

Social prescribing in the Cardiff South West cluster

Dr. Liesbeth Beeckman
Social prescribing enthusiast
Welsh clinical leadership training fellow 2017-2018
Anaesthetist (Leuven 2010) and ICM trainee (Oxford Deanery)

Fy mlwyddyn o ddweud “Ia”

Fy mlwyddyn o ddweud “Ia”

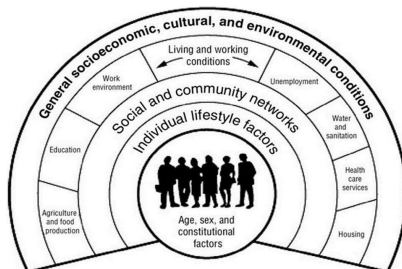
My year of saying “Yes”

What is social prescribing?

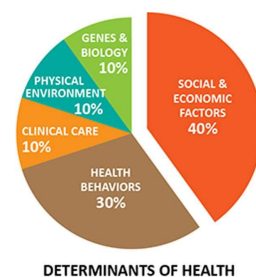
“Social prescribing, sometimes referred to as community referral, is a means of enabling GPs, nurses and other primary care professionals to refer people to a range of local, non-clinical services.”

The King's Fund, 2017

Social determinants of health



Social determinants of health



Prudent healthcare

The 4 principles of prudent healthcare



Biomedical model of sickness → biopsychosocial model of health

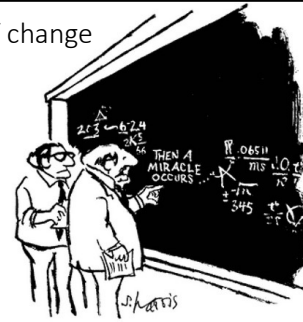
Medical model of sickcare → social model of healthcare



Social prescribing pilot

August 2017 – January 2018

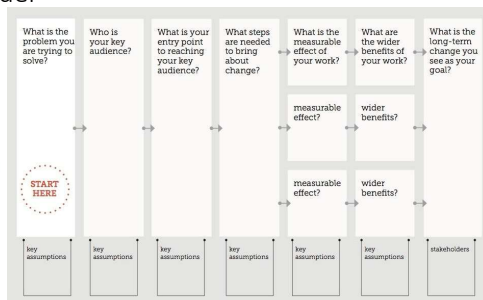
1. Theory of change



"I think you should be more explicit here in step two."

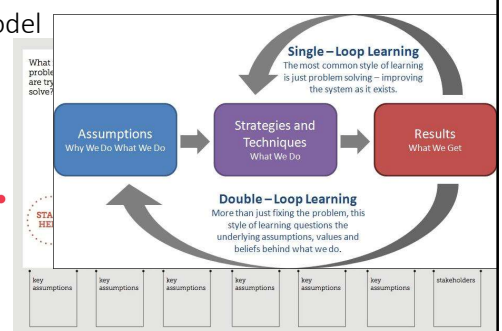
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Logic model



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Logic model



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Permission to fail

FAIL
[F] FIRST
[A] ATTEMPT
[I] IN
[L] LEARNING

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2. Get your hands dirty



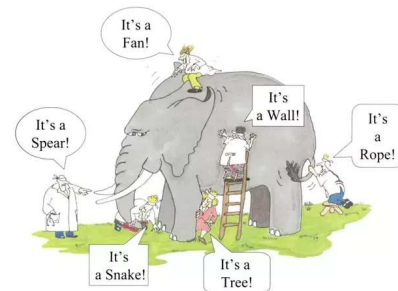
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Get your hands dirty



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Get your hands dirty



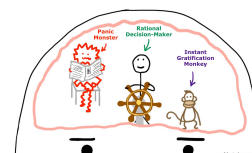
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Get your hands dirty



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3. Productivity



Getting Things Done
 the art of stress-free
 productivity

from the New York Times bestselling author

David Allen

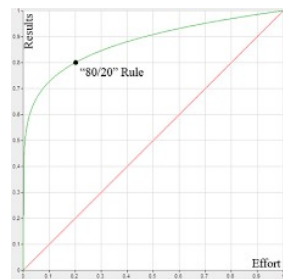


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The Pareto principle

20% of causes → 80% of effects

80% of causes → 20% of effects



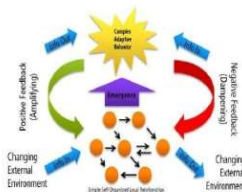
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Social prescribing in mental health bid

December 2017 – February 2018

4. Complex (adaptive) systems

Because complex adaptive systems self-organize, no one can impose an organizational design.



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All Wales Social Prescribing Research Network

February 2018 – current

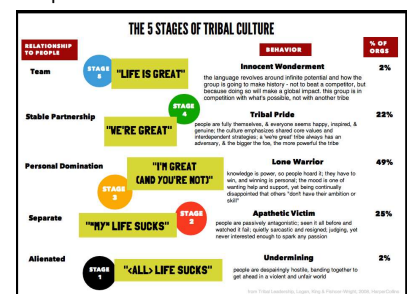
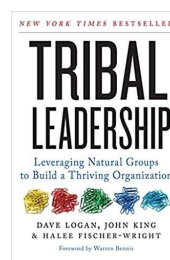


Cardiff SW Social Prescribing Tribe

February 2018 – current

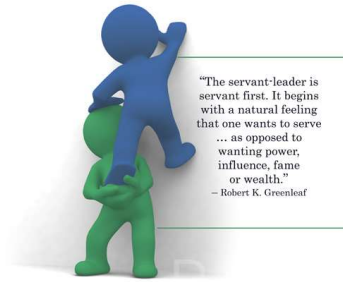


4. Tribal leadership



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5. Servant leadership



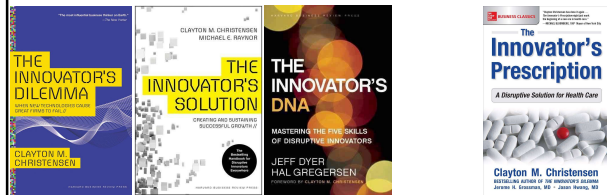
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Social Prescribing Cymru

February 2018 – now



6. Innovation management



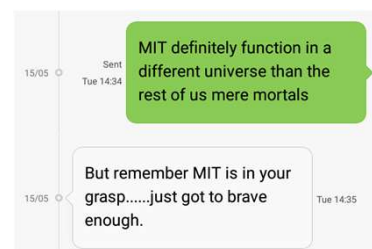
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Innovation ecosystem



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Innovation management



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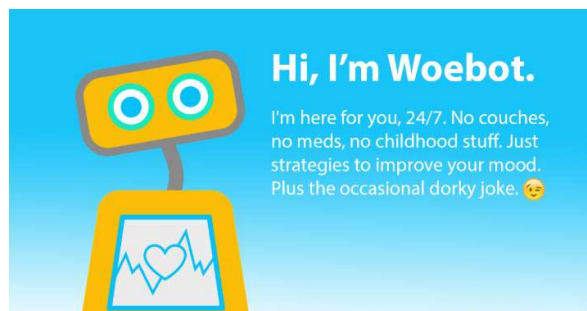
Innovation management

You can't connect
the dots looking
forward; you can only
connect them looking
backwards.

- Steve Jobs

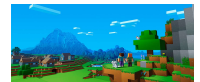
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Social prescribing chatbot



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Gamification



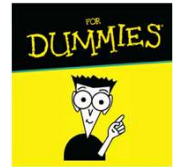
Social Prescribing into Mental Health Retreats



Social Prescribing into Immersive Drama



Social Prescribing for Dummies



South East Wales Social Prescribing Community of Practice



7. Systems leadership

- Collaborative
- Across boundaries

National Systems Leadership Alliance
Systems Leadership Hub



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8. Large scale change

NHS England – Virtual Academy of Large Scale Change

Old power	New power
Traditional hierarchical power or positional authority	Influence through networks, social movements and communities
Compliance	Commitment
Change programme	Change platform

Kotter's Dual
Operating System



NHS England – Source4Networks

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9. Wicked problems, clumsy solutions

Wicked Problems and Clumsy Solutions: the Role of Leadership

Keith Grint BA (Hons) Sociology BA (Hons) Politics DPhil
Professor of Defence Leadership & Deputy Principal (Management and Leadership)
Defence Leadership & Management Centre, Cranfield University

Originally Published
Clinical Leader, Volume 1 Number 12, December 2008, ISSN 1757-3424,
BAMM Publications

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Quo vadis?

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Quo vadis?



One Welsh Public Service

Improving the economic, social, environmental and cultural well-being of Wales

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Diolch !



TechnicallyRon 
@TechnicallyRon

If you ever feel like a failure just remember that T-Rexs evolved into pigeons and there is no way you can f up that badly.

1:19 pm · 09 Jun 18

2,554 Retweets 9,618 Likes

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