

## **Hywel Dda University Health Board;**

### **Project Title; Social Prescriber / Resilience Worker; Time Credits**

**Hywel Dda;** Llanelli Cluster

**Project Lead; Contacts;** Laura Smith; [Laura.smith4@Wales.nhs.uk](mailto:Laura.smith4@Wales.nhs.uk)

**Rationale;** Time Credits incentivise members of our local communities to not only access available services, but also to give back to their communities, as a way of bringing about greater resilience.

**Project Details;** A Social Prescriber/resilience worker to link in with the new service the cluster hopes to introduce for Dementia

Spice is working with the Llanelli GP Cluster on an innovative Time Credits social prescribing programme. Two Spice Social Prescribers are active across the seven GP practices in the Llanelli area, working with patients to improve patient health and well-being through spending and earning Time Credits. The programme has been designed to work with a specific patient demographic that includes older people, regular attendees, patients living with chronic pain conditions and people with low level anxiety and depression.

**Intended Outcomes;**

**Partners;** SPiCE; Carmarthenshire Communities First

**Time-frame;** Fixed for 2 years

**Future Development Planned;** Social Prescribing SPiCE posts / introduces time credits

**Commissioning / Funding;** Llanelli Cluster funded

**Evaluation / Reporting;** No Report or Evaluation to date

**Supporting Documentation;**

**Acknowledgement;** Rachel Pompa; Head of GMS Hywel Dda UHB

**Project Status;** In the first year of the programme (2014/15), 700 people have given more than 26,000 hours across 83 local organisations