



Level 3 Qualification in

# Social Prescribing

Training for social prescribers and link workers

Updated Summer 2024



Completion of this course will also earn certification from the Personalised Care Institute



# More than just Social Prescribing training

**Social prescribers play a vital role** in supporting people and communities. They are experts in understanding the needs of individuals and connecting people with local organisations, groups and services that can help improve health and wellbeing. Social prescribing requires a high level of skill, dedication and insight offering a personalised rather than medicalised model of health improvement.

The Level 3 Qualification in Social Prescribing is the one of the most sought after qualification in social prescribing. Our course is for anyone planning to be, or already delivering a social prescribing service, such as link workers, community navigators and health and wellbeing advisors.

Social Prescribing is often seen as a primary care role but anyone from any health, care or community sector can be a social prescriber. Our course recognises the value of people from different services and organisations being able to network and share their experience.

## Who is this course for?

Whether you're new to social prescribing or working in this area already, this interactive course will broaden your practical skills and knowledge in social health and wellbeing work. It will allow you to support individuals to access services in the community that are appropriate to their needs. And at the same time, you gain a highly-desirable qualification.

What's more, you'll benefit from the latest research and knowledge from practitioners and leaders at the forefront of social prescribing. In just four focused modules you will learn how you can complement and enhance your organisation's approach to social prescribing.



Proudly delivered in partnership by:



# Feedback about our course

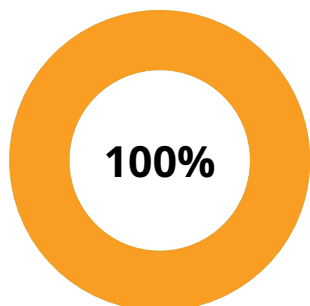
Really wonderful - right back to the core of why I wanted to get into social prescribing and how it can be applied from early stages. Wonderful!

Caroline was great at running the zoom session making everyone feel at ease, no easy feat. She was personable and knowledgeable and didn't make the session feel rushed whilst not being boring either.

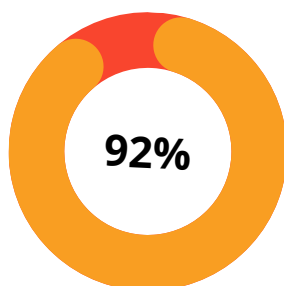
Really good tutor, enjoyed the sessions, very relaxed and open.

David is very knowledgeable and this shines through.

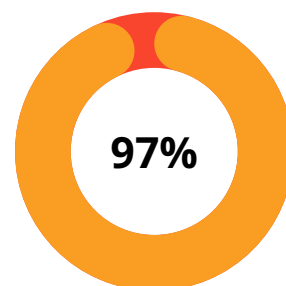
Very interesting module that we can take a lot from, to help in our day to day work.



either highly satisfied or satisfied with the support they received from their tutor



would recommend the course to others



highly satisfied or satisfied with the course materials

## Course structure

Our courses are delivered online and taught through a mixture of live sessions, online resources and pre-recordings.

The course comprises four units held over a period of 5 months. We have a flexible approach to learning and the time frame for completion can be extended if required. This may mean that individual learners join a different cohort to complete the course.

Learners have personalised workbooks and our approach to participant led study means that we examine real life scenarios, communities and services to devise solutions and pathways that can be applied in the workplace.

## Course content

### The units are:

**Unit 1** – The principles and concepts of Social Prescribing

**Unit 2** – The wider determinants of health and health inequality

**Unit 3** – Theories of behaviour change, principles of motivational techniques, and their application to personalised care

**Unit 4** – Conduct a personalised care consultation

Each unit has been devised to provide learners with in-depth insight into particular aspects of Social Prescribing. A mix of theory, sociological and scientific application and practical scenarios, this Level 3 course will provide you with the expertise to deliver Social Prescribing in your organisation, partnership or Integrated Neighbourhood Team.



# The principles and concepts of social prescribing

This unit explores the key principles and objectives of social prescribing by examining applications, roles and impacts. It focuses on theory and examines why non-medicalised community based, personalised support plays such an important part in improving health outcomes.

It provides an extensive introduction to social prescribing and looks at its context, development and potential.

## Learning objectives:

- Understand and define social prescribing
- Understand the context and objectives of social prescribing
- Understand the methods of social prescribing including care planning consultations
- Be able to describe the impact of social prescribing on individuals, communities and systems
- Identify the policy framework underpinning social prescribing
- Explain how to evaluate social prescribing interventions identifying the key outcomes from effective social prescribing
- Describe asset-based approaches to community development

# The wider determinants of health and health inequality

There are many factors that influence and impact upon people's mental and physical health. This unit provides an extensive examination of these "wider determinants" to understand how the diverse range of social, economic, environmental and cultural factors shape a person's lifestyle and choices.

## Learning objectives:

- Understanding of what health inequalities mean and why they exist
- Insight into health policy
- Examination of evidence bases, metrics and measurements of population health
- Understanding of demographics and communities and how these influence health and environment
- The impact of wider determinants on health outcomes
- The role of social prescribing in addressing health inequalities.

# Theories of behaviour change, principles of motivational techniques, and their application to personalised care

This unit introduces the main theories of behaviour change, describing the key variables of behavior change models, and explores links between behavior change and attitude. It examines motivational approaches and methods which can help people to gain insight into their own choices and decisions and, within this, how social prescribing can help and improve personal health outcomes.

## Learning objectives:

- Understanding the mechanics of a number of behaviour change theories
- Understanding of why behaviours happen in certain situations and how these impact on health
- Examination of behaviour change interventions
- Understand the differences between attitude and behaviour changes
- Be able to apply and adapt these theories to real life scenarios

## Conduct a personalised care consultation

The main focus of this unit is the application of all that you have learned to date through the undertaking of a real-life social prescribing consultation. It gives you the opportunity to work through scenarios and understand the processes and relationships needed to be an effective social prescriber. It allows for an in-depth exploration of how social prescribing applies in your community, using your networks, knowledge and newly honed skills.

## Learning objectives:

- To be able to confidently conduct a personalised care consultation which meets the needs of the person involved
- Understand how to evaluate this intervention with the involvement of the person involved
- Understand how to measure and report upon the impact of the intervention as part of the wider programme metrics.



## Pre-requisites

There are no specific prerequisites to becoming a Level 3 Social Prescriber, but familiarity with using a computer, internet based research, using Microsoft Powerpoint and Word and/or similar programmes would be extremely useful as you will be required to use these to complete your studies.

The Level 3 Qualification in Social Prescribing is the equivalent to an A-Level or level 3 NVQ and is recommended for those who have achieved at least four A\*-C (9-4) grades at GCSE or level 2 NVQ.

## Time commitment

We advise employers and learners to expect 3 days of learning per unit (12 days over all). This will allow the learner time to complete the live sessions, engage with the online material and get started with their assignments.

Learners can progress at different paces so some people may need additional time.

## Cost and re-imburement

The price per learner is £1,150 + VAT.

We have recently developed a payment plan option so if you are an individual learner, funding your own personal development, you can stagger payments over a period of time.

Please note that this option is only available to individuals. Organisations funding the training of their employees will continue to pay for the entire course in one payment.

To discuss options with us, please contact:  
[team@socialprescribingqualification.org.uk](mailto:team@socialprescribingqualification.org.uk).





# Ready to transform your approach to social prescribing?

Contact us at: [team@socialprescribingqualification.org.uk](mailto:team@socialprescribingqualification.org.uk) to express your interest and discuss next steps.



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