

## Primary Care One; Social Prescribing Project Submission Template

**Definition;** 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 support. There are many different models for social prescribing, but most involve a link worker or navigator who works with people to access local sources of support (Kings Fund; Feb 2017)

**Project Title; Cynon Valley Organic Adventures**

**Locality; Health Board; Cluster :Cwm Taff**

**Project Theme** e.g. A Link Worker Project, Weight Loss or Community Exercise Programme etc. Community garden project-nature therapy, meditation classes, volunteering, health and well-being mentorship programme, self-help groups.

**Project Lead / Contacts** (to be contacted for further information); Janis Werrett

**Rationale** (background and purpose/aim of the project)

A community project set up and run to tackle the causes of deprivation through reconnecting people with nature, changing perceptions on diet, getting people involved in growing their own food and teaching them to cook, raising awareness of how food can be used as a preventative measure in health and well-being.

**Project Details** (Description of the project; who is involved; how it works; scope with regard to coverage and methodology);

Website: [www.cynonvalleyorganicadventures.co.uk](http://www.cynonvalleyorganicadventures.co.uk) We are a community based social enterprise. The enterprise was set-up by myself, a teacher with a degree in psychology who specialises in confidence building, employability, and literacy. Beneath these external factors the learners I work with invariably have multiple physical and mental health issues. Attending single issues in isolation proved to be impractical, and so I brought together a team to offer a holistic service where mindfulness is central to our approach. We take a person centred, solution based approach, a multi-agency approach so that when needed we can sign post people or call in the expertise of other organisations for debt, employability, benefit, housing etc. Our safeguarding measures are excellent and we have numerous ways for people to come to us on a support basis. There regular classes, volunteer opportunities, green gym (gardening as an exercise for specific physical needs). We are based in Abercynon and cover the Cynon Valley.

**Intended Outcomes** (potential benefits of the project) Person-centred; We take a person centred approach to individuals, welcoming them to our environment, helping to identify strengths and enable them to build upon those strengths while learning about things beneficial to their health and well-being. Individuals will set the goals for their time with us themselves, with our help as well as putting potential time limits on these. From experience we see the biggest progress being made in areas of self-esteem, confidence, making friends and extending social life, building trust that will enable them to identify deeper rooted issues for resolution, employability skills, range of perception in diet and approach to well-being.

Organisational-centred; As an organisation helping people to achieve their own goals are our aim and this will be measured in a confidential way. We will help numerous people into work, some will gain employment with us, we will benefit from having local community members in regularly, attending community fun days, purchasing veg boxes or pick your own fruit etc.

**Partners** (list all partners involved and identify lead agency) Cynon valley organic adventures-main working alongside organisations such as Interlink, The Farming Federation, Coalfields Regeneration, Citizens advice, Credit Union, local schools.

**Time-frame** (Permanent; Fixed Term; Pilot) with start and end date / duration as appropriate; Start Date: July 2018, no end date

**Commissioning / Funding** (Identify all sources of funding) Self-funded through numerous income streams but will apply for various grant funding opportunities to.

**Evaluation / Reporting** (identify plans for interval reporting / final evaluation; attach evaluations report/s if available). Individuals will have a success plan with provision for showing health and well-being changes that have occurred throughout. We can ensure these plans are made available on a monthly basis with a final 6 months evaluation

**Future Development Planned** (identify potential for roll-out or expansion of the project / service with regard to geographical coverage of service objectives  
We plan to roll out the project across RCTCBC eventually taking over plots of unused land in partnership with council. This will begin at in 12 months

**Sustainability** (potential for operational continuation / inclusion as a core service)

**With numerous income streams for the project and opportunities for grantfunding we envision the sustainability to be very good long term , least 10 years.**

**For 2018 we will have limited intake availability, of around 20 people a month.**

**Supporting Documentation** (any additional relevant material that adds to the understanding of the project / service)  
[www.cynonvalleyorganicadventures.co.uk](http://www.cynonvalleyorganicadventures.co.uk)

**Acknowledgement** (recognition of the provider/s of the information gathered and collated)  
J Werrett

**Please return form to** [russell.dyer@wales.nhs.uk](mailto:russell.dyer@wales.nhs.uk)

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