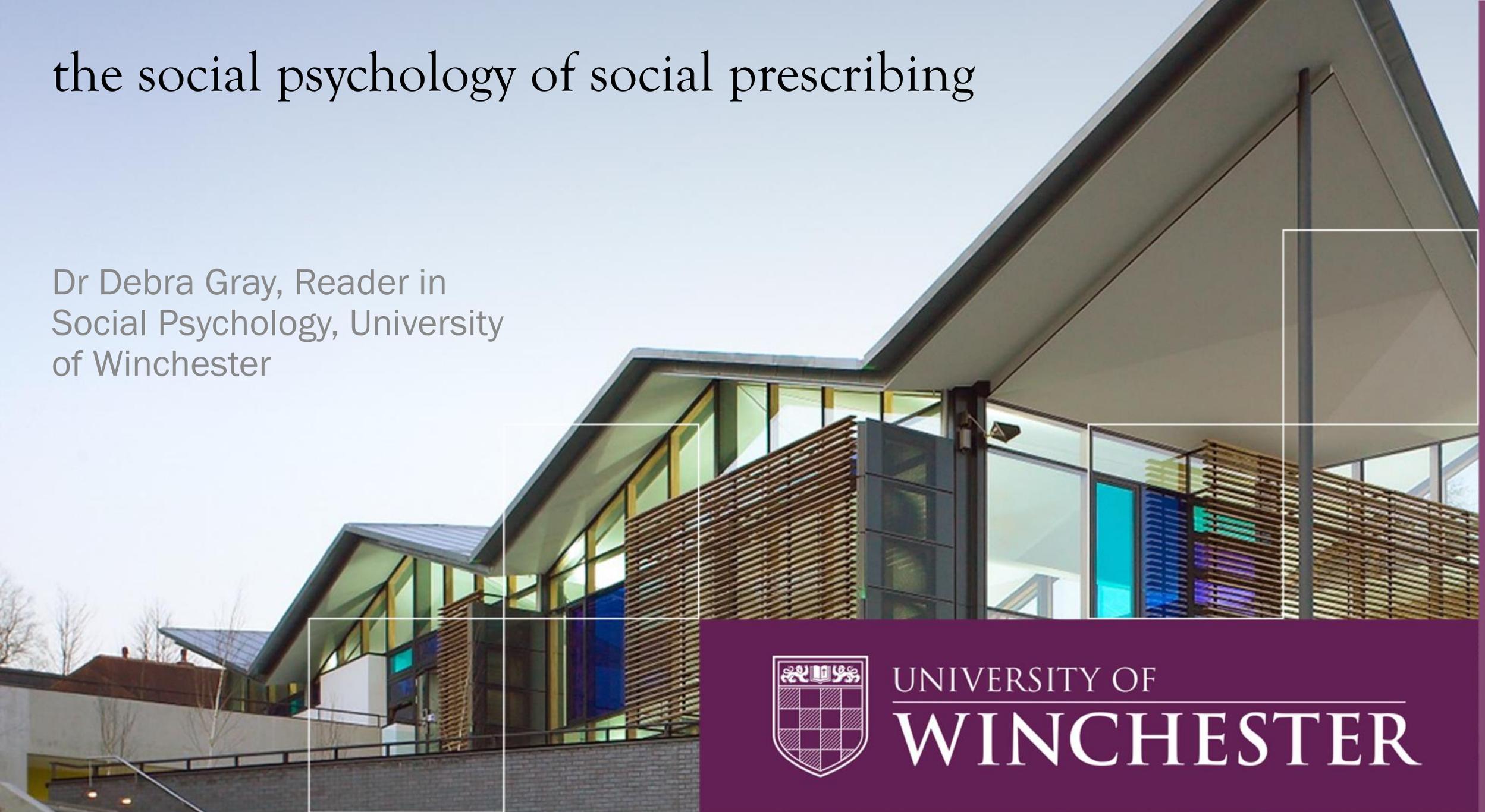


the social psychology of social prescribing

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UNIVERSITY OF
WINCHESTER

A New Method of Health Service Delivery

theguardian

**GPs could prescribe bingo and dancing
after English trial's success**

**One practice prescribing activities saw 20% cut in hospital
outpatient admissions**

THE SUNDAY TIMES

LEADING ARTICLE

MAY 8 2018, 12:01AM, THE TIMES

Social Prescribing

**GP's surgery can do much to help the lonely by bringing in the
voluntary sector**



Social Prescribing

- Some concern voiced around the evidence base
 - *We...have found little convincing evidence for either effectiveness or value for money* (p.15)
- Have we missed a step?
 - What are the active ingredients of social prescribing
 - How do social connections benefit health? What is the impact of social prescribing?
 - How do we deliver sustainable services?
 - What role do volunteering organisations play in promoting social connectedness?

Open Access

Research

BMJ Open Social prescribing: less rhetoric and more reality. A systematic review of the evidence

Liz Bickerdike,¹ Alison Booth,² Paul M Wilson,³ Kate Farley,⁴ Kath Wright¹



Social connectedness matters

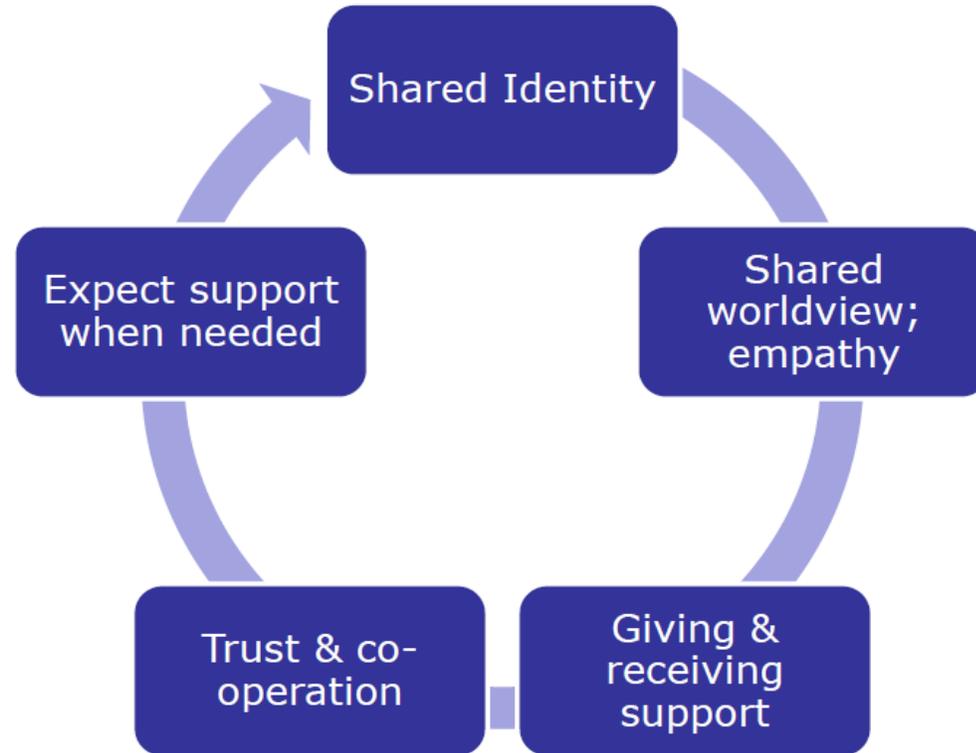
- If you are over 50 and join a social group then you cut your risk of developing depression by 24%. (Cruwys et al., 2013)
- With every group that you lose after retirement, your quality of life declines by 10% and your life expectancy reduces by 3%. (Steffens et al., 2016)
- “If you belong to no groups but decide to join one, you cut your risk of dying over the next year in half”(Putnam, 2000)

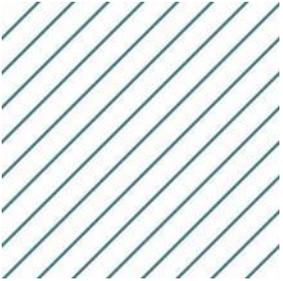
Social Identities & Social Groups

- Groups give us a sense of meaning, purpose and belonging; important source of support
- Groups motivate us to engage in behaviours that impact our health & well-being
- Most important: identify with these groups.
 - A large part of our sense of self ('who we think we are') derives from these group memberships –our sense of social identity –our sense of “us” and “we” (Tajfel & Turner, 1979).



“Virtuous Circle of Identification” (Sani, 2012)



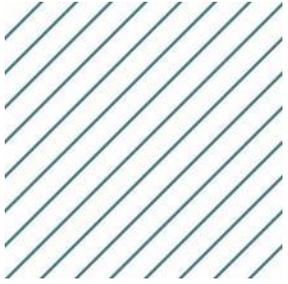


Social Identities Matter

Extract 2: [74; F]

I: And when you're volunteering do you feel like you belong in a group?

Mary: Yes usually and if I don't I don't continue volunteering, no. It, I've got to feel that this is a worthwhile use of my time, and if I feel that I don't belong, then...I would question why I'm there really, why I'm giving any time to it. I think it's being part of something good that's bigger than yourself, and if you don't feel part of it, then it's, you're not yeah. It's not really... don't know what it is really. Not volunteering really. You're just doing something you're interested in yourself if you're not part of something bigger.



Collective Effort, Collective Gain...

Extract 6 [M; 57]

Mark: Straight away you were feeling like you were helping people. And then the first live call-out, it's difficult to say, but it's an amazing experience, as us, for being operational volunteers, seeing the family gain, I'm not quite sure what the word is, it's just knowing that people are out there looking for you, and knowing that something is being done. Seeing the relief on the family's face when we turn up. There's sixty of us in the team. So, seeing sixty odd people turn up, with the walking and everything, going out looking for your missing loved one. It's quite a rewarding feeling.

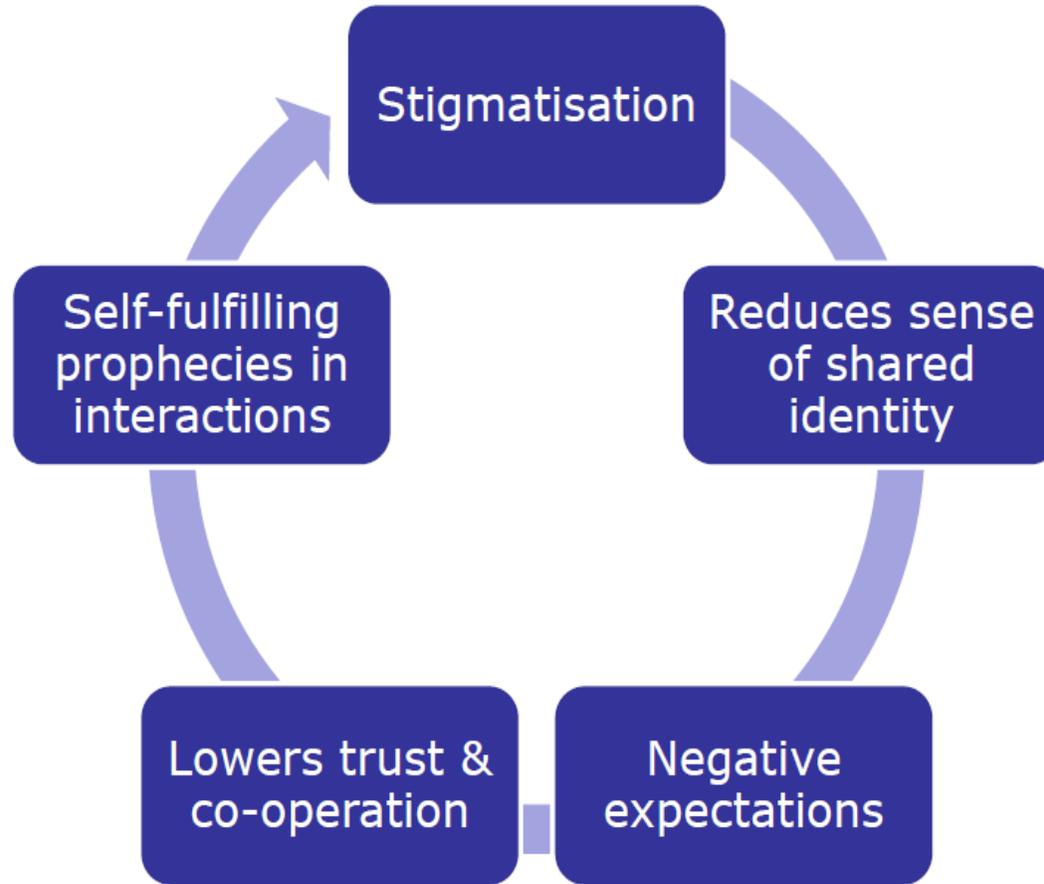


Social Psychology & Social Prescribing

- Advocate a groups-based approach
 - Social connections need to be meaningful; provide people with opportunities to build and create social identities,
 - Not just about putting people in activities; helping individuals to take charge of their social worlds
 - Role of volunteering here: volunteering provides a means of social reintegration – move away from social isolation; managing transitions.
- Groups are not *always* good for you



Stevenson et al. (2014) "Vicious circle" of disengagement



Workshop

- Reflect on your own experiences and issues with social prescribing around three themes:
 1. Quality
 2. Impact
 3. Sustainability
- Each table will focus on one theme
- Highlight a couple of points from each table in the feedback session

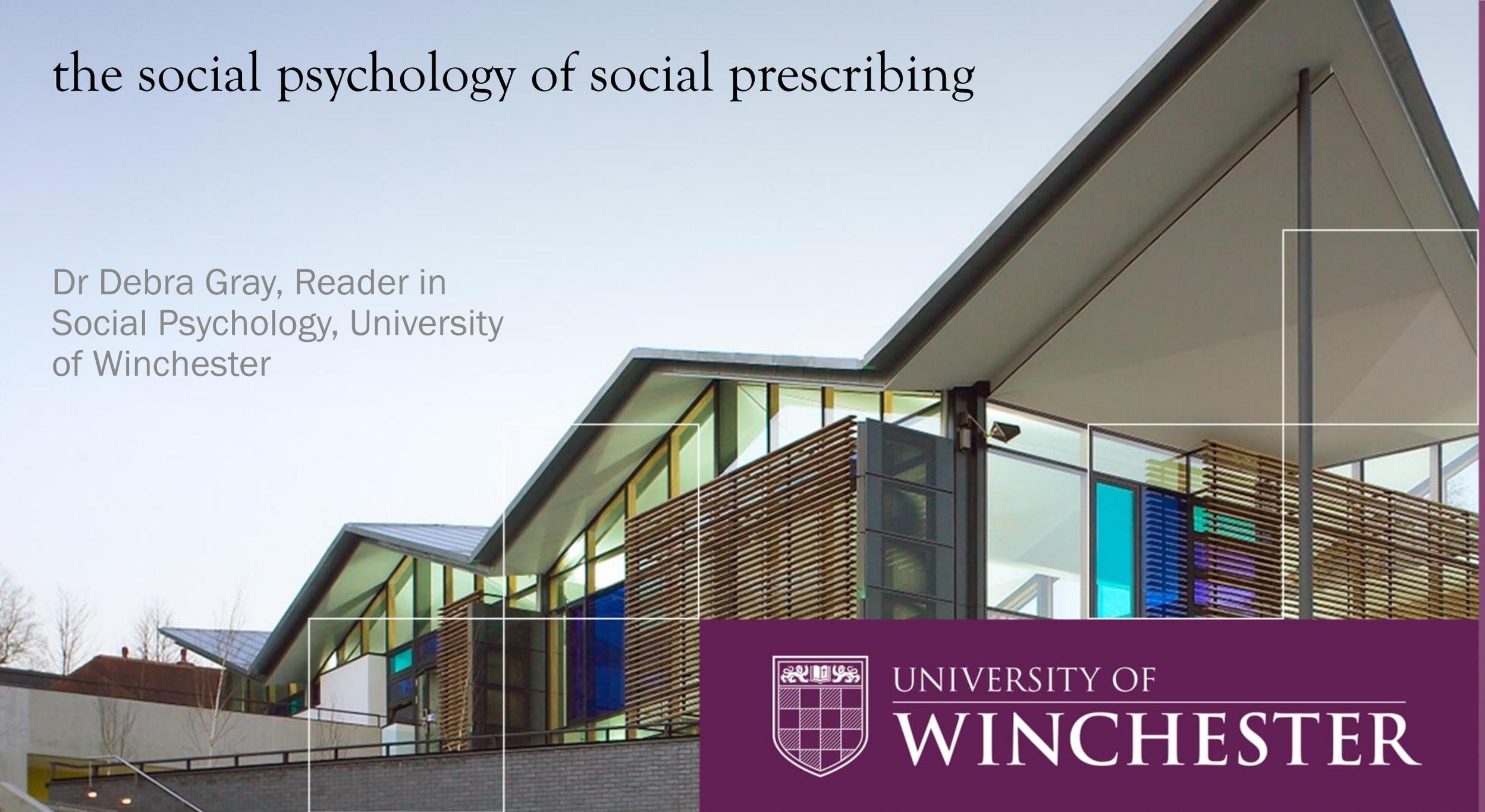
Seminar Series



- <https://spsocpres.wixsite.com/spsocpres>
- 8th of April 2019: Building sustainable social prescribing through volunteering.

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