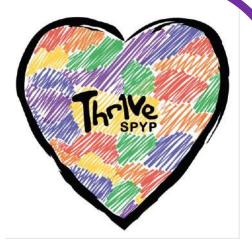
# Thr1ve

A Social Prescribing Service for Young People



# What is Thr1ve Social Prescribing?



## It's a non-clinical, community-based approach

Early intervention to support young people before they become emotionally unwell and meet a clinical threshold for diagnosis

## Supporting CYP mental health through social solutions

Fill the gaps between low level mental health needs and primary care services

## How we started . . .

### Year 1

- Partnership bt CFTCT & DVA with support from Public Health
- 1 link worker
- Over 40 referrals received
- Mollie Ward won Employee of the Year 2022 at The Volunteer Centre Chesterfield and North-East Derbyshire Voluntary Sector Awards

### Year 2

- Funding support from
  - DVA
  - DCHS (School Nurses)
  - N Hardwick and Bolsover PCN
- Part-time Manager; 3 full-time & 1
   part-time link worker; 1 OT
- Over 160 referrals received
- Winner of the HSJ Most Effective Contribution to Integrated Health and Care

## Who we are now. . .

- Based at Chesterfield Football Club Community Trust
- Currently a part-time manager, 4 full-time link workers (soon to be 7)
  - 70 referrals since April 2023
- We deliver a tailored, person-centred, holistic service, wrapping around the Wants and needs of the young person
  - Not prescriptive, or directed by time or targets

Our Mission is to connect young people with their communities, to improve their mental health and wellbeing.



We meet young people on 1:1 basis, building trust and offering non-judgmental support, respecting their diversity and life choices

We aim to build resilience, increase confidence and teach them techniques to help them manage their anxieties and concerns.

## The young people we work with . . .

- Are socially isolated and lack social connections to a wider community
- Display mild to moderate emerging mental health needs
- Want to develop independence skills
- Would like to make positive changes to their lives





Outcomes for young people:

REDUCE loneliness and isolation

Build POSITIVE RELATIONSHIPS

Instigate POSITIVE CHANGE

Feel they have AGENCY and CONTROL over their OWN LIFE Feel MORE
CONNECTED to
their
COMMUNITIES

PCN Funding

Current FUNDERS

More targeted support for young people's social prescribing

North
Hardwick
and
Bolsover

South Hardwick

Royal
Primary
Care
Chesterfield

North-East Derbyshire

Chesterfield
Health and
Wellbeing
Partnership

Public Health
at DCC
Glossop &
Derbyshire Dales

Care Leavers

NEET or those at risk of becoming NEET

Young Carers/Young Adult Carers

Refugee and Asylum Seekers

## Who can be referred?



Any young person 14-18 or up to 25 with additional needs

A young person registered at a GP surgery within the PCN areas

- Care Leaver
- NEET or at risk
- Young Carer/Young Adult Carer
  - Refugee or Asylum Seeker

within Chesterfield, Glossop or Derbyshire Dales

# Thr1ve Clubs

#### Thr1ve Active

Active sessions for YP who enjoy activity in an informal way

#### • Thr1ve Creative

Creative activities from craft to walking

#### Thr1ve Minds in schools

small groups in school referred by the pastoral team

#### Thr1ve Out of School

working with Compass for school non-attenders







Social prescribing have supported not just my son, but also myself [parent]

By being involved with the small group work it has given them confidence to be more independent and gain some selfcare skills [school pastoral team]

My self-esteem is really starting to improve, and I am looking forward to the future again [young person]

Fantastic support, understanding and patience given [parent]

It is invaluable to helping the young person start to meaningful to them [therapist]

You were able to make her feel important straight away [carer]

# Thr1ve Social Prescribing for Young People is currently funded by:

- Chesterfield Health and Wellbeing Partnership Board
- Public Health at Derbyshire County Council
- North Hardwick and Bolsover Primary Care Network
- North-East Derbyshire Primary Care Network
- South Hardwick Primary Care Network
- Royal Primary Care Chesterfield



Any Questions?