



Norfolk and Suffolk Health and Care Awards 2026

Supporting Young People Award

Youth Social Prescribing Project

The Mix and 4YP: commissioned by Babergh and Mid Suffolk District Council

The Youth Social Prescribing project was developed in response to the complex challenges young people faced following the pandemic, particularly in areas of deprivation across Babergh Mid Suffolk. Delivered by The Mix and 4YP, the project embedded Youth Link Workers (YLWs) within four schools to provide early, preventative and non-clinical support for young people experiencing mental health issues, social isolation and wider social challenges.

At its core is a person-centred, strengths-based approach. YLWs work one-to-one with young people to explore what matters most to them, co-creating personalised plans that build resilience, confidence and life skills. An Enabling Fund removes financial barriers, allowing access to tailored support and opportunities. YLWs also actively engage the wider school community, working collaboratively with young people to identify gaps in provision and design creative solutions.

The project stands out for its commitment to co-production and adaptability. For example, a group of boys struggling with anger and behaviour challenges were supported through group sessions and funded access to a local gym, helping them channel energy positively, develop communication skills and reduce negative behaviour.

The impact has been significant, with a 63% average improvement in wellbeing scores and 353 young people engaging in new community activities. Outcomes include improved school attendance, increased confidence, stronger family relationships and sustained community connection. By empowering young people to shape their own support and focusing on prevention, the project demonstrates a highly effective, scalable model for improving youth wellbeing and long-term outcomes.