

Strand four: Integration



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2018

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Eden on prescription – working with St Austell Healthcare Primary Care Home

Speakers: John Pope CBE, Chief Executive Officer, NAPC (session chair), Dr Stewart Smith, GP and St Austell Healthcare Primary Care Home Lead, St Austell Healthcare Primary Care Home, and Heidi Morgan, Eden on Prescription Manager, Eden Project



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eden project



Eden Project and St Austell PCH

Heidi Morgan, Eden on Prescription Manager, Eden Project
and Dr Stewart Smith, GP Partner, St Austell Healthcare
Primary Care Home



St Austell PCH

- Single Practice 32,000 patients
- High incidence of socioeconomic deprivation
- 4 practice merger in 2015.
- PCH Rapid Test-Site since December 2015.
- Primary Care redesign based on challenges and strengths in our population.
- Emphasis on addressing wider determinants of poor health
- Social Prescribing scheme with internal referral to navigator developed.
- Launch even at Eden with help from NAPC

St Austell Healthcare and Eden

- Our social prescribing scheme has shown:

40% reduction in GP appointment utilisation at 6 months (>1000 saved appointments each year)

87% of participants showing increased WEMBAS scores at 6 months

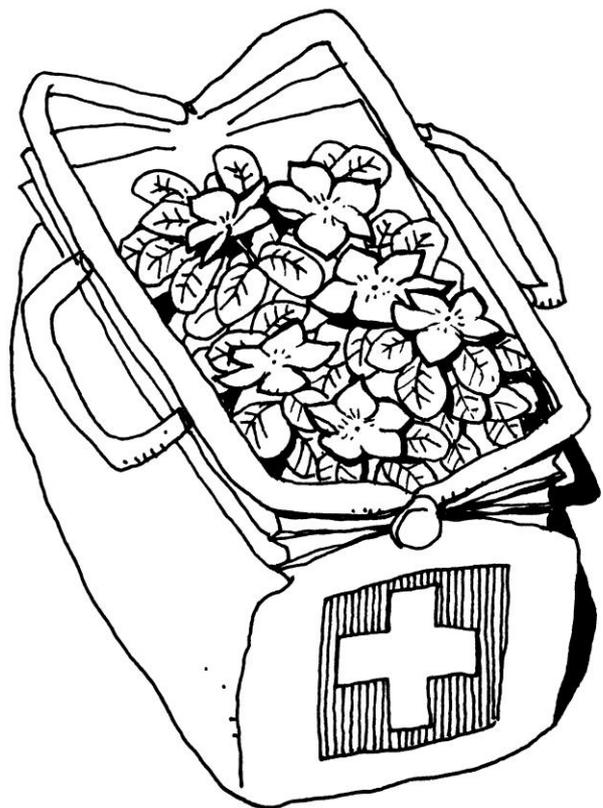
Statistically significant weight loss, reversal of diabetes and patients moving back in to employment.

- Our best results have been seen through our work with Eden.
- Working with Eden is good for our own 'branding'
- Eden and St Austell Healthcare have been involved in a successful bid to spread this work to 7 other PCH's in Cornwall.

The Eden Project



Eden on Prescription



2016 Eden received a grant from the Big Lottery to develop activities.

In September 2016 in partnership with St Austell Healthcare we launched a pilot programme called *Eden on Prescription*. This is a nature based social prescribing programme.

Eden Walking Groups



Weekly walking groups for people with COPD, diabetes and cardiac conditions.

We walk all over the Eden site with walks for different abilities.

All walks are volunteer led.

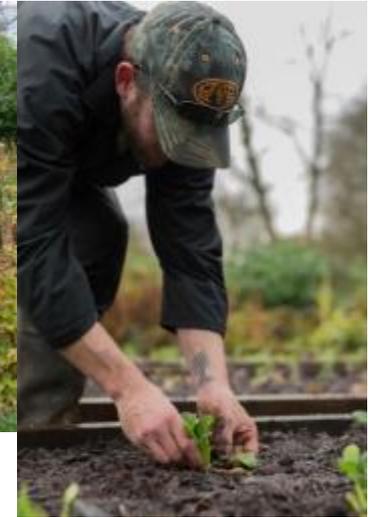
Eden Walk and Talk Lunch Club



Weekly walk and talk lunch club for local older people. Often older people find that there is nowhere for them to walk or no-one to walk with. Members do a short walk together and then have lunch.

Horticultural Therapy

Eden's Vounder Garden



Eden's horticultural therapy programme offers people with anxiety and depression the opportunity to develop a range of horticultural skills and aims to develop a sense of value and respect for the participants.

Physical benefits of gardening

Weeding, digging, hoeing, raking and planting, bending, stretching, sweeping.

Other benefits such as increased independence, ability to plan and adapt to issues and increase confidence and self worth are goals frequently met from the programme.

We are in the process of launching a programme for young people who are NEETs or have been excluded from school.



Is it helping? - Diabetes walking group

27 patients who have been part of the walks for at least 6 months have taken part in some research. At their 6 or 12 month review:

70% have reduced their HbA1C (blood sugar)

85% have reduced their BMI

7 have reduced their medication (3 of these have stopped)

Of these 70% we did some more extensive investigation with 10 people - of these 4 of them have reduced their blood sugar into the non diabetic range. The rest are heading it that direction.

Is it helping? - Horticultural Therapy

100% said that they feel more confident and they have a stronger feeling of self-worth.

100% have reported a restorative experience at the garden.

70% of people are now either working, in education or volunteering somewhere.

65% have reported to have felt less isolated.

Is it helping? - Lunch Club

- 90% of the group are feeling more interested in other people and taking an interest in new things.
- 75% of people are feeling more cheerful
- 70% of people are feeling better about themselves and closer to others.

This was internal research only**

Why is Eden engaging with social prescribing



Our mission is ‘Connecting people to each other and the living world, exploring how we can work towards a better future.’

Why is Eden engaging with social prescribing?

- Social prescribing allows us to fulfil our mission. We would like as many people as possible to be able to access the outdoors and engage with nature.
- Social prescribing gives people permission to access nature.
- We want to transform our greenspaces and inspire others to do the same.
- We would like to broaden the conversation around what is good and valuable in terms of health and well-being.
- We want to be part of the solution to the current health and wellbeing challenges.





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