What are the challenges when practising social prescribing?

I think it is all about getting people to commit to changing something in their life. They will take a leaflet and say it (the activity) sounds great, but it is the actual taking part that counts. Encouraging people to do this is really important. Sometimes there is a bit of resistance around self-managing their health and an expectation this will be done for them.

What do you find rewarding about your role?

Being able to help the patients even though not directly dressing a wound. Everyone in the practice is working together to get the best outcome for the patient. It is really encouraging that everyone has this ethos at heart.

What would you say to fellow GP Practice Managers who aren't currently using social prescribing?

I would say try and get on board because even helping one or two patients will help the GP workload and help the practice. We know first-hand that social prescribing is working from patient stories. It changes people’s outlook and aspirations.