



Global
Social
Prescribing
Alliance

GREEN SOCIAL PRESCRIBING

GREEN PRESCRIBING: NATURE'S ROLE
IN GLOBAL WELLBEING



Introduction

Green social prescribing is transforming the way communities access health and wellbeing support by connecting people to **nature-based activities** that improve mental, physical, and social health. It empowers link workers and other trusted professionals to guide individuals especially those facing complex life challenges toward green and blue activities such as local walking groups, gardening, open water swimming, conservation work, and cultural events in outdoor settings.

This approach is rooted in a person-centred model of care: starting with the question, *“What matters to you?”*, it recognizes that health is not only about clinical interventions but also about meaningful connection—to people, purpose, and place.

Continue reading.



Dr. Heidi Albert, Head, Cities Health Centre, ICLEI Africa
“Green and blue social prescribing are transformative tools for cities striving toward climate resilience and community health. By integrating access to natural and water-based environments into public health strategies, we not only support wellbeing but also nurture urban ecosystems and sustainability. As we localise the SDGs, these approaches offer real, scalable impact at the intersection of health, equity, and environmental stewardship.”