

# WAY TO GO SUFFOLK

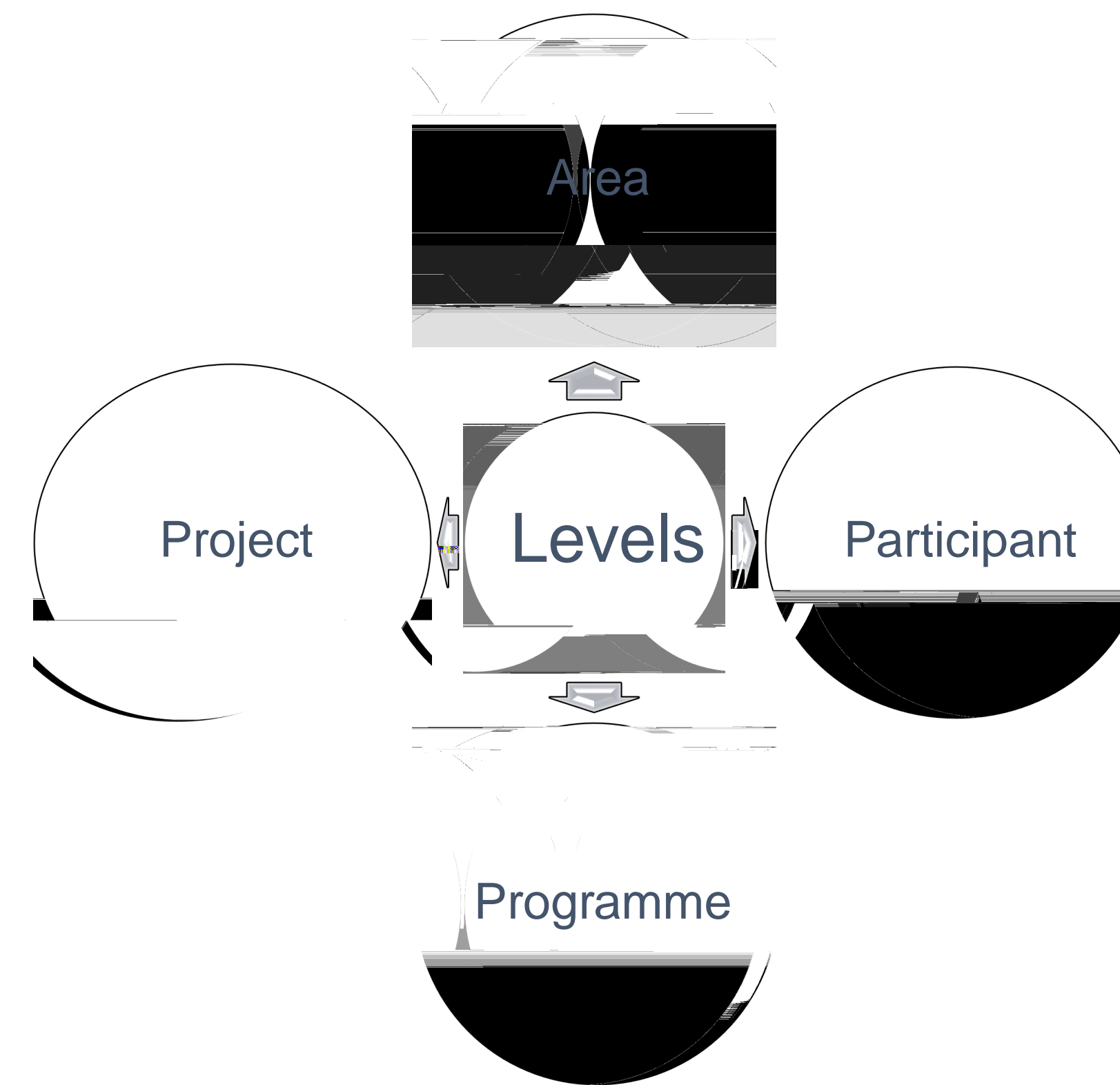
## Social Prescribing for Active Travel

### Key Aims

1. Improve biking and walking accessibility for underrepresented groups, to support reduction in health inequalities
2. Facilitate increased physical activity
3. Create a sustainable social prescribing network in Suffolk
4. Increase awareness and use of active travel infrastructure
5. Increase social inclusion, a sense of community & resilience through group-based walking, wheeling & cycling projects

### Context & Project Information

Social prescribing refers to the use of non-drug interventions to help patients manage their health. GP time is increasingly limited, 20% of patients access primary care for non-medical reasons (Torjesen, 2016). Social prescribing offers a cost-effective approach to healthcare, relieving the pressure on front-line health professionals. Social prescribing has shown improvements in physical health, wellbeing, resilience, and reduced depression & anxiety (Bertotti et al, 2017; Peschen, 2020). Social prescribing has been gaining momentum since the 1980s. Today, models of social prescribing are widely delivered across the UK. In 2020, the NHS identified social prescribing as a key component, officially identified in the NHS long-term plan and commitments. The Way to go Suffolk social prescribing model received funding for areas in Ipswich and Lowestoft from the Department of Transport, managed by Active Travel England. Types of intervention might include; group walks and cycling, cycling confidence & maintenance, journey planning.



The elderly gentlemen said it has really improved the strength in his legs and his mobility, he can do two stairs at a time now and use harder gears... the ladies are spending more time outside together now they're not at home lonely anymore.