

It's National Social Prescribing Day – 19th March 2025 What is Social Prescribing? (NHS England, 2024)

Social prescribing is a key component of Universal Personalised Care. It is an approach that connects people to activities, groups, and services in their community to meet the practical, social and emotional needs that affect their health and wellbeing.

In social prescribing, local agencies such as local charities, social care and health services refer people to a social prescribing link worker. Social prescribing link workers give people time, focusing on 'what matters to me?' to coproduce a simple personalised care and support plan, and support people to take control of their health and wellbeing.

Personalisation Networking Event 2025 Highlight

On Friday, 7th February 2025, the NWL Personalisation Programme in collaboration with NWL Training Hub held a Personalisation Networking Event at St Mary's Church in Marylebone. It was an incredible opportunity for Social Prescribers, Health and Wellbeing Coaches and Care Coordinators to come together, be appreciated for the work that they do and also be inspired by some of the innovative work that is happening across NWL, such as the Harrow Cardio-Renal-Metabolic Pilot, and Why Personalisation Matters, including practical tips on how personalisation can be incorporated into everyday practice. With 114 attendees, 100% of members who completed a feedback form would recommend the event to a colleague, 9.1/10 felt inspired and 8.8/10 of attendees were satisfied with the event. Exhibitors for the event included WorkWell, Joy, Community Massage London, Freedom to Speak Up and London Sport amongst others. Thank you to everyone for making the event a success.

Upcoming Event for Social Prescribers

Date	Event	Description	Registration Link
26th March 2025 12:30-13:30pm	Preventing and Tackling Mental Ill-health through Green Social Prescribing	This event will share learning, opportunities and resources developed to support the future spread and scale of green social prescribing across England.	NASP webinar: Celebrating the National Cross Government programme: Preventing and Tackling Mental Ill-health through Green Social Prescribing – Key Achievements and Next Steps NASP

More information can be found at the National Academy of Social Prescribing on the following link: [Social Prescribing Day 2025 - The National Academy for Social Prescribing | NASP](#)

You can also sign up to the National Academy for Social Prescribing mailing list on the following link: [Marketing Form](#)

References:

NHS England (2024) - [NHS England » Social prescribing](#)