

Your Guide to the Types of Social Prescribing



Green (Nature-Based Activities)

Connect with nature through gardening, walking, and outdoor projects to improve mood and reduce stress.



Blue (Water-Based Activities)

Engage in activities near or in water, such as swimming, fishing, or sailing, for relaxation and physical health.



Arts & Culture

Participate in creative arts, music, writing, and cultural visits to boost self-expression and emotional well-being.



Physical Activity

Get moving with exercise groups, sports, dancing, or active hobbies to enhance physical fitness and energy.



Social & Community

Build connections through community groups, volunteering, and social clubs to combat loneliness and foster belonging.



Mental Health & Wellbeing

Access mindfulness, therapy, peer support, and wellness programs to support psychological health.



Work & Skills

Develop new skills, seek employment support, and engage in learning opportunities for personal growth and confidence.



Practical Support

Receive assistance with housing, finances, benefits, and daily living to ensure stability and peace of mind.

“The Global Social Prescribing Alliance is creating a sustainable health model, improving wellbeing while generating meaningful jobs at scale.” — Gareth Presch, CEO, GSPA

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7 Steps to Develop Good Social Prescribing

1



Bring everyone together to build Social Prescribing locally

2



Community development & support for local community groups

3



The role of the social prescribing link worker or community connector

4



Create shared plans with the person

5



Training & workforce development

6



Ensure clinical engagement

7



Measure impact

4 Zones of Social Prescribing



Art



Nature



Physical Activity



Practical Help and Knowledge

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