BPS Research Seminar Series 2018/2019: The Social Psychology of Social Prescribing
Seminar 1: Unpacking the Relationships between Social Groups and Health
Nottingham Trent University
29th June 2018

9.30am	Registration *Newton Building Level 1 Forum*	
Morning Session *Newton Building LT3*	**Presenter/Facilitator**	**Title**
10.00am	Prof Thom Baguley, Department of Psychology, NTU	Welcome
10.10-10.30	Dr Niamh McNamara Department of Psychology, NTU	Introduction to the social psychology of social prescribing
10.30-11.00	Ms Sarah Collis Self Help UK	Social prescribing – a new route to self-help groups
11.00-11.15	Coffee break & Networking *Newton Building Level 1 Forum*	
11.15-12.15	Prof Catherine Haslam School of Psychology, University of Queensland	Groups 4 Health: The next step in social prescribing
12.15-1.00	Dr Clifford Stevenson, Dr Juliet Wakefield, Dr Blerina Kellezi, Dr Mhairi Bowe and Dr Iain Wilson, Department of Psychology, NTU	Evaluating social prescribing interventions: Preliminary results from community-based and health facilitator-led programmes
1.00-2.15	Lunch & Research Showcase	
Afternoon Session *Newton Building LT1*	**Presenter/Facilitator**	**Title**
2.15-3.30	Seminar Series Team	Round table discussions: Identifying key challenges to effective social prescribing services
3.30-4.00	Round up and conclusions	

Our research showcase takes place over the lunch break and highlights a selection of research by members of the *Groups, Identities and Health Research Group* at Nottingham Trent University. The posters include work on social prescribing evaluations as well as other research that explores the social psychological mechanisms that explain how social connectedness impacts health and well-being.

Poster 1
Authors: Moon Halder, Juliet Wakefield, Blerina Kellezi, Niamh McNamara, Mhairi Bowe, Iain Wilson and Clifford Stevenson (Nottingham Trent University).
Title: Evaluation of the Let's Live Well in Rushcliffe Initiative: Preliminary Results

The NHS Rushcliffe Self-Care Pathway, known as 'Let's Live Well in Rushcliffe', is intended to improve illness prevention and self-management through social activities and group engagement using the concept of Social Prescribing. The current research uses surveys and interviews with patients and service providers to determine for whom the Pathway works and how it has its effects. Preliminary results shed light on a) baseline levels of health and social isolation among those referred to the pathway and b) initial expectations and experiences of those delivering and the service. Provisional quantitative analysis revealed strong associations between social variables and health outcomes. Interviews with service providers provided an insight into their understanding of social prescribing programmes and also identified key challenges faced by service providers.

Poster 2
Authors: Elizabeth Mair, Niamh McNamara, Mhairi Bowe, Iain Wilson, Moon Halder, Blerina Kellezi, Juliet Wakefield, and Clifford Stevenson (Nottingham Trent University).
Title: Preliminary Results from the Evaluation of Age Friendly Nottinghamshire

The current research describes a multi-method approach to the evaluation of a community-based Social Prescribing initiative - the 'Age Friendly Nottinghamshire' (AFN) Pilot. Using insights from the 'Social Cure' paradigm, the project investigates the impact of the AFN initiative through three studies: (1) a longitudinal mapping survey of AFN initiatives, (2) a longitudinal individual-level survey of the impact of the pilot on service users in health and economic terms, (3) semi-structured interviews to explore the experiences of service beneficiaries. Our initial findings identify the range of AFN activities to explore the reach of the initiative and give a baseline indication of the relationship between social isolation and wellbeing in the target population. Finally we qualitatively explore service beneficiaries' experiences of loneliness and connections with the community.

Poster 3
Authors: Mhairi Bowe, Iain Wilson, James Stiller, and Charles Baker (Nottingham Trent University).
Title: Applying Social Identity to Ecotherapy: An Evaluation of Nature in Mind

Nature-based social prescription, or 'ecotherapy', can improve health and well-being and increase social interaction (Wilson *et al.*, 2009). This study used a social cure perspective (Jetten *et al.*, 2012) to explore whether social connections are actually an essential part of the ecotherapy process using interviews with 24 service-users of Nature in Mind's (NiM) ecotherapy intervention. Improvements in physical and mental health were attributed to involvement with NiM, but importantly, cooperating and collaborating in these activities also produced a sense of togetherness and belonging among group members. Identifying with the group increased the meaningful of activities, self-confidence, and self-efficacy, which allowed some participants to develop external social connections. Practice and research implications are discussed.

Poster 4
Authors: Juliet Wakefield (Nottingham Trent University), Tegan Cruwys (University of Queensland), Fabio Sani (University of Dundee), Genevieve Dingle (University of Queensland) and Jolanda Jetten (University of Queensland).
Title: Social Isolation Predicts Frequent Attendance in Primary Care

The top 10% of frequent GP attenders account for 30-50% of GP appointments, and tend to be socially isolated. Hypothesising that frequent attenders may use GPS as a source of much-needed social connection, we explored the relationship between social isolation and frequency of GP attendance in a large community sample ($N = 1824$). Consistent with the Social Cure literature, we define social isolation as a lack of meaningful social group memberships. We predicted (and found) that as social group connectedness increased, frequency of primary care attendance declined, and that this relationship was not simply due to the health-enhancing properties of social connectedness. Implications are discussed.

Poster 5
Authors: Lydia Harkin (Nottingham Trent University), Kinta Beaver (University of Central Lancashire), Paola Dey (Edge Hill University) and Kartina Choong (University of Central Lancashire)
Title: Secret groups and open forums: Differentiating support online from the perspectives of people affected by cancer.

A quarter of people diagnosed with cancer lack social support. Online cancer communities could allow people to connect and support one another. Using 23 qualitative in-depth interviews, this study elicited an understanding of how online cancer community properties from the perspectives of people affected by cancer. Four themes highlight how properties of groups can engender different degrees of interpersonal relations, and therefore different supportive interactions.

Poster 6
Authors: Jade Streete, Niamh McNamara, Lucy Betts, Juliet Wakefield (Nottingham Trent University), and Tegan Cruwys (Australian National University).
Title: The role of social identities in eating disorder recovery.

The aim of this study was to explore what eating disorder recovery means to those in recovery and the role of social groups throughout their recovery. Interviews with 16 individuals in recovery/recovered from an eating disorder, explored participants' social groups throughout their eating disorder journeys (from development to recovery). A constructivist grounded theory analysis was conducted and an overarching category of 'returning to 'normal'' was constructed as participants' overall goal for their eating disorder recovery. To return to 'normal' there was a process experienced regarding participants social groups, as such three core categories from this process will be presented. Findings suggest that supportive social groups are maintained and important for participants' recovery from an eating disorder.

Poster 7
Authors: James McIntosh, Juliet Wakefield, Blerina Kellezi, and Clifford Stevenson (Nottingham Trent University).
Title: Understandings of Identity Among Royal British Legion Members: A Qualitative Insight.

This is the first in a 2-study investigation looking at the 'social cure' within veteran's organisations, as well as the possible antecedents of identification. 22 semi-structured interviews were conducted with a broad range of ex-service individuals (11male, varied geographic spread, ages 33-87). These interviews explored participants' sense of identity within the Legion and what this means to the individual. Data is being analysed with a theoretically-driven Thematic Analysis and is currently in initial analysis stage, however potential themes of role, meaning, purpose, and inclusivity have been identified.

Poster 8
Authors: Noor Ali, Blerina Kellezi, Niamh McNamara, and Clifford Stevenson (Nottingham Trent University).
Title: Experiences of Discrimination Among Born Muslims and Converts in the UK.

The present study investigates the impact of association with a marginalised group and loss of existing social ties on the ability to cope with discrimination among 17 born Muslims and converted. Belonging to stigmatised groups can expose individuals to prejudice and lead to social isolation. However these identities can also be a source of strength and resilience as well as forming the basis of positive engagement with these challenges.

Poster 9
Authors: Juliet Wakefield, Mhairi Bowe, Lydia Harkin, Rosie Jobling, Blerina Kellezi, Niamh McNamara (Nottingham Trent University).
Title: 'More than Food': The Social Cures and Curses of Foodbank Use in the UK.

The social identity approach to health suggests groups are a source of meaning and support. Moreover, positive intergroup relations are crucial to a cooperative social existence. Consequently, social identities hold the key to psychological well-being. Equally, during times of difficulty or stigma, members feel this burden and seek to restore feelings of positivity. These potential 'cure' and 'curse' processes were qualitatively examined within the context of foodbank use. Eighteen clients were interviewed at two Nottingham foodbanks. Data were thematically analysed. In Theme 1: Genuine Help, clients describe volunteers as benevolent 'helpers', and thus contrasting sharply with government service staff. In Theme 2: Legitimate Recipient, clients describe feeling they have become legitimate help recipients who are distinct from 'scroungers'. Theme 3: More than Food, relates to the help received, and how positive outcomes stretch beyond food to a shared sense of 'we'-ness, social and informational support, increased hope, and reduced isolation.