

PROMOTING HEALTH IN THE COMMUNITY: SOCIAL PRESCRIBING AND OTHER STRATEGIES

EuroHealthNet Country Exchange Visit

9.00 – 17.30 (CET + 1), 4 May and 9.00 – 13.00 (CET + 1), 5 May 2022

National Institute of Health Doutor Ricardo Jorge (INSA), Lisbon, Portugal

Integrated and community-based health and social care services offer new and untapped opportunities to generate health and address the complexity and diversity of the health and social issues faced by different populations and individuals.¹ These are person-centred, primary health care services that link to a wider set of locally-available and accessible social, cultural, educational and employment services. Such integrated services provide holistic support to people facing vulnerability, and improve population health and wellbeing at large.

A specific mechanism that can be applied to link local health services with other services in the community – with an objective of promoting health and wellbeing – is **social prescribing**. Social prescribing can help improve the lives of people with inter-related, complex needs and challenges, like financial problems, an inability to speak the local language, social isolation and inadequate housing. Social prescribing can enable healthcare professionals to refer patients to a link worker, to co-design a non-clinical pathway to improve their physical and mental health and wellbeing.²

In addition, health promoting primary health care can encourage and support patients and efforts to become more physically active, eat better and/or become more resilient to stress by facilitating access to additional services in the field of sports, nutrition, mindfulness or mental health (also in relation to addictions – gaming/tobacco/alcohol).

¹ Thiam Y, Allaire J-F, Morin P, Hyppolite S-R, Doré C, Zomahoun HTV, et al. A Conceptual Framework for Integrated Community Care. *International Journal of Integrated Care*. 2021;21(1):5.

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² Social Prescribing Network Conference Report 2016

Social prescribing can transform the way a person is supported by professional sectors and their community.

This Country Exchange Visit, hosted by the National Institute of Health Doutor Ricardo Jorge (INSA) in Portugal, will enable representatives of national or regional public health agencies from across the EU with an opportunity to share their experiences with implementing such programmes and initiatives. Participants will discuss examples of social prescribing and other health promoting primary care strategies such as positive health and explore the political, financial and practical factors needed to strengthen the links between community and primary health care and social services.

During the meeting, there will be an opportunity to visit the work taking place in this field in Lisbon and peri-urban areas. Participants will meet and discuss with the health professionals, political leaders, registered patients and community service providers in the framework of social prescribing network activities in Portugal. We will also explore European level strategies and programmes that can support such efforts and help build capacities in this area, and the financial considerations of running cross-sectoral programmes.

About Country Exchange Visits

EuroHealthNet Country Exchange Visits are member-only events that are open to senior delegates. The aim is two-fold, namely (1) to exchange good practices and policies on selected core themes and showcase members' work to a selection of senior European colleagues and, at the same time, (2) discuss how related EU policy instruments may support at national, regional and local levels.



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Agenda

Co-moderators: EuroHealthNet and INSA

Day 1 - Wednesday, 4 May 2022

8.30 Registration at National Institute of Health Doutor Ricardo Jorge (INSA)

The session from 9.00 – 12.30 will be available to follow on zoom (Registration is available [here](#)).

9.00 Welcome and introductions

- Luciana Costa, Researcher, National Institute of Health Doutor Ricardo Jorge (INSA)
- Executive Board member of National Institute of Health Doutor Ricardo Jorge (INSA)
- Ministry of Health, Portugal (TBC)
- Caroline Costongs, Director of EuroHealthNet
- (Tour de table, expectations and needs)

9.30 Building foundations for promoting health in the community

- Health system foundations for health promoting community services and social prescribing, *Dr. Anant Jani, University of Oxford*
- Introduction to social prescribing movement in Europe, *Bogdan Chiva Giurca, Development Lead at [Global Social Prescribing Alliance](#), Clinical Champion Lead at [National Academy for Social Prescribing](#) in the UK*
- Social prescribing developments in Portugal, *Dr. Cristiano Figueiredo, USF da Baixa, Central Lisbon Health Centre Cluster, National School of Public Health, NOVA University Lisbon*
- Presentation of tools and (non)legislative processes from EU Institutions, followed by a discussion on how they can be applied at national, regional, and/or local levels – and how they can be used to support local organisations and advance health promotion, *Ingrid Stegeman, Programme Manager and Lina Papartyte, Project Coordinator, EuroHealthNet*

10.30 Coffee break

10.50 Strategies and practices of social prescribing (or other strategies for services in the community) from EuroHealthNet member institutes. Overview from members on what works (or doesn't) and why in practice

- Austria, Finland, Hungary, Italy, Netherlands, Portugal, Slovakia, Slovenia, Wales

12.00 Time for questions and exchange

12.30 Transportation to the site visit and lunch

Lunch at [Cozinha Popular da Mouraria](#), Substância Project, a social kitchen for neighbourhood inclusion

14.30 Site visit 1

The key social prescribing partners from the voluntary and community sector in Lisbon – presentation of services provided, challenges, opportunities, and early lessons from the intersectoral collaboration between primary care and the third sector at the [Mouraria Creative Hub](#), an innovation and creative centre, which also hosts community meetings to discuss and further develop social prescribing activities.

- National Natural History Museum and Botanical Garden of Lisbon ([Museu Nacional de História Natural / Jardim Botânico de Lisboa](#))
- Association fighting loneliness and isolation ([Associação Mais Proximidade](#))
- Cycling without age movement ([Pedalar Sem Idade](#))
- [Santa Casa da Misericórdia de Lisboa](#), a charity involved in social networks
- National Immigration support Centre ([Centro Nacional de Apoio à Integração de Migrantes](#))
- [Portugal Multicultural Academy Association](#), an organization for the immigrants' support and education, including health literacy

16.00 Site visit 2

Walking tour covering three social prescribing partners from the local voluntary and community sector in the Mouraria district.

- Social centre promoting arts and good mental health for the elderly, [Oficina do Eu / Centro Social Polivalente São Cristóvão e São Lourenço](#)
- An Intercultural Association of Lisbon (an immigration association of Nepalese people), [NIALP](#)
- [Associação Renovar a Mouraria](#), association promoting social participation in Mouraria district

17.30 end of the Day 1

19.30 Dinner at "[É um restaurante](#)"

Day 2 - Thursday, 5 May 2022

9.00 Site visit 3

The role of local government. [Junta de Freguesia de Santa Maria Maior](#) solutions for promoting health in the community through the social prescribing lens – presentation of services provided, challenges, opportunities, and early lessons from the role of local governments in social prescribing adoption, dissemination and sustainability.

After the site visit, the Country Exchange Visit moves to the premises of the Mouraria Creative Hub.

10.30 Roundtable discussion: impressions from the three site visits and formulation of key messages / actions to take

- What were the main take-away messages?

11.00 Coffee break

11.15 What resources are required (human, financial) to run sustainable, holistic health promoting services (including those visited)? Member discussion

- How are such services financed in your country?
- How to solve co-budgeting challenges when running integrated community services?
- How can cost-effectiveness be evaluated to make an informed budget-allocation decision?
- How to share responsibilities between different actors?
- How can we benefit more from the European initiatives and European funding schemes in place to support the transition to more holistic health promoting services in the community?

12.15 Moving forward; Member discussion

- How we can work together to achieve more integrated and community-based health and social services, incorporating social prescribing approaches?

12.45 Conclusions and closing remarks

13:00 End of meeting



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