

Social Prescribing Day – 26th March 2026



Social Prescribing Day is an annual celebration of the people, organisations and communities who make social prescribing happen.

A commitment to developing a Scottish social prescribing framework has now been progressed by the publication of [Scotland's Population Health Framework 2025-2035](#) in June 2025.

In Highland work to develop a local framework started in 2023, with the expectation that this could help shape national developments.

Social prescribing involves understanding the complexities of people's lives and the inequalities they may face. It can help change the circumstances that make people unwell and empower people to manage existing health problems. It can help people to connect and to grow in confidence.

To find out more about social prescribing, watch this video which was developed by the Highland Social Prescribing Co-ordinating Group [Social Prescribing on Vimeo](#).

The [Highland Directory of Services](#) (DOS) is an online resource of local services, groups and organisations that support health and wellbeing across Highland. The directory can be used by link workers, health and social care practitioners, third sector organisations and members of the public who want to find community-based services and support.

To find out more about the Highland Directory of Services, watch this video [Highland DOS animation](#)

To find out more and access national resources, visit the [National Academy for Social Prescribing](#) website.