

Briefing Note

What is 'People Keeping Well'?

It's about resolving social issues and connecting people to 'things that matter to them' locally, which will reduce the risk and/or decline of poor health and wellbeing, so that people:

- are more connected – they have made friends and have a peer network for support
- are more resilient – they have coping mechanisms to deal with 'life issues/crisis' better
- know where to go to get timely help – for example to manage long term conditions

'People Keeping Well in their Community', is community-based prevention activity that can help to prevent and delay people needing to access health and social care services. It is one of Sheffield's approaches to Social Prescribing.

We know that there are also ripple effects of supporting people, such as community cohesion, a reduction in inappropriate use of services and better self-care and self-management, leading to healthier people (i.e., reduction in services).

People Keeping Well Community Partnerships

- Voluntary Community Organisations
- Health and Wellbeing Coaches and community wellbeing activities
- **1-2-1 support:** e.g., health and wellbeing, housing, employment, bereavement, loneliness
- **Group/activities:** e.g., exercise classes such as yoga, Zumba and wellbeing walks; arts and crafts groups that knit, craft and take part in theatre workshops; healthy eating courses that support people to learn new cooking skills
- **Events:** e.g., Community Celebrations, Volunteer Fayres, Health and Wellbeing events
- **Find out more:** www.sheffielddirectory.org.uk/pkw



[Sign up to our PKW Weekly Email Update](#)

The PKW Team

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Emma Dickinson
Commissioning Manager

David Price
Assistant Commissioning Officer

Michael Fazakerley
Assistant Commissioning Officer

Contact us:
grants@sheffield.gov.uk



PKW Community Partnerships

People Keeping Well is sometimes known as Social Prescribing or community referral. It is all about ‘making every contact count’ and connecting people to a range of local non-medical services to improve health and wellbeing.

The partnerships meet regularly to consider how they can work together to support the community to live well and tackle local issues.

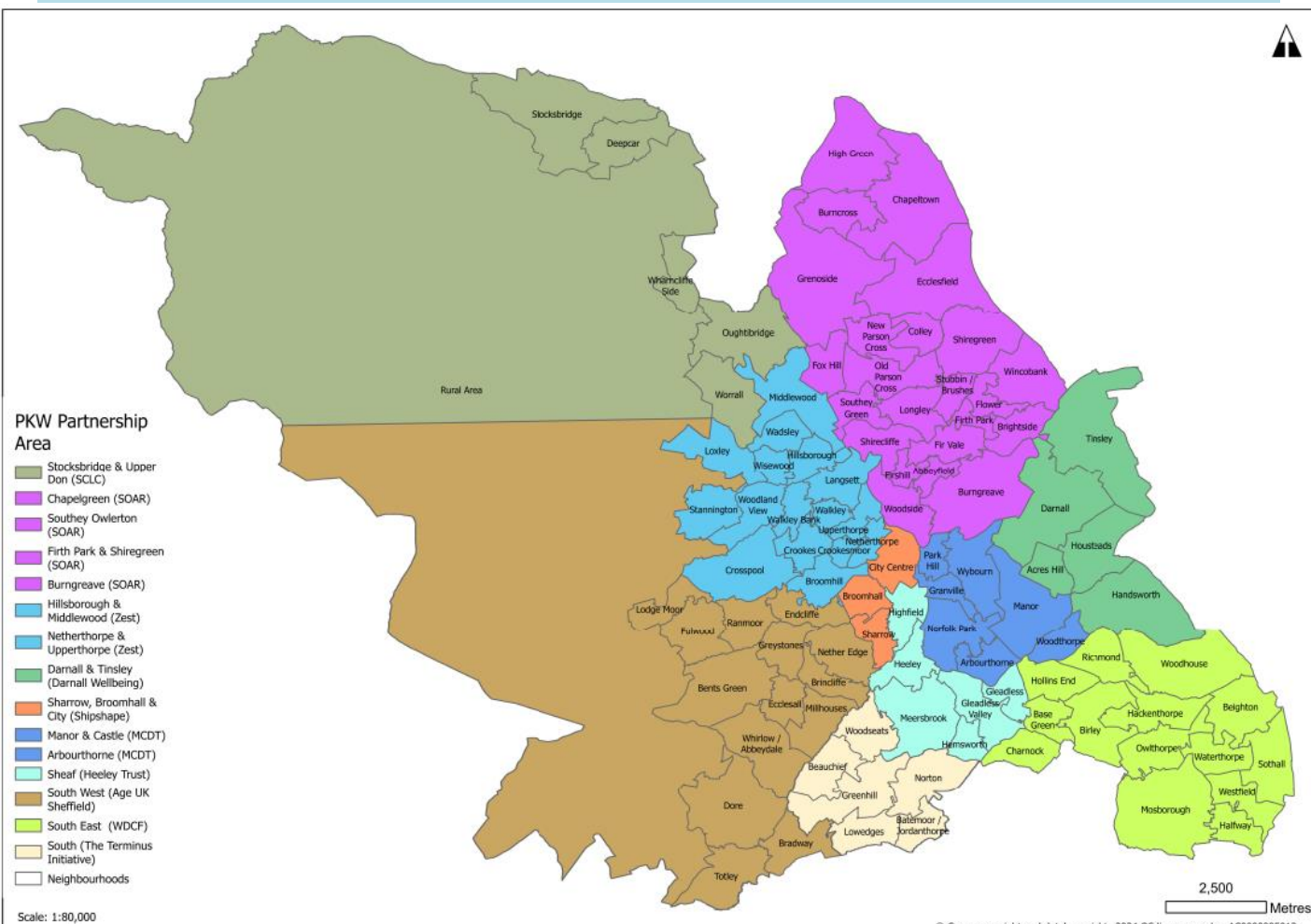
Each partnership is led by a local voluntary sector organisation which works with a wide range of people who live or work in that community.

Each partnership is different, depending on local needs, but might include other voluntary

groups, libraries, local forums, Councillors, neighbourhood Police Officers, transport services, housing associations, TARAS, faith groups, food banks and GP practices.

Social Prescribing includes having a ‘what matters to me’ conversation to identify what support is needed. People are then put in contact with services that can provide help and advice. Examples include:

- Life admin support e.g., benefits, housing, advocacy
- Healthy lifestyles and managing long term conditions
- Social inclusion activities e.g., arts groups, volunteering, physical exercise and gardening.



People Keeping Well community partnerships: how it works

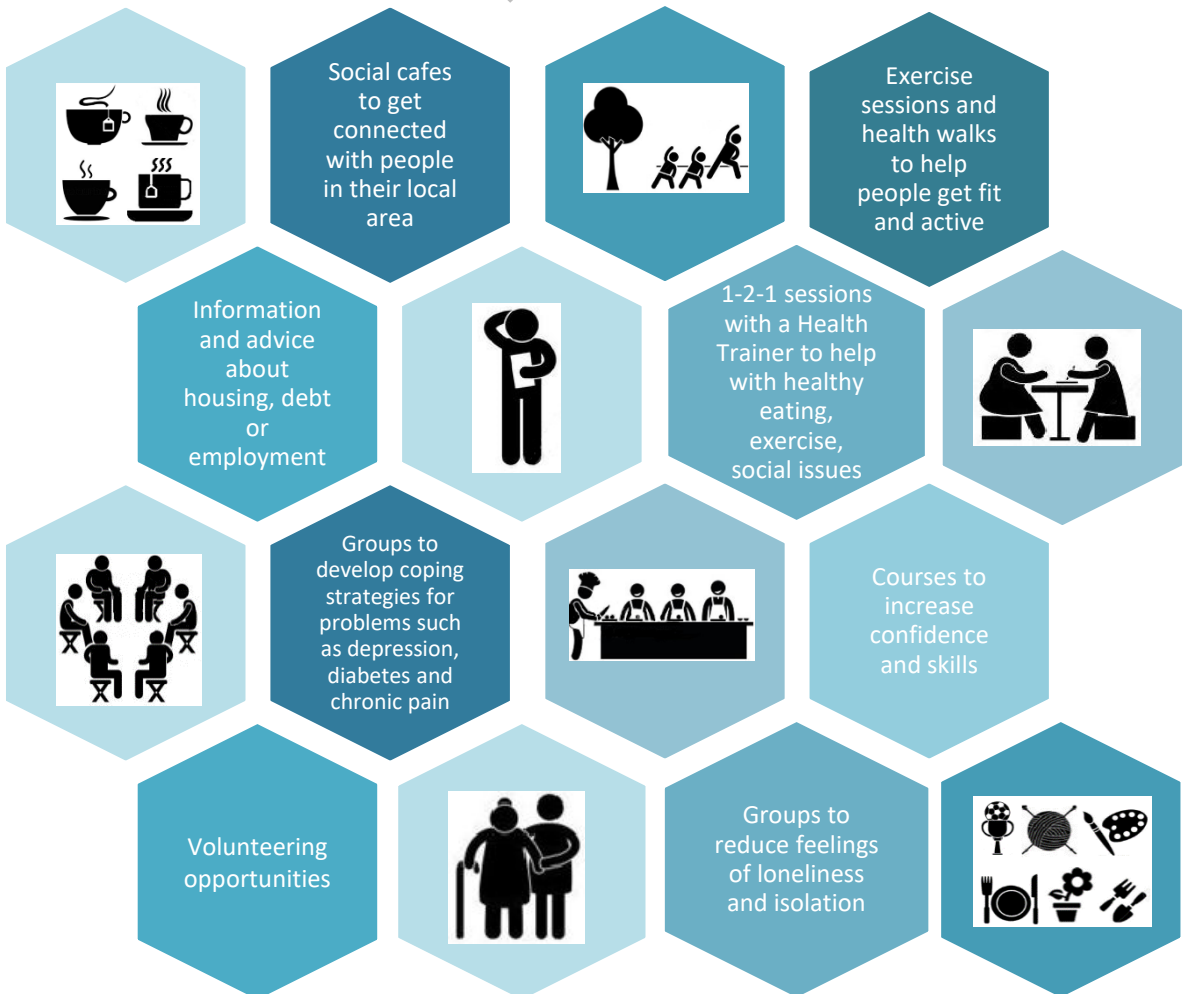


Individual at risk of declining health and wellbeing

Referral made to PKW community partnership Lead Partner (by self, GP, other professional, family member, friend etc.)

Individual has a good conversation with a PKW link worker

Depending on need, individual is signposted to services/activities



| Area | Name | Neighbourhoods | PKW Lead Partner organisation |
|---------|--------------|---|--|
| 1 | Stocksbridge | Stocksbridge, Upper Don, Rural, Bradfield, Oughtibridge, Wharncliffe Side, Worrall | Stocksbridge Community Leisure Centre |
| 2 | Chapel Green | High Green, Chapeltown, Ecclesfield, Burncross, Grenoside | SOAR |
| 3 | Hillsborough | Hillsborough, Winn Gardens, Middlewood, Wadsley, Walkley Bank, Wisewood, Woodland, Loxley, Stannington | ZEST |
| 4 | Southey | Southey, Owlerton, Fox Hill, New Parson Cross, Old Parson Cross, Southey Green, Longley, Shirecliffe, Colley | SOAR |
| 5 | Firth Park | Firth Park, Shiregreen, Wincobank, Brightside, Flower, Stubbin, Brushes, | SOAR |
| 6 | Netherthorpe | Netherthorpe, Uppertorpe, Walkley, Langsett, Crookesmoor, Crosspool, Broomhill | ZEST |
| 7 | Burngreave | Burngreave, Firvale, Abbeyfield, Firshill, Woodside | SOAR |
| 8 | Darnall | Darnall, Tinsley, Acres Hill, Handsworth, House Steads (& Clover Group GP Practices) | Darnall Wellbeing |
| 9 | Sharrow | Sharrow, Broomhall, City Centre | ShipShape |
| 10 | Manor | Manor, Castle, Wybourn, Woodthorpe, Park Hill, Granville | Manor & Castle Development Trust |
| 11 | Sheaf | Highfield, Heeley, Gleadless Valley, Norton, Meersbrook | Heeley Trust |
| 12 | Arbourthorne | Arbourthorne, Norfolk Park, Gleadless | Manor & Castle Development Trust |
| 13 | Gleadless | Gleadless Valley, Gleadless, Heeley, Hemsworth | Heeley Trust |
| 14 | South-West | Dore, Totley, Bradway, Endcliffe, Fulwood, Ranmoor, Greystones, Nether Edge, Bents Green, Brincliffe, Ecclesall, Whirlow, Abbeydale, Lodgemoor | Age UK |
| 15 | South | South, Batemoor, Jordanthorpe, Lowedges, Bradway, Greenhill, Beauchief, Woodseats | The Terminus Initiative |
| 16 & 17 | South-East | Woodhouse, Beighton, Hackenthorpe, Westfield, Owlthorpe, Halfway, Beighton, Waterthorpe, Sothall, Mosborough, Charnock, Base Green, Birley, Richmond, Hollins End | Woodhouse and District Community Forum |



For contact details and to make a social prescribing referral to your local PKW Lead Partner organisation:

www.sheffielddirectory.org.uk/pkw

How do we know it works?

This is an emerging approach based on years of community-based interventions for health and wellbeing. There is a growing national evidence-base for social prescribing:

- <https://www.health.org.uk/publication/how-should-we-think-about-value-health-and-care>
- <https://www.nesta.org.uk/report/more-than-medicine-new-services-for-people-powered-health/>

The difference People Keeping Well has made to people

"My GP doesn't need to increase my beta blockers for high blood pressure now, because of the progress I've made."

Eat Well Course, Manor & Castle Development Trust

"A community event like this is great for reducing social isolation and people get the opportunity to meet other people and find out what is happening locally. It's great to see so many people from different cultures, eating together and enjoying themselves and voting for their favourite dish."

ZEST, Ready Steady Cook event

"I'm a full-time carer for my husband. I used to stay at home all the time and never went out due my caring responsibilities, but then realised I needed to think about my own health and started coming here to take a break from caring and still enjoy doing things like cooking, baking and socialising!"

Community Lunch, The Terminus Initiative

"I'm 84 and live on my own but I like to keep going and get out and about to this."

Chair-Based Exercise, Woodhouse & District Community Forum

"It's nice to meet new people and socialise. It can get really lonely living on my own."

Coffee Morning, Heeley Trust

"I feel normal here, no-one judges. If someone forgets their words no-one minds."

Dementia Memory Café, Parson Cross Forum

"I have a bit of depression, so I was quiet at first, but I talk now because it's so relaxed and calm."

Chronic Pain Group, SOAR

"A few of us have formed a walking group and regularly meet up and go for walks round the local area. Before coming to the exercise class, we didn't see walking as a form of exercise."

Ladies Exercise Open Day, Shipshape

"I really enjoyed helping with this project and have gained immense pleasure and met new friends as a result. Volunteering at this Centre is great, I can recommend it – it gives you a sense of pride helping such a worthwhile community venture and there's a wide variety of work to get involved in. I even feel fitter and healthier!!"

Volunteer creating a rockery garden, Stocksbridge Community Leisure Centre

"My Sciatica has been eradicated; I couldn't stand for even 5 minutes but now can walk for 1.5 hours a week."

Health Walk, Darnall Wellbeing

"I was made redundant and have been out of work. Volunteering here helps me gain experience and also gives me something to do in my spare time and meet people, as I don't want to be stuck at home all the time."

Green Gym Community Growing Project, Heeley City Farm

"Since joining I have met new friends, look at nature in a totally different way and most of all I can be myself and forget my troubles for an hour and a half each week. I am so glad I took the first step to join."

Nature for Wellbeing, Age UK