

# 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

Instigate  
POSITIVE  
CHANGE

Build  
POSITIVE  
RELATIONSHIPS

Feel they have  
AGENCY and  
CONTROL over  
their OWN LIFE

Feel MORE  
CONNECTED to  
their  
COMMUNITIES

PCN  
Funding

## Current FUNDERS

North  
Hardwick  
and  
Bolsover

South  
Hardwick

Royal  
Primary  
Care  
Chesterfield

North-East  
Derbyshire

More targeted support  
for young people's social  
prescribing

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]

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

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

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]

Fantastic support,  
understanding and  
patience given  
[parent]

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?