



Social Prescribing Newsletter - Spring  
2026

## Welcome to the first social prescribing newsletter of 2026

### Social Prescribing Day - 26th March 2026



In case you missed the information shared for Social Prescribing Day, please find this below.

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.

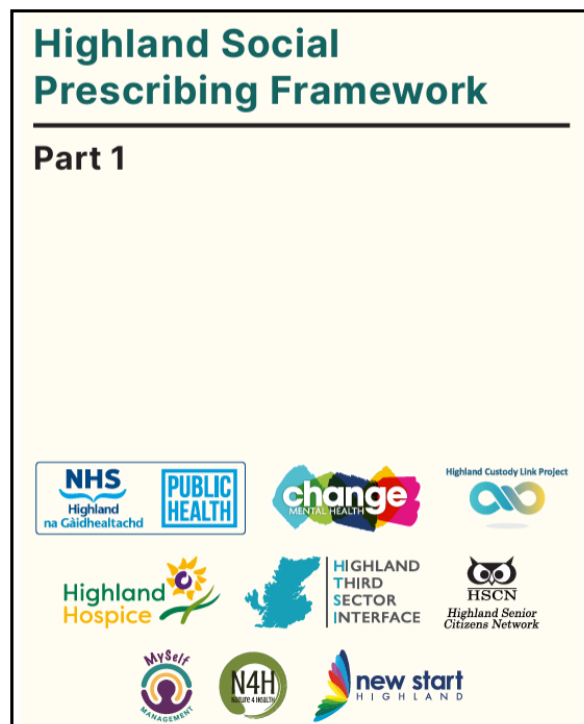
To find out more about social prescribing, watch this video which was developed by the Highland Social Prescribing Co-ordinating Group [Social Prescribing on Vimeo](#).

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.

## Social Prescribing Co-ordinating Group - framework update and Highland events



As detailed above, the group have been working on developing a Social Prescribing Framework for Highland. This has been the culmination of work undertaken by the group over the last year. The framework will be the focus of four planned events across Highland.



## Interested in Social Prescribing?

### Come along to one of the Highland Social Prescribing Events

Wick - Wednesday 13<sup>th</sup> May 10.00am - 1.00pm

Skye - Monday 1<sup>st</sup> June 1.00pm - 4.00pm

Inverness - Monday 8<sup>th</sup> June 1.00pm - 4.00pm

Fort William - Thursday 18<sup>th</sup> June 10.00am - 1.00pm

#### Aims of events:

- Opportunity to help co-design the social prescribing framework.
- Opportunity to increase awareness and understanding of approaches to social prescribing.
- Demonstrate how social prescribing can be used and applied in a range of settings and services.

These events are the start of a conversation to increase and promote person-centred approaches and working together.

Registration for each of the events can be made using the Eventbrite link in this email.



Four events have been organised across Highland for anyone interested in finding out more about social prescribing. Please see event flyer and registration links below.

To register for one of the events:

Wick 13th May - <https://www.eventbrite.com/e/1985062319835?aff=oddtcreator>

Skye 1st June – <https://www.eventbrite.com/e/1985069999806?aff=oddtcreator>

Inverness 8th June – <https://www.eventbrite.com/e/1985071522360?aff=oddtcreator>

Fort William 18th June -

<https://www.eventbrite.com/e/1985072358862?aff=oddtcreator>

## Social Prescribing Turas E-Learning Module



We are preparing to pilot our new Turas Social Prescribing e-learning module at the end of April, and we're looking for volunteers who would be interested in testing the module before it officially launches.

This is an opportunity to:

- Get an early look at the new e-learning module
- Provide feedback to help shape the final version
- Ensure the module is accessible, useful and relevant for colleagues across Highland.

If you would like to take part in the pilot or would like more information, please contact Eilidh Moir at [eilidh.moir@nhs.scot](mailto:eilidh.moir@nhs.scot).

## Community Link Worker Service – Third Year Report Published



The third-year report for the Community Link Worker (CLW) Service is now available. It provides an overview of activity from 1st July 2024 to 30th June 2025.

Click the following link to read the full report: [NHS Highland Community Link Worker Service - Year 3 report](#)

You can also find it on the NHS Highland Social Prescribing webpage: [www.nhshighland.scot.nhs.uk/social-prescribing](http://www.nhshighland.scot.nhs.uk/social-prescribing)

## Waiting Well Link Workers



MySelf-Management are currently collating results for the 2 year duration of the Waiting Well Service. The project involved us working with people on the longest NHS Highland waiting lists to support them with their wellbeing. We received funding for 2 part time roles for 2 years through NHS Charities Together and this came to an end in March 2026 having worked with the Long Covid, Orthopaedic and Spinal lists. We have managed to secure funding for another 6 months and started receiving referrals from the Gynae list in April 2026. Watch this space for more information.



Link to Myself-Management website

## Highlighting the National Academy for Social Prescribing (NASP)

The National Academy for Social Prescribing (NASP) provides up-to-date evidence, resources and learning opportunities to support your social prescribing practice.

A recent addition includes a new case study on the cost effectiveness of social prescribing, using robust outcome measures to demonstrate value and impact. Read the case study:

<https://socialprescribingacademy.org.uk/resources/cost-effectiveness-of-social-prescribing-a-case-study/>

NASP also host regular webinars and has a wide range of evidence summaries and evaluation tools covering mental health, physical activity, social connection and lots more.

Explore NASP resources by accessing their website: <https://socialprescribingacademy.org.uk/>

