



More Music



BAY YOUNG PERSONS SOCIAL PRESCRIBING

Annual Report 2023 - 2024



Introduction

The Young Person's Social Prescribing service has completed its second year. Established in May 2022 Bay Medical Group, through the PCN, delivers the service in partnership with Stanleys Community Centre and More Music demonstrating the positive impact and benefits of being place based.

Social prescribing can be life changing for many children and young people, allowing them to have a voice about what matters to them, access the things they enjoy and can give them a route to achieve their ambitions. The greater choice and control that social prescribing brings also empowers them to make positive decisions, build confidence, nurture aspiration and increase self-esteem.

Wider family Approach

Whilst the principles of delivering social prescribing to children and young people are the same as for adults, the methods of working with them are often very different. To effectively work with children and young people it is important to understand that they may face a range of complex challenges including in their family setting, or as a result of their wider health, educational, work or social context. Early intervention is important - having a sense of belonging, autonomy, safety, building social relationships and receiving social support in relation to wellbeing. Often children and young people's needs are linked to wider family needs, or are a response to the needs of the adults they live with. Whilst working with individual children and young people it is helpful to work with the whole family, and with adult social prescribers and other colleagues supporting parents/ guardians. The affect of domestic violence, abuse and other negative family issues on the Children and Young People, who may otherwise go 'unseen'.

“75% of mental health problems are established by the age of 24”



Social prescribing, including community-based arts on prescription, can impact wellbeing and self-efficacy, and alleviate pressure on NHS and mental health services

Meet the Young People's Social Prescribers



Stanleys Community Centre

Lukas (Stanleys YPSP) has worked with young people for 16 years in local schools, colleges and youth settings and has been a young person's social prescriber for two years. He has a BA honours in Sports Coaching and is a mental health first aider.

Stanleys Community Centre was set up by local people to meet the needs of the community in 2018 and reached charitable status in 2019.

Our mission is that at the heart of our community (the West End), Stanleys listens, encourages, connects and supports local people enabling them to reach their full potential through both personal and collective growth.

Our vision is that all residents (particularly those experiencing challenges caused by social inequality) enjoy a high quality of life, can achieve their economic, social and educational goals, and feel part of a strong, prosperous and caring local community.

We work predominantly with young people between the ages of 11 and 24. Our busy programme offers young people the time space to make new friends, learn new skills and get involved in social action. Young people are involved in the planning delivery and evaluation of all sessions.

We are currently supporting 3 of our team (all under the age of 25) to gain a level 6 youth degree at UCLAN through a 30 hour per week apprenticeship. During the year we support students from schools, colleges and University with work experience placements. We hope that this will inspire some of the young people we support to follow a career in youth work.

More Music

Maxine (YPSP for More Music) grew up in Morecambe's West End, she has worked at More Music for more than 18 years and directly with the organisation's youth programme since 2016. She is a safeguarding lead and mental health first aider.

More Music is a community music and education charity based in Morecambe, in Lancashire, delivering a year-round programme of creative workshops, events, targeted projects, music tuition and group activities. We are a ground-breaking organisation forever considering our role in the service of arts, culture and community.

Established in 1993 More Music's home is a former music hall in the West End of Morecambe; this building is now equipped with multi-purpose studios, meeting rooms and performance spaces.

More Music's work reaches over 30,000 people annually, both in the local area and through its schools and community programmes, delivered locally and regionally. A core team of 14 work alongside freelance artists and musicians and in partnership with education, arts, health and community organisations.

Our vision is a society where access to, and engagement with, arts and culture transforms lives and communities.

Our mission is to build confidence and spirit in individuals and communities through participatory creative activities, particularly music.

We champion the needs and curiosity of young people through an inclusive and diverse programme that extends from early years to young adulthood, growing skills, amplifying voices, developing talent, creating progression routes, fostering friendships and building resilience.

More Music's programmes support health and wellbeing at a community level which connects social prescribing to our work. Our experience suggests that a deeper level of social prescribing is needed to support life style changes and to expand person centred approaches to improving health and well-being.

One of the great positives of the arts in education is that they enable children and young people to express and explore their feelings and make sense of what's going on in their lives.

'Increasingly, arts providers and learning settings want to platform young people's voices, to give them space to articulate what's important to them, listen and respond, share power and enable young people to participate in and lead positive change in our communities. It's now expected that creative work with young people will to some extent be 'by and with' not just 'for' them.'

Uncomfortable Truths- what happens when the 'youth voice' says things adults find difficult or uncomfortable? When young people make art exploring themes such as abuse, self-harm, violence, gang membership or drug use? -Louise Govier in Arts Professional



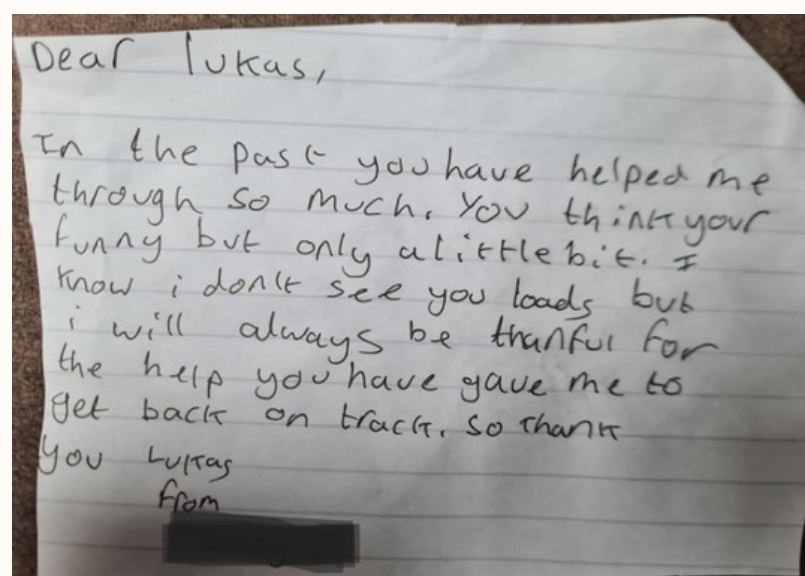


Young person referred through social prescribing who now attends More Music every Wednesday .

Young people from More Music helping to improve the local environment as part of the More Media Collective green team project. A number of young people referred through social prescribing now regularly attend this session.



We found the young person social prescribing service great. Our daughter is nervous around most people, but felt able to open up to the social prescriber. They looked at different groups which our daughter could attend to help her interact better. They even offered to attend groups with her if she wanted someone to attend the first couple of sessions with her. I think it's a great service and really important for youths of today.

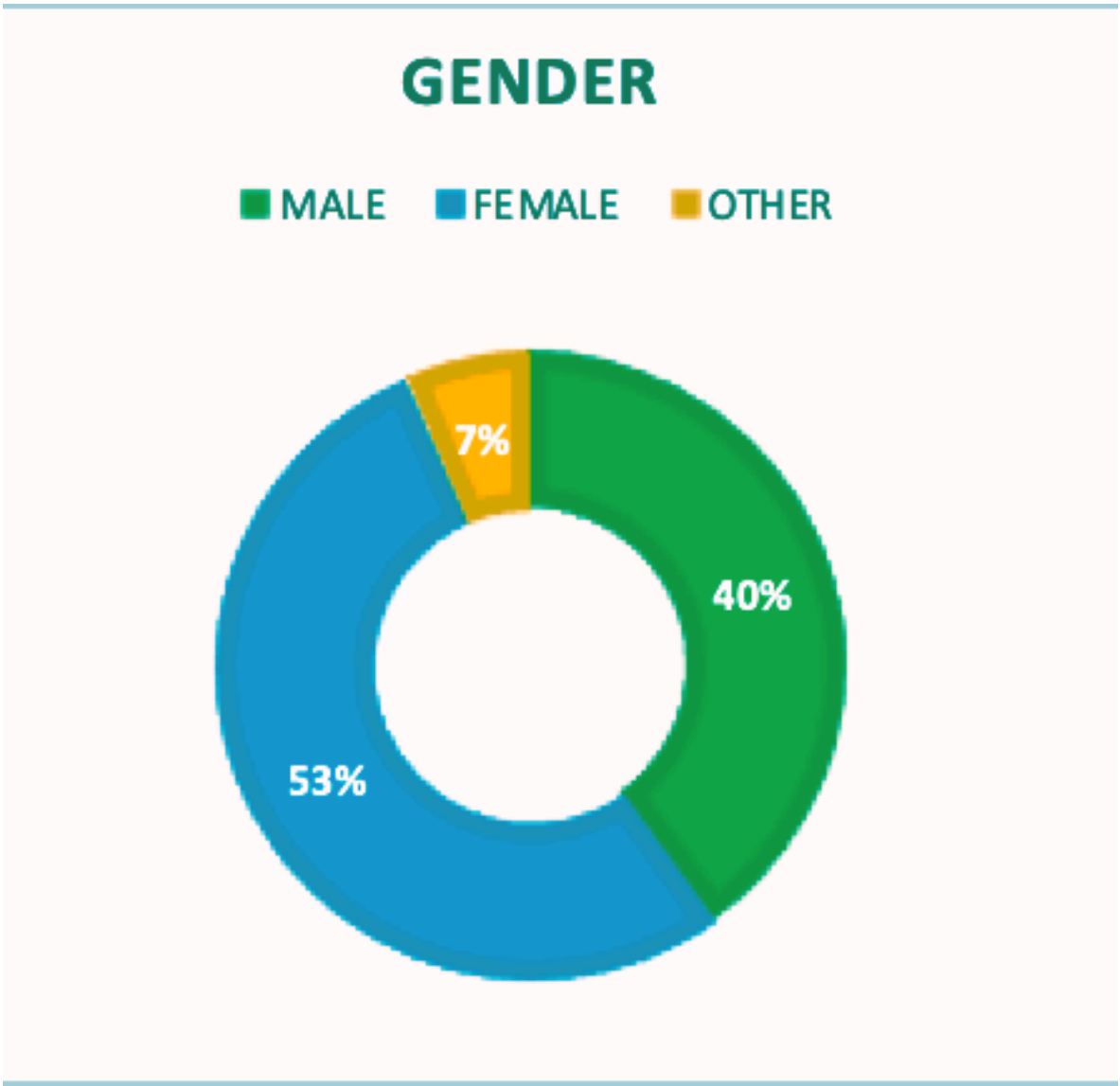
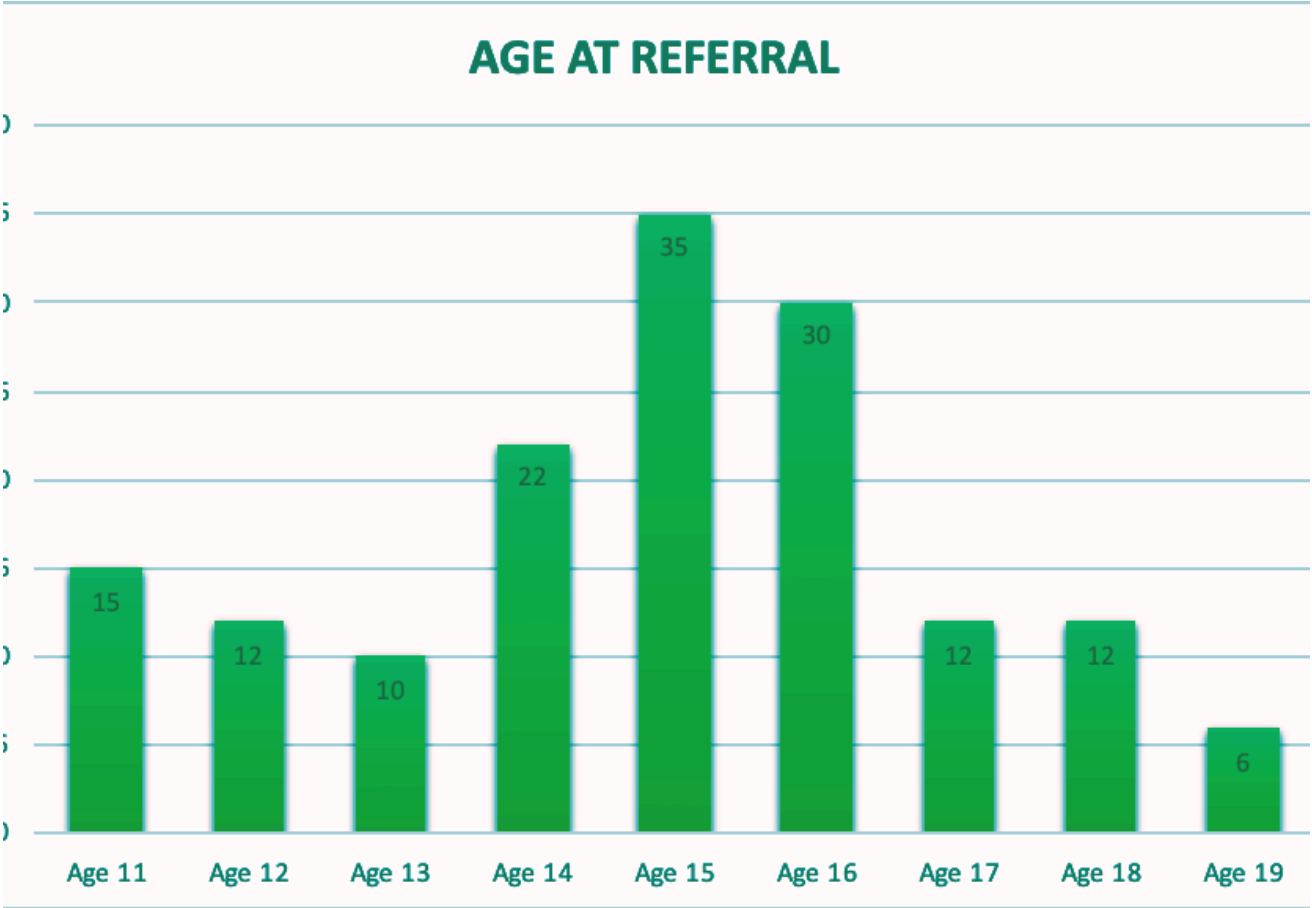


Stanleys identified a gap in provision for young people who wanted to play darts so Lukas started a new session at the centre.

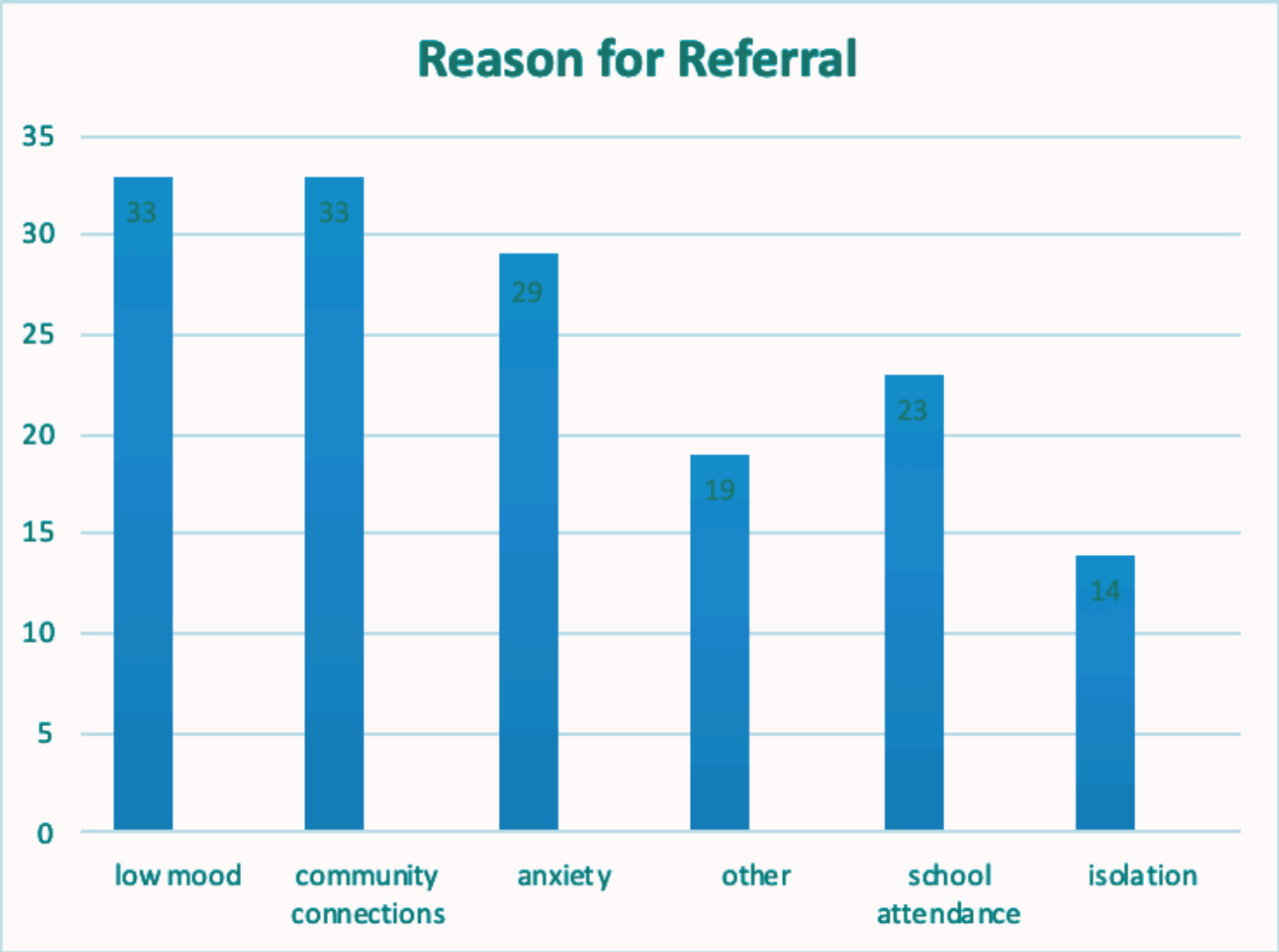
Summary of referrals

*More Music and Stanleys data combined

A number of referrals do reach out again and ask for further support.... they see Lukas and Maxine as trusted adults, visible in the community.



- Reasons for which young people are referred to social prescribing were
- Social, emotional, and mental health difficulties (SEMH) in mainstream school
 - Lack of confidence, mental health, relationship breakdown, homelessness of community support
 - Anxiety and social isolation/loneliness
 - Mental health support, family/peer relationships

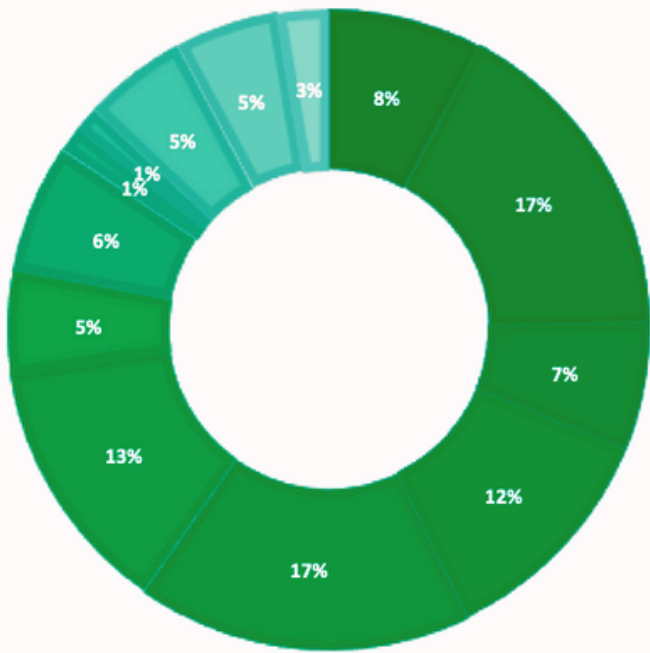


Mental health support and pastoral care in schools is improving but young people still need a voice/ advocate to access the help and create a plan and changes required.

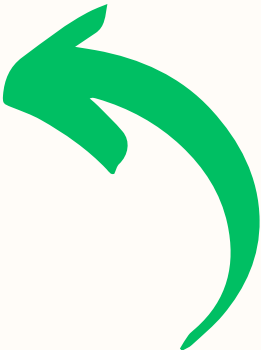
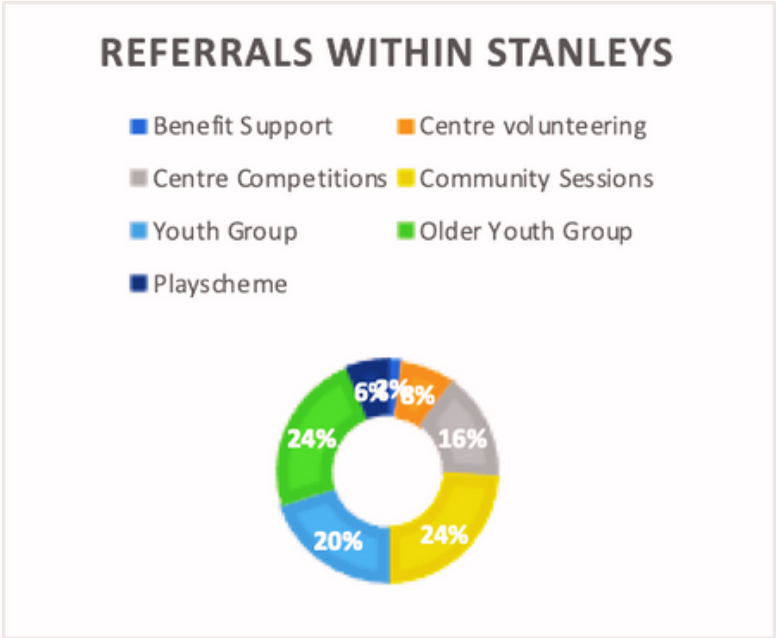
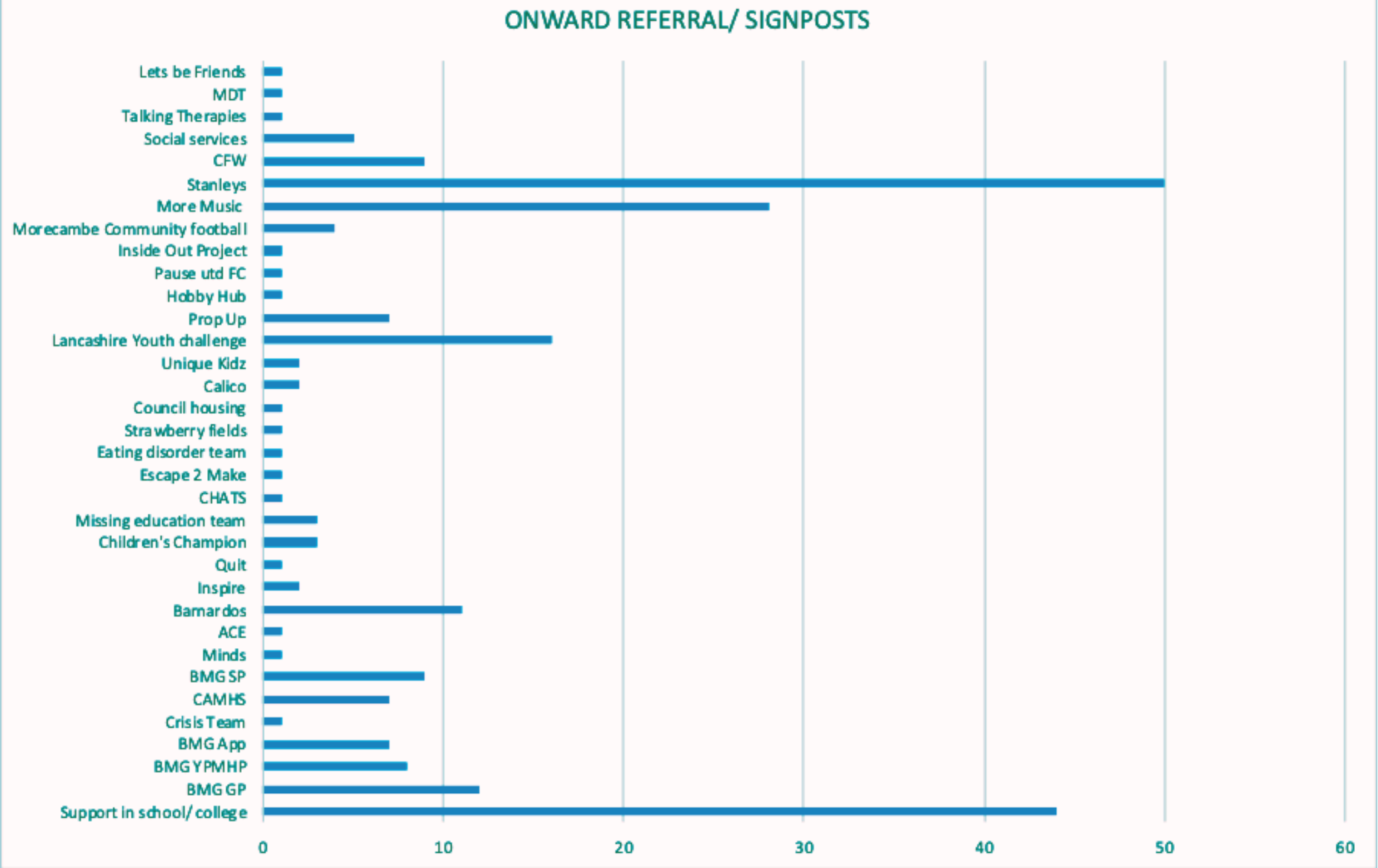
Lack of provision is an issue and signposting to meaningful activities isn't always easy - that said.. we do need to manage expectations and it is important to work with young people to build their resilience.

TIME FROM REFERRAL TO SIGN OFF

1 month 2 months 3 months 4 months 5 months 6 months 7 months 8 months 9 months 10 months 11 months 12 months 13 months



Onward referring is just part of our work and almost all of our young people require a great degree of time to build a relationship and trust through supportive conversations helping improve health and wellbeing.



Many more young people are working with other services giving a multi disciplinary approach with the right support and better outcomes.

Wider team

Our young persons social prescribers Maxine and Lukas continue to fulfil their roles on a part time basis – equivalent of one full time post. This makes the support of the wider team crucial. Weekly triage with operational and clinical support gives an effective approach to assessing the needs of the young people being referred and an opportunity for supervision of the social prescribers.

Multi-disciplinary team meetings give invaluable support from other services, ICC lead GP and new children and young people mental health practitioner. The appointment of the mental health practitioner has created a successful referral pathway to and from social prescribers. This joined up approach with others coordinates and gives the best possible support. Professionals challenge themselves to ensure that they are adding value and not duplicating what already exists.



“The social prescribers are a fantastic service that I have had a very positive experience with and that is so valued by all of us working in primary care. I have seen firsthand the significant positive impact that their work is having on the lives of the young people and families they work with. Maxine and Lukas are both doing brilliant work engaging and supporting young people, many of whom have complex emotional and social needs. Their multi-disciplinary working with myself, CAMHS, schools, social care and third sector services has most definitely contributed to the positive outcomes of the young people we support, and I feel their contribution is invaluable.”

Stephanie Seddon

Children and Young Peoples Primary Care Mental Health Practitioner



“All of us at Lancaster & Morecambe CAMHS are ever so grateful for all the social prescribers at Bay medical Group.

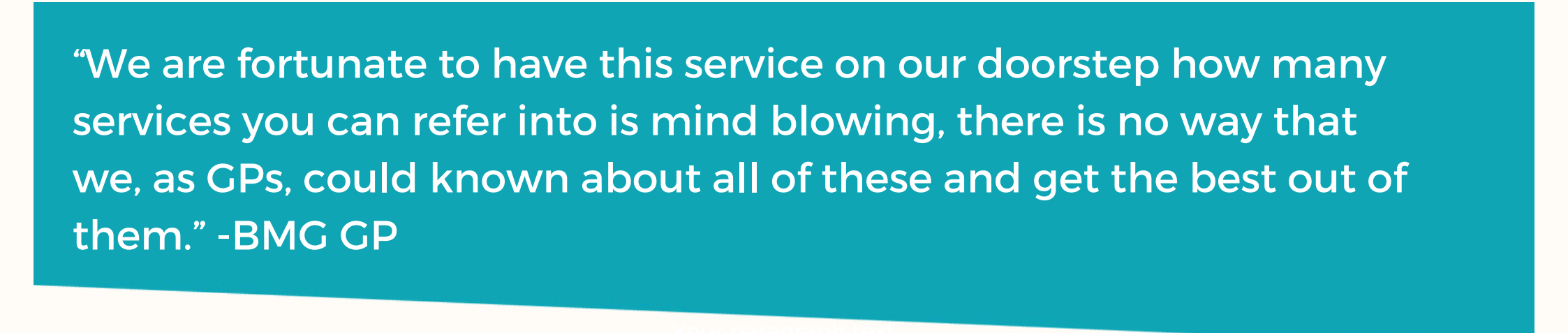
Their work in our community is pivotal to the support some of our families are so very in need of.

I have worked with Maxine on a number of cases over the last few years, and I am always inspired by her kindness towards people.

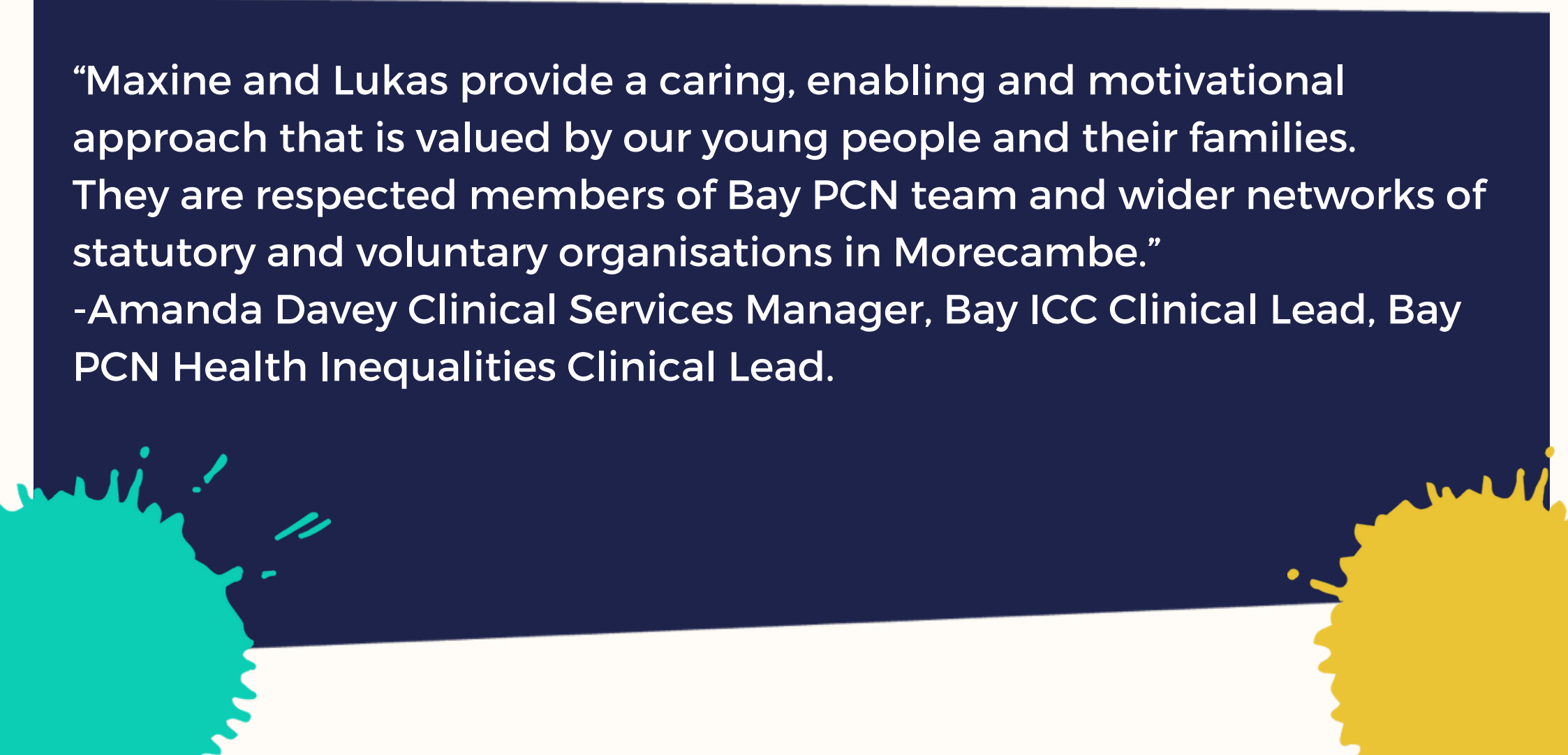
The social prescribing team have been an absolutely invaluable resource to the young people in our local area.

The practitioners are so supportive and flexible, and have helped many of the young people we have referred through to them to thrive and build their resilience and confidence. We are extremely grateful for the brilliant service they offer.”

-Polly Hill (LSCFT)



“We are fortunate to have this service on our doorstep how many services you can refer into is mind blowing, there is no way that we, as GPs, could know about all of these and get the best out of them.” -BMG GP



“Maxine and Lukas provide a caring, enabling and motivational approach that is valued by our young people and their families. They are respected members of Bay PCN team and wider networks of statutory and voluntary organisations in Morecambe.”

-Amanda Davey Clinical Services Manager, Bay ICC Clinical Lead, Bay PCN Health Inequalities Clinical Lead.

“We’ve really seen some of the young people Lukas referred into our service thriving. One young man in particular has really grown in confidence and been able to comment on how he understands his own mental health and progression around the principles of our Restore with Empire Fighting Chance Programme” - Sam Duckles, Lancashire Youth Challenge

“The social prescribers continue to be key partners for our Prop Up Project, and an invaluable resource for us in ensuring the right people can access our groups and that those young people with further support needs and anxieties can continue to seek opportunities and take steps forward”
-Keeley Wilkinson, Prop Up Project

A young person, referred from Stanleys, taking part in the Lancashire Youth Challenge boxing project at Morecambe Football Club



Services & Organisations we work with



Lancashire Youth Challenge

Lancashire Youth Challenge (LYC) has been supporting young people across Lancashire for nearly a decade to achieve personal success and positively transform their lives. The heart of the ethos is that this can be achieved when young people are given an equitable opportunity, meaningful encouragement, and, most importantly, access to high-quality activities. Often, many of the young people LYC work with are dealing with significant personal challenges. Their programmes offer physical fitness and sports training, mindfulness & wellbeing workshops, life skills training, cultural and creative activity, peer mentor training and personal coaching along with an ambitious annual outdoor expedition programme, ensuring that all participants gain new skills, build confidence, and achieve their own goals. These are key to building resilience, enabling young people to feel optimistic about their futures and confident about entering training, education, and employment.

SAFE Prop Up Project

SAFE, is a local charity for young people and adults, going through mental health issues and other life challenges, through group provision. Our organisation covers Lancaster, Morecambe and surrounding areas.

Prop Up Project

The Prop Up Project, is for young people aged 13-19 & 20-25. They run group & individual creative activities such as drama & art - encouraging the group to get involved, get to know each other and learn new skills at their own pace. Alongside this, each month, They run activities to equip the group with key coping strategies and skills to maintain positive mental health and build resilience outside of our sessions.

For those who might feel unable to be involved in the group activities They create an individual space where they can do activities e.g. reading, drawing on their own or with a team member, until they feel comfortable to join the group. The group allows young people to be in a group with others who are going through similar circumstances and know they are not alone. They also aim to keep group sizes small to ensure new people joining the group do not feel overwhelmed.

They currently run two groups, one in Morecambe & one in Carnforth.

BMG APP (Associate Psychological Practitioner)

This consists of 4 sessions, looking at ways of coping with low levels of anger or/and anxiety with an Associate Psychological Practitioner. A referral form must be filled out, so it can be determined if the young person meets the criteria to be appropriate for these sessions.

Health Inequalities and Barriers

Many children and young people face a range of health inequalities. The NHS defines health inequalities as, "... preventable, unfair and unjust differences in health status between groups, populations or individuals that arise from the unequal distribution of social, environmental and economic conditions within societies and determine the risk of people getting ill, their ability to prevent sickness, or opportunities to take action and access treatment when ill health occurs." (NHS England. Reducing health inequalities resources <https://www.england.nhs.uk/about/equality/equality-hub/resources/>)

The UK is considered to be "at the forefront of formalising the use of social prescribing alongside traditional medical treatment ... to address the environmental, economic, social and psychological issues affecting people's well-being". Benefits include improvements in personal attributes such as self-esteem, confidence, and mental well-being, together with those transferable to the workplace or training, such as communication and the acquisition of new skills.

Alongside economic challenges, Morecambe faces a multitude of complex health, mental health and wellbeing challenges stemming from biological, psychological, economic, environmental, and social causes across the life course (social determinants of health). The conditions in which individuals are born, live and work have implications on their health, with greater socioeconomic deprivation such as those in Morecambe having a negative effect on social, physical, and economic environments, with action at each stage having the potential to make a positive effect. The increasing challenge of health inequalities across geographical and demographic (age, ethnicity, sex, socioeconomic) classifications has been brought to the fore during the Covid-19 pandemic. Addressing these challenges requires a co-ordinated approach to improve and promote health and mental health at a population, workforce, and individual level.

Consideration should be given to the issues and barriers specific to young people. It may be helpful for young people to be given a voice in the designing, running and evaluation of such services. The potential for social prescribing to close skills gaps and further develop soft skills such as communication and confidence, with a link to making a positive effect for employability as adults.



Case studies

14 yr old awaiting CAMHS appointment suffering chronic anxiety, dealing with significant trauma and struggling to manage her emotions.

Initially attended sessions with her mum present as she was not confident enough to attend by herself. At first she found it difficult to open up and it took several sessions before we talked about her issues. Once trust had been built, she felt able to attend sessions by herself and was able to open up about the challenges she faced.

A plan was created, to focus on More Music and Prop Up. She expressed that she was interested in netball, but unfortunately, we could not find a suitable club locally. As anxiety was still a major issue for her, it was mutually decided to focus on a group that was designed especially for that barrier.

A referral to APP was made, to focus on the anger and anxiety issues. Sessions were completed before starting at Prop Up and she said they were useful in controlling the anger and anxiety a little, but it was still a big barrier to doing fun things and meeting new people.

After initial reluctance and refusal to attend she started staying at Prop Up sessions for longer and joined the main group, however she was hesitant to speak much.

Staff have reported that she now interacts with both staff and peers and her confidence has grown massively. She is now able to access the group independently and looks forward to each session. She has developed a good friendship with another member of the group, and they have started meeting up on a regular basis.

Due to the growth in her confidence and her ability to deal with stressful situations better, her anxiety has decreased, and her overall mental wellbeing improved. Her relationships with her family and with peers have become more positive and less stressful for all.

“With Lukas’s and Prop Up Teams help she has learned to be more confident, interact with people and is doing better with crowds too”

Celebrations greater than success - We naturally celebrate successes but we must also acknowledge what didn't go so well. The challenges and the scope of the referral's including the ones that didn't fit and any trends in the type of referrals.



Case studies

16 year old male with an EHCP referred by the Family Liaison Officer at School.

After being physically attacked he lost confidence and became anxious. This affected his mental health, he isolated himself at home, refused to be outside alone, engaged less with friends and activities. He was struggling with anger at home further isolating from family.

It took a long time to encourage him to come out and meet a new person, however texts with and a call allowed him to feel confident enough to meet face to face. This needed to be somewhere outside with plenty of space for him to feel comfortable enough to attend, so the first meeting was in a park. He was met outside his house and walked to the park and back because he was too anxious to walk alone, due to trauma of the attack.

He expressed a few interests; however, football, gaming and bikes were favourites.

He was due to start College soon and as he was anxious about this was supported at the College interview, at his request. He was helped to get important points across and get the support needed set up at college. This was made easier by the connection that college and Young Persons Social prescribers had already built.

It was quite challenging to find any options that he was interested in but would fit his SEND/health needs and his older youth age bracket.

He was initially supported to engage with Stanleys Community exercise sessions and the older youth session. Helped to build a positive trusting relationship with the Stanleys youth team, he engaged independently in sessions and was also supported and encouraged to join more community sessions, such as, darts, bocchia, competitions and quizzes. He really started to not only join in but excel in these sessions.

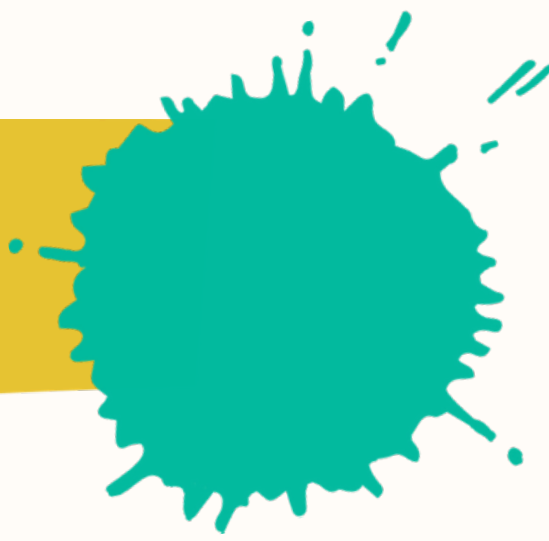
With an interest in Bikes he was referred to Lancashire Youth Challenge joint project with Stanleys, called Seasons of Cycle.

This was a program designed to build teamwork, confidence and meet new people. They had bike safety training, fitness training and it all ended with a very long rural bike ride and overnight camp.

“Young persons’ social prescriber has really helped me with my mental health and my fear of going out”

“ It is really hard to find suitable clubs for children and teens with SEN....I am so grateful to Stanleys and Lukas has helped my son tremendously”

Case studies



A referral came from two sources, a school nurse and an autism pathway navigator for a young person struggling with anxiety, not attending school, dealing with family conflict. They had rejected support from other services due to trust issues.

Trust due to previous bad experiences continues to be a huge barrier to getting support needed. Challenging family dynamics along with the transition from high school to college has been overwhelming.

Maxine worked with the college directly ensuring that the EHCP offered the right level of support to build confidence and encourage independence. A Bay Medical Group GP, Maxine and other staff have worked with the young person for a number of months to de-medicalise support and take more holistic wellbeing approach.

They have been attending the More Music young producers' group and has received support through Restart North West programme. They are now attending college full-time, travelling independently to Kendal College on the bus, and seeks support from tutors. They are learning to regulate their emotions and develop how they handle situations. There is still a way to go and continued encouragement is needed to engage with the correct support and services. Continued support will be necessary to build on progress already made and help the young person gain more confidence going forward.

A young person was referred, from the Children & Young Persons Mental Health Practitioner, who had struggled through school years with bullying had no friends or social interaction.

At initial assessment it was revealed that they were homeless and very dependent on dad, refusing to do anything without him. Dad was present at all appointments and phone calls initially.

They agreed to meet with Maxine in the presence of Steph (CYPMHP) and Dad at the health centre. Since that meeting they have attended More Music sessions independently at every available opportunity. They have engaged fully with or without the presence of social prescriber, spending time with peers as part of the young creative team working on a year-long project funded by energy saving trust exploring climate change and they are learning to play drums and will be involved with live performance at More Music with other musicians from the charity's youth programme.



“Musical activities can lead to a sense of accomplishment, enhanced determination and persistence and of children being better able to cope with anger and express their emotions more effectively”

Susan Hallam – Power of Music

Further Recommendations

TRAINING

Our Children and Young People Social Prescribers have completed a range of courses including Mental Health First Aid, Safeguarding, Health coaching, accredited social prescribing training and trauma informed to support them in their role.

The workforce development framework should look at further training and development, actively looking at professional development, reviewing and developing roles and responsibilities. Look at Funding streams including those already available PCN for the development of social prescribing and other workforce.

IMPORTANCE OF CONTINUED RESEARCH AND NETWORKING

Children and Young People Social Prescribing is still in its infancy and therefore it is even more important to gather evidence and impact of the service – both in terms of demonstrating to Children and Young People themselves how far they have come, but also to the wider workforce how important social prescribing can be as part of a wider offer of support.

We continue to work with academic partners to grow our evidence base for this work, with new research projects underway looking at tackling youth inequalities across Morecambe Bay we look forward to sharing new learnings:

ARTS 4 US

<https://www.edgehill.ac.uk/research/healthresearchinstitute/research-centre-for-arts-and-wellbeing/arts4us/>

More Music are working in collaboration with Edge Hill University to scale up place-based arts initiatives that support the mental health of children and young people (CYP) (9-13).

The Arts4us project focuses on the mental health of young people aged nine to 13, a group at significant risk of developing mental health problems while transitioning from childhood to adolescence. The project will create an easy-to-use digital platform where evidence-based local arts activities can be made accessible for children and young people (CYP), their families and relevant organisations and services.

CYP will act as co-researchers maximising the benefits of arts activities that support their mental health. They will work jointly with community partners, health services and academic institutions to develop evaluative frameworks, digital material and good arts-based practice that will support the mental health of CYP in the Northwest.

As a collaborative project with over 50 Co-Is and partners, it will ensure its outputs are scalable nationally and internationally, making a positive impact on the lives of CYP wherever they are based.





LANCASTER UNIVERSITY

More Music have been working with researchers from The Faculty of Health and Medicine (Dr Rachael Eastham and Dr Faye Tucker) in leading a research development application across Lancaster and Morecambe youth related services (Chadwick High School, The Gregson Arts and Community Centre, Ludus and Stanleys Community Centre). The aim of this project is to establish a multisectoral large scale young person led robust research partnership to build capacity through collaboration and strengthen relationships across stakeholders working to improve young people's health in Morecambe Bay. An application is expected to be submitted to Nuffield Foundation by October 2024.

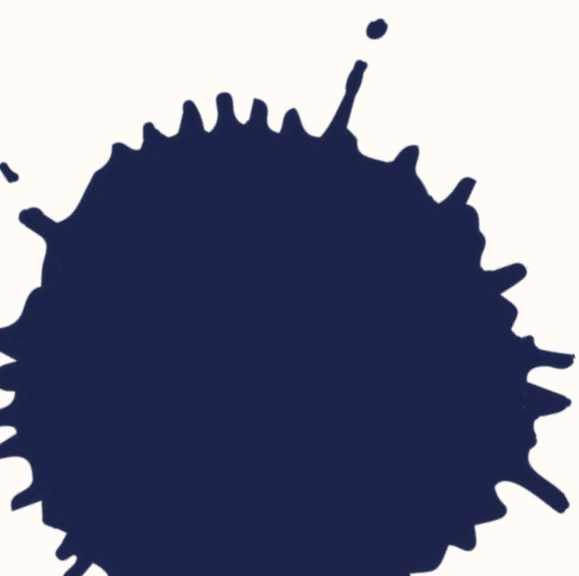
Working relationships between the two have been developing over the last two years as both partners seek to collaborate and remain connected on a regular basis to help a two way exchange of ideas, action and learning that is vital to furthering wellbeing of young people in the area.

CRN NWC Research in Community Settings (RICS) Team

Phoenix Takes Flight, is a Health and Social Care Delivery Research study which aims to increase understanding of the current implementation of the social prescribing (SP) strategy in Lancashire and South Cumbria.

This research project was a formative evaluation to examine i) how social prescribing has been implemented in different contexts, ii) who seems to be benefitting from social prescribing from the healthcare providers' and healthcare users' perspectives, and iii) whether a digital platform could be positioned into future social prescribing care infrastructure to improve social prescribing utilisation and care experiences.

Lukas and Maxine and some of the wider team have actively contributed to discussions surrounding the future of social prescribing and community well-being activities together.



Looking Ahead

An October 2023 report by Barnardos on the topic of youth social prescribing focuses on the potential for social prescribing as a preventative and early intervention for children and young people's mental health.

Social prescribing represents a transformative shift in understanding health and the importance of addressing not only physical ailments but also the social, emotional, and practical needs of individuals. Social prescribing focuses on supporting our communities in leading healthier and happier lives. It is a testament to our shared commitment to creating an environment where individuals can thrive and achieve their full potential.

The core message of this report is the potential of social prescribing to transform the lives of young people.

It is challenging to find appropriate activity to which young people can be referred as youth services and community groups, have been victim to inadequate and inconsistent funding over many years. This is especially true for young people with disabilities and SEND. These gaps in provision must be addressed to ensure positive outcomes for young people and families experiencing challenging circumstances.

We will work with Lancaster and Morecambe college (NEET) not in employment, education and training team to support the vast number of young people who would benefit from opportunities of alternative provision to tackle the number of exclusions, young people taken off role to improve access to education.

"Understanding the difference between mental health and mental illness is key to providing personalised care. Christiana Melam argues that social prescribing link workers have the skills to support those with poor mental health, which could help free-up specialist services for patients with more complex needs. This effectively curtails the pervasive tendency to over-medicalise life-oriented issues, and could ultimately help reduce bloated waiting lists".

We will continue to be visible and to present the valuable work of social prescribers using local and national health, wellbeing and arts networks and forums.

Useful resources:

Children's and young people's social prescribing - www.socialprescribingacademy.org.uk

Social Prescribing Network - www.socialprescribingnetwork.com

Barnardos: The missing link- social prescribing for children and young people -

www.barnardos.org.uk/research/missing-link-social-prescribing-children-young-people

Alternative provision needs urgent reform to help children and young people: Ofsted and Care Quality Commission report, February 2024:

<https://www.gov.uk/government/news/alternative-provision-needs-urgent-reform-to-help-children-and-young-people>