



National  
Academy  
for Social  
Prescribing

\*If you need this information in another format please contact Sarah on 01332 227708\*

## Midlands Learning Together

We all have something to offer, we all have something to learn

### Who is it for?

We welcome volunteer services, food banks, grassroot activities, local and national charities, faith groups, housing services, money and advice services, museums, user led organisations and Link Workers, Local area coordinators and more! Come join cohort 2.

### What's the offer?

Learning Together is **free** to join and is part of the Thriving Communities wider programme. You can join as much as you wish, see list below (the more you get involved in, the more you get out!):

1. **Regional interactive themed learning sessions.** More than just a webinar, they are informative & interactive sessions covering various aspects of Social Prescribing.
2. **Place-based networking sessions.** Make relevant and useful contacts in your [ICS area](#)
3. **Closed small groups** – reflect, learn and take action. Great opportunity where you can take quality time out to explore solutions with peer professionals to develop your work.
4. **Open small groups** – reflect, learn and take action. Similar to the closed group but for those who would struggle to commit to the four sessions over Oct, Nov Jan & Feb period.
5. **Receive updates on regional news.** No more than once a month general update and only essential updates on the programme opportunities so you don't miss out.
6. **Network using the online platform.** We post all our resources in the Midlands forum on the National Academy of social prescribing network platform. [Join our Network](#)

Anyone can be part of the webinars, the network and receive updates at any point. The closed groups and small groups are time sensitive and limited places available.

### What others on the Learning together programme have fed back:

...It has been a great opportunity to work with other professionals in the community and statutory roles on a common theme of social prescribing...

... I have really valued the time aside to reflect and problem solve...

... I didn't know much about social prescribing before but hearing the different experiences of social prescribing has been really informative and helped me understand my work in relation to the social prescribing opportunities...

To reach everyone across the Midlands we are keeping these opportunities online. However we are connecting people in nearby areas to support a network that could meet and collaborate in person.



National  
Academy  
for Social  
Prescribing

## How do I apply?

We welcome applications from the east and west Midlands, whether your organisation is large or small. The best person to be involved is someone in a leadership role. There is **one place per organisation**. If you are an infrastructure organisation, statutory provider or link worker there are limited places.

To apply, complete this [short application](#) as part of your registration. (NEED TO COMPLETE THIS APPLICATION TO ALSO RECEIVE THE NEWSLETTER)

## Apply before September 17<sup>th</sup> 2021 midday

**\*Save the date\***

### **Monday 27<sup>th</sup> September 3pm-4:30pm**

A mandatory Welcome session that will involve the following:

- Hear from others experience of the Learning Together programme and the facilitators to help choose your learning together group.
- Find out what Thriving Communities programme has to offer.
- Meet your regional team from Active Partnership, Arts Council, Natural England, Money and Pensions and NHS facilitators and representatives.

We will be using **Airmeet as the virtual platform** because it allows for effective and efficient networking. We want to use your time wisely and give you the most from the experience. If you want tech support we have drop-in **Tech Test sessions** every 2<sup>nd</sup> Tuesday at 11am and 3<sup>rd</sup> Thursday at 3pm so don't worry you will have the chance to test out the platform before the welcome session and join the network. Just email [midlands.thrivingcommunities@nasp.info](mailto:midlands.thrivingcommunities@nasp.info) and we will send you a calendar invite with a zoom link.

If you have any questions, please contact your Midlands Regional Lead Sarah on [midlands.thrivingcommunities@nasp.info](mailto:midlands.thrivingcommunities@nasp.info)

To find out about [Social Prescribing \(click here\)?](#)

How can the [LEARNING TOGETHER programme help? \(click here\)](#)

### **Programme length**

Cohort 1 can continue to engage in small group sessions but peer led instead of facilitated.

Cohort 1&2 the programme runs from when you join until March 2022.

## Programme Details

Provisional plans for the programme in September 2021- March 2022

**National** webinars and regional interactive webinars:

Tue 7th Sep 3-4pm	Understanding Social Prescribing
Mon 27th Sep 3-4:30pm	Welcome virtual meet up across the Midlands for cohort 1 and 2
Tue 5th Oct 3-4pm	Financial wellbeing and social prescribing
w/c 11th Oct	Closed and open small group 'Reflect, Learn & take action' *You can select a group in the welcome session that works for you!
Mon 18th Oct 12-1:30pm	How to sustain your work for social prescribing & Financial wellbeing
Fri 29th Oct 11-12:30pm	Networking event using Airmeet
9th Nov 3-4pm	Evidence base for SP, and the SP universal outcome measuring tool
Mon 15th Nov 12-1pm	Arts Council and Historic England for arts and culture social prescribing
w/c 22nd Nov	Closed and open small group 'Reflect, Learn & take action'
Mon 29th Nov 12-1pm	Developing the language to strengthen the referral route and capturing outcomes through standardised tools
Tue 7th Dec 3-4pm	Children and Young People and Social Prescribing
Mon 13th Dec	Midlands Children and Young People and Social Prescribing



12-1pm	
Mon 20th Dec 12-1:30pm	Christmas themed network event using Airmeet
Tue 11th Jan 3-4pm	Social Prescribing and physical activity: Movement Matters
w/c 17th Jan	Closed and open small group 'Reflect, Learn & take action'
Mon 24th Jan 12-1pm	Midlands Physical activity and Open Data Access
Mon 31st Jan 12-1:30pm	Network event using Airmeet
8th Feb 3-4pm	Tackling health inequalities and how to overcome engagement barriers
w/c 14th Feb	Closed and open small group 'Reflect, Learn & take action'
Fri 25th Feb 11-12pm	Overcoming engagement barriers between non for profit providers and Social Prescribing Link Workers for improving health inequalities
Mon 28th Feb 12-1pm	Green social prescribing pilots from Derbyshire and Nottinghamshire updates
Tue 8th March 3-4pm	Natural environment and social prescribing
Mon 14th March 11-1pm	Midlands celebration and awards event

#### Cohort 2:

You will also have the chance to engage in

- Closed group reflect, learn and take action sessions

or



National  
Academy  
for Social  
Prescribing

- Open group reflect, learn and take actions sessions

Both running a session in Oct, Nov, Jan and Feb

Cohort 1:

I will be offering a space that has a zoom link attached where you can put your skills from the action learning group sessions into practice.