



National
Academy
for Social
Prescribing

ANNUAL REPORT

2024-25





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“The support I have received has allowed me to see a way out of a dark place and put positive changes in place,” she says. “I feel connected... I feel motivated... I feel more in control of my life.”

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A welcome from our Chair and CEO

The Government's new ten-year plan for the health service stresses the need to shift care from treatment to prevention and from hospitals to communities. Social prescribing can play a crucial role in both of these ambitions, as a key feature of the final step in the conversation between healthcare and the public.

Link workers and similar roles have time to support people with the underlying factors that affect their health and wellbeing - from loneliness and isolation to debt, housing problems and other social needs. Our research in 2024-5 has shown how this approach can benefit not just patients but the health service, reducing unnecessary GP appointments, hospital admissions and A&E attendances.

However, social prescribing can only be successful if there is a good range of activities, groups and services to which link workers and other healthcare staff can connect people. That is why we published an ambitious call for joint investment in frontline organisations providing socially prescribed activities and services. Our vision for a National Community Health and Wellbeing Fund was developed in partnership with more than 100 organisations and would be a crucial step towards ensuring more sustainable preventative programmes.

We know that pooling investment works, because of the success of The Power of Music Fund. We are proud to have brought together public, private and charitable funders to support thousands of people living with dementia and carers across the country through music. Through the fund, we have established the UK's first Centre of Excellence for Music and Dementia, which we hope will gather the evidence needed to secure much wider investment.

Connecting the health system with community organisations remains at the heart of what we do. We managed the extension of the successful cross-Government Green Social Prescribing Programme, which connected people struggling with their mental health to nature-based support, from gardening to walking groups to outdoor therapy. The evaluation demonstrated statistically significant improvements in mental health and wellbeing, in a way that was cost-effective compared to other interventions.



We have directly supported thousands of health and care workers through our webinars, events and resources, as well as our Champions and Innovation programmes. We have explored new frontiers for social prescribing, through research and resources focusing on children and young people, older people, and patients admitted to secondary care.

We also created a new hub to support heritage organisations - such as museums or historic properties - to work more closely with the NHS, and we continue to work with partners across the arts and culture and physical activity sectors, as well as with faith groups.

All of this work is fundamentally related to tackling the factors that drive ill health. If a link worker can help someone with respiratory problems to have the mould removed from their walls, or if a local organisation can support someone who's chronically lonely to find a sense of belonging and purpose, they are preventing problems from escalating.

As we look ahead to the future, we are hugely grateful to Professor Dame Helen Stokes-Lampard, our first Chair of Trustees, for leading our work from the organisation's inception, and to Jonathan Badyal for acting as Interim Chair for six months. We look forward to welcoming Professor Kamila Hawthorne to the role and to the development of NASP into a truly national centre for social prescribing going forwards.

We are also grateful for the support of all our partners, including the Department of Health and Social Care, and for their ongoing commitment to advancing health and wellbeing through social prescribing.



Kamila Hawthorne,
Chair



Charlotte Osborn-Forde,
Chief Executive





Our Vision

Our vision is to help people live the best lives they can through social prescribing.

Our strategy for 2023-26 focuses on five key ambitions.





Highlights from 2024-25



Hosted the International Social Prescribing Conference and The Social Prescribing Day Summit



Published groundbreaking reports, including *Envisaging a Social Prescribing Fund*, *Connected To Thrive* and research on the impact of social prescribing on health service use and costs.

Launched the UK's first Centre of Excellence for Music and Dementia



Reached thousands of health and care professionals through events and our free webinar series

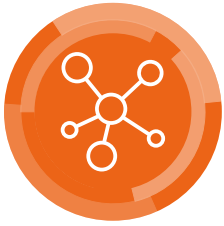


Welcomed 122 guests from 10 countries to learn about social prescribing



Kelly's story

Kelly started experiencing difficulties with her mental health following the birth of her second child, was placed under regular care of a Community Psychiatric Nurse and was seeing a psychiatrist every six months. Unfortunately, things got worse following a diagnosis of fibromyalgia, leading to financial trouble for Kelly when she had to retire from work. "I was struggling with suicidal ideation" at this time, she says, and she attended A&E and crisis services. Twenty years since she first started experiencing her difficulties, Kelly was referred by her GP to a Mental Health Social Prescribing Link Worker. With their support, she has accessed the financial support she needs, applied for a volunteering role, and has required no further crisis support. "The support I have received has allowed me to see a way out of a dark place and put positive changes in place," she says. "I feel connected...I feel motivated...I feel more in control of my life."



Connection

We are continuing to create a connected social prescribing system, enabling easier access to activities and information. We do this by supporting the social prescribing workforce - including Social Prescribing Link Workers, NHS clinical staff, and voluntary sector organisations - and providing advice and support to improve social prescribing systems.

Workforce & Healthcare Integration

In 2024-25, the Healthcare Integration portfolio of our work has grown significantly, focussing on influencing national developments, strengthening clinical leadership in social prescribing, and equipping professionals to embed social prescribing in practice.

Headline Achievements:

- Engaging with 88% of Integrated Care Boards (ICBs), including through setting up a quarterly community of practice, strengthening local leadership for social prescribing.
- Re-launching our Social Prescribing Champions Programme engaging with nearly 300 Champions across the year, increasing NASP's reach into healthcare workplaces.
- Engaging thousands of health and care professionals through targeted events, conferences, and webinars.
- Facilitating a Clinical Advisory Group, bringing together clinical leaders within social prescribing delivery and policy.
- Holding 12 Link Worker Advisory Group meetings, and progressing with the development of England's first national training roadmap for link workers.
- Carrying out our first national link worker survey, providing an evidence base for system-wide improvement.
- Influencing the future clinical workforce through our Student Champions publications and teaching medical students in partnership with Imperial College London.



Link Worker Advisory Group

We now have 26 active members of our Link Worker Advisory Group (LWAG) who meet on a monthly basis to advise NASP, proactively engage with developing projects, and ensure that the link worker voice is represented in all that we do.

Integrated Care System Engagement

Over the past year, we have built up an engaged Integrated Care Board (ICB) community of practice, with 67% of ICBs represented. Survey respondents rated the usefulness of the community of practice and NASP support very highly, with an average score of 8.9 out of 10. The community aims to increase knowledge, forge stronger networks, and provide practical insights to help ICB leaders drive integration locally.

We have also built engagement with Integrated Care Systems (ICs), Boards and Partnerships across our wider work.

Clinical Engagement Events

Over the past year, increasing awareness and engagement with healthcare professionals has been a key priority. To support this, we have facilitated and participated in a wide range of events, working in partnership with national organisations to deliver high-quality, evidence-based sessions, designed to upskill and educate clinicians across a diverse range of practices and disciplines. This included a [half day conference](#) with the Royal Society of Medicine.

We also worked closely with PrescQIPP to create a flagship **seven-part webinar series** that attracted over **1,400 sign-ups** from 152 healthcare roles.

Social Prescribing Link Worker Survey

This year we have conducted NASP's first ever Social Prescribing Link Worker survey, engaging with a total of 411 practising link workers, representing all 42 ICs. Results will be published in 2025.

Clinical Engagement Strategy Meetings

Another was the development of our Clinical Advisory Group, facilitated by Dr Mohan Sekeram. The expert insight provided by the group shaped our future objectives and the mobilisation of our clinical engagement strategy.



Karen, Social Prescribing Link Worker

“I felt it really important to join NASP both as a Social Prescribing Champion and member of the Link Worker Advisory Group. It has given me the opportunity to promote the work that link workers do amongst practices and local community groups, connect with other link workers, and help shape the future direction of social prescribing so that it’s benefits can be spread far and wide.”

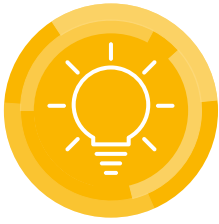
Champions

This year, our Social Prescribing Champions network has grown significantly after an official re-launch of the programme. As of March 2025, NASP is now engaging with 296 Champions, including 152 active volunteers. Champions represent a wide range of professions, including GPs, nurses, clinical psychologists, Integrated Neighbourhood Team leads, pharmacists, and healthcare directors. All Champions commit to promoting social prescribing, sharing NASP resources, and feeding back on their impact.

To date, Champions have extended the reach of our evidence, guidance, and toolkits, strengthening advocacy and practice at local and national levels.

Overall, 90% of Champions reported influencing the development of social prescribing in their workplace through our support.





Partnerships

National Leads

Arts and Culture

As part of our commitment to social prescribing through arts and culture, we appointed Sunita Pandya Malik as our Associate Cultural Strategic Lead in January 2025. The focus of their work has been to ensure NASP is part of key national strategic conversations around Creative Health, working closely with partners such as Arts Council England, the National Centre for Creative Health, the Creative Health and Wellbeing Alliance and the London Arts and Health Forum, as well as developing partnerships with cultural partners of varying scales. We continue to offer insight and support for cultural organisations wanting to connect more deeply and meaningfully into the health and social care system.

We also continued to manage the Power of Music Fund (see Investment section), supporting thousands of people living with dementia through music.

Children & Young People

In 2024-2025, we made significant strides in shaping and strengthening social prescribing for children and young people (CYP).

Supported by the Linbury Trust and Sam West Foundation, we embarked on an ambitious programme to develop a clear vision for children and young people's social prescribing. This began with our Big Conversation, which brought together over 100 organisations from across the country - from national charities and local authorities to NHS partners, schools, and community organisations.

From this collaborative process, we developed and published *Connected to Thrive*, the first national vision for children and young people's social prescribing. *Connected to Thrive* sets out how social prescribing can empower young people to access the support they need, build confidence, improve wellbeing, and connect with their communities. It represents a milestone in creating a shared ambition across health, education, and community partners.

Over the year, we also conducted a detailed exploration of the workforce needs across the CYP system. This culminated in the development of a comprehensive training and workforce development report, which sets out clear recommendations to support link workers, practitioners, and wider professionals delivering social prescribing for young people.

Historic Environment

In 2024-2025 the partnership between Historic England and NASP supported further innovation and capacity building in the health, heritage and voluntary and community sectors.

The Heritage and Social Prescribing Advice Hub, developed in collaboration with the Heritage and Social Prescribing Community of Practice and the Social Prescribing Link Workers Advisory Group, was launched in March 2025.

Building on the pilots carried out in previous years, the advice hub offers a wealth of resources, evidence and tools to show how heritage can be used for social prescribing. It also includes practical guides for Social Prescribing Link Workers and for heritage practitioners. Further plans include the development of a Heritage and Social Prescribing training for Social Prescribing Link Workers.

Historic England supported the first Heritage Social Prescribing Award as part of the International Social Prescribing Conference in June 2024, which was won by the [Heritage Link Worker Project](#) in Great Yarmouth and The Restoration Trust. The [Heritage Link worker film](#), commissioned by Historic England, brought attention to the practical implementation of heritage in social prescribing pathways.

In collaboration with Churchworks, the Good Faith Partnership and the Bishop of London, NASP and Historic England delivered a roundtable event on Faith Communities and Social Prescribing at the House of Lords. Representatives of Government departments, faith groups, Arm's Length Bodies and the NHS, as well as funders and voluntary organisations, agreed on the need to raise awareness about the potential of faith groups to link with social prescribing and neighbourhood health.





The initiative led to a decision to create a national lead for Faith and Social Prescribing at NASP. The partners also came together at the [NASP webinar on Faith and Social Prescribing](#) in February 2025, where Churchworks and Theos presented the results of their [report Creating a Neighbourhood Health Service: The role of churches and faith groups in social prescribing](#), as well as practical guides for social prescribers and faith leaders.

Natural Environment & Green Social Prescribing

Between August 2023 and April 2024, we project-managed a one-year extension of the cross-government Green Social Prescribing (GSP) Programme, the evaluation of which will come out at the end of 2025.

In September, the [evaluation report from Phase 1](#), running from 2021 to 2023, of the GSP Programme was published. It showed that the programme had a statistically significant impact on the wellbeing and mental health of participants, in a way that was cost-effective compared to other mental health interventions.

The evidence was presented by the Natural Environment Lead to various forums, such as the Therapeutic Horticulture Stakeholder Group, Green Health Learning Network and Social Justice Academy.

From December 2024, a new Green Social Prescribing Innovation Community began its development, informed by a survey which highlighted the need for networking opportunities across sectors.

Between January and April 2025, NASP ran three webinars showcasing the Green Social Prescribing Programme, as well as an in-person event to celebrate the impact of the programme.

In addition, NASP ran Action Learning Collaboratives with Green Social Prescribing pilot managers as part of the extension phase of the programme with focus on workforce, data, children and young people, mental health, and sustainable funding.

Finally, from December to March 2025, the National Lead engaged in policy mapping across government departments and various arms-length bodies to identify opportunities for GSP to be embedded in forthcoming policies.



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Having struggled with their mental health, this project has become central to Lee's week. "Thursday is my day. It's my escape day. If it disappeared, I'd probably have absolutely nothing."



Older People

In partnership with Independent Age, we continued with our commission with [Reaching People Leicester](#) (RP) and [Hastings Voluntary Action](#) (HVA) in 2024. The pilots, which finished in November 2024, sought to explore new social prescribing approaches that integrate financial and social support, creating more inclusive and holistic systems of care for older people facing financial difficulties.

In Hastings, HVA worked with older people and partners on local initiatives that focused on health, wellbeing, and practical financial tips. Outreach in foodbanks, faith groups, and community hubs ensured engagement with those least likely to access social prescribing. Over the course of the year, the Hastings pilot recorded 4,480 contacts, including 245 instances of in-depth support.

In Leicester, Reaching People delivered activities in two contrasting areas - Belgrave and New Parks - with 11,594 contacts during the year.

Alongside the local pilots, NASP and Independent Age delivered an online national training offer that reached 282 Social Prescribing Link Workers, focused on how to better support older people experiencing financial hardship.

A full [Learning Report](#), published in March 2025, captured these insights in detail, alongside toolkits and [other resources](#) highlighting the lived experiences of older people. The project leaves a legacy of knowledge, skills, new groups and activities, and better referral pathways for older people facing financial hardship.

Lee's story

Lee was referred to the Oak Tree Project, a weekly session at Tortworth Arboretum, which provides a safe and supportive environment for participants to experience the mental health benefits of being active out in nature. Activities include walks, crafting with natural materials and cooking on the fire.

Having struggled with their mental health, this project has become central to Lee's week. "Thursday is my day. It's my escape day. If it disappeared, I'd probably have absolutely nothing." The outdoor setting is a source of peace and inspiration. "I love coming to see all these trees... You just come and sit with your thoughts. I think I'd be lost without it."

Physical Activity

Our work on physical activity and social prescribing, in partnership with Sport England, has focused on two interconnected priorities: understanding the needs of primary care and supporting the physical activity sector to deliver high-quality, impactful opportunities for communities.

Supporting Primary Care

We have engaged closely with primary care teams to understand their challenges and opportunities in embedding physical activity into social prescribing. Through this, we have developed and begun delivering a programme that equips multidisciplinary teams with the confidence, skills and knowledge to work effectively with their local physical activity sector, via their local Active Partnership. This approach enables stronger partnerships at a community level and helps physical activity to become a routine part of the social prescribing offer.

Strengthening the Physical Activity Sector

Alongside this, we have invested time in understanding the needs of the physical activity sector itself. Our aim has been to support providers so they can offer safe, inclusive, and high-quality social prescribing opportunities. We have focused on programmes for children and young people, with an emphasis on improving mental health and wellbeing.

Partnerships and Advocacy

We have continued to champion the role of sport and physical activity as an effective prescription for health and wellbeing, especially for groups who are often harder for the health system to reach.

- We worked in partnership with [Movember](#) and [Rugby League Cares](#), supporting the development and expansion of the *Ahead of the Game* programme across England. This initiative equips young people, parents and coaches with tools to build resilience and protect mental health.
- We have advocated nationally for physical activity and sport to be recognised as tools for prevention, recovery, and community connection.





Anna's story

Anna is a single parent with four teenage boys who went to the GP experiencing low mood. She was referred to see Social Prescribing Link Worker Zoe, who met with her in the local park for some walking consultations. Together, they identified two goals of working on Anna's activity levels and improving her mental wellbeing. Anna started cycling to her sessions with Zoe and was also referred to a local women's centre who were able to provide some free person-centred therapy alongside a community-based course at her local healthy living centre, Brighter Living Partnership. She enjoyed the course and got on very well with the leaders, so after attending the centre for a few weeks Anna offered to help volunteer her time at the community café meeting and greeting people, taking orders and helping prepare food. Anna is now an extremely highly valued volunteer at the centre.

Global

International Visits & Speaking Engagements

We continue to support ministries of health, leading NGOs, and academic partners for strategic guidance, capacity building, and access to the latest global insights. Over the last year, we have hosted more than 122 guests from 10 countries to learn about social prescribing in the English health system, including delegations from South Korea, USA, Hong Kong, Denmark, Singapore and Taiwan. We have also learned from our guests about pioneering approaches in other countries.

At the 2024 International Social Prescribing Conference in London, we hosted attendees from over 20 countries.

NASP spoke at the Canadian Social Prescribing Conference in Toronto with speakers and insights from across the world. This was followed by NASP's CEO delivering a keynote speech at a New York Social Prescribing Summit hosted by the Social Prescribing USA Network.

International Social Prescribing Collaborative

We convene the *International Social Prescribing Collaborative*, the world's largest network of social prescribing policymakers and practitioners. With 34 countries now represented, these six-weekly sessions spotlight developments in social prescribing policy, practice, research and implementation, facilitating interdisciplinary knowledge-sharing. Through our international work, NASP was able to welcome seven new countries to the collaborative (United Arab Emirates, Norway, Greece, India, Colombia, Finland, New Zealand) growing the network and its reach. Our work ensures the global community is connected, informed, and empowered to drive innovation and best practice in social prescribing.

Partnerships

Our International Programme works through partnerships designed to create lasting impact, empowering local leadership, and building a global movement of community-centred care to create better health for all.

The second edition of the *Social Prescribing around the World* report was published in June 2024 at the International Social Prescribing Conference. This includes the addition of six new countries, including work from Lower-Middle Income Countries such as The Philippines and Nigeria.

The large-scale £7m Social Prescribing EU project, funded under the Horizon Europe programme, began in January 2025 with our Communications and International teams working together on the Communications and Dissemination workplans. The project will conduct a randomised control trial to assess the potential of social prescribing to promote and improve access to health and care services for people in vulnerable situations, focusing on three primary target groups: LGBTIQ people, refugees and first-generation immigrants and older adults living alone. The project involves over 22 partners across the EU and will run for five years.

Our partnership with The Canadian Institute for Social Prescribing (CISP) has seen a fantastic first year with sessions on Student Champions, Formal Curriculum, Research partners, Clinical Engagement, Arts and Culture and Communication materials. NASP also presented at Canada's social prescribing community of practice.

Our journey to become a World Health Organisation (WHO) Collaborating Centre has progressed well under the guidance of Nils Fletje (WHO Europe) and Christopher Bailey (WHO Lead for Arts and Health). Our work with WHO continues alongside this, with a WHO Europe series of webinars launched in collaboration with the Austrian Government with speakers from WHO Geneva, WHO Europe, WHO Western Pacific, reaching an audience of over 20 countries.



Mary's story

When her husband passed away, Mary's life was turned upside down. Living alone, she became increasingly isolated and was referred to Môn Community Link, a Social Prescribing Service on Anglesey. In her conversations with Local Asset Coordinator, Awen, Mary opened up about her feelings of low mood and expressed a strong desire to reconnect with her community.

Mary's first step was volunteering at a community Christmas dinner event at Hen Ysgol Bodorgan, a Community Centre in a rural area on Anglesey. She felt an immediate connection to its warm and welcoming community, making it the perfect place to start a group for people navigating grief and loss. With the help of a small grant, within a few weeks the Bereavement Café was launched in February 2025 and has quickly flourished. The group, led by Mary, is now a close-knit circle of friends, meeting weekly with around 15 regular attendees and has even organised summer walks together.

Innovation

This year, NASP's innovation work has focused on building stronger connections across the social prescribing system, driving collaboration through specialist communities, and supporting the sector with high-quality development opportunities.

The Innovation Network has continued to expand, with representation from across the social prescribing system, including healthcare, workforce and voluntary and community organisations. In Autumn 2024, we launched an enhanced digital platform for the Network, offering members a dedicated hub to collaborate, exchange knowledge and overcome challenges.

We also delivered a regular programme of Innovation events, including monthly themed networking sessions, peer clinics, and specialist tutorials. Evaluation shows that participants are building meaningful professional relationships and translating learning directly into their work, supporting a more connected and resilient social prescribing system.

During 2024/25, we developed the concept of 'Innovation Communities' within our wider Innovation Network. These themed communities are being designed as focused spaces where partners can test ideas, share insights, and tackle specific priorities. Work on the Green Social Prescribing Community was prioritised, with the aim of creating a national platform to advance the scale and spread of green social prescribing.



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“I have made many new friends through these groups so even on bad days when I would have hid away previously, I now go along as it makes me feel so much better.”



We also soft-launched our first training module on the Social Prescribing Knowledge Gateway. 'Social Prescribing Essentials' is a new e-learning module introducing the fundamentals of social prescribing. Developed with practitioners and voluntary sector partners, the course has received excellent feedback, with participants reporting increased knowledge and confidence in applying social prescribing in their own settings.

Mark's story

"When I first spoke to my social prescriber, I was feeling really low and didn't know where to turn for help," says Mark. Following the death of a long-term partner, struggles with mental health led to the loss of employment. Mark divulged that he was living without heating and had a substantial energy debt which was causing distress and financial hardship. Through a partnership with Citizens Advice, support with this debt was provided, and through a referral to the Heart Home Adaptions team, Mark received a new boiler and windows. A PIP claim, with the support of his social prescriber, means an extra income so Mark can afford his essentials, keep warm and eat properly. As Mark continued to engage with his Social Prescribing Link Worker, it was apparent how lonely and isolated he still was. He was invited to a Walk and Talk Group, delivered by the social prescribing team, giving him a chance to meet new people, gain confidence and enjoy some exercise and fresh air. "I was really nervous...but I pushed myself to do it and I'm really glad I did," he says. Mark now also consistently attends a Walking Football group and Men Talk, a group just for men, "I have made many new friends through these groups so even on bad days when I would have hid away previously, I now go along as it makes me feel so much better."





Investment

Power of Music Fund (PoM)

Key milestones and stats from 2024-2025

- Supported over 200 organisations and over 12,000 people
- £2.7 million raised for Power of Music Fund
- 70 small grants of up to £7,000 across three years for local community activities such as choirs and music groups, as well as 32 grants made by our partner Music for All.
- First Centre of Excellence for Music and Dementia launched with Manchester Camerata in 2024, which will track 1,000 patient journeys and use of NHS services before and after music interventions

Summary of activity

Manchester Camerata became the UK's first Centre of Excellence for Music and Dementia, launching in May 2024 in Manchester with Andy Burnham speaking alongside Charlotte Osborn-Forde and a range of other partners. They were awarded a grant of £500,000 from NASP, which was equally matched by investment from Greater Manchester NHS and Greater Manchester Local Authority, totalling over £1m over three years. Press coverage was significant, including 27 featured pieces in national and international mainstream print and broadcast media.

The Rayne Foundation's commitment to the fund enabled us to bring together remaining funds from Utley Foundation and public fundraising and create a second Centre of Excellence, focusing on enhancing the health and social care workforce's ability to integrate music into dementia care. The application process was carried out in 2024-5, with Hertfordshire ultimately selected as the second Centre of Excellence. They will co-produce a robust training programme to upskill the local health and care workforce. They will roll this out across health care providers and establish Champions within the Hertfordshire care homes that can embed the use of therapeutic music techniques within dementia care.



Music for All awarded 32 organisations a total of just under £50,000 of funding in July 2024. This funding prioritised applications from underrepresented communities, with a strong spread of organisations across the country. Music for All has since committed to a further two years of funding small grants as part of the Power of Music Fund.

NASP has worked closely with Manchester Camerata to create a Power of Music Learning Network, delivering webinars on a range of topics including the evidence base for music and dementia, how to connect to healthcare, as well as more practical topics such as managing risk and communications. The learning network is aimed at music and dementia projects, to help them share learning, discuss challenges and connect to others. The network is growing and has so far involved more than 100 leaders and organisations from across the UK. Feedback has been overwhelmingly positive from network members.

The wider Power of Music Consortium and Steering group continue to meet regularly and progress the wider aims of the group around music and health.

Community Health & Wellbeing Fund (formerly Shared Investment Fund)

In December 2024, we published a report, *Envisaging a Social Prescribing Fund*, which made the case for a new fund that would support community activities, groups and services that benefit people's health and wellbeing.

The proposed England-wide fund of £1 billion over 10 years would bring together contributions from the public, philanthropic and private sectors, and provide vital long-term funding for community groups and organisations to meet the rising demand for their activities and services.

The allocation of funds would be based on local health needs and could include support for evidence-based community projects for people who are struggling with their mental health, music-based programmes for people living with dementia or exercise sessions to help prevent diabetes.

We developed the report with more than 100 organisations - from national funders to NHS Integrated Care Boards to local charities - who strongly supported the vision it presented.

Our aim is that the fund - now known as a National Community Health and Wellbeing Fund - could be worth £1 billion over ten years.



Evidence

New evidence published in 2024-25

The best evidence shaping social prescribing policy, practice and research

During 2024-25, we focused on developing the evidence base to address identified priority areas, such as developing better ways to report on the economic value of social prescribing services, supporting voluntary sector activity providers to demonstrate the impact of their services, and ensuring that findings were shared in ways that are as accessible and useful as possible.

In August, we shared an [accessible resource](#) to support voluntary, community faith and social enterprise sector organisations to evaluate the impact of their work, informed by a scoping review the previous year.

In November, we published a report on the [impact of social prescribing on health service use and costs](#), summarising the analysis of social prescribing evaluation data from nine local health systems across England. These evaluations found that social prescribing can substantially reduce pressure on the NHS, including through:

- reduced GP appointments
- reduced hospital admissions
- reduced A&E visits



We also worked with the Centre for Regional Economic and Social Research (CRESR) at Sheffield Hallam University to conduct research on [Community-led Social Prescribing](#), commissioned by Local Trust. This year-long research project, published in January, explored the potential for greater community involvement in and leadership of social prescribing in England.

We expanded our International Evidence Collaborative to over 1,000 members and shared monthly evidence newsletters to keep them updated on relevant social prescribing evidence and research opportunities.

We have engaged with stakeholders focused on improving data-driven systems for social prescribing and at the end of 2024/25 we formed a partnership with the Social Biobehavioural Research Group at UCL to develop a National Centre for Social Prescribing Data and Analysis. This fulfils one of the key recommendations from [NASP's 2023 report, The Future of Social Prescribing in England](#). The partnership combines NASP's reach into communities and our expertise in policy development and advocacy with UCL's world leading [research and analysis capability](#).

We also continued to provide an evidence service to NASP itself, to ensure all our activity is evidence informed and can contribute to the evidence base.





Profile

Communications

According to our latest YouGov survey, 22% of people in England now recognise the phrase “social prescribing”, a rise from 13% in 2022. Many more people understand that health professionals can refer people to non-medical groups and activities, and support for the concept of social prescribing remains high.

With over 168k users, the NASP website continues to be a one-stop shop for information and support on social prescribing, with highlights including new ‘hubs’ focusing on heritage and social prescribing, and on long-term conditions. The website saw an 18% rise in users over the course of the year, and there was also a 14% rise in followers on social media.

NASP and its work was featured in a wide range of local and national media. We also continued to play a coordinating role for Social Prescribing Day. There were more than 50 events across the country on the day, and the day trended on social media.





Events and Webinars

The sold-out International Social Prescribing Conference in June 2024, co-hosted with The Social Prescribing Network and The University of Westminster, attracted more than 500 delegates from 20 countries, and featured more than 60 speakers. These included Sir Michael Marmot, Cormac Russell and Dame Sarah Mullally (the Bishop of London).

We also hosted The Social Prescribing Day Summit in March 2025, featuring contributions from Stephen Kinnock MP, Minister of State for Care, and the Chief Executives of Natural England, Royal College of General Practice, Historic England, Local Trust, National Voices, PPL and the Lloyds Bank Foundation.

Other live events included the launch of the Envisaging a Social Prescribing Fund report, and an event to celebrate the success of the cross-Government Green Social Prescribing programme.

NASP offers a programme of free webinars covering a range of themes from a variety of industries and backgrounds. In 2024-2025, topics included faith, older people, the impact of social prescribing on health service use and costs and youth social prescribing in action. On average, the audiences rated these 8.8 out of 10 for usefulness.

Our staff also spoke at more than 40 external events and estimate that we reached thousands of health and care professionals.

Internal Developments

At NASP, we know that delivering impact externally begins with creating a thriving culture internally. Over the past year, we have invested in our wellbeing, equity, diversity, inclusion and belonging (WEDIB) initiatives, embedding practices that ensure every colleague feels supported and able to thrive.

At the start of the year, we introduced a new opportunity for staff to become 'Wellbeing and Inclusion Reps.' These roles volunteer to be visible advocates for wellbeing and inclusion, gathering feedback from colleagues, sharing relevant updates with their team, and contributing to our WEDIB Staff Action Group. These roles are now playing a central role in shaping organisational culture; their work has amplified staff voice, informed decision-making, and driven new initiatives that reflect the lived experience of our team.

We have also advanced our commitment to inclusive practice through the Disability Confident Scheme, building on our initial accreditation, to successfully achieve 'Disability Confident Employer' status this year. Alongside this, we introduced a new comprehensive Employee Assistance Programme, providing staff and their immediate families with free, confidential access to a range of support including counselling, legal and financial advice, wellbeing support and online courses. This additional layer of support ensures colleagues can access support 24/7, further strengthening our approach to staff wellbeing.

In March 2025, we undertook a full-scale review of staff policies, to ensure they uphold high standards of inclusivity, best practice, and alignment with our values. We also introduced a new 'People Insights Cycle' which will see a refreshed staff survey and improved design for employee appraisals. These changes provide staff with structured opportunities for meaningful reflection, feedback and development, while providing leadership with valuable insights into how NASP can continue to evolve as an employer of choice.

Alongside this, we have taken significant steps to modernise our HR processes, making them more intuitive and effective for staff, to provide quicker access to the tools and information they need, reducing administrative burden and creating a smoother, more transparent employee experience. We also invested in staff training, with a particular focus on managing change. In partnership with ACAS, managers took part in a tailored training session covering best practice in people management, including how to create a psychologically safe workplace.

To support opportunities for belonging, collaboration and learning across the organisation, we have worked alongside employees, including our Wellbeing and Inclusion Reps, to co-create a number of in-person staff days. This ensures that staff days are shaped by the needs of our team and support a stronger culture of connection across the organisation, building a culture that truly reflects our values.





Our Partners

We would like to thank our national partners, including:

Arts Council England
Historic England
Rayne Foundation
The National Lottery Fund
Natural England
Department for Environment, Food & Rural Affairs
NHS England
Music for Dementia
Sport England
The Utley Foundation
University College London
The Social Prescribing Network
Local Trust
Good Faith Partnership
Horizon Europe
The European Commission
University of Westminster
Universal Music UK
Worwin UK Foundation
PrescQIPP
University of East Anglia
The Linbury Trust
Independent Age
The Sam West Foundation
The Rowlands Trust

And our regional partners, including:

Hastings Voluntary Action
Reaching People Leicester





Our People

Staff List

Claire Addis
Nurjahan Ali Arobi
Jared Ashe
Ceriann Bailey-Rush
Hannah Beck
Monica Boulton
Jim Burt
Bogdan Chiva Giurca
Alexis Colón
Olivia Engle
Jules Ford
Desi Gradinarova
Nick Harrop
Isobel Haywood
Najnin Islam
Hamaad Khan
Katy Knight
Nigel Lee
Tracey Lines
Radha Modgil
Louise Montgomery

Gráinne Nolan
Elaine O'Connell Francischetto
Charlotte Osborn-Forde
Sunita Pandya
Charlotte Phillips
Anthea Terry
Olivia Tilley
Tamara Umasankar
Beatrice Walker

Trustees

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Johnathan Badyal
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Lady Amanda Ellingworth
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Bradley Gudger
Professor Kamila Hawthorne MBE
Phoebe Hitchcox
Sarah Metcalfe
Gay Palmer
Lisa Tookey

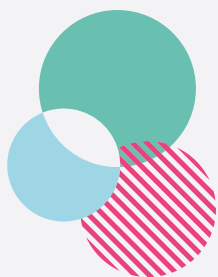


Financial Review

Balance sheet as at 31 March 2025

(as extracted from audited accounts)

	2025		2024	
	£	£	£	£
Fixed assets				
Tangible assets		5,292		12,520
Current assets				
Debtors	78,329		76,398	
Cash at bank and in hand	1,524,792		1,424,652	
	1,603,121		1,501,050	
Creditors: amounts falling due within one year				
	(348,275)		(559,021)	
Net current assets		1,254,846		942,029
Total assets less current liabilities		1,260,138		954,549
Income funds				
Restricted funds	355,119		442,822	
Unrestricted funds	905,019		511,727	
		1,260,138		954,549



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Company number: 12275770