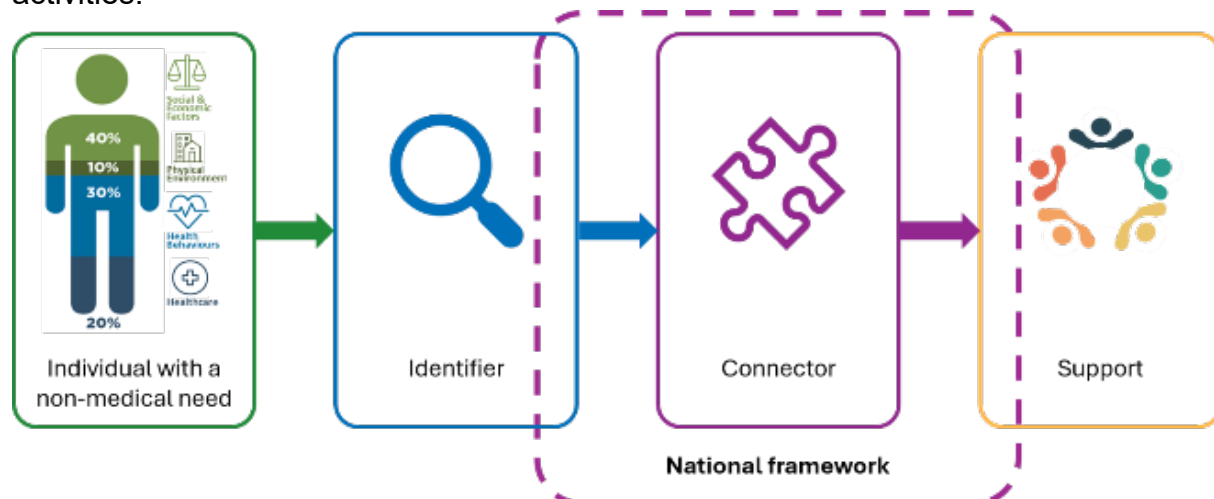


## What is social prescribing?

Social prescribing helps people find local support, activities and services outwith the NHS that can improve their health and wellbeing. It begins with a conversation about what matters to them and helps them find relevant local services, groups or activities.



Social prescribing is a way of working, not a specific job. It can be delivered by lots of different professionals in various services and settings. For example, it could be a community link worker within a GP practice, a Community Connector within a charity or a Local Area Coordinator within a mental health service.

Social prescribing is the process of understanding a person's situation, what is important to them and identifying the support that may be most helpful. Support can include:

- money, housing and welfare advice
- social activities and meeting people
- arts, culture and physical activity (for example, a local arts festival, a museum or football club)
- participation in local groups, volunteering, and community-led action.

## Why a framework?

Social prescribing is already happening across Scotland, but it looks different in different places. People currently involved in social prescribing (like community link workers) have told us that more national guidance would help strengthen what already exists. A national framework will help make sure more people can benefit from good quality social prescribing wherever they live and whatever their circumstances.

## Development principles

Three principles will underpin how each component of the framework is designed and delivered across all three horizons. The principles are:

- **Person-led** – is the support pathway right for the person?
- **Community-based** – is support available and sustainable?
- **Enabling system** – are people within the system set up to succeed?

## Prevention across the life span

Social prescribing can support prevention and early intervention throughout life by helping people access practical, social and community support before problems escalate.

An overall focus of the framework will be on how it can be targeted to reduce health inequalities and keep people well across different life stages:

- Maternal and child health
- Young people's mental health and wellbeing
- Supporting people to remain in, and return to, good work
- Healthy ageing, including prevention of falls and frailty.

Across all stages, we will consider how social prescribing can support existing efforts to reduce social isolation and loneliness.