

Hants & IoW Social Prescribing Network Conference

Keynote Speaker & Presenters

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Siân Brand (*Co-Chair, National Social Prescribing Network*)

Siân, is the Co-Chair of the National Social Prescribing Steering Group and a freelance consultant who between 2018 – 2022 supported the East of England Regional NHS Social Prescribing in the development and embedding of evidence based, high quality and safe social prescribing. She is also a national social prescribing Level 3 tutor. Siân is passionate about asset-based approaches to community health and well-being and driving culture change to support people to achieve good health & well-being.

Siân has facilitated the development of whole system collaborative models of social prescribing across the country as well as supporting development of key national guidance for social prescribing, including the national competency framework and supervision support for Link Workers.

Siân worked for 15 years in local NHS commissioning, rooted in public health. During this time, she has acquired local expertise and knowledge in the voluntary and community sector. Siân's career golden thread is developing partnership working and collaboration across local systems. Siân is trained in quality improvement methodology and uses these skills to support transformational change in organisations.

Siân lives in Essex and enjoys walking in nature, qigong, yoga and photography and has recently qualified as an accredited health coach. Siân lives in Essex with her husband and teenage children and enjoys travel and photography.



Tim Houghton (*Chief Executive, Community First*)

Tim has more than 20 years' experience in leading and managing not for profit organisations in Hampshire and London with a background in community development and working in disadvantaged communities.

Tim is now championing the crucial role that charities and voluntary organisations play alongside statutory bodies and business, to promote and improve a community's health and wellbeing, economic prosperity and social inclusion.

Tim is particularly passionate about Social Prescribing and works collaboratively via the Hants & IoW Social Prescribing Network, other strategic and local health & wellbeing forums countywide - to promote, influence and develop this increasingly important cross-sector agenda.



Anne-Marie Morrison (*Health and Wellbeing Manager,
National Association for Voluntary and Community
Action*)

Anne-Marie joined NAVCA in January 2022, supporting Social Prescribing in the VCSE sector by further enhancing collaboration between NAVCA, NASP and other stakeholders and by supporting NAVCA members to be engaged in the Social Prescribing landscape.

Having worked in the VCSE sector for over 18 years, Anne-Marie has worked on a range of programmes addressing Health Inequalities, most recently as Deputy Programme Manager for Living Well Sefton, within Sefton CVS, which included managing the Social Prescribing team. Anne-Marie was also the NHS England Regional Learning Coordinator for Social Prescribing in the North West. As a longstanding volunteer for 2 local organisations, Anne-Marie is supporting work to improve access to food for communities and this also helps her to keep connected to the great work going on in the local VCSE.



Lena Samuels (*Chair, Hampshire & Isle of Wight
Integrated Care Board*)

Lena is the Chair of the Hampshire and Isle of Wight Integrated Care Board. She began her tenure as Chair of the Hampshire and Isle of Wight Sustainability and Transformation Partnership in January 2019 and subsequently supported the development of the Integrated Care System as Chair.



Lena began her career as a lecturer in further and higher education and managed a training centre in London for young people at risk of exclusion. Lena has held a number of leadership roles across Hampshire and the Isle of Wight including as a non-executive director with University Hospital Southampton and an associate non-executive director with Isle of Wight NHS Trust. She has also chaired the NHS South East Regional People Board. From 2017 to 2022, Lena was Chair of South Central Ambulance Service.

She currently runs a company which has provided communications and training in leadership, human rights and child protection on behalf of organisations such as the National Crime Agency, UNICEF and UN Women. In addition, Lena is a Deputy Lieutenant at Hampshire Lieutenancy.

Joshua Ryan (*Head of Thriving Communities,
National Academy of Social Prescribing*)

Joshua Ryan is the Head of the Thriving Communities programme at The National Academy of Social Prescribing. An advocate for community led solutions to health and wellbeing, he has worked in the third sector for over 15 years, including positions in fundraising and international development.



Workshop Leads

Workshop 1 - Tackling Health Inequalities:

Fran White (*NHS England Regional Facilitator for Social Prescribing and Strategic Lead for Partnerships, Strategy & Transformation Team, Hampshire & IoW Integrated Care Board*)

Fran White is currently the NHS England Regional Facilitator for Social Prescribing and is the Strategic Partnership Lead for the Hampshire and Isle of Wight Integrated Care Board. Fran started her career in the NHS on the NHS Management Training scheme in the general management stream.

Whilst on the scheme she was a project manager within the Children's Division for Southern Health Foundation Trust and then worked in Hampshire Hospitals Foundation Trust in the Trauma and Orthopaedics department. After the scheme Fran joined the North East Hampshire and Farnham Vanguard as a project manager and supported with the set-up of the programme and the establishment of the Integrated Care Teams.

Fran then spent 2 years in London working across the capital on Children and Young People's health; leading on Urgent and Emergency Care, Learning disabilities and digital healthcare solutions, before joining West Hampshire CCG as a senior commissioning manager in Out of hospital transformations supporting the set up of PCNs. She went on to work on the Hampshire and Isle of Wight STP as a programme manager. Fran graduated from the University of St Andrews in 2013 with a Masters in French and Russian with Linguistics. In her spare time, Fran is a Brownie and Ranger Leader and an active member of Portsmouth Pride.



Esther Watts (*South-East Regional Lead for Social Prescribing, National Academy for Social Prescribing*)

Esther Watts, has experience in both local and national VCSE organisations. She is the South East Regional lead for the National Academy for social prescribing. She works to support the voluntary, community, faith and social enterprise sector to engage in social prescribing.

Esther runs a learning programme called Learning Together. She also works with organisations delivering social prescribing in their local communities and the local voluntary and community sector organisations providing the activity, which social prescribers need to refer to, as well as listening to the needs of link workers and strategic partners. In addition, Esther publishes a monthly newsletter with information, opportunities to learn and fundraising information.



Workshop 2 - Social Prescribing and Health & Wellbeing - Impact and Evaluation:

Dr. Andrew Sibley (*Evaluation Programme Manager at Wessex Academic Health Science Network*)

Andrew undertook his PhD at the Centre for Innovation and Leadership, Faculty of Health Sciences, University of Southampton. He spent 13 years working on health services research studies in the University sector.

He has worked in a range of nursing, medicine, and psychology departments in Southampton and London. Andrew's main research interests are long-term conditions, in particular medication use in diabetes care, implementation science, and evaluating new care models. Before joining Wessex AHSN, Andrew worked as a researcher for the Isle of Wight Vanguard/New Care Models programme. He was involved in the evaluation of a range of initiatives that sought to transform community (e.g. care navigation) and acute services. As a programme manager at Wessex AHSN, Andrew works on a range of national and local evaluations and provides qualitative and implementation science expertise to the Insight team.

Dr Ruth Barker, *Evaluation Programme Co-ordinator, Wessex Academic Health Science Network*

Ruth joined Wessex AHSN in April 2021. She has 11 years' clinical experience working as a physiotherapist within the national health service, having qualified with a BSc (Hons) degree in Physiotherapy in 2011. Before joining Wessex AHSN, she obtained NIHR funding for MRes in Clinical Research from St George's, University of London in 2014, and NIHR funding for a Clinical Doctoral Research Fellowship at the National Heart and Lung Institute, Imperial College London in 2018.

Ruth has previously been involved in studies using mixed methods approaches and co-design principles, with her most recent work having an emphasis on stakeholder acceptability and model of care feasibility. Since joining the AHSN, her focus has been on application of her skills for real-world evaluations and implementation of innovation.

Workshop 3 - Sources of Social Prescribing and Health & Wellbeing Funding

Rob Stead (*Commissioning Manager, Hampshire County Council*)

Rob Stead has worked for Hampshire County Council in the role of Grant Support Officer for the past 5 years, having the privilege of supporting over 200 organisations seeking funding for their projects.

With a number of grant opportunities available Rob looks forward to discussing potential projects and helping to make them a reality.



Emma Dovener (*Programme Manager, Children & Young People, Energise Me*)

Emma Dovener is the Programme Manager for Children and Young People at Energise Me. She is passionate about enabling young people to improve their health and happiness. To date, she has supported over 60 clubs and community groups to create opportunities for young people to become active through Energise YOUTH.

Since 2020, Emma has also worked with Sport England and local colleagues to coordinate Investing in Communities. The programme aims to reduce inequalities in physical activity and sport across Hampshire and the Isle of Wight. It supports those most affected by COVID-19 and the cost of living crisis to be active in ways that suit them. Emma has recently discovered a love of wild swimming and wants to help others find joy in physical activity.



HANTS & IOW SOCIAL PRESCRIBING NETWORK MEMBER PRESENTERS

NHSE Social Prescriber

Stacie Gofton (Social Prescribing Link Worker, Havant & Waterlooville Primary Care Network)

Stacie Gofton is a Social Prescriber in the Havant and Waterlooville Primary Care Network. She has worked in the Integrated Patient Support Team for nearly 2 years and prior to this, Stacie worked in patient-facing roles within a hospital environment.

Home and Well

Rob Thompson (*Advice Services Manager, Citizens Advice Portsmouth*)

Rob Thompson is the Generalist Advice Manager at Citizens Advice Portsmouth. He supports a number of teams including the Portsmouth Home & Well team, Help to Claim team, and several other small teams available for the residents of Portsmouth.

Rob has worked for the Citizens Advice service for around 8 years, joining Citizens Advice Portsmouth in January 2019, following a brief stint as a primary school teacher. Previously, Rob has provided frontline advice in several areas, including pension guidance, carers, and right to buy leaseholders.

Regeneration - Energise Me

Helen Fisher (*Head of Health and Strategy, Energise Me*)

Helen Fisher is the Head of Health & Strategy at Energise Me, the lead charity for physical activity across Hampshire & IOW. She works with a variety of organisations to embed physical activity into the local health system to help reduce the risk of illness and disease.

She has also led the work to coordinate the We Can Be Active strategy – a call for everyone to join forces to make it easier to be active. Prior to joining Energise Me, Helen worked on the London 2012 Olympics Legacy as the West London Legacy Manager. She has also worked as a team manager for the England Netball team.



Sarah Shameti (*Youth Service Lead, University Hospital Southampton*)

Sarah Shameti is the PEEER Youth Service Lead at Southampton Children's Hospital, a service which supports young people aged 11-25 living with a long-term health condition. The acronym stands for Patient Empowerment, self-Esteem, Employability and Resilience, and reflects the aims the service strives to provide for young people.

Sarah has worked within the Youth sector for over 20 years. Her step into health was as a manager at Self-Management UK, supporting the development of Young person focused programmes, recognising that positive health choices start in childhood, and learning about this can be fun! Sarah is also a trained ballet/contemporary dancer and whilst no longer performing still believes a good dance around the lounge is a great for the soul!

Pre-Conference Mindfulness

Charlotte O'Hare (*Qualified and registered Meditation Teacher with the British School of Meditation - DIPBSOM.*)

Charlotte O'Hare teaches Meditation, Mindfulness and Breathwork. Within her teaching, Charlotte incorporates light, sound, movement, mantra, chanting and visualisation. Meditation is not 'one size fits all', we are all unique! She aims to help students develop an individual regular practise and reap the holistic benefits relating to mental, emotional, physical and behavioural wellbeing.

