

Intergenerational Social Prescribing Toolkit



What Does Intergenerational Mean?

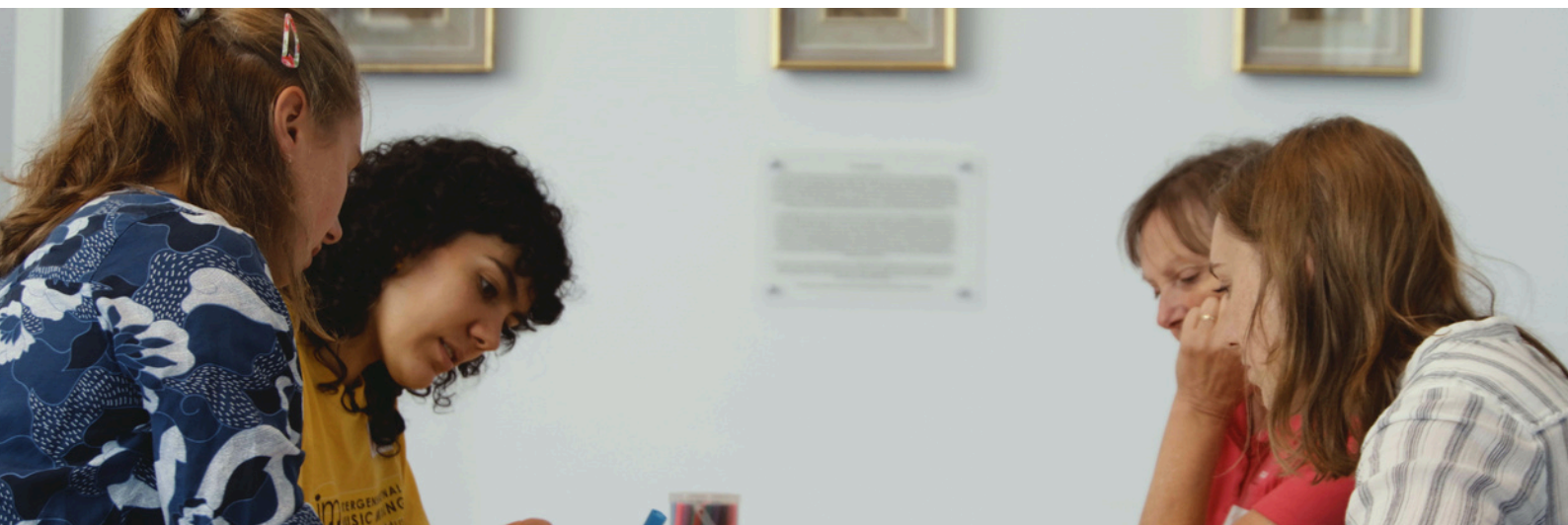
Intergenerational practice connects people across ages, sectors, and communities, challenging stereotypes and fostering social interaction. This transformative approach inspires resilient communities where individuals from different generations and sectors come together to learn, grow, and thrive.

What Is Social Prescribing?

Social prescribing – sometimes referred to as community referral – is a means of enabling GPs, nurses and other health and care professionals to refer people to a range of local, non-clinical services.

Recognising that people's health is determined primarily by a range of social, economic and environmental factors, social prescribing seeks to address people's needs in a holistic way. It also aims to support individuals to take greater control of their own health.

Social prescribing schemes can involve a variety of activities which are typically provided by voluntary and community sector organisations. Examples include volunteering, arts activities, group learning, gardening, befriending, cookery, healthy eating advice and a range of sports.



6 Intergenerational Social Prescribing Tips



Listening

Encourage active listening to understand the needs and preferences of individuals from different generations



Enabling

Provide opportunities and resources to empower both younger and older participants to engage in activities together.



Accessing

Ensure easy access to intergenerational programs and activities by promoting inclusivity and removing barriers



Inviting

Create welcoming environments that encourage participation and foster a sense of belonging for all generations.



Safeguarding

Prioritise the safety and well-being of participants through appropriate policies, procedures, and training.



Evaluating

Regularly evaluate the impact and effectiveness of intergenerational social prescribing initiatives to identify areas for improvement and measure success

Intergenerational Connection in Practice



An "Intergenerational Approach" is a deliberate and thoughtful strategy that harnesses the connections between and among people across the life course. It's about recognising the value of diverse experiences and fostering meaningful interactions that transcend age boundaries, ultimately leading to a more inclusive and cohesive community or society.



Music

You could write an original song



Cooking

Make your favourite food together



Art

Go outside and draw something that you see



Sport

Play your favourite sports together



Nature

Plant seeds & watch them grow



Intergenerational Social Prescribing Examples



IMM Community Hubs

1

We deliver hubs nationally, working with link workers and social prescribing networks to offer immediate and long-term opportunities for socialisation, volunteering and support, working to tackle loneliness and social isolation and empower individuals through music and creativity.



IMM Projects

2

In 2021, the Intergenerational Creative Health Programme: Together with Music showcased a practical approach to improving health outcomes in collaboration with care homes, schools, VCSE, community and Social Prescribers.



Social Prescribers Choir

3

In May 2021, IMM launched the first TwM National Social Prescribers Choir encouraging the use of singing and music to benefit our health and wellbeing. The choir offered SPs a taste of their own medicine, supporting wellbeing and encouraging collaboration and skill development

