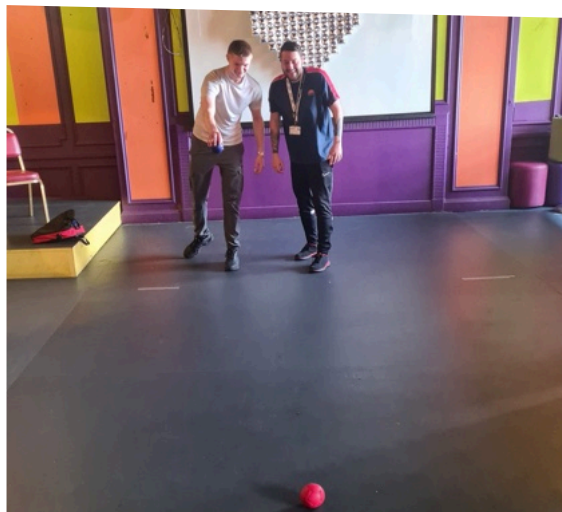




YOUNG PERSONS SOCIAL PRESCRIBERS

"They helped me by gaining my confidence back up."
Young Person



Jewellery, animals & badges made at Stanleys Arts & Crafts and Lancashire Youth Challenge Sessions; Stanleys Community Boccia Session; Young people perform at More Music gigs

IMPACT REPORT 2024-2025

COMMUNITY HOSTED SOCIAL PRESCRIBERS

Stanleys Community Centre and **More Music**, community organisations based in Morecambe, each host a **Bay Primary Care Network Young Persons Social Prescriber** within their teams. The partnership to deliver Young Persons Social Prescribing has been active for three years since April 2022, and significant developments have been made during this time.

The National Association for Social Prescribing report that **“An estimated one in five children and young people aged 8 – 25 have a probable mental health problem, but the specialist services designed to support them often have long waiting times and high thresholds for treatment.”** They go on to say that **“Social prescribing is a way of tackling the problems affecting young people’s mental health head-on, addressing root causes, and helping children and young people to live the best lives they can. It can also help young people get support for physical health problems, including diabetes or obesity.”**

We know that there is a great need for this service in our community, and that half of all mental health problems initially occur before the age of 14. Our two Bay Primary Care Network Young Persons Social Prescribers are extremely well connected with other organisations and services who provide support for young people in Morecambe.



A collaboration of Lancashire Youth Challenge and Bee Adventures

YOUNG PERSONS SOCIAL PRESCRIBERS



BENEFITS OF COMMUNITY HOSTED SOCIAL PRESCRIBERS



Eco Collective Session at More Music

- **Stanleys Community Centre** and **More Music** are **well established** organisations and **trusted** within the community.
- The organisations have a depth of knowledge through **long-term relationships** with community and voluntary sector organisations.
- The Young Persons Social Prescribing work is rooted in a **long history of supporting young people to thrive** through cultural and community programmes designed to meet the needs of individuals.
- Whilst the Young Persons Social Prescribers are individuals based within the organisations, they are based within a team which encompasses **a wide range of skills, experience and perspectives**, which strengthens the offer which is available for young people who are referred via social prescribing.
- Stanleys Community Centre and More Music have been described as **“bridging the gap between health, education, social services and third sector organisations”** which is a clear benefit.

HOW THE PARTNERSHIP WORKS

The Young Persons Social Prescribers work closely with the team from Bay Medical Group to offer the provision. This encompasses two weekly meetings, as well as regular engagement in wider network meetings.

Triage Meetings: The Young Persons Social Prescribers attend a weekly triage meeting with the Bay Integrated Care Community (ICC) Clinical Lead and Primary Care Network Health Inequalities Clinical Lead and Bay Integrated Care Community Development Lead, during which they discuss new referrals and allocate them to one of the Social Prescribers. It's also an opportunity for **supervision** for the Young Persons Social Prescribers, providing them with time and space to discuss challenges and issues with the clinical team.

Multi-Disciplinary Team Meetings: The Young Persons Social Prescribers attend weekly MDT meetings which engage a broader network of services, including health, social services and education, to discuss individual young people who have been referred to the Social Prescribers, connecting them to wider support that is available for the young people, and to ensure information is shared appropriately, accurately and in a timely manner.

Alongside this, the host organisations currently offer crucial ongoing supervision and support to the Young Persons Social Prescribers.



Young Persons Social Prescribers Lukas & Maxine on Social Prescribing Day

IMPACT

- **116 young people referred to Young Persons Social Prescribers in 2024-2025.**

This marks a small reduction from 151 referrals in 2023-2024. It is possible that the number of referrals has reduced due to the improved understanding of Social Prescribing within schools, leading to more appropriate referrals to Social Prescribers.

"My child's confidence has massively improved as well as their feeling of self-worth. Learning new songs and practicing each week as a group, to then performing, in such a safe space, at the end of term gig is so rewarding." Parent

- **The age range of those referred was 11 – 19 years.** In addition to this, there were two referrals for young people aged 9 and 10, which were managed by signposting and advice for parents.
- **64% of referrals were aged 15 or over**, with the remaining **36% being 14 or under.** The largest proportion of referrals were aged 15 & 16, with them forming 31% of all referrals. This is largely in line with the data from 2023-2024, with slightly higher levels of referrals seen for over 16s this year.

"I heard about this service from the doctors as my son was struggling... he got paired up with a female but it was hard for him to connect, so changes were made for him to meet a male... With the male social prescriber he was able to open up and say he wasn't ready to go or join any clubs and it's not what he wants... I'm happy about him being able to connect with someone and be open and talk. Thank you for trying" Parent

- The gender identity of those referred shows that **59% identify as female, 35% as male, 3% as transgender and 3% as being unsure of their gender identity.** The referrals are split between Lukas (Stanleys Community Centre) and Maxine (More Music) with Maxine engaging with a higher percentage of female referrals and Lukas with a higher percentage of male referrals. The demographic diversity within the service is a positive of the model ensuring inclusivity of offer.

- Young People have been **referred for a variety of reasons** including:

Community Engagement School Attendance Low Mood Anxiety Isolation

- **Community Engagement** remains the main reason for referrals, with **31% of referrals** stated as such. The Young Persons Social Prescribers note that many young people who are referred to them, are struggling with several things even when their referral focuses on community engagement. They recognise that when they support with community engagement, their other challenges often also subsequently improve.
- **The most common length of engagement** with Young Persons Social Prescribers in 2024-2025 was **4 months**, with **70% of young people being signed off from their referral within 6 months**. 30% of young people are engaging with Young Persons Social Prescribers for over 6 months, with **only 7% engaging for longer than 12 months**.
- The **engagement with social prescribers ranges from a few weeks to over 12 months**. The data indicates that the average amount of time spent working with each referral has come down slightly in 2024 - 2025. This could be related to the slight reduction in the number of referrals, meaning that the social prescribers can have more time to build a positive relationship with the young person, identify suitable referral options and reduce the time between sessions, leading to faster progress. The reduction in length of engagement could also be attributed to ongoing professional development and increased experience in the role of Young Person's Social Prescribers, and to the more appropriate nature of the referrals that are received.



Arts & Craft in a Stanley's Youth Session

IMPACT

- **24** young people are actively engaged with the Young Persons Social Prescribers as of the end of March 2025.

“After a diagnosis of social phobia her mum was so happy to see her smile, interact and be proud of herself... the confidence developed has enabled her to face challenges both in and out of school and return to the things she loved.... ” Young Person’s Social Prescriber

- **32** services, outlined below, have been referred into, with the most common onward referrals to **More Music, Stanleys Community Centre** and **Lancashire Youth Challenge**.
- It is of note that **42% of referrals are managed through supportive conversations** with the Young Persons Social Prescribers which don’t lead to an onward referral to a further community provision. Our Young Persons Social Prescribers regularly update their training in mental health first aid, neurodiversity and other areas commonly requiring support, to enable them to provide low level mental health support and coaching as an early intervention, before a young person needs the support of Child and Adolescent Mental Health Services (CAHMS).



- While Stanleys Community Centre and More Music remain the most referred locations, there is **greater variation in referrals this year**, with Lancashire Youth Challenge and several other organisations receiving a higher number of referrals than in previous years. The Young Persons Social Prescribers follow the interests of the young person and align these with their knowledge of the offers available through local organisations.

IMPACT

- A key element of the Social Prescribing role is maintaining positive relationships with local organisations and having a up-to-date knowledge of the programmes they are offering, in order to make the connections as smooth as possible.

"The Young Persons Social Prescribing programme helped my son gain his confidence again after he was attacked. The programme got my son to go out again." Parent



Young people perform at More Music gig PHOTOGRAPHER: ROBIN ZAHLER

"Since starting work at Bay ICC I have been blown away by the work the Social Prescribers do within our community. There are so many services that work together to support and make a difference to young people's lives. I have worked in healthcare for over 15 years, but when you are busy in your own workplace, you don't realise what goes on within the community on a daily basis. Now that I'm working within an Integrated Care Community, it is inspiring to see health, social care, voluntary sector and other providers proactively working together to improve people's quality of life. I have witnessed the enthusiasm, compassion and commitment both Maxine and Lukas bring to the role of Social Prescriber and it is wonderful to see."

Alison Scanlon, Bay Integrated Care Community (ICC)

CASE STUDY 1

A young person was referred to Young Persons Social Prescriber Lukas, from Stanleys Community Centre, for support in engaging in community activities, to find friendships and to access support at College.

Before starting College in September 2024, they had not been in education since 2010 and had become socially isolated. They experienced difficult personal relationships, bullying and challenges relating to their transgender identity.

In meetings with Lukas they shared details of their struggle with anxiety and depression, that they were autistic and awaiting an assessment for Attention Deficit Hyperactivity Disorder (ADHD). They had previously been referred to Child and Adolescent Mental Health Services (CAMHS).

A strong and trusting relationship was built with Lukas and, after speaking to the College, they started on the right course and got the right learning and pastoral support they needed to attend.

Activity options related to interests in music, art and video games were explored but it was Lukas's suggestion that they join the Dungeons & Dragons role play game group at Stanleys Community Centre that most appealed. They initially attended with support but quickly engaged well in the session and made a friend. They continued to engage in the session without support and their confidence grew and grew.

Developing social skills has enabled positive friendships to form. They are more confident and engaging in more community activities. The acceptance from the Dungeons & Dragons group has helped their self-esteem and has had a positive impact on overall wellbeing.



More Music Performance PHOTOGRAPHER: Robin Zahler

CASE STUDY 2

A young person was referred to Young Persons Social Prescriber Maxine, at More Music, by a senior Child and Adolescent Mental Health Services (CAMHS) practitioner. They wanted a familiar source of mental health and wellbeing support following discharge from CAMHS. They were looking for mentoring support and finding it difficult to take first steps. They also needed help with linking to community groups, activities and appointments and with their transition to adult services.

With support from Maxine, they have enrolled at College, organised student accommodation and have the right support for their ongoing health issues. They have become independent from family and are currently looking at university options.

Having a particular interest in environmental issues, they have totally engaged with More Music's Eco Collective - a team of young creatives, playing a significant role in the planning and organising of More Music events. The group are currently spending the year exploring climate action as part of a funded project. They have been attending conferences, being part of community consultation and demonstrating how informed and passionate they are about the subject.

This young person still faces challenges but is thriving has friendships, purpose and they are growing in confidence.



Lovely plant pot painting at Prop Up

CASE STUDY 3

A blind 19 year old with an Education, Health and Care Plan (EHCP) and history of self-harm was referred to Lukas at Stanleys Community Centre by Prop Up as they needed support to engage in more mainstream groups, activities and projects. They have wide ranging interests including, writing stories, music, learning languages, art, cooking, board games, walking, nature, fitness, running and outdoor activities but their support needs were proving to be a barrier to engagement.

Lukas looked at a number of options with them, such as, Escape2Make, Waves and Stanleys Community Centre. However, it was More Music that was initially tried followed by a Special Educational Needs and Disabilities (SEND) group at Morecambe library but unfortunately they didn't suit.

It became apparent that it was difficult for them to access groups without support and they were relying on their Mum. After a discussion at the Child Multi Disciplinary Team Meeting and working with SAFE, who run Prop Up, a referral to Galloways was made. Galloways agreed to investigate accessing support to attend activities and other support they may need to engage with new groups.

They were interested in attending Lancashire Youth Challenge's project Time To Breathe. This project aims to support young people's mental wellbeing by providing opportunities to connect with nature through outdoor activities, mindfulness practices and gardening. This will also give an opportunity to potentially make friends and build social skills.

They now feel much more confident in accessing groups and are less anxious or stressed. The support that is being put in place will further break down barriers to engagement and take pressure off their mum to be present to support at all activities.

"It is really inspiring to hear the work that is going on at Stanleys and More Music. As a GP, supporting a young person with complex needs can feel really overwhelming. We are incredibly fortunate at Bay to have access to Maxine, Lukas and their teams to provide expert, compassionate, holistic care alongside traditional medical services." Joanne Price, Clinical Director of Bay Primary Care Network & GP at Bay Medical Group

CURRENT LANDSCAPE, CHALLENGES & OPPORTUNITIES

- Many of the third sector organisations and services utilised through the Young Person's Social Prescribing programme are **facing extremely challenging financial pressures**, with many organisations receiving reductions in grants and other income streams, whilst simultaneously being asked to deliver more with the reduced funds they do receive. The financial climate affects the range and depth of services that are available for the Young Person's Social Prescribers to refer into, as well as effecting both host organisations.
- The Young Person's Social Prescribers continue to **network and connect** with partners to ensure they retain an **up-to-date understanding** of the provision available through different organisations and services. They also share information from the young people that they are meeting, about services and programmes of work that they are keen to engage in, to provide information for organisations and services to be able to focus their offer where possible.
- Now well established in their roles, the Young Person's Social Prescribers are **sharing their knowledge and skills** with other team members within their organisations to **embed supportive practise** within programmes and to offer **holistic provision** to those that attend.
- **Individual support** has been built into programmes at Stanleys Community Centre and More Music, specifically through wellbeing coaching and some one to one sessions at Stanleys Community Centre and through the Welcome Hour offer at More Music. The aim of both these sessions is to support young people to **build their confidence**, whether to enable them to engage in group sessions, or to further their own goals.
- The Young Person's Social Prescribing approach is being filtered into the organisations, **helping young people with low level challenges** to be supported without necessarily requiring a formal referral.
- It's important to note that **42% of young people** who were referred to the social prescribers **were not referred onto any additional services**, but found that the support through conversations with the Young Person's Social Prescribers met their needs.
- Both Young Person's Social Prescribers have noted the **great importance of the supervision available from BMG colleagues** through Triage and Child Multi Disciplinary Team meetings.

CURRENT LANDSCAPE, CHALLENGES & OPPORTUNITIES

- The data indicates that there has been a reduction in referrals this year, with 116 (down from 151 in 2023-2024). There are many possible reasons for this, with some **organisations being better equipped to support young people** without the need for a specific referral, and particularly with the **greater awareness and understanding of the Young Person's Social Prescribing offer** in schools, with more appropriate referrals being made. We will continue to share information and to raise awareness about Social Prescribing, as the turnover of staff in schools and partner organisations can be very high.
- Referrals came from a range of sources including **23%** from Bay Medical Group GPs, **19%** from Schools and Colleges, **12%** from the CYP Primary Mental Health Practitioner, **8%** from the Children and Family Wellbeing Service, with the remaining 38% coming from a range of other sources including parent and guardians, CAHMS and self referrals.
- Both organisations recognise a **need for ongoing provision**, particularly through the long holiday periods, which can be a particularly challenging time. Work is underway to secure funding to enable additional provision to be available during the holidays.
- During the year we have on occasion not been able to place young people in the most appropriate provision either due to a lack of capacity within partner organisations, or age-appropriate activity being available. The Young Persons Social Prescribers have shared this feedback with partners, some of whom are reviewing their programmes to see how they can **best meet the needs of socially prescribed young people**.



Music technology session at More Music



Stanleys Christmas Session

WIDER PARTNERSHIPS & CONNECTIONS

Edge Hill University - Arts4Us

The Arts4us project is a £2.5M Arts and Humanities Research Council funded project led by Edge Hill University in collaboration with integrated care systems and community organisations. More Music is one of the community partners involved in the delivery of the programme which focuses on the mental health of young people aged 9 to 13, a group at significant risk of developing mental health problems while transitioning from childhood to adolescence.

"Arts4Us is a project that draws heavily on the collaboration with its community partners, who are making a serious contribution to tackling health inequalities through the use of good quality arts provision. The project, the largest of its kind, is funded by the Arts and Humanities Research Council. It is co-produced with children, their families in collaboration with arts, youth, health and social care organisations as well as schools and higher education institutes. More Music plays a key role in this project through championing the mental wellbeing of children and young people and contributing to lived experience, generation of data from children, young people and their families as well as through ongoing consultation and support. Through the support and input of organisations such as More Music, Arts4Us has been shortlisted for the North West Coast Health Innovation Award on its achievements to tackling health inequalities, an award that recognises the value of music and the arts to support the mental health of children and young people."

Professor Vicky Karkou, Professor of Arts and Wellbeing, Edge Hill University

Networks and Partnerships

Stanleys has worked in partnership with a number of organisations for several years. Last year they cemented their partnership with Lancaster and Morecambe College, Lancaster District CVS and The Morecambe bay Poverty Truth Commission, when they took over a property on West Street. The Link is a hub used by the four organisations and others including CAB, a Men's group and a weekly D&D group.

More Music and Stanleys Community Centre engage with a wide range of networks, partnerships and engagement programmes in the Lancaster District including:

- Lancashire Family Hubs Network
- Orange Button Community Scheme
- Help is Close campaign
- CYP Multi Agency Forum
- Mental Health Champions Network



YOUNG PERSONS SOCIAL PRESCRIBERS



WIDER PARTNERSHIPS & CONNECTIONS

A.C.E. - Achieve Change & Engagement

A.C.E. is a Trauma aware charity based in North Lancashire, currently working with young people within Lancaster District. They work with children and young people aged 10 to 25 whose mental health has been adversely affected by experiencing adverse childhood experiences, to support them to improve their mental health and build emotional resilience, putting their voices at the heart of all we do. A.C.E has a trauma councillor who works from More Music's building, one day a week.

"A.C.E. has been working collaboratively with More Music for several years which has, and continues to be, an incredibly valued relationship. Their support doesn't stop with the young people who attend More Music, as they are also inclusive of community and other charitable connections such as ourselves. Having had the privilege of using a room at More Music for trauma counselling on a weekly basis for approximately 2 years, it's hard for me to put into words how their support has positively impacted the wellbeing of the Children and Young People I see. They experience More Music as a safe space where they are consistently met by warm and welcoming team members, and where they can explore, with support, their musical sides when, and if they feel ready, further building on the confidence and empowerment of the CYP.

Maxine has played a key role in this and her role as social prescriber has been a fantastic addition to More Music and one A.C.E. has used on numerous occasions for CYP and their families. Maxine often goes the extra mile for people, and no matter how busy she is, she'll always find the time to support someone in need. A.C.E. can't thank More Music and Maxine for all that they do for us and the young people living in our community."

Jaquith Athorn, Clinical lead & trauma counsellor A.C.E.

"You do such amazing work with children and young people; they are so lucky to have you. You go above and beyond for young people and families, I have seen that and it's hard to stay so passionate when we feel services are failing! So never stop being passionate."

Stephanie Seddon - Children and Young People's Primary Care Mental Health Practitioner

SOCIAL PRESCRIBER HOST ORGANISATIONS



Stanleys Community Centre was set up by local people to meet the needs of the community in 2018 and reached charitable status in 2019. Our mission is that at the heart of our community (the West End), Stanleys listens, encourages, connects and supports local people enabling them to reach their full potential through both personal and collective growth. Our vision is that all residents (particularly those experiencing challenges caused by social inequality) enjoy a high quality of life, can achieve their economic, social and educational goals, and feel part of a strong, prosperous and caring local community.

We work predominantly with young people between the ages of 11 and 24. Our busy programme offers young people the time space to make new friends, learn new skills and get involved in social action. Young people are involved in the planning, delivery and evaluation of all sessions.

During 2024 we achieved one of our goals which was to bring the building into community ownership. In January 2025 we started significant renovation to the building which has included; roof Repair a full new heating system; a complete rewire and new windows and door. During this time, we have managed to keep our services going using 3 different venues. The future for Stanleys looks very bright and we are committed to providing the services of the Youth Social Prescriber.

Lukas has worked with young people for 17 years in local schools, colleges and youth settings and has been a young person's social prescriber since April 2022. He has a BA honours in Sports Coaching, is a mental health first aider and has done PAM training. Having been recently diagnosed with ADHD, he has an even greater understanding of supporting young people with SEND or other needs than his previous experience. Lukas is good at building up positive relationships with young people and using his vast local knowledge to signpost and refer young people to appropriate projects, activities, services and groups. Lukas has a passion for life and helping people's wellbeing.

<https://stanleyscommunitycentre.co.uk/>

"I find Lukas to be a very supportive individual that is fantastic at his role as a social prescriber. Lukas supported me at a time I was unable to leave my home and hadn't for several months or more and I am now in a position that I am able to attend group sessions and interact with others on my own. This is all thanks to the amazing support I received from him."

Young Person

YOUNG PERSONS SOCIAL PRESCRIBERS



SOCIAL PRESCRIBER HOST ORGANISATIONS



More Music is a community music and education charity which seeks to build confidence and spirit in individuals and communities through arts activity, particularly music. More Music provides inclusive, accessible programmes and sessions for people of all ages and abilities. All activity is designed to create a welcoming, supportive environment where children and young people can be creative and flourish as young musicians and performers and grow in confidence personally, socially and artistically.

More Music is a National Portfolio Organisation of Arts Council England and receives core funding support from Garfield Weston Foundation and Lancaster City Council. More Music is a key partner in the Lancashire Music Hub and is supported by Youth Music and Francis Scott Trust to deliver multi-year programmes. More Music receives project specific funding from a variety of trusts and foundations as well as other sources.

More Music's building in the West End of Morecambe is busy every day and every week, with inclusive music making, through participatory workshops, gigs, festivals and events. We have an active Youth Council and listening to participants and shaping work in response to their feedback is deeply embedded practise in the organisation,

More Music has a robust evaluation framework, including using the Arts Council England Illuminate and Culture Counts platforms. Our evaluation and monitoring framework measures musical, personal and social outcomes.

Maxine Draycott has been the Young Persons Social Prescriber at More Music since April 2022. She works within sessions to support and encourage young people to make music and engage with creative activity. Maxine represents More Music at a number of health and community networks and within broader research projects including Arts4Us with Edge Hill University. More Music is committed to continuing to provide the services of the Young Persons Social Prescriber.

<https://moremusic.org.uk/>

"The singing is such a good way to build positive mental health and my child has made new friendships along the way." Parent

CONTACT

For more information about our Young Persons Social Prescribing provision please feel free to contact us using the information below:



Bay Integrated Care Community Development Lead: **Anji Stokes**



Founder / Director: **Robyn Thomas**

Young Persons Social Prescriber: **Lukas Brown**



Executive Director: **Marianne Barraclough**

Young Persons Social Prescriber: **Maxine Draycott**



More Music Performance

YOUNG PERSONS SOCIAL PRESCRIBERS

