HEALTH AND SPORT COMMITTEE

SOCIAL PRESCRIBING OF PHYSICAL ACTIVITY AND SPORT

SUBMISSION FROM West Dunbartonshire Health and Social Care Partnership

1. To what extent does social prescribing for physical activity and sport increase sustained participation in physical activity and sport for health and wellbeing?

West Dunbartonshire Health and Social Care Partnership (WDHSCP) along with our Leisure and 3rd sector colleagues provide; GP Referral Scheme, Live Active and Vitality Plus. The Vitality Plus is for residents in our Care Home and those who attend our Day Centre. The first quarter results for Vitality Plus this year is encouraging, that we have already reached 66% of the full total number of attendees that attended in 2018. With 3 new Community Links Workers starting at the end of August 2019, we are anticipating that social prescribing for physical activity and sport will increase sustained participation in physical activity and sport for health and wellbeing in West Dunbartonshire.

2. Who should decide whether a social prescription for physical activity is the most appropriate intervention, based on what criteria? (e.g. GP other health professional, direct referral from Community Link Worker, self referral).

The final decision will be down to the individual, but there is a role for GPs, other Health Professionals, family and friends to encourage the individual/patient to participate in a physical activity. The Community Link Workers will also play a major role in referring those patients that frequently attend their GP to take up a sport or encourage engaging in a physical activity.

3. What are the barriers to effective social prescribing to sport and physical activity and how are they being overcome?

West Dunbartonshire has one of the highest percentage of their population living in the 20% most deprived areas in Scotland (SIMD) cost and transport would be a major barrier to effective social prescribing to sport and physical activity. There are many 3rd sector organisations in West Dunbartonshire who provide low cost or free access to physical activities, with WDHSCP working in partnership with our 3rd sector colleagues we need to make sure that this information is readily available to the individuals and to all those that refer people who use WDHSCP services to take part in physical activity.

4. How should social prescribing for physical activity and sport initiatives be monitored and evaluated?

- WDHSCP already collect data from the GP Referral Scheme, Live Active and Vitality Plus.
- With the new Community Link Workers starting at the end of August this will provide an opportunity to put in place processes to monitor and evaluate their role and this would include referrals to physical activity and sports initiatives.
• Working in partnership with our 3rd sector and Leisure colleagues there are some processes in place to collect data but there is so much going on we need to explore how we can collect this data to let us know what works and what doesn’t work.