



# Social Prescribing Pilot – Woodlands GoActive!



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## Background & Aims

Woodlands GoActive! aims to empower residents through proactive self-referrals to programmes for improved well-being by leveraging on a digital platform, Linktree

### Aims

- 1) Increase in proactive self-referral through digital platform with self-assessment and consolidation of partners' community programmes
- 2) Increase in the uptake of community programmes within network
- 3) Improved communications between NHG, General Practitioners (GPs) and link workers (NTUC Health Active Ageing Centre & NHG Health Coaches)
- 4) Development of a common resource listing to ensure GPs and link workers have up-to-date information on available community resources for signposting

## Results



Overview from 03 Mar 2024 - 30 Jun 2024

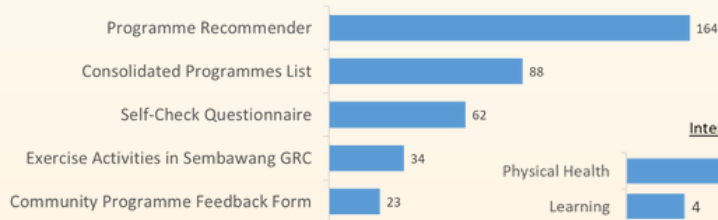
**718**

Total no. of Unique Views

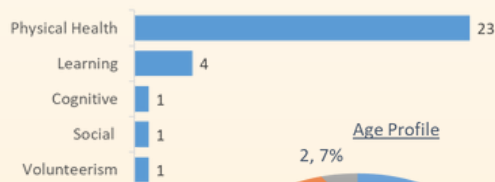
**6.0**

Average no. of Unique Views Per Day

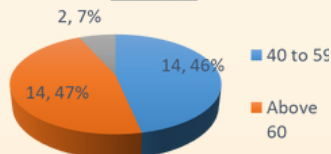
Top Links within Linktree as of 30 Jun 2024



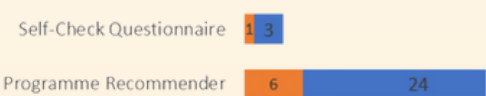
Interest Domains



Age Profile



Link Worker Required?



Total who requested for Link Worker: 7  
 [Population Health Campus: 5; NTUC Health: 2]

- 5 (out of 7) were contactable:
- 1 visited Community Health Post and attended all appointments,
  - 3 were taught by Link workers how to use LinkTree,
  - 1 visited NTUC once

## (B) Partner Experience Survey

N=4. Score Rating: 1 to 7



## Feedback

The Linktree was generally well-received by residents and they found it user-friendly with many useful resources.

Partners also found this collaboration to be very insightful and we are able to better appreciate the roles played by individual organisations.

### Next Stage

The links to the other programmes and services will remain within the Linktree. Community partners who were involved in this pilot created a communication channel to continue this strong partnership.

## Linktree Features



Scan the QR Code to access the Linktree



### 1. Programme Recommender

Provide localised\* program recommendations based on interest across 5 domains (Social, Physical Health, Cognitive, Learning, Volunteerism), Age. Option to connect with a link worker

\*within Woodlands East Region, organised by network partners

### 2. Self-Assessment Form

7 Yes/No question self-assessment tool to screen for social risk factors. Option to connect with a link worker

### 3. Community Feedback Form

Avenue to leave feedback on the programmes that residents enjoy or desire in the community

### 4. Other programmes across various organisations

Links to partner websites for other programmes nationwide

## (C) Implementation Findings

### Networking and Resource Sharing

Woodlands GoActive! has successfully facilitated the exchange of information among Community Partners, provided opportunities for Community Partners to identify potential partnerships and synergies in their work, leverage on one another's strengths.

### Policy and Initiative Sharing

The network allows Community Partners to prepare for new initiatives and avoid duplication of the existing work.

## Success Story



During the Woodlands GoActive! Pilot Launch on 03 March, Mr Goh (with chronic conditions) sought help via the Programme Recommender Form. The link worker recommended him to visit the Community Health Post at Kampung Admiralty. He attended all his appointments and has been receptive to the Health Coach's recommendations.



We would like to express our sincere gratitude to NTUC Health Active Ageing Centre (Care) Kampung Admiralty, Health Promotion Board, SportSG, Silver Generation Office, People's Association and Woodlands Health for their invaluable contributions and support throughout this study. Their expertise, collaboration and assistance were instrumental in the successful completion of this pilot.

Organised by:



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