

Expression of Interest



Join the Sports on Prescription pilot.
Simple to join, powerful in impact.



Why Get Involved?

- Help patients **improve health and wellbeing** through local, community-based sport.
- Provide patients **5 free activity vouchers** (tennis, lawn bowls, pickleball, volunteering, aquarobics).
- Enhance **chronic disease management outcomes**: improved compliance, reduced isolation, better quality of life.
- Access **ongoing support** from trained Link Workers and the RACGP Social Prescribing SIG.
- Be part of a **nationally significant pilot** positioning your practice as a leader in preventive, whole-person care.

Why Refer?

Social isolation and loneliness are not but minor issues, they're public health risks:

- 1 in 3 Australians experience loneliness and 2 in 5 young adults report feeling isolated.
- The impact on health is as bad as smoking 15 cigarettes a day.
- Increases risk of heart attack, stroke, and premature death by nearly 30% and raises risk of depression and dementia by up to 50%.

Sports on Prescription addresses these risks directly by connecting patients to structured, supportive, and social community activities that improve both **physical health** and **mental wellbeing**.

The Referral Pathway



Who Can Participate?

Eligible patients:

- Adults with a Chronic Disease Management Plan and/or at risk of poor health outcomes.
- Experiencing social isolation.
- Hold a pension card.

Exclusions: Patients with acute/severe mental health needs or without GP clearance.

What is Social Prescribing?

Social prescribing is when healthcare providers connect patients to **non-medical supports in the community**, such as exercise, social groups, or volunteering, as part of a care plan.

Sports on Prescription is a type of social prescribing: instead of just writing a referral, you can prescribe community-based activities and sports, connecting interested patients to a Link Worker who helps patients engage with activities of interest.

What's Involved for Your Practice?

Time Commitment:

- One short referral conversation per patient.
- Simple referral form (about 5 minutes).

Responsibilities:

- Identify eligible patients.
- Gain patient consent and make referral.
- Optional: participate in evaluation feedback.

Support Provided:

- Link Worker handles patient contact, voucher allocation, and program coordination.
- GP introduction seminars (with RACGP Social Prescribing SIG Chair Dr. Kuljit Singh).
- Practice staff receive updates on patient engagement and outcomes.

Program Timeline

- EOIs Open now – Closing soon
- Stage 1 Pilot Commences: November 2025
- Duration: 12 weeks per patient referral
- Evaluation & Next Steps: Early 2026

Benefits for Practices

- Strengthen patient relationships through holistic care.
- Boost reputation as a community health leader.
- Professional development opportunities in social prescribing practice.
- Contribute to national research and policy shaping future Medicare-supported preventive care.

Next Steps

- Register your interest today to secure a place in Stage 1. Spaces for this stage are limited to practices located within 6km of Upper Coomera, Burleigh Waters, or Nerang.
- Other areas will be included in subsequent stages so please register your interest as well.

Contact Elaine Stern

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Be part of the **Sports on Prescription Stage 1 Feasibility Trial**.

