HEALTH AND SPORT COMMITTEE

SOCIAL PRESCRIBING OF PHYSICAL ACTIVITY AND SPORT


1. Social prescribing for physical activity in my view would increase sustained participation by the bespoke way it can be introduced to each patient, knowing that one size does not fit all, this can be achieved by the social prescriber having a good knowledge of local classes and prices and even attending for first class.

2. The decision to send a patient to a group/class should be a joint effort by all care givers and I'm sure a referral form can be introduced at an early stage and then passed on to social prescriber.

3. Barriers to effective physical activity are many: cost, confidence, weight issues, cultural issues and fear of over activity.

4. Evaluation can be done by each prescriber having a questionnaire for the patient to be filled out in monthly and by telephone appointments and having a contact number so they can speak to a member of the team if needed.

5. This can be shared with other areas.