



National  
Academy  
for Social  
Prescribing

ROYAL  
VOLUNTARY  
SERVICE

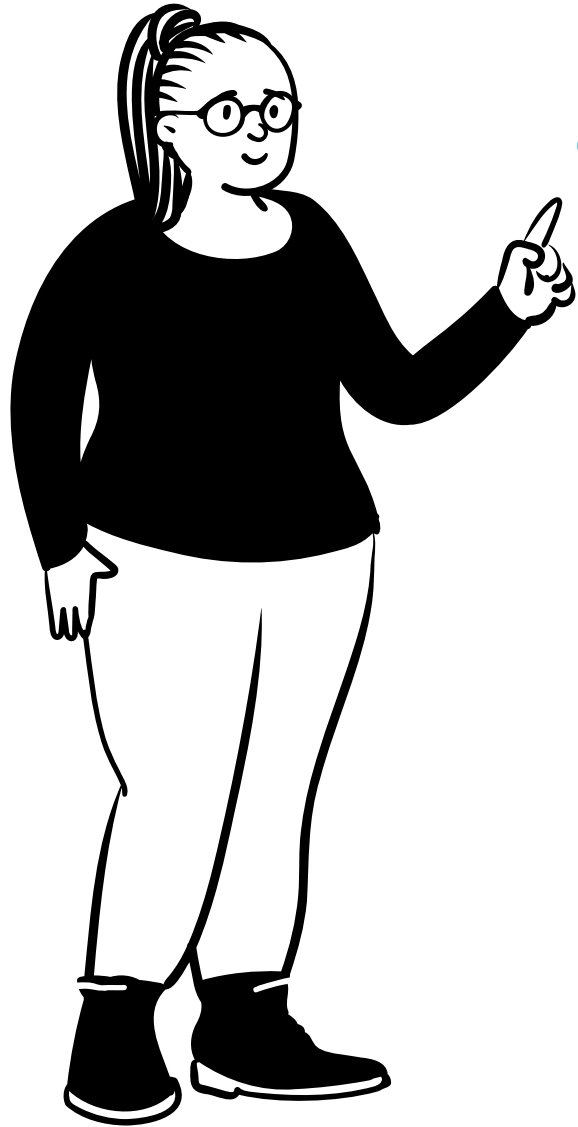


# **Volunteering for wellbeing**

*connecting to social prescribing*



- Please note we are **recording** this webinar
- Please use the chat for introducing yourself and networking
- There will be a **Q&A session** at the end
- Please submit questions via the chat
- Please stay on **mute** and **camera off**
- We will send the presentations to you afterwards



# accessibility

- Closed Captions are available – turn these on at the bottom of your screen
- BSL interpretation is available – the interpreters will be spotlit for everyone

# Today we will be hearing from

**Dr Allison Smith**

Head of Research & Insight, Royal Voluntary Service

**Ingrid Abreu Scherer**

Head of Accelerating Innovation at NASP

**Gethyn Williams**

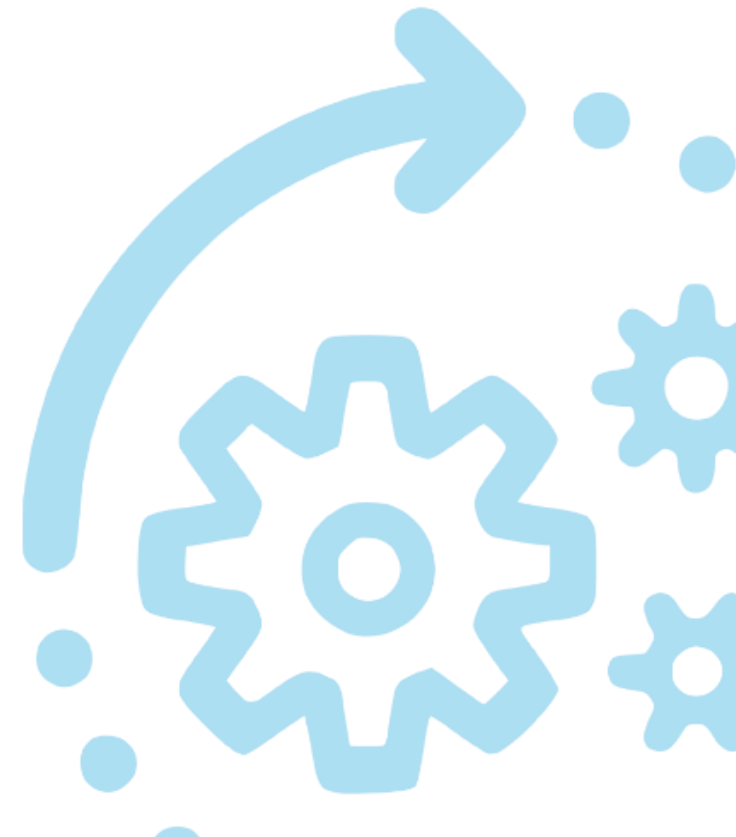
Volunteering Strategist & non-profit specialist

**Amanda Chambers**

Green Social Prescribing Programme Manager at Nottingham CVS

**Megan Pettit**

Volunteer Co-ordinator, Barnardos Cumbria

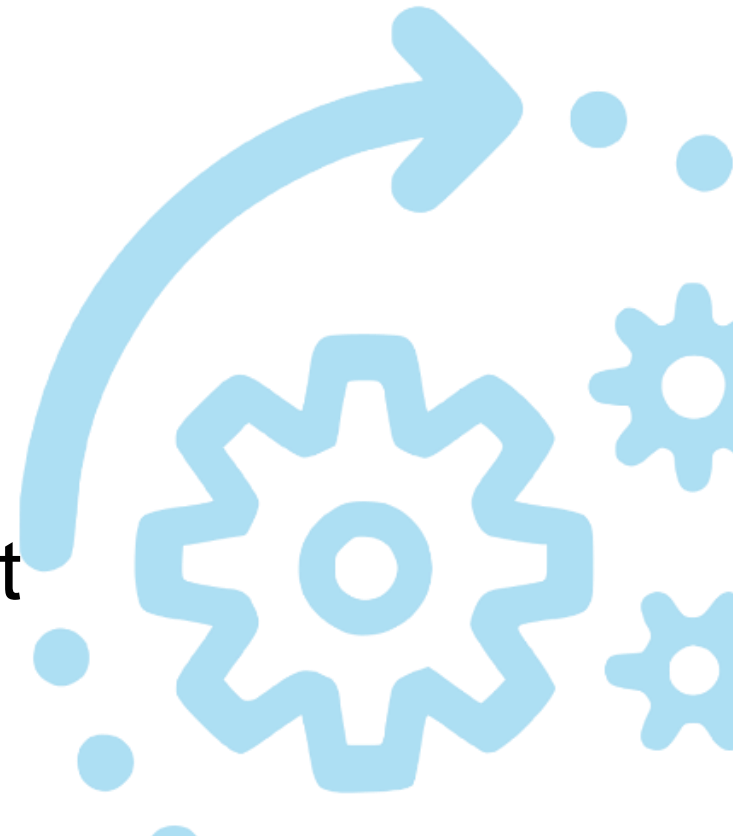


**Ingrid Abreu Scherer**

Head of Accelerating Innovation at NASP

**Gethyn Williams**

Volunteering strategist & non-profit specialist





- Practical guide with tips, recommendations and case studies
- Slides and graphics to help make your case
- Resources and tools from across the UK

<https://socialprescribingacademy.org.uk/our-work/accelerating-innovation/volunteering-for-wellbeing-guide>

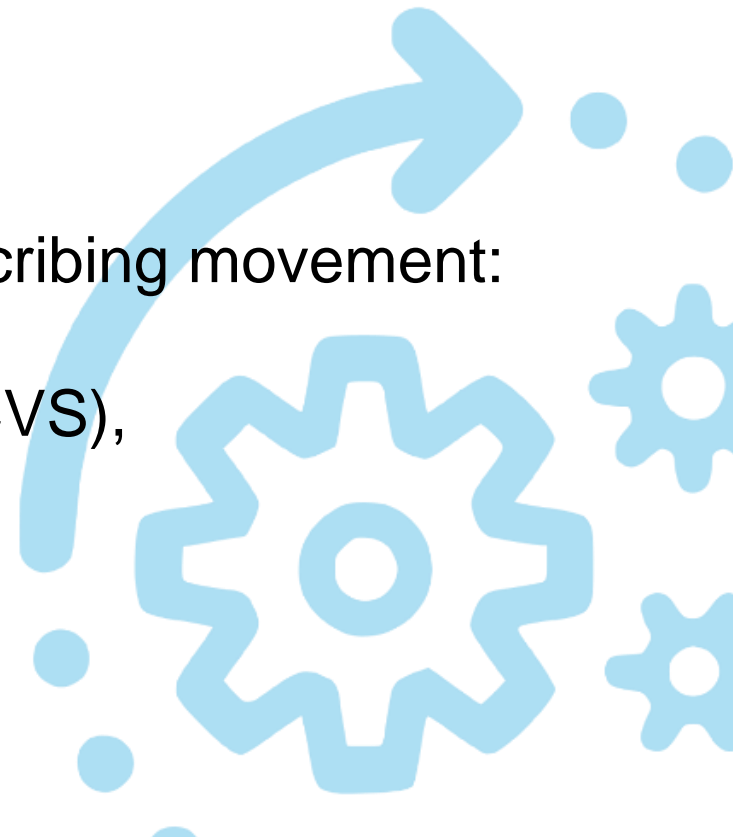
# Who is the guide for?

- Any organisation that working with volunteers
- Who wants to support volunteer health and wellbeing
- Understand how volunteers coming through social prescribing routes can be included

# How did we put it together?

Advice and input from practitioners across the social prescribing movement:

- local and national charities,
- volunteer centres and councils for voluntary services (CVS),
- link workers,
- volunteer managers,
- and volunteers





# Volunteering and wellbeing

- Volunteering is associated with improved **wellbeing**, increased **happiness**, easing of **depression and anxiety**, less **loneliness**, better physical health
- Can have a **buffering** role for those going through life transitions like bereavement and retirement
- **Older people, unemployed** and those with **chronic ill health** gain more from volunteering than others – but face bigger barriers to involvement
- Wellbeing is only associated if the volunteering experience is good. Feeling **burnt out** and **unappreciated** is a risk to wellbeing





# Routes to volunteering



**Direct Contact**  
with charity or  
community group

**Friends, Family,  
Connectors**

**Link Worker or  
Social Prescriber**



Volunteering,  
mutual aid and  
social action

**Activities  
and groups**

Volunteering, mutual  
aid and social action



Progression to  
volunteering

**1. Meet people where they are**



**2. Make it personal**



**3. Put wellbeing at the heart**



## 4. Build circles of support



## 5. Make it social



**6. Remember it's a journey**



**7. If you treasure it, measure it**





# 7 steps to wellbeing through volunteering

1. Meet people where they are
2. Make it personal
3. Put wellbeing at the heart
4. Build circles of support
5. Make it social
6. Remember it's a journey
7. If you treasure it, measure it



National  
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in partnership with NHS England  
and NHS Improvement

# What happens next?

- Take the guide and test it out,
- Check it against your own experience and that of your volunteers,
- Let us know what you think!

Send us your feedback, suggestions, stories and resources:

<https://forms.office.com/r/aJkds1iCFC>



**Amanda Chambers,**  
Green Social Prescribing Programme Manager  
Nottingham CVS







Integrated  
Care System  
Nottingham & Nottinghamshire

*GreenSpace, a two-year test and learn programme, aims to:*

- improve the mental health and wellbeing of communities, in particular those hardest hit by the Covid-19 pandemic and those experiencing the greatest health inequalities,*  
*by*
- connecting local people with nature-based activities and green community projects and initiatives in Nottingham and Nottinghamshire.*  
*and*
- embedding green social prescribing into local health systems as an intervention of choice*



**NHS**



# What is Green Social Prescribing?



Integrated  
Care System  
Nottingham & Nottinghamshire

Green social prescribing refers people to local, non-clinical, nature-based activities to help improve their physical and mental health.



## SPECIALIST

For people with multiple + complex mental health needs  
Framework's Nature in Mind



## TARGETED

Referrals through Social Prescribing Link Workers, Community Connectors, Health Professionals and Mental Health services

Activities provided by network of Trusted Green Providers



## UNIVERSAL

Self-referral  
Raising awareness of nature connectedness and its benefits, local green assets and activities  
Signposting, marketing, encouraging pro-environmental behaviours such as Active Travel

*Sporty stuff like football or paddleboarding*

*Nature appreciation*

*Conservation work*

*Horticulture*

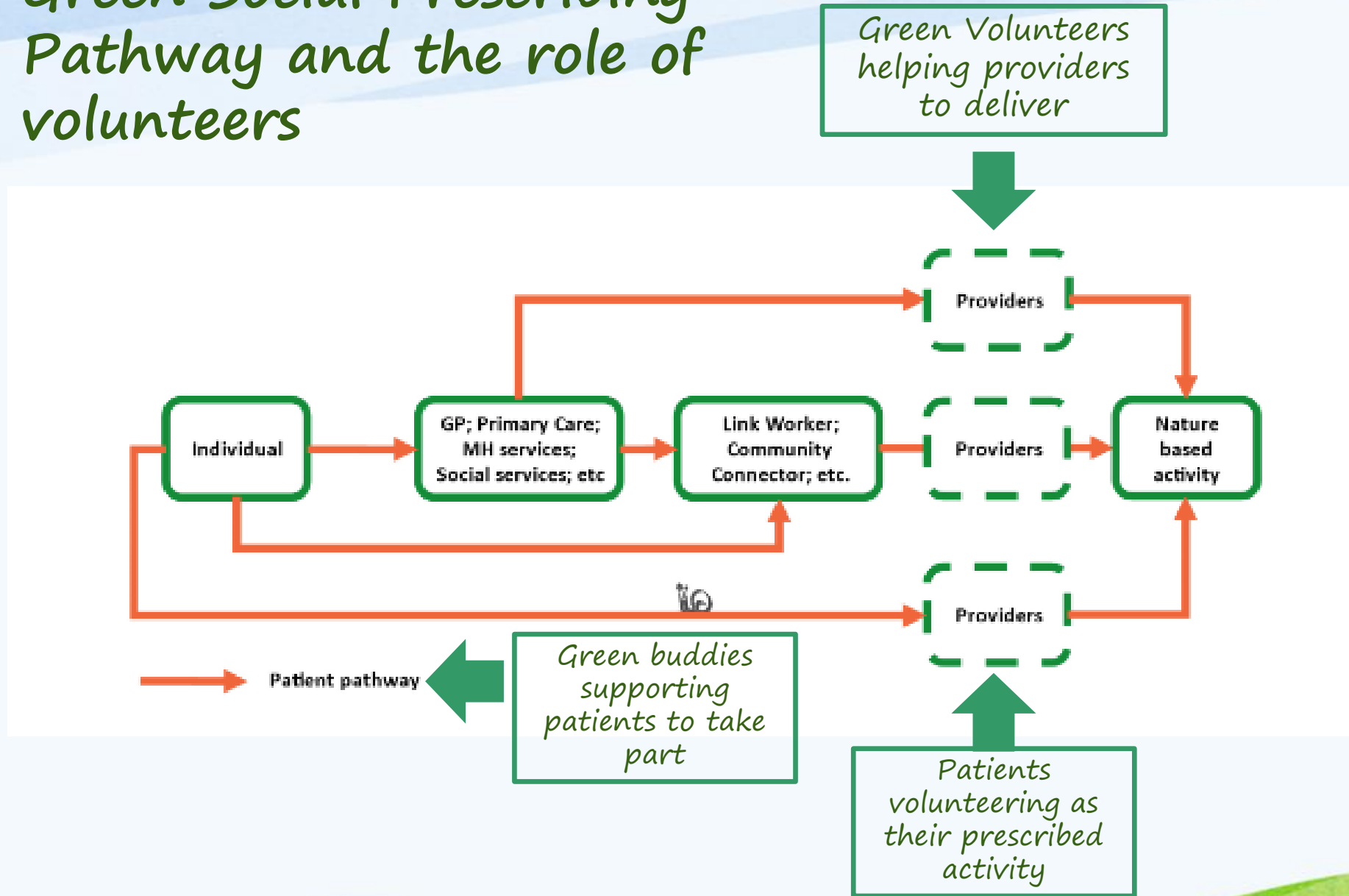
*Community gardening*

*Arts, photography, woodworking*

*Farming and environment activities*

*Walking + cycling*

# Green Social Prescribing Pathway and the role of volunteers



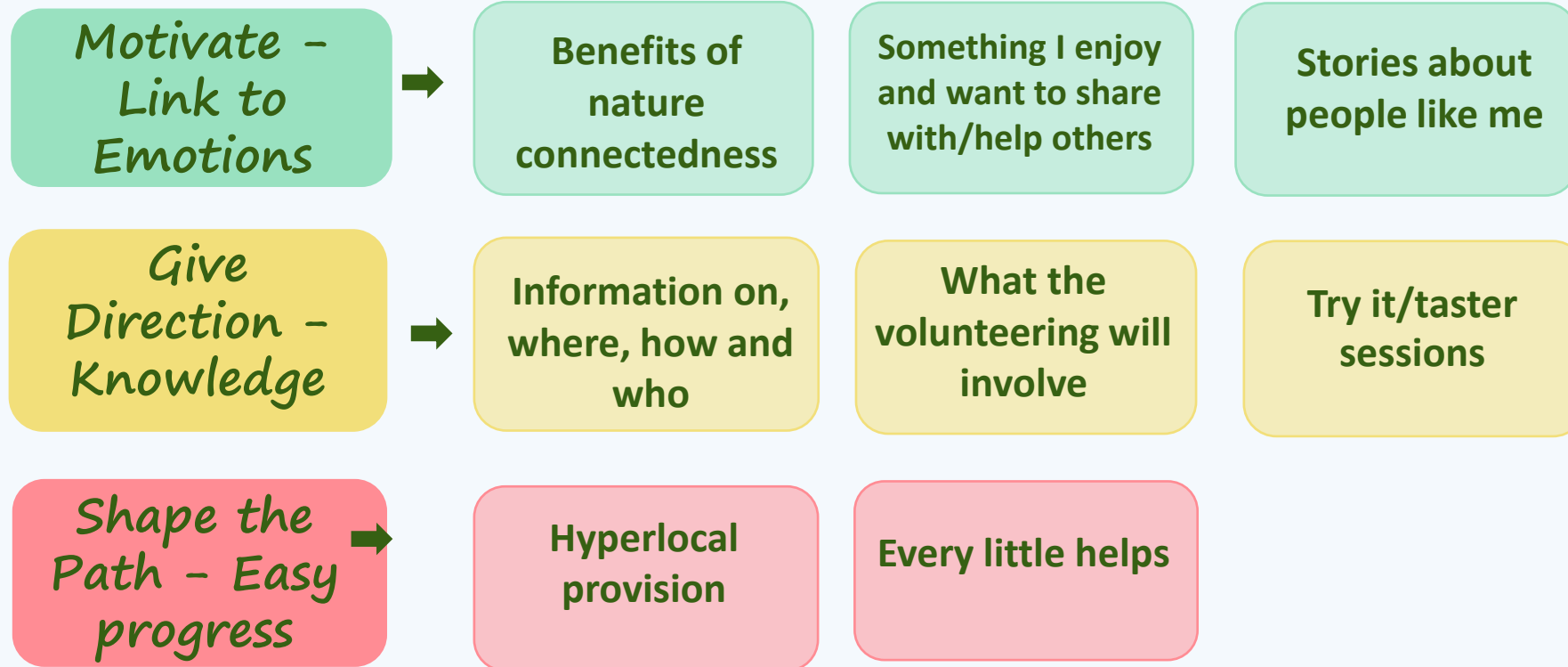
## Green Volunteers helping providers to deliver

- Heavily dependent on a volunteer workforce
- Designing, developing, funding, delivering and then evaluating their activities is a considerable task
- Short-term, low value and unpredictable funding streams
- Willing but worried
- All different levels of capacity
- Importance of local relationships between providers and SPLWs/prescribers
- Not mental health support workers



# Patients volunteering as their prescribed activity

Making it easy to for them to take part in green and nature-based activities





# Green buddies supporting patients to take part

**Making it easy for people to connect with nature, regardless of their personal situation and challenges.**

- Helping people to connect to and enjoy nature and outdoor activities
- Supporting individuals to increase their confidence and ability to enjoy engaging with nature
- Connecting and signposting people into local opportunities - pointing them in the right direction to where they can find out more.
- Helping someone with low levels of literacy to access a bus timetable to travel to an activity.
- Helping and supporting someone to take part, whether a walk in a park or joining in at a community garden.

No qualifications or experience needed – just a patient, empathetic and good listener personality.

Interest in nature but don't have to be an expert!

Who can help encourage the right behaviours?

Who can provide help, information or resources?

“Support for a patient would be a game-changer”



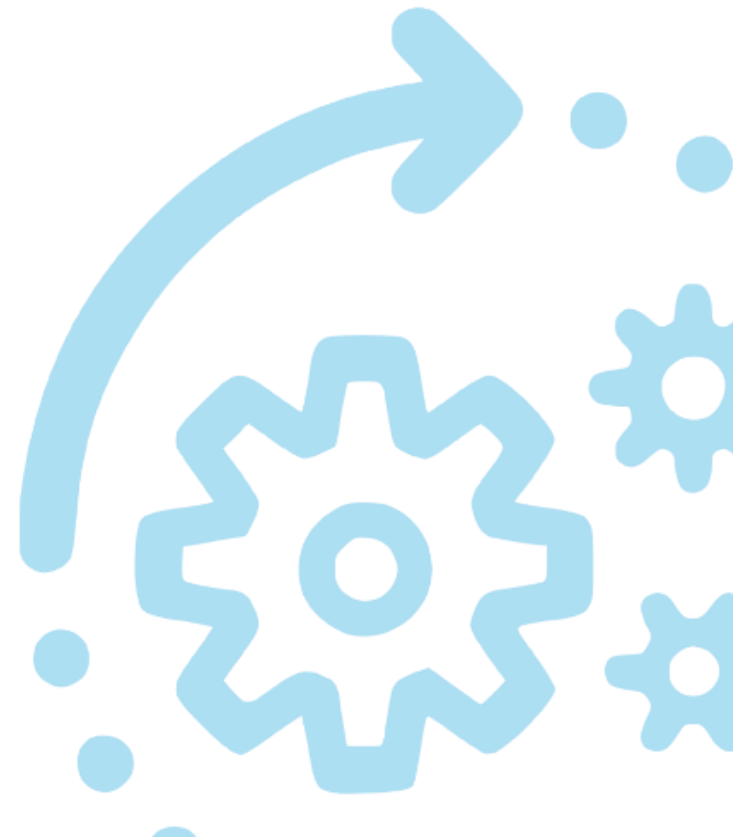
Integrated  
Care System  
Nottingham & Nottinghamshire

## *Some useful resources and links*

- GreenSpace webpages: <https://www.nottinghamcvs.co.uk/greenspace>
- Follow us on Facebook: GreenSpace Nottingham – NCVS  
<https://www.facebook.com/GreenSpace-Nottingham-NCVS-110566331566865/>
- Sign up to our GreenSpace e-bulletin - email: [greenspace@nottinghamcvs.co.uk](mailto:greenspace@nottinghamcvs.co.uk)
- Watch our video here about our partnership work with Nottinghamshire Healthcare Trust: <https://www.youtube.com/watch?v=cYpc-XJZiC4>
- New Nature Connection Handbook produced by The University of Derby  
<http://bit.ly/NatureConnectionHandbook>



**Megan Pettit,**  
Volunteer Co-ordinator  
at Barnardo's Cumbria



Believe in  
children



Barnardo's

**Megan Pettit**

**Northwest Mental Health and Trauma Services Delivery Platform**

**Volunteer Co-ordinator**

**Our Vision**, established by our founder Thomas Barnardo, is a world in which **no child is turned away** from the help they need.

We work towards this vision in partnership with others across all sectors, and we will continue this work for as long as there are children in need of support.



**Our Basis** was originally grounded in our Christian roots, and is now enriched and shared by people of many other faiths and no religious faith, reflecting the diversity of our society today.

**Our Values are:**

- Respecting the unique worth of every person
- Encouraging people to fulfil their potential
- Working with hope
- Exercising responsible stewardship





**Our 10 Year Strategy\*** has developed in recent years, informed by our work and adapted to the changing needs of children and young people. The Strategy lives today with a consistent goal of achieving **better outcomes for more children** by working to build:

**Stronger Families** • **Safer Childhoods** • **Positive Futures**

We have three **enablers** which we know are essential to supporting our people to achieve the aims of our Strategy. They should inform and enrich all our activities and ways of working.

We will be:

- **Digital & data-driven**
- **Equal, diverse & inclusive**
- **Committed to learning** – driven by the BU, Barnardo's corporate university.



# LINK



## Barnardo's Social Prescribing Service for children and young people in Cumbria

### About us

- **LINK** is a service for children and young people aged 5 to 19 in Cumbria.
- **LINK** works alongside GP practice teams in Eden, Keswick and Solway and Longtown and Brampton Primary Care Networks (PCN) to support children and young people with their emotional health and wellbeing.
- **LINK** is a personalised service – every child and young person works with a link worker to establish what is important to them as individuals and to find a solution that works for them.

### Why introduce this service?



The idea originated from GP practices as a 'non-medical' solution due to the increasing number of children and young people presenting with social worries and issues, so that young people experience and maintain improved emotional wellbeing.

### Our service aims



#### Support

LINK offers support, advice and guidance to children and young people and supports community assets to continue running and developing.



#### Motivate

LINK motivates children, young people and communities to be proactive for their own emotional health and wellbeing.



#### Inclusion

LINK is an inclusive service and works with a wide range of children and young people, ensuring the service is adapted to best meet needs.



#### Link

Fundamentally we will LINK children and young people with their local community, and with people who can offer wellbeing boosting support.



#### Empower

LINK empowers children and young people to be able to look after their own wellbeing, and recognise when they need more support.



## ANXIETY

was the main reason for referral, accounting for 46% of all referrals



Other primary reasons included:  
Emotional Wellbeing Support,  
Low Mood, Behaviour

50%

of referrals from  
**KESWICK & SOLWAY** were for  
**ANXIETY**

47%

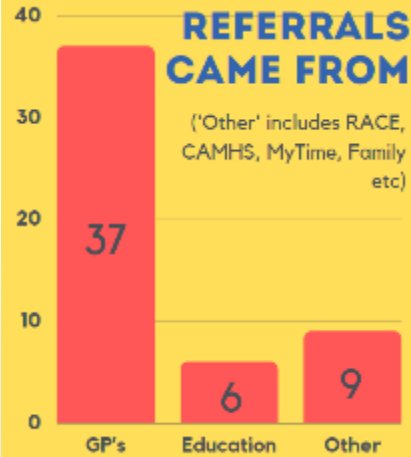
of referrals from  
**EDEN** were for **ANXIETY**

43%

of referrals from  
**LONGTOWN & BRAMPTON** were for  
**ANXIETY**

## REFERRALS CAME FROM

('Other' includes RACE,  
CAMHS, MyTime, Family  
etc)



Referral stats for

## CUMBRIA LINK SERVICE



January - March 2022

Out of a total of 52 new referrals,

LINK had...

3 out of 104 area

16

referrals from  
**KESWICK & SOLWAY**

100% accepted

19

referrals from  
**EDEN**

84% accepted

14

referrals from  
**LONGTOWN & BRAMPTON**

79% accepted

13 were accepted - referrals were allocated/referred

## FEEDBACK...

Feedback from parents :

"I take my hat off to you and Barnardo's, I think it is amazing that you go up to 19 as those young people often get forgotten about"

"You are such a valued support to the whole family, you really are making a big difference to [YP name]"

Feedback from young people:



"I found the support really good and having you there to talk to honestly meant the world. I feel so much better than I did from when you first came and I feel so much better with my mental health and my self in general - thank you so much for being there for me and helping me"

# NOTABLE ACHIEVEMENTS...



**Winner** of the Social Prescribing Network Award for the  
**Best Children and Young People Social Prescribing Project -**

Virtual Award Presented on 10 March 2022



I'm a  
**WINNER!**

Award for Best  
Children and Young  
People Social  
Prescribing Project

#LinkWorkerDay2022  
19 MAY

**FINALIST**

National Association of Link Workers

**Finalist** in the Social Prescribing

Employer of the Year category with the National Association of LINK  
Workers 18/19 May in London

**Nominated** in the Annual NHS Parliamentary Awards:  
The Excellence in Mental Health Care Award

(National shortlisting announced 13 June, Awards Ceremony 6 July)



# Volunteering

**Mentors**

**1 to 1  
Support**

**Co-  
facilitate  
groups**

**Co-  
production**

**Community  
Drop In's**

**Training**

**Career  
Progression**

**Peer  
Mentoring**

**Signposting**

# Looking After our Volunteers



The Wellness Action Plan (WAP) is a supportive tool that can be used by you (as a member of staff or volunteer) and your manager (on behalf of Barnardo's). It outlines steps we can take to support you and your mental health, while you are working or volunteering with us. This information will be held confidentially and regularly reviewed in partnership with you. You only need to tell us details about your health in relation to your job/role and the workplace as far as you feel comfortable. This plan is not legally binding, does not replace any formal procedures and will not be used as part of any recruitment/selection process, but it will help us to agree together, how to practically support you in your current job/role and address any health needs.

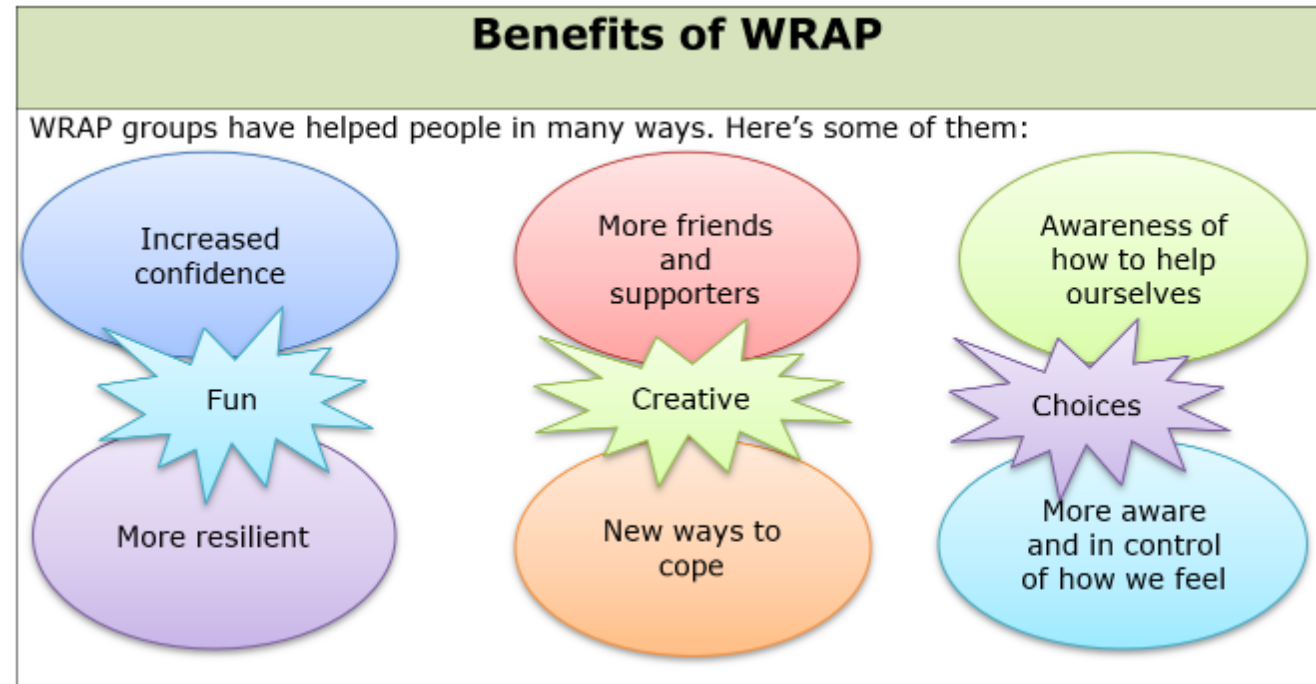


<b>Name:</b>	<input type="text"/>
<b>Job/Role:</b>	<input type="text"/>
<b>Base:</b>	<input type="text"/>
<b>Manager:</b>	<input type="text"/>
<b>In your own words, what helps you to stay mentally healthy while working/volunteering? What can you do to stay mentally healthy? What can your manager do to support this?</b> For <i>example</i> establishing positive sleeping and eating routines, taking a proper lunch break, keeping a 'to do' list, regular supervision <input type="text"/>	
<b>In your own words, how does stress/your mental health problem affect you? How might your symptoms impact on your tasks?</b> For <i>example</i> difficult to make decisions, difficult to prioritise workload, difficult to focus/concentrate, physical symptoms like headaches or sleeping problems <input type="text"/>	
<b>Can you describe in your own words any triggers for mental ill health and early warning signs that we might notice?</b> Triggers for example might be heavy workload, conflict, organisational change, something going wrong, criticism. Early warning signs might be changes in communication style, withdrawing from team banter, changes in normal working pattern (e.g. lateness, working longer hours) <input type="text"/>	

<b>What support or adjustments could we put in place to minimise triggers or support you to manage your symptoms while working/volunteering? Is there anything we should try to avoid doing?</b> For <i>example</i> extra catch up time with manager, help in prioritisation and identifying solutions, line manager to check in when they see early warning signs <input type="text"/>	
<b>If your health deteriorates, or we feel we have noticed early warning signs of distress, what should we do? Who can we contact?</b> Please include contact names and numbers. Think about scenarios where your health changes in a minor way and you are still able to work/volunteer. Think about what information you want shared with your colleagues/management. <input type="text"/>	
<b>What steps can you take? Is there anything we need to do to facilitate them?</b> For <i>example</i> taking time out and taking a sufficient lunch break as a minimum, asking for help, establishing positive sleeping and eating routines, exercise, regular reviews with GP, time off to attend appointments <input type="text"/>	
<b>Employee/Volunteer Signature:</b>	<input type="text"/>
<b>Date:</b>	<input type="text"/>
<b>Signature of Manager:</b>	<input type="text"/>

# Wellness Recovery Action Plan (WRAP)

<b>Wellness Tools</b>	<b>Daily Maintenance Plans</b>
<b>Triggers and Stressors</b>	<b>Early Warning Signs</b>
<b>Breaking Down &amp; Getting Worse</b>	<b>Getting Back on Track</b>



# Thank you

## Join us for our next events:

**Webinar – Take a breath with social prescribing**, 14th June, 3-4pm

<https://www.eventbrite.co.uk/e/nasp-webinar-take-a-breath-with-social-prescribing-tickets-345566016257>

**Housing workshop - Magnifying the voices of older people with housing and support needs**, 23rd June, 9.30am-11am

<https://www.eventbrite.co.uk/e/housing-workshop-3-magnifying-older-peoples-voices-housing-support-tickets-338763419507>

**Webinar - Health inequalities: Wellbeing through food**, 28th June, 09.30-10.30am

<https://www.eventbrite.co.uk/e/health-inequalities-wellbeing-through-food-tickets-338804542507>

More details and to catch up with previous sessions see our website:

[socialprescribingacademy.org.uk/thriving-communities-webinars](https://socialprescribingacademy.org.uk/thriving-communities-webinars)



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## Get in touch

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