

Global Social Prescribing Alliance Student Movement Playbook 2026



Global
Social
Prescribing
Alliance



**Advancing Access, Quality, and
Innovation in Social Prescribing**

Foreword

Global Context and Alignment

The Global Social Prescribing Alliance (GSPA) builds on the vision set out by global leaders at the United Nations General Assembly in September 2015, when the Sustainable Development Goals (SDGs) were adopted with the ambition to “Leave No One Behind.”

Focusing on Good Health & Wellbeing (SDG 3), this Playbook provides a practical framework for students, young healthcare professionals, and emerging leaders to create ethical, scalable platforms that enhance health and wellbeing while strengthening existing public services. It connects student-led action to the global movement for social prescribing, ensuring local initiatives contribute to system-wide change.

The Student Movement is part of a growing international network, with countries advancing social prescribing through GSPA collaboration, including:

Europe & Middle East: United Kingdom, Ireland, Portugal, Spain, Netherlands, Germany, Italy, Switzerland, Sweden, Finland, Norway, Denmark, Poland, Greece, Turkey, UAE, Saudi Arabia, Qatar, Bahrain
Asia-Pacific: India, Pakistan, Singapore, Japan, South Korea, Thailand, Malaysia, Philippines, Indonesia, Australia, New Zealand
Africa: South Africa, Kenya, Ghana, Nigeria
Americas: United States, Canada, Brazil, Mexico, Colombia, Chile, Argentina

Through this network, student champions contribute to a shared global vision of prevention, community wellbeing, and inclusive healthcare helping to shape the future of health worldwide.

As CEO of the Global Social Prescribing Alliance, I am continually inspired by the leadership, innovation, and commitment demonstrated by students across the world. This Playbook is both a guide and an invitation to lead, to collaborate, and to build a healthier future grounded in connection, compassion, and community.

Gareth Presch
CEO, Global Social Prescribing Alliance

Executive Summary

Global Social Prescribing Alliance Student Movement Playbook 2026 – Implementation & Scaling Framework

The Global Social Prescribing Alliance (GSPA) Student Movement is a global initiative designed to mobilise students, young healthcare professionals, academics, and community leaders to advance social prescribing as a core component of future health systems.

Healthcare systems worldwide are facing increasing demand driven by ageing populations, workforce shortages, and widening health inequalities. Evidence continues to show that health outcomes are shaped not only by clinical care, but by social, economic, and environmental factors. Social prescribing offers a practical, preventive approach that complements the medical model by addressing these wider determinants of health.

Through personalised care and link worker models, individuals can be connected to non-clinical community resources such as social support groups, physical activity programmes, arts initiatives, financial advice services, and wellbeing activities. This approach improves individual resilience and wellbeing while reducing pressure on primary care, emergency services, and acute health settings.

Purpose of the Student Movement

The Student Movement exists to embed the principles of social prescribing within the next generation of healthcare leadership. Its aim is to establish a global network of Student Social Prescribing Champions who promote prevention, community wellbeing, and personalised care within universities, training institutions, and local health systems.

Executive Summary

Implementation Framework

This Playbook provides a structured pathway for launching Student Champion Programmes nationally and regionally.

The seven-step framework includes:

1. Understanding the social prescribing model.
2. Reflecting on national and local healthcare contexts.
3. Identifying integration opportunities within education and training.
4. Building a founding student leadership team.
5. Connecting with GSPA for guidance and resources.
6. Delivering an introductory awareness webinar.
7. Launching a National Student Champion Programme in partnership with local stakeholders.

Leadership & Governance

Student chapters operate through a structured Student Board model, typically comprising:

- Chair and Co-Chair
- Recruitment & Operations Lead
- Communications Team
- Community Engagement Team

This structure supports effective coordination, storytelling, partnerships, and community implementation.

Impact

The Student Movement delivers value across multiple levels:

- Individuals: Improved mental and physical wellbeing, reduced loneliness, stronger sense of belonging.
- Health Systems: Reduced demand on frontline services and improved care navigation.
- Communities: Stronger partnerships, increased social cohesion, and grassroots innovation.

Executive Summary

Global Alignment

- The initiative aligns with the ambition of the Sustainable Development Goals, particularly SDG 3: Good Health & Wellbeing, and contributes to the global shift toward prevention, population health, and community-centred care.
- Through the Global Social Prescribing Alliance network, student champions connect with international partners, health systems, and community organisations worldwide contributing to a shared vision of healthier, more connected societies.



Social Prescribing is a holistic approach connecting people to non-clinical community services “prescribing a life, not just medicine.”

Types of social prescribing include:

Green – Nature-based activities for mental & physical wellbeing (e.g., community gardening, nature walks, forest bathing).

Blue – Water-based activities for health benefits (e.g., wild swimming, coastal walks, river mindfulness).

Arts & Culture – Creative engagement to support emotional health (e.g., art classes, music therapy, theatre, museum visits).

Physical Activity – Tailored movement and exercise (e.g., walking groups, yoga, swimming, dance).

Social & Community – Reducing isolation through connections (e.g., friendship clubs, volunteering, peer support).

Mental Health & Wellbeing – Non-clinical mental health support (e.g., mindfulness, meditation, resilience workshops).

Work & Skills – Building confidence, skills, and purpose (e.g., job clubs, mentoring, skills workshops).

Practical Support – Assistance with daily challenges affecting health (e.g., housing, debt advice, food banks).



Global Social Prescribing Alliance – Student Movement Playbook

1. Introduction

This Playbook is designed to guide students, young healthcare professionals, and emerging leaders through the process of establishing and leading a Social Prescribing Student Champion Programme in their country or region. It combines practical steps, leadership guidance, and international collaboration tools to ensure your local initiatives have global impact.

By following this Playbook, you will:

- Build awareness of social prescribing in your university, healthcare institution, or community.
- Connect with global student champions and health innovators.
- Develop leadership and project management skills in health promotion.
- Contribute to the next generation of preventive, community-centered healthcare.

2. Seven-Step Student Champion Launch Framework

The following steps provide a roadmap to establish a national or regional Student Champion Programme:

Step 1: Understand Social Prescribing

- Study the social prescribing model: its philosophy, practices, and benefits.
- Review case studies, academic research, and local programmes.
- Identify how it complements your country's healthcare system.

Step 2: Reflect on Your Local Context

- Map your country's or region's healthcare system and social care networks.
- Identify gaps where social prescribing could provide the most impact.

Consider cultural, economic, and social factors that may influence adoption.

Global Social Prescribing Alliance – Student Movement Playbook

Step 3: Assess Your Educational and Professional Environment

- Explore how social prescribing can integrate into your curriculum, clinical rotations, or community engagement.
- Identify faculty, mentors, or clinical supervisors who may support the initiative.

Step 4: Recruit Your Founding Team

- Ask: “Who shares my vision for social prescribing?”
- Form a core group of committed student champions.
- Include individuals with complementary skills: healthcare, communications, project management, and community engagement.

Step 5: Connect with GSPA

- Reach out via info@whis.world for guidance, resources, and mentorship.
- Request access to international tools, templates, and case studies.

Step 6: Host an Introductory Webinar

- Introduce social prescribing to students, clinicians, and academics in your region.
- Share evidence, local examples, and opportunities for engagement.
- Record the session to create an archive for future reference.

Step 7: Launch Your National Social Prescribing Student Programme

- Set up formal roles, committees, and activities.
- Partner with National Social Prescribing Groups to align with existing initiatives.
- Document progress and share updates with GSPA for global visibility.

Global Social Prescribing Alliance – Student Movement Playbook

3. Leadership and the Student Board

Every successful Student Champion Programme thrives on strong, collaborative leadership. At the heart of each national or regional chapter is a Student Board, a dedicated team of champions who guide the vision, coordinate activities, and ensure that local voices are at the center of decision-making.

The Chair leads the chapter with a clear focus on mission and impact, supporting members and ensuring that each initiative reflects the needs of the community. Working alongside the Chair, the Co-Chair helps shape strategy, forge partnerships, and oversee local projects, ensuring that the chapter's work aligns with both national priorities and the broader goals of the Global Social Prescribing Alliance.

The Recruitment & Operations Lead plays a critical role in keeping the team organized, managing workflows, and coordinating chapter activities. Meanwhile, the Communications Team, led by the Director of Communications and supported by officers, tells the chapter's story, sharing successes, updates, and learning through social media, newsletters, and other channels. Their work ensures that the impact of social prescribing reaches students, professionals, and communities alike.

Equally essential is the Community Engagement Team. Led by the Head of Community Engagement, this team connects with local partners, gathers community stories, and implements projects that bring social prescribing to life in neighborhoods and schools. Through their work, the chapter builds strong local networks, empowering individuals and fostering inclusive, thriving communities.

Global Social Prescribing Alliance – Student Movement Playbook

Together, the Student Board is more than an administrative body it is a hub of creativity, leadership, and advocacy. By collaborating closely, rotating roles when needed, and celebrating achievements, the Board not only sustains the chapter but cultivates the next generation of healthcare leaders committed to social prescribing, prevention, and community wellbeing.

4. Programme Activities

Student champions can implement a variety of activities to promote social prescribing:

Awareness & Education

- Workshops, seminars, and webinars on social prescribing.
- Integration into university curricula or student-led courses.
- Peer-to-peer education sessions.

Community Projects

- Collaborate with local community organizations, charities, or health agencies.
- Run pilot “social prescribing initiatives” such as arts, sports, or mental health support programs.
- Collect stories and outcomes for case studies.

Research & Innovation

- Conduct surveys to evaluate unmet social needs in your community.
- Develop pilot interventions and measure impact.
- Present findings at conferences or through publications.

Global Collaboration

- Connect with international GSPA chapters.
- Participate in the Global Social Prescribing Alliance Student Board meetings.
- Share insights and best practices via webinars, newsletters, or social media.

Global Social Prescribing Alliance – Student Movement Playbook

5. Tools & Resources

Recommended Resources for Student Champions:

- GSPA Student Champion Toolkit (templates, guidelines, and evidence summaries)
- International case studies and research papers
- Social prescribing mapping tools
- Project management and communication platforms (Trello, Slack, Canva)

Templates included in the Toolkit:

- Local chapter launch plan
- Recruitment and onboarding checklist
- Community engagement log
- Webinar planning guide

6. Measuring Impact

Key Metrics to track:

- Number of students and professionals engaged
- Number of social prescriptions or community projects initiated
- Community engagement stories and feedback
- Evidence of reduced social isolation, improved wellbeing, or strengthened local networks

Reporting:

- Provide updates to GSPA quarterly to contribute to the global dataset.
- Document lessons learned and innovative approaches for future chapters.

Global Social Prescribing Alliance – Student Movement Playbook

7. International Integration

Student chapters are part of a global ecosystem, powered by GSPA, WHIS, and allied organizations:

- Participate in international webinars, events, and forums.
- Collaborate on cross-border research and innovation projects.
- Amplify local achievements on the global stage.

By joining the GSPA Student Movement, you are not just creating a local programme—you are helping to shape the future of healthcare worldwide.

GSPA International Playbook 2021
Social Prescribing Student Movement Framework 2021

Partnerships & Ecosystem

Building strong collaborations with key stakeholders to enhance healthcare quality, research, and innovation.

Collaborative Network

Government & Regulators:

Ministry of Health programs,
public health initiatives

Research & Clinical Partners

Clinical trials, new
treatment development

Academic Partners:

Joint research, student
training programs

Investors & Innovation

Funding for digital health
platforms and pilot projects

Strategic Impact

Collaboration strengthened service quality, expanded research capabilities, and improved organizational resilience, enabling us to deliver better patient outcomes and support long-term healthcare innovation.

Appendix - multiple languages

English (Original)

Global Social Prescribing Alliance Playbook 2026 – Implementation & Scaling Framework

Purpose: Engage students and young leaders to champion social prescribing for community health and wellbeing.

Key Steps:

1. Learn the social prescribing model.
2. Reflect on your local healthcare context.
3. Build a founding team of student champions.
4. Connect with GSPA: info@whis.world
5. Host an introductory webinar.
6. Launch your national Student Champion Programme.
7. Collaborate with local social prescribing groups.

Leadership Roles: Chair, Co-Chair, Recruitment & Operations, Communications, Community Engagement.

Impact: Improves individual wellbeing, strengthens communities, supports healthcare systems, and contributes to SDG 3 – Good Health & Wellbeing.

Global Network: Connect with chapters across 40+ countries worldwide.

Appendix - multiple languages

Spanish / Español

Manual de la Alianza Global de Prescripción Social 2026 – Marco de Implementación y Escalamiento

Propósito: Involucrar a estudiantes y jóvenes líderes para impulsar la prescripción social en la salud y el bienestar de la comunidad.

Pasos Clave:

1. Conocer el modelo de prescripción social.
2. Analizar el contexto sanitario local.
3. Formar un equipo inicial de campeones estudiantiles.
4. Contactar con GSPA: info@whis.world
5. Organizar un seminario web introductorio.
6. Lanzar el Programa Nacional de Campeones Estudiantiles.
7. Colaborar con grupos locales de prescripción social.

Roles de Liderazgo: Presidente, Co-Presidente, Reclutamiento y Operaciones, Comunicación, Participación Comunitaria.

Impacto: Mejora el bienestar individual, fortalece la comunidad, apoya los sistemas de salud y contribuye al ODS 3 – Salud y Bienestar.

Red Global: Conexión con capítulos en más de 40 países.

Appendix - multiple languages

French / Français

Manuel de l'Alliance Mondiale de Prescription Sociale 2026 – Cadre de Mise en Œuvre et de Déploiement

Objectif : Mobiliser les étudiants et jeunes leaders pour promouvoir la prescription sociale et le bien-être communautaire.

Étapes Clés :

1. Comprendre le modèle de prescription sociale.
2. Analyser le contexte sanitaire local.
3. Créer une équipe de champions étudiants.
4. Contacter GSPA : info@whis.world
5. Organiser un webinaire introductif.
6. Lancer le Programme National des Champions Étudiants.
7. Collaborer avec les groupes locaux de prescription sociale.

Rôles de Leadership : Président, Co-Président, Recrutement & Opérations, Communication, Engagement Communautaire.

Impact : Améliore le bien-être individuel, renforce les communautés, soutient les systèmes de santé et contribue à l'ODD 3 – Bonne santé et bien-être.

Réseau Global : Chapitres connectés dans plus de 40 pays.

Appendix - multiple languages

العربية / Arabic

دليل التحالف العالمي للوصف الاجتماعي 2026 - إطار العمل للتنفيذ والتوسيع
الغرض: إشراك الطلاب والقادة الشباب لتعزيز الوصف الاجتماعي لصحة ورفاهية المجتمع.

الخطوات الرئيسية:

1. التعرف على نموذج الوصف الاجتماعي.
2. دراسة السياق الصحي المحلي.
3. تشكيل فريق أولي من أبطال الطلاب.
4. GSPA: info@whis.world التواصل مع.
5. تنظيم ندوة إلكترونية تعريفية.
6. إطلاق برنامج الأبطال الطلابي الوطني.
7. التعاون مع مجموعات الوصف الاجتماعي المحلية.

أدوار القيادة: الرئيس، نائب الرئيس، التوظيف والعمليات، الاتصال، المشاركة المجتمعية.

الأثر: تحسين رفاهية الفرد، تعزيز المجتمع، دعم نظم الرعاية الصحية، والمساهمة في الهدف الثالث من أهداف التنمية المستدامة - الصحة والرفاهية.

الشبكة العالمية: الاتصال بالفروع في أكثر من 40 دولة.

Appendix - multiple languages

Chinese / 简体中文

全球社会处方联盟手册 2026 – 实施与扩展框架

目的： 鼓励学生和青年领导者推广社会处方，提升社区健康与福祉。

关键步骤：

1. 了解社会处方模式。
2. 评估本地医疗系统情况。
3. 组建学生先锋团队。
4. 联系 GSPA: info@whis.world
5. 举办入门网络研讨会。
6. 启动国家级学生先锋计划。
7. 与当地社会处方组织合作。

领导角色： 主席、副主席、招聘与运营、沟通、社区参与。

影响： 改善个人福祉、增强社区力量、支持医疗系统，并贡献于可持续发展目标 3 – 健康与福祉。

全球网络： 与 40 多个国家的分会连接。

Appendix - multiple languages

Hindi / हिन्दी

ग्लोबल सोशल प्रिस्क्राइबिंग अलायंस प्लेबुक 2026 – कार्यान्वयन और विस्तार ढांचा
उद्देश्य: छात्रों और युवा नेताओं को सामाजिक प्रिस्क्राइबिंग के माध्यम से समुदाय के स्वास्थ्य और कल्याण को बढ़ावा देने के लिए सशक्त बनाना।

मुख्य कदम:

1. सामाजिक प्रिस्क्राइबिंग मॉडल को समझें।
2. अपने स्थानीय स्वास्थ्य सिस्टम का विश्लेषण करें।
3. छात्र चैंपियंस की टीम बनाएं।
4. GSPA से संपर्क करें: info@whis.world
5. परिचयात्मक वेबिनार आयोजित करें।
6. राष्ट्रीय छात्र चैंपियन प्रोग्राम लॉन्च करें।
7. स्थानीय सामाजिक प्रिस्क्राइबिंग समूहों के साथ सहयोग करें।

नेतृत्व भूमिकाएँ: अध्यक्ष, सह-अध्यक्ष, भर्ती और संचालन, संचार, सामुदायिक सहभागिता।
प्रभाव: व्यक्तिगत कल्याण में सुधार, समुदायों को मजबूत बनाना, स्वास्थ्य प्रणालियों का समर्थन करना और SDG 3 – अच्छा स्वास्थ्य और कल्याण में योगदान।

वैश्विक नेटवर्क: 40+ देशों में चैप्टर से जुड़ें।

Appendix - multiple languages

German (Deutsch)German / Deutsch

Playbook der Globalen Social Prescribing Alliance 2026 –
Umsetzungs- und Skalierungsrahmen

Zweck: Studierende und junge Führungskräfte befähigen, Social Prescribing für Gesundheit und Wohlbefinden in der Gemeinschaft voranzutreiben.

Schritte:

1. Modell von Social Prescribing kennenlernen.
2. Lokalen Gesundheitskontext reflektieren.
3. Gründerteam aus Student*innen bilden.
4. Kontakt mit GSPA aufnehmen: info@whis.world
5. Einführendes Webinar veranstalten.
6. Nationales Student Champion Programm starten.
7. Mit lokalen Social Prescribing Gruppen zusammenarbeiten.

Führungsrollen: Vorsitz, Co-Vorsitz, Rekrutierung & Operations, Kommunikation, Community Engagement.

Wirkung: Fördert individuelles Wohlbefinden, stärkt Gemeinschaften, unterstützt Gesundheitssysteme und trägt zu SDG 3 – Gesundheit und Wohlergehen bei.

Globales Netzwerk: Vernetzt mit über 40 Ländern weltweit.

Appendix - multiple languages

Portuguese / Português

Manual da Aliança Global de Prescrição Social 2026 – Estrutura de Implementação e Expansão

Propósito: Engajar estudantes e jovens líderes para promover a prescrição social e o bem-estar da comunidade.

Passos Principais:

1. Conhecer o modelo de prescrição social.
2. Refletir sobre o contexto de saúde local.
3. Formar uma equipe inicial de campeões estudantis.
4. Entrar em contato com a GSPA: info@whis.world
5. Organizar um webinar introdutório.
6. Lançar o Programa Nacional de Campeões Estudantis.
7. Colaborar com grupos locais de prescrição social.

Papéis de Liderança: Presidente, Co-Presidente, Recrutamento & Operações, Comunicação, Engajamento Comunitário.

Impacto: Melhora o bem-estar individual, fortalece comunidades, apoia os sistemas de saúde e contribui para o ODS 3 – Saúde e Bem-Estar.

Rede Global: Capítulos conectados em mais de 40 países.

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