Expression of Interest

For GPs

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 people's health and wellbeing outcomes: Reduce isolation and loneliness, 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

GP Referral	Patient consultation and agreement on Social Prescribing approach.
Link Worker	Receives referral. Facilitates and coordinates with sports clubs.
Club Welcomer	Meets and welcomes participants. Explains options, gives orientation.
Club Activity Representative	Supports participation and program evaluation.

Who Can Participate?

Eligible patients: Adults who are ...

- at risk of poor health outcomes, and
- experiencing one or more unmet psychosocial needs that affect their quality of life, functioning, or participation, and
- living within a 6km radius in the following areas: Upper Coomera, Burleigh Waters, Carrara and Nerang

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 presentations (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

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.

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PCCS

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

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