

# The New Generation of Social Prescribing



Sarah Shameti (Youth Worker) and Fern Symonds (Young Person)

# Impact of living with a long term health condition



- Depression
- Anxiety
- Educational difficulties
- Relationship issues
- Low self esteem
- Social isolation, family dependency
- Professional restriction

*Kidney M Iorga 2013*  
*Epilepsy R Rodenburg 2011*  
*Diabetes S Khandelwal 2016*

# PEEER Youth Service

11 – 25 years



- PEEER Events
- Duke of Edinburgh Award
- ASDAN – nationally approved accreditations
- Peer support
- Youth club
- 1:1 support and advocacy
- Transitional support
- Social prescribing not prescribed!
- Art therapy
- Patient voices for service improvement
- Community partnership projects

# Social Prescribing

The provision of a supportive pathway to accessing community activities and connecting with others to improve emotional or physical health



# RE generation.

Ready  
Steady Go  
programme

PEER  
project



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ARTS COUNCIL  
ENGLAND



Money &  
Pensions  
Service



NHS CHARITIES  
TOGETHER





# REgeneration.



- Professional referrals and Self referrals into service – increased accessibility for young people
- Social Prescribing....Not prescribed
- Support...Support.....Support

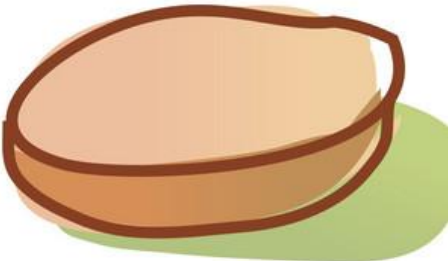
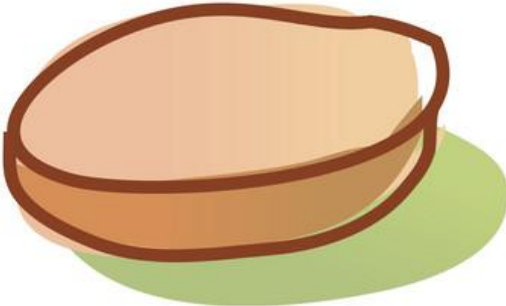
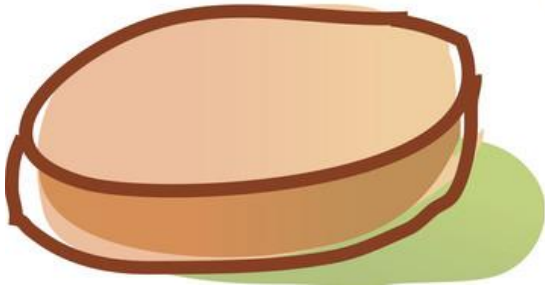


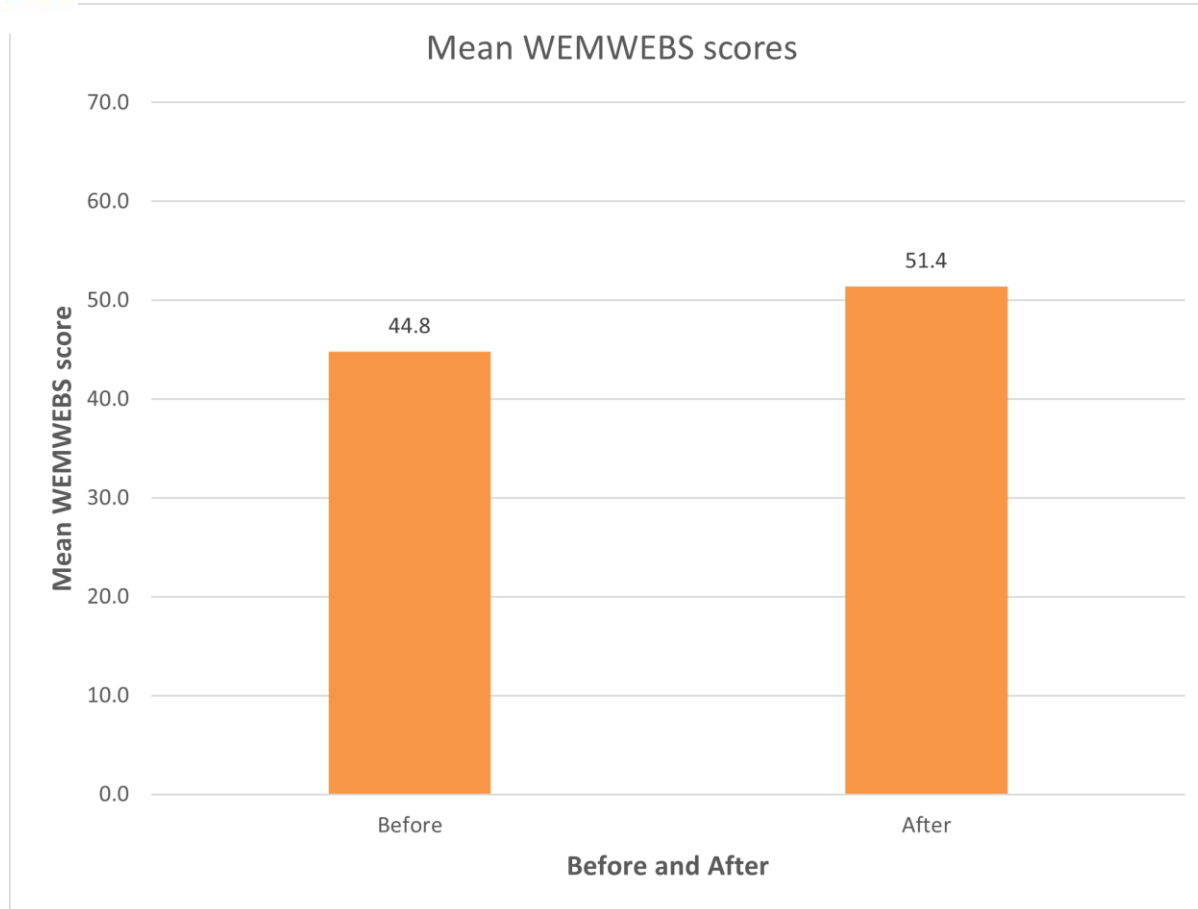


Independent engagement  
Increased accountability  
Improved health outcomes

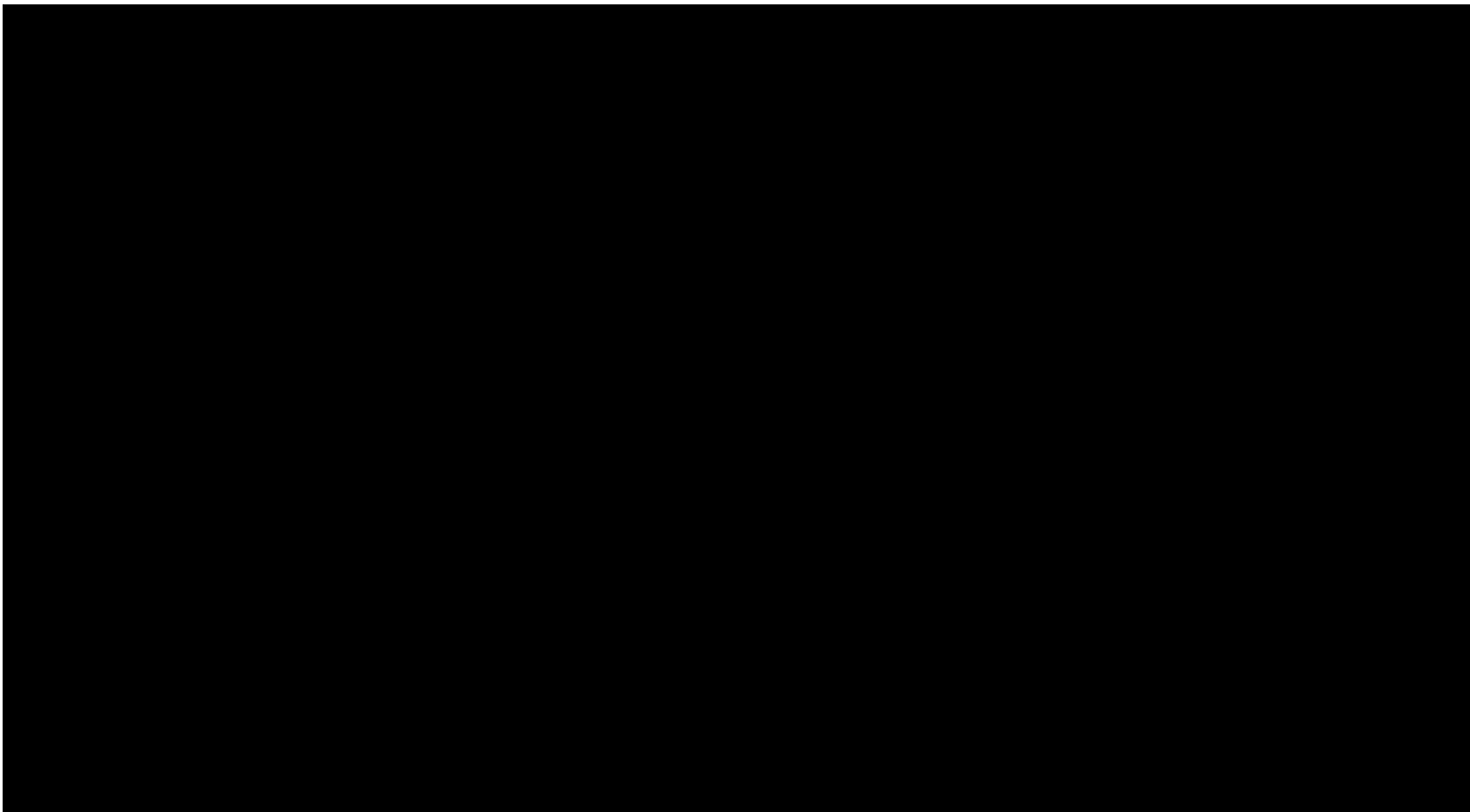
Want to progress  
Feel supported  
Increase familiarity

Try a new activity  
Meet others  
Want to do more









everyone  
ACTIVE

Energise  
Me

Ready  
Steady Go  
programme

PEER  
project





RE generation.

# ANNUAL REPORT

2021-2022



SOUTHAMPTON  
Children's Hospital

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[www.readysteadygo.net/peerevents](http://www.readysteadygo.net/peerevents)

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