



Social Prescribing Day (scheduled 18th of March 2021) is an event aiming to foster an attitudinal change, to shift the power to the people and local communities, to forge cross-sectoral collaboration, to promote co-design and co-creation, and to ensure social prescribing continues to grow as a grassroots movement.

Given recent struggles and the significant strain placed on the NHS and other health and community services around the world by the COVID19 pandemic, it seems hard to celebrate anything at all. However, it is in the face of adversity that communities have come together to support those most in need, to enable them to stay active and connected during the pandemic.

One might argue that social prescribing is needed now more than ever, given the devastating effect of the pandemic, not only on our physical health, but also on our mental health, regardless of our age and demographic.

It is because of this reason that this year's international #SocialPrescribingDay will aim to celebrate the thousands of projects set up to maintain the health of our communities during the COVID19 pandemic. Whether you've set up a project or whether you know someone who's been benefitting greatly from an online social prescribing initiative during the pandemic, join us on the 18th of March 2021 on social media to share our stories and let the world know how social prescribing has kept us connected, healthy, and engaged during a global crisis.

How can you support the day? There will be a series of events and plans advertised shortly, but in the meantime, you can use the following [banners and logos via social media and email signature to spread the word](#). Any ideas, thoughts, and suggestions please as we'd love to [develop the big day together](#) - after all, social prescribing has been built together from the beginning.

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