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A Glossary of Terms for Social Prescribing in Wales

Dr Simon Newstead¹, Professor Carolyn Wallace¹, Bethan Jenkins², Amber Lavans², Dr Amrita Jesurasa²

1) University of South Wales, Wales School for Social Prescribing Research (WSSPR)

2) Primary Care Division, Public Health Wales

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Developing the Glossary of Terms

Background

Social prescribing in Wales is an umbrella term that describes a [person-centred approach](#) to connecting people to local [community assets](#). It can help empower individuals to recognise their own needs, strengths, and personal assets and to connect with their own communities for support with their personal health and [wellbeing](#)^{1,2,3}. Through engagement with this process, a diverse range of factors affecting wellbeing such as loneliness, physical activity, or financial worries can be addressed, thereby providing the individual with increased control over their circumstances^{4,5}. Despite using the term 'prescribing' the Welsh model of social prescribing moves away from a medicalised approach, instead adopting a 'no wrong door' approach where the sources of referral are cross-sectoral and not limited to healthcare/primary care⁶.

The Need for a Glossary of Terms for Social Prescribing

Social prescribing has seen a period of growth and development over the last decade⁷⁻⁹. However, within Wales, as in other countries, there has been a lack of standardisation and consistency in the terminology associated with social prescribing⁹⁻¹¹. This lack of standardisation and diversity of terminology has resulted in the potential for confusion amongst both the general public and the workforce who deliver or come into contact with social prescribing, impairing communication between sectors, professionals, and with the public.

In response, a glossary of terms has been developed to aid the standardisation of the language associated with social prescribing. Use of the glossary has the potential to improve clarity and communication within the intervention of social prescribing, for professionals and the public. It is hoped that the glossary will become an informative reference tool for the workforce who encounter and support social prescribing within Wales, as well as those who are accessing it. The glossary reflects the language associated with social prescribing in Wales at the time of publication. Future updates to the glossary will likely be required, as social prescribing and the associated language evolve.

Methodology

The development of the glossary of terms incorporated a scoping review, a group concept mapping (GCM) study and consultation with individuals with an interest in social prescribing (i.e. the workforce who encounter and support social prescribing and the public). The process adopted is outlined in **Figure 1** below. The preregistered protocol for the scoping review, along with a list of the search terms and search engines used, as well as the data set for all the terms identified can be viewed via the following link: [Glossary Database](#).

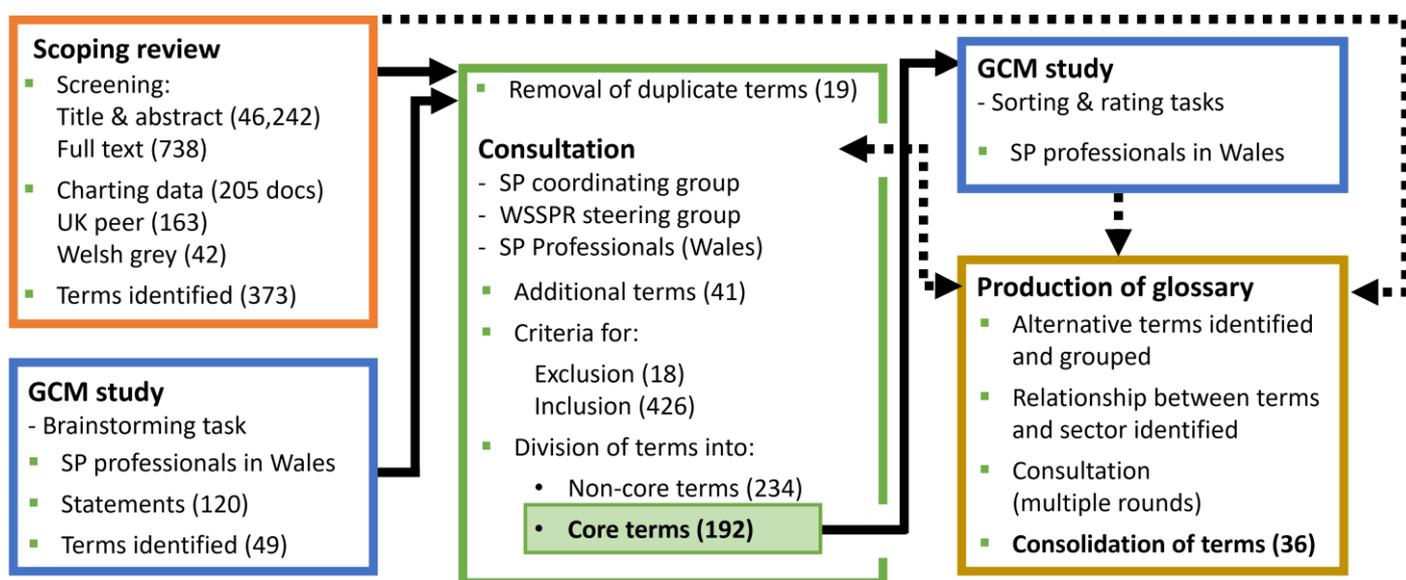


Figure 1. The process of identification of social prescribing terminology and the development of the glossary of terms.

Identification and Classification of Terminology

Scoping Review

Documents for the scoping review¹⁰ comprised of UK peer-reviewed journal articles and Welsh grey literature. A two-step eligibility screening process was applied to select documentation for analysis and identify social prescribing-related terminology:

- 1) screening of the document title and abstract
- 2) screening the whole text of each document for social prescribing-related terminology.

Group Concept Mapping (GCM)

Forty-nine participants for the GCM study were recruited from social prescribing communities of practice, Connect Wales, research networks associated with WSSPR and through members of the Public Health Wales (PHW) Social Prescribing Coordinating Group, of which 27 of these participants completed the GCM tasks and provided usable data. GCM is a mixed-methods consensus-generating approach that combines qualitative data collection approaches with quantitative analysis processes and tools^{12,13}. The results reflect the perceptions and values of the participants and provide an evidence-based means of facilitating discussion around a topic of interest. The GCM study involved three stages of participant engagement:

- 1) A brainstorming activity – to generate a list of terms associated with social prescribing;
- 2) A sorting/grouping activity – to facilitate understanding of how terms were related; and
- 3) Rating tasks – to provide an understanding of the relative importance of terms in the social prescribing process.

Consultation

Members of the Public Health Wales Social Prescribing Coordinating Group, WSSPR Steering Group and Patient and Public Involvement (PPI) members, as well as social prescribing professionals from social prescribing networks associated with WSSPR and PHW, were consulted on various matters. They helped to:

- Define the scope of the terms to be included in the glossary
- Identify potentially missing terms
- Classify terms as either [‘core’ or ‘non-core’ social prescribing terms](#)
- Refine numerous drafts of the glossary
- Develop a [visual representation of the social prescribing pathway](#) that encompasses all the suggested terms in the glossary.

Production of the Glossary

The research and consultation process produced a diverse range of terminology associated with the social prescribing process that was larger than anticipated, identifying 192 core terms. This list was considered too large for everyday use. Data from the scoping review and GCM study indicated that many of the terms identified relate to a few specific aspects associated with social prescribing and/or were alternative and often less commonly used terms used to describe the same principles or process.

A consolidation process of the core terms was undertaken to:

- Identify where multiple terms existed for a particular aspect of social prescribing
- Identify the most commonly used and/or most appropriate term for use across sectors
- Identify the relationship between terms

This initial process of consolidation produced a list of 48 ‘suggested terms for use’. Where applicable, a list of alternative terms and terms of preference within specific sectors were included in the glossary entry (see [How to Navigate the Glossary](#) for more information).

With such a large number of core social prescribing terms, one of the balancing acts of the glossary has been to produce a comprehensive and useful list that doesn't introduce unnecessary jargon. The initial list of 48 terms was further refined through consultation to produce a more usable list of 36 terms (see [Navigation Table](#)) that captures the core language of social prescribing and presents it in an informative and usable format. This consolidation process included re-evaluating the categorisation of several core-terms to non-core terms: 'social prescribing manager', 'time credits', 'time banks', 'wellness star', and 'wellbeing star'. The remaining reduction was achieved by the incorporation of terms into the descriptions of other terms. For example, the term 'co-design' and its associated description were incorporated into the description for the term 'co-production'. This process not only made the glossary more succinct but also added additional clarity and context to certain terms and highlighted the absence of certain relevant information.

The consultation feedback on the Welsh Government's National Framework for Social Prescribing¹⁴, which occurred in tandem with the development of the glossary, indicated that the term prescribing was itself problematic to many who worked within the third sector, in which social prescribing is predominantly based within Wales. Consequently, the terms chosen as the suggested terms for use within the glossary reflect this feedback. Terms that describe the various assets 'on prescription' e.g., art on prescription are prevalent in the social prescribing literature, which is predominantly derived from published evidence from healthcare settings in England. However, such terms do not easily sit within the cross-sectoral model of social prescribing within Wales. Consequently, it was felt that 'referral' or 'on referral' were more appropriate. In some cases, such as 'exercise on referral', the term already existed in the literature. In others, the term was modified for the glossary to help unite the social prescribing language within Wales for example 'green prescription' became 'green referral'. These choices also reflect alignment with the terminology more commonly used by Welsh-speaking communities. For example, the terms 'atgyfeirio at amgueddfeydd' (referral to museums), 'atgyfeiriad gwyrdd' (green referral) and 'atgyfeirio at natur' (referral to nature) are more commonly used in Welsh-speaking communities than the direct translations of museums on prescription, green prescribing and nature on prescription.

The National Association for Social Prescribing has done some research into the importance of social welfare and legal and financial advice in social prescribing¹⁵. However, consultation on the glossary highlighted that the research had not identified a term that encompassed these aspects of social prescribing. We have, therefore, suggested the umbrella term ‘welfare support referral’ to encapsulate these aspects of support

The research indicated that the terms ‘community connection’ and ‘community connector’ were the most highly rated by social prescribing professionals within the third sector. However, across all nations of the UK the terms ‘social prescribing’ and ‘link worker’ were the most commonly used. Although the term ‘link worker’ was well recognised, it was felt that promoting ‘link worker’ as the suggested term of use would ignore the prevalence and importance of terms such as ‘community connection’ and ‘community connector’ within the social prescribing community in Wales. Therefore, the glossary adopted ‘social prescribing practitioner’ as an umbrella term and highlighted sector-specific preferences for alternative terms within the glossary entry.

To ensure the glossary of terms is as accessible as possible the terms needed to be accompanied by a description. A ‘description’ was opted for over a ‘definition’ as it allowed for the incorporation of contextual information, where appropriate. A description was also considered more suitable, as the language associated with social prescribing and how that language is used across regions and sectors presented certain challenges for several terms. The use of a description also acknowledges the evolving nature of the language associated with social prescribing. The descriptions were initially obtained from scoping review literature and refined to align with Welsh Government policy. Further refinement was made following consultation feedback.

Limitations

- Evidence from the scoping review indicated that many of the terms identified are seemingly used interchangeably with little standardisation across and within specific services. The limits of our data, therefore, have made subcategorising terms used to describe social prescribing practitioner-type roles as well as terms used to describe the process of social prescribing, relatively difficult. Moving forward, refinement and updates to the glossary will inevitably be required, as the language and terminology used within social prescribing changes and evolves. Such refinement will provide an opportunity for the workforce who encounter and support social prescribing within Wales to help clarify descriptions and/or subcategories of terms associated with these areas.
- It is acknowledged that the diversity of social prescribing interventions, referral pathways and the availability of access is not universal across Wales.
- The current evidence base for social prescribing is very much based on the provision of services for adults, but it is acknowledged that social prescribing can be child, young-person and family-centred.
- The glossary that has been produced began with the evidence base in the social prescribing literature and from data provided by social prescribing practitioners but evolved following consultation. While hopefully accessible to the general public, the language and narrative used within the glossary is aimed at professionals working in or with social prescribing. This glossary forms part of the national framework for social prescribing in Wales which has been produced by the Welsh Government. The national framework consists of a number of guidance documents to support the growth of social prescribing in Wales and includes a public-facing description of social prescribing. Additionally, it is acknowledged that not all of the terms in the glossary will be relevant to members of the public accessing social prescribing and that the language within the glossary may present a barrier for some of the public. Therefore, a more concise easy-read version of the glossary that contains the 22 terms most likely to be encountered by those accessing social prescribing has also been produced in conjunction with Learning Disabilities Wales. To increase usability and accessibility, a website (www.splossary.wales) was created to host these two versions of the glossary.

- To ensure that Welsh and English languages are treated equally, the glossary needed to reflect English and Welsh social prescribing language, which presented several challenges. Some of the terms identified in English did not have direct Welsh translations or the direct translation was not a term that was commonly used in 'day-to-day' social prescribing in the Welsh language. For example:
 - Both 'rhagnodi cymdeithasol' and 'presgripsiynu cymdeithasol' mean social prescribing, but the term 'atgyfeiriad cymdeithasol' which translates as 'social referral' is more commonly used and within Welsh-speaking communities.
 - The term social prescribing practitioner translates to both 'Ymarferwyr rhagnodi cymdeithasol' and 'ymarferydd presgripsiynu cymdeithasol' , with the latter more commonly used within Welsh-speaking communities.
 - The term green prescribing translates to 'rhagnodi gwyrdd' but within Welsh-speaking communities the term 'atgyfeiriad gwyrdd' which translated to 'green referral' is more commonly used.

The glossary therefore acknowledges and highlights those instances where some Welsh language social prescribing terms may be more commonly used in professional or academic texts and practice, and others which are more likely to be encountered in the language of Welsh-speaking communities.



Social Prescribing Glossary of Terms



How to Navigate the Glossary

This section contains instructions on how to use and navigate the glossary.

The development of this glossary identified more than 400 terms associated with the social prescribing process. These terms were separated into two lists: [core social prescribing terms](#) and [non-core social prescribing terms](#).

The list of 192 core social prescribing terms has been consolidated into a usable list of 36 terms, with accompanying descriptions for each term. Use the [navigation table](#) or the [social prescribing pathway flowchart in Figure 2](#) to quickly locate a term and move through the glossary.

The 'suggested' glossary terms, for use across sectors and professions, are displayed in the upper left in **large black writing**. Within the text, additional terms may be introduced, these will also appear in **bold black**. Use the [navigation table](#) tab to navigate back to the table, or select an [underlined term](#) in the text or the '**Connected Terms**' subsection to navigate to the appropriate position within the glossary.

Within the description of a term and/or the '**Alternative Terms**' subsection, where alternative terms have been identified as preferred terms for specific sectors this has been indicated through the use of a superscript key. Terms are displayed in **bold black** with an accompanying superscript indicator of the sector (health care = ^{HC}, social care = ^{SC}, community voluntary services and organisations = ^{CVSO}). For example, **Link worker** ^{HC}.

All core social prescribing terms identified during our research are displayed in alphabetical order in the [Core Terms A-Z](#) list. You can select the individual terms to navigate to the appropriate place in the glossary.

All non-core social prescribing terms identified during our research are displayed in the [Non-Core Terms A-Z](#) list.

Identifiers are included next to the terms, to provide clarity on the evidence for the inclusion of the glossary terms and accompanying descriptions, e.g., **Social Prescribing** ^{C, GCM, SR} (consultation = ^C, group concept mapping = ^{GCM}, scoping review = ^{SR}). References for the core terms identified in the scoping review can be found in the [Core Terms A-Z](#) list.

Social Prescribing Pathway

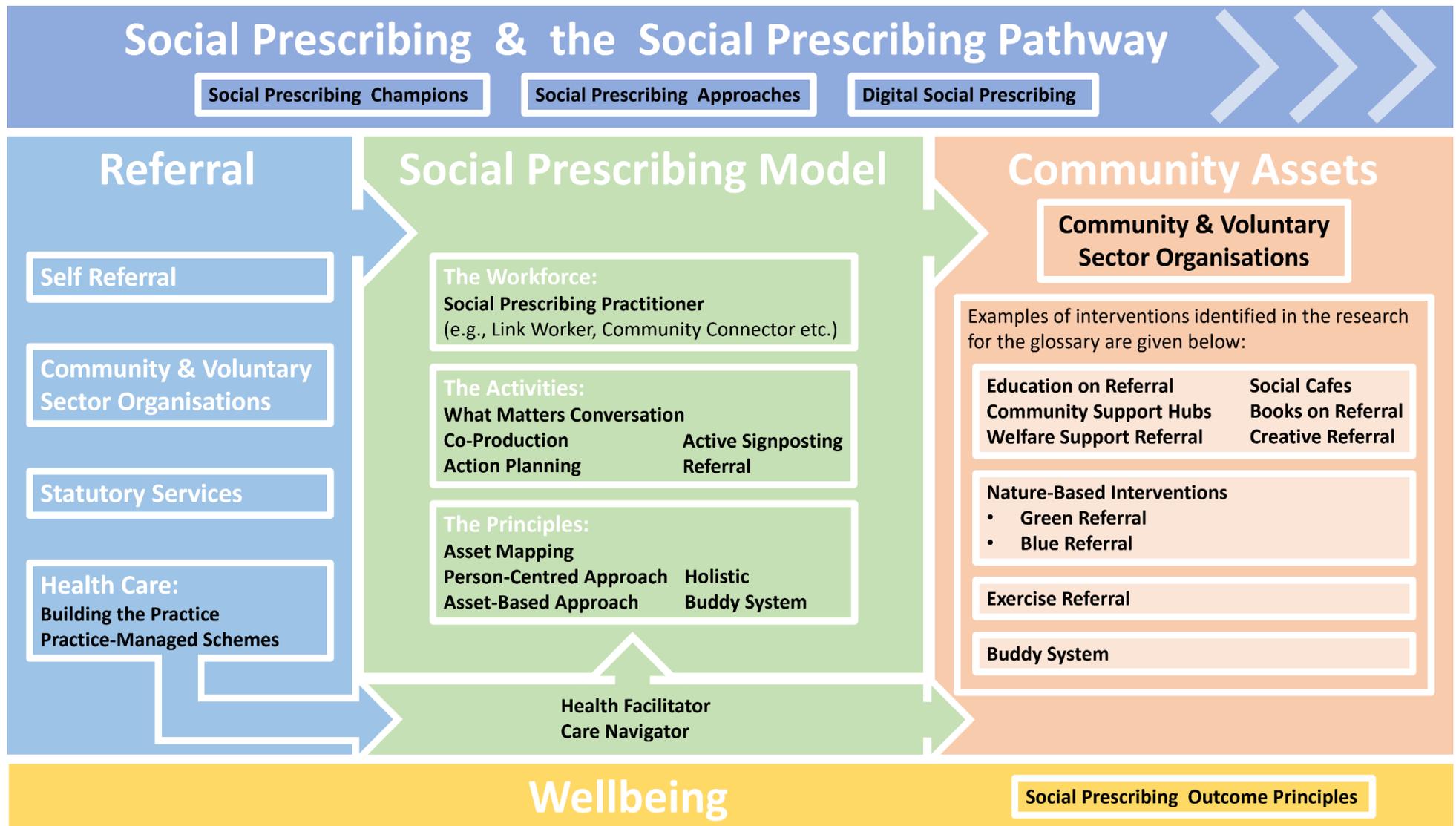


Figure 2. Social prescribing glossary terms depicted within the social prescribing pathway.

Defining Core & Non-Core Social Prescribing Terms

This section explains the criteria by which the terms identified as relating to social prescribing were classified into either core terms or non-core terms. The development of the glossary focused on the core social prescribing terms. A-Z lists of the [core terms](#) and [non-core terms](#) can be viewed in the latter pages of this document.

Core Terms

Definition: A term used in everyday language in social prescribing by social prescribing practitioners, professionals and people who engage with social prescribing, that specifically relates to and/or describes an essential part of the social prescribing process.

Inclusion Criteria: A term that specifically relates to and/or describes an essential part of the social prescribing process. The term is used in communications to improve individual physical, mental and social health and wellbeing throughout the social prescribing process and/or when improving the wider determinants of health for individuals throughout the social prescribing process.

Exclusion Criteria: A term commonly used across health and social care/ statutory/ non-statutory service delivery BUT that does not relate to and/or describe a central and/or essential part of the social prescribing process.

Non-Core Terms

Definition: A term used across health and social care/ statutory/ non-statutory service delivery, that is associated with social prescribing but that does not relate to and/or describe an essential part of the social prescribing process.

Inclusion Criteria: A term that is not a core social prescribing term but one that is used in communications to improve individual physical, mental and social health and wellbeing throughout the social prescribing process and/or when improving the wider determinants of health for individuals throughout the social prescribing process.

Exclusion Criteria: The word is a common term used across health and social care/ statutory/ non-statutory service delivery but is one that is not specifically associated with social prescribing.



Core Social Prescribing Terms Navigation Table

| | |
|--------------------------------------------|---------------------------------------|
| Action Planning | Holistic |
| Asset-Based Approach | Nature-Based Interventions |
| Asset Mapping | Person-Centred Approach |
| Blue Referral | Practice-Managed Scheme |
| Books on Referral | Referral |
| Buddy System | Signposting & Active Signposting |
| Building the Practice | Social Cafes |
| Care Navigator | Social Prescribing |
| Community Assets | Social Prescribing Approaches |
| Community Support Hubs | Social Prescribing Champion |
| Community & Voluntary Sector Organisations | Social Prescribing Model |
| Co-Production | Social Prescribing Outcome Principles |
| Creative Referral | Social Prescribing Pathway |
| Digital Social Prescribing | Social Prescribing Practitioner |
| Education on Referral | Statutory Services |
| Exercise Referral | Welfare Support Referral |
| Green Referral | Wellbeing |
| Health Facilitator | What Matters Conversation |

Core Terms Glossary

Action Planning^{GCM, SR}

Description: **Action planning**, in the context of [social prescribing](#), is an act performed jointly between the [social prescribing practitioner](#) and the individual. [Social prescribing practitioners](#) help people identify their social, mental, physical and economic needs through a [what matters conversation](#). They then support the individual to [co-produce](#) a bespoke **action plan** to benefit their health and [wellbeing](#).

The **action plan** is a document describing a course of action that has been created and agreed upon by the [social prescribing practitioner](#) and the individual. It outlines the goals of the individual and the steps that will be taken to achieve them.

Alternative Terms: Wellbeing plans

Connected Terms: [Asset-based approach](#), [asset mapping](#), [co-production](#), [person-centred approach](#), [signposting & active signposting](#), [social prescribing](#), [social prescribing models](#), [social prescribing pathway](#), [social prescribing practitioner](#), [wellbeing](#), [what matters conversation](#).

Asset-Based Approach^{SR}

Description: An **asset-based approach** involves mobilising the skills and knowledge of individuals and the connections and resources within communities and organisations, rather than focusing on problems and deficits. The approach fosters hope by shifting the focus from “what’s wrong with us” to “what’s right with us”. It assumes that, even though there may be problems, sometimes very serious ones, there are also untapped resources and capacities inherent in every individual, organisation, or community which can be put into use to improve current conditions.

[Social prescribing](#) initiatives provide an **asset-based approach** to addressing these challenges by facilitating people and communities to come together for positive change, tapping into their skills, knowledge, lived experiences and interests on issues they encounter in their everyday lives. The approach aims to empower individuals and, where appropriate, enables them to rely less on public services.

The term **strength-based approach** is sometime used interchangeably or in conjunction with **asset-based approach**. While the two terms are very similar, a **strength-based approach** describes a [co-productive](#) approach that stresses self-determination by drawing on the individuals strengths and assets. By focusing on their strengths, the individual can address their needs in a way that allows them to lead and be in control of their [wellbeing](#).

Alternative Terms: Strength-based approach, strength and asset-based approach

Connected Terms: [Asset mapping](#), [community assets](#), [co-production](#), [holistic](#), [person-centred approach](#), [social prescribing](#), [social prescribing pathway](#), [what matters conversation](#).

Asset Mapping ^{SR}

Description: **Asset mapping** is an essential component of [social prescribing](#), and describes the mapping of [community assets](#) to provide an inventory and depiction of a communities resources.

Asset mapping helps to ensure that the [social prescribing practitioner](#) is able to make an appropriate [referral](#) for the individual, based upon their knowledge of what [community assets](#) are available. It also facilitates the assessment of how to build upon these [community assets](#) to address the needs of the community and support community development.

Alternative Terms:

Connected Terms: [Action planning](#), [asset-based approach](#), [community assets](#), [Community & Voluntary Sector Organisations](#), [co-production](#), [person-centred approach](#), [referral](#), [signposting & active signposting](#), [social prescribing](#), [social prescribing pathway](#), [social prescribing practitioner](#), [what matters conversation](#).

Blue Referral ^{C, GCM, SR}

Description: **Blue referral** is an umbrella term used to describe the [referral](#) of individuals to **groups, interventions or services** that supports engagement with [nature-based interventions](#) based in natural or semi-natural ‘blue’ environments, to improve their health and [wellbeing](#). The term **blue gym** is used to describe a water-based environment, such as a lake or coastline, in which an individual may partake in water-based or water-adjacent activities and/or exercise. Examples of **blue referral** activities include swimming, surfing, rowing and beach yoga.

Alternative Terms: Blue prescribing ^{HC}

Connected Terms: [Books on referral](#), [community assets](#), [Community & Voluntary Sector Organisations](#), [creative referral](#), [education on referral](#), [exercise referral](#), [green referral](#), [nature-based interventions](#), [referral](#), [signposting & active signposting](#), [social prescribing pathway](#), [social prescribing practitioner](#), [welfare support referral](#), [wellbeing](#).

Books on Referral ^{C, SR}

Description: **Books on referral** is a term used to describe the [referral](#) of individuals to specific self-help books to enable them to better manage and understand psychological issues. The self help books consists of a core collection of 30 books that employ cognitive behavioural therapy principles for common mental health conditions and were written and selected by health professionals. General or mental health practitioners make a [referral](#) for a book borrowed “on prescription” from a local public library. These books can also be accessed through [self-referral](#).

Alternative Terms: Bibliotherapy ^{SC}, books on prescription ^{HC}, reading on prescription

Connected Terms: [Blue referral](#), [community assets](#), [Community & Voluntary Sector Organisations](#), [creative referral](#), [education on referral](#), [exercise referral](#), [green referral](#), [nature-based interventions](#), [referral](#), [signposting & active signposting](#), [social prescribing pathway](#), [social prescribing practitioner](#), [welfare support referral](#), [wellbeing](#).

Buddy System ^{C, SR}

Description: A **buddy system** can refer to either

- Face-to-face support by the [social prescribing practitioner](#) between [referral](#) and the first session of a **group, intervention or service**, which is thought to increase the likelihood of attendance.
- A community member-to-community member linkage for support with engagement in a socially prescribed **group, intervention or service**. The community member offering their support may be a **social prescribing volunteer**, or they may hold a paid role. They have lived experience of particular difficulties, e.g., mental health difficulties or chronic pain, and will usually have accessed the **group, intervention or service** directly through a social prescribing service and subsequently offered to support individuals to engage with a particular [community asset](#).

Alternative Terms: Peer mentors, peer navigators, peer supporters.

Connected Terms: [Community assets](#), [Community & Voluntary Sector Organisations](#), [person-centred approach](#), [referral](#), [social prescribing models](#), [social prescribing pathway](#), [social prescribing practitioner](#), [wellbeing](#).

Building the Practice ^{C, SR}

Description: **Building the practice** describes the development of a GP practice to accommodate and utilise [social prescribing](#) as an intervention/treatment option to support individuals. This is comprised of three elements: taking a whole practice approach; building the practice atmosphere; and building the practice infrastructure, which encompasses digital and physical elements.

Alternative Terms:

Connected Terms: [Care navigator](#), [digital social prescribing](#), [health facilitator](#), [practice-managed scheme](#), [social prescribing](#), [social prescribing champion](#), [social prescribing pathway](#), [social prescribing outcome principles](#), [statutory services](#).

Care Navigator^{GCM, SR}

Description: A **care navigator** is usually a receptionist or admin staff member who has undergone specialist training. The **care navigator** role is predominantly associated with [active signposting](#) to an alternative health provision, such as a nurse or a physiotherapist, who may be better suited than a GP to deal with an individual's particular concerns. However, **care navigators** may also perform more of a [social prescribing practitioner](#)-type role which may include spending time with individuals, [co-producing](#) an individual [action plan](#) with them and identifying suitable **groups, interventions or services** for them to engage with. **Care navigators** might also support the individual to attend initial sessions or refer the individual to a community-based [social prescribing practitioner](#) who might be better able to connect them to appropriate [community assets](#).

Care navigation is a term that is often used interchangeably with [social prescribing](#) to describe [active signposting](#) by a **care navigator**. **Care navigation** also exists in other sectors as a role that supports the navigation of care services.

Alternative Terms:

Connected Terms: [Action planning](#), [buddy system](#), [community assets](#), [Community & Voluntary Sector Organisations](#), [co-production](#), [health facilitator](#), [practice-managed scheme](#), [referral](#), [signposting & active signposting](#), [social prescribing](#), [social prescribing outcome principles](#), [social prescribing practitioner](#), [statutory services](#).

Community Assets^{GCM, SR}

Description: **Community assets** provides a collective term for anything that can be used to improve the quality of community life. This can include **community groups, interventions and services** which could be delivered online or in-person, as well as buildings, land or even a person within a community.

For example, the practice of yoga is an activity and is not a community asset, but a yoga group and the village hall in which it takes place could both be considered **community assets**. Swimming is not considered a community asset but a swimming group and the location in which they swim could be considered **community assets**.

Cultural assets, or heritage assets, are **community assets** that have value due to their historical, artistic, scientific, and environmental value. The assets hold their value due to their contribution to knowledge and culture in the community.

Alternative Terms: Social capital

Connected Terms: [Action planning](#), [asset-based approach](#), [asset mapping](#), [blue referral](#), [books on referral](#), [creative referral](#), [community support hubs](#), [Community & Voluntary Sector Organisations](#), [co-production](#), [education on referral](#), [exercise referral](#), [green referral](#), [nature-based interventions](#), [referral](#), [signposting & active signposting](#), [social cafes](#), [social prescribing](#), [social prescribing approaches](#), [social prescribing pathway](#), [welfare support referral](#).

Community Support Hubs ^c

Description: **Community support hubs** are places within local communities that aim to provide a ‘one-stop-shop’ for residents needing information, advice and practical support available to all residents. Services include but are not limited to legal advice, tenancy support, domestic and substance abuse, financial support, employment support, and [social prescribing](#).

Alternative Terms: [Integrated health and care hubs](#), lifestyle hubs, **wellbeing hubs** ^{HC}.

Connected Terms: [Community assets](#), [Community & Voluntary Sector Organisations](#), [referral](#), [signposting & active signposting](#), [social café](#), [social prescribing](#), [statutory services](#), [wellbeing](#), [welfare support referral](#).

Community & Voluntary Sector Organisations ^c

Description: The term **Community and Voluntary Sector Organisations** (CVSOs) is often used synonymously with the term third sector organisations. It describes a range of voluntary and community organisations (both registered charities and other organisations such as associations, self-help groups and community groups), social enterprises, mutuals and co-operatives, that are neither public sector nor private sector and may have a mix of paid and volunteer staff. Whilst individual organisations may refer to themselves as voluntary organisations, community groups or social enterprises, the lack of clear distinction between these categories provides a solid argument for collectively viewing them as a distinctive Third Sector¹⁶.

A third sector organisation is defined as: A ‘value-driven’, independent, non-governmental body (which excludes local authorities and/or other public bodies) whose activities: (a) are carried on otherwise than for profit, and (b) directly or indirectly benefit the whole or any part of Wales (whether or not they also benefit any other area)¹⁷.

Each county in Wales has a County Voluntary Council or CVC, the main role of which is to provide advice and information to local voluntary and community groups on volunteering, funding sources and a wide range of other issues¹⁸.

Alternative Terms: Community anchor organisations, third sector organisations, voluntary and community sector organisations, community voluntary sector services, voluntary community service organisations, voluntary service enterprises, voluntary service organisations.

Connected Terms: [Asset mapping](#), [buddy system](#), [community assets](#), [referral](#), [signposting & active signposting](#), [social prescribing pathway](#), [statutory services](#), [wellbeing](#).

Co-Production ^{C, GCM, SR}

Description: **Co-production** refers to a mutual relationship between service providers, service users and their families and communities. The term encompasses a wide range of service activities including **co-design**, co-delivery as well as the co-assessment of services.

In the context of the [social prescribing pathway](#), an individual referred to a [social prescribing practitioner](#) **co-produces** an [action plan](#) following a [what matters conversation](#). Within this context, the term **co-design** is occasionally used interchangeably with the term **co-production**. However, **co-design** specifically refers to a mutual relationship between service providers, service users and their families and communities in the context of the design of services.

Alternative Terms:

Connected Terms: [Action planning](#), [asset-based approach](#), [person-centred approach](#), [referral](#), [social prescribing](#), [social prescribing models](#), [social prescribing pathway](#), [social prescribing practitioner](#), [wellbeing](#), [what matters conversation](#).

Creative Referral ^{C, SR}

Description: **Creative Referral** is an umbrella term that is used to describe the [referral](#) of individuals to [community assets](#) to participate in a broad range of creative activities. Examples of **creative referral** activities include singing / music making, painting, dance, drama, crafts, photography and film, theatre, and creative writing). Some examples of commonly used terms that fall under the umbrella of creative referral are given below.

Arts on referral ^{CVSO} (also commonly referred to as **arts-based interventions** ^{SC}, **arts for health interventions** ^{SC}, **art on prescription** ^{HC}) describes the [referral](#) of individuals to participate in a variety of art(s)-based activities. **Museums on referral** describes the [referral](#) of individuals for creative engagement with museums, which often incorporates an element of art(s)-based activity. **Dance on referral** describes the [referral](#) of individuals to participate in a variety of dance and movement-based activities. **Dance on referral** activities are often suggested for adults with chronic conditions, limited mobility, neurological problems, or for older adults at risk of falling.

The literature, which is heavily based within health care, often prefers to assign the term ‘...on prescription’ to the various creative assets that fall under the umbrella of creative referral. However, consultation indicated that the term ‘on prescription’ does not easily sit within the cross-sectional model of [social prescribing](#) within Wales. Therefore, in the production of the glossary it was felt that moving forward the suggested terms of use should utilise ‘(on) referral’ to reflect both consultation feedback and the nature of the Welsh offer of [social prescribing](#).

Alternative Terms: **Art on prescription** ^{HC}, arts as healthcare, arts-based approaches, **arts-based interventions** ^{SC}, **arts for health interventions** ^{SC}, arts on referral, creative arts in social prescribing, **dance on prescription** ^{HC}, healing arts, museum-based social prescribing scheme, **museums on prescription** ^{HC}, social prescription arts programmes.

Connected Terms: [Blue referral](#), [books on referral](#), [community assets](#), [Community & Voluntary Sector Organisations](#), [education on referral](#), [exercise referral](#), [green referral](#), [nature-based interventions](#), [referral](#), [signposting & active signposting](#), [social prescribing pathway](#), [social prescribing practitioner](#), [welfare support referral](#), [wellbeing](#).

Digital Social Prescribing ^{SR}

Description: Digital social prescribing encompasses any digital solution, technology, information or electronic system that enables social prescribing, whether in person or remotely. For example, digital social prescribing software platforms provide the intelligence to manage a social prescribing network of all of the services, users, and professionals who need to be involved.

Alternative Terms:

Connected Terms: [Action planning](#), [Community & Voluntary Sector Organisations](#), [practice-managed scheme](#), [referral](#), [signposting & active signposting](#), [social prescribing](#), [social prescribing pathway](#), [statutory services](#).

Education on Referral ^{C, SR}

Description: Education on referral is a term used to describe the process of [referral](#) to formal learning opportunities, including literacy and basic skills. It can involve the use of learning advisers placed in educational establishments, day services, mental health teams or [Community and Voluntary Sector Organisations](#). The learning advisers can help to identify appropriate educational activities for individuals and support access.

Alternative Terms: Education on prescription ^{HC}

Connected Terms: [Blue referral](#), [books on referral](#), [community assets](#), [Community & Voluntary Sector Organisations](#), [creative referral](#), [exercise referral](#), [green referral](#), [nature-based interventions](#), [referral](#), [signposting & active signposting](#), [social prescribing pathway](#), [social prescribing practitioner](#), [welfare support referral](#), [wellbeing](#).

Exercise Referral ^{SR}

Description: **Exercise referral**, or **exercise on referral**, are terms used to describe the process of **referral** to access tailored and supervised physical activity. **Exercise referral schemes** are a multiagency intervention involving local primary care trusts, local councils and often voluntary and private leisure service providers. Sedentary patients with existing health problems or risk factors for future ill health are referred by general practitioners and other healthcare professionals to a programme of subsidised exercise at a local gym. The National Exercise Referral Scheme (NERS) is a national service hosted by Welsh Local Government Associations and run by Public Health Wales.

An **exercise leader** or **exercise referral practitioner** is a leisure services employee who works with individuals who receive socially prescribed **referrals** for exercise from GP surgeries.

Alternative Terms: **Exercise on prescription** ^{HC}, exercise on prescription schemes, exercise referral schemes, patient-referral schemes for supervised exercise sessions, physical activity intervention, **physical activity referral schemes** ^{SC}.

Connected Terms: [Blue referral](#), [books on referral](#), [community assets](#), [Community & Voluntary Sector Organisations](#), [creative referral](#), [education on referral](#), [green referral](#), [health facilitator](#), [nature-based interventions](#), [practice-managed schemes](#), [referral](#), [signposting & active signposting](#), [social prescribing pathway](#), [social prescribing practitioner](#), [welfare support referral](#), [wellbeing](#).

Green Referral ^{C, GCM, SR}

Description: **Green referral** is an umbrella term used to describe the **referral** of individuals to **groups, interventions or services** that support engagement with [nature-based interventions](#) based in natural or semi-natural 'green' environments, to improve their health and [wellbeing](#). The term **green gym** is used to describe environments such as forests, grasslands, gardens and parks in which an individual may partake in physical activities and/or exercise. Examples of **green referral activities** can include, walking or running in parks, or volunteering to clear and maintain woodland.

Ecotherapy falls under the umbrella of **green referral**. It is a formal type of therapeutic treatment which involves doing outdoor activities in nature with the aim of providing an adjunctive complement to existing treatments for mild-to-moderate mental health conditions. **Care farming**, also known as **social farming** falls under the umbrella terms of **ecotherapy** and **green referral**. It is a specific type of **green care intervention** that has been defined as the use of commercial farming and agricultural landscapes to promote mental and physical health through normal farming activity. **Care farming** is essentially voluntary work in an agricultural or horticultural environment for psychological and/or physiological benefit.

Alternative Terms: Care farming, creative green prescription, ecotherapy, **green care** ^{SC}, green care services, green health partnerships, green health referral pathways, **green prescribing** ^{HC}, social farming.

Connected Terms: [Blue referral](#), [books on referral](#), [community assets](#), [Community & Voluntary Sector Organisations](#), [creative referral](#), [education on referral](#), [exercise referral](#), [nature-based interventions](#), [practice-managed schemes](#), [referral](#), [signposting & active signposting](#), [social prescribing pathway](#), [social prescribing practitioner](#), [welfare support referral](#), [wellbeing](#).

Health Facilitator^{SR}

Description: A **health facilitator** is a dedicated health professional who performs a similar role to a [social prescribing practitioner](#). The **health facilitator** is usually based in the GP practice and sees referred patients to help identify their needs and navigate the services available to them. For example, they may [signpost](#) to [community assets](#) or promote self-help groups or courses for specific issues. Unlike a [social prescribing practitioner](#), [care navigator](#) or **health trainer** they also provide advice on exercise, nutrition, diet, weight management, managing chronic pain, and living with depression, and anxiety.

Health trainers perform a similar role to **health facilitators**, working with GP practices to link patients to specific health-based interventions within the community and assist in their health progression. **Health trainers** do not have to be health professionals and do not give specific advice on areas of health. They may facilitate healthy, sustainable behaviour change by challenging and supporting a client to identify their values, develop their goals, and transform these goals into action.

Health facilitators and **health trainers** may refer the individual onwards to a community-based [social prescribing practitioner](#) who is better able to connect them to appropriate [community assets](#).

Alternative Terms: Health advisor, health broker, health coach, health connector, health mentor, health trainer, health and wellbeing coach, wellness coach.

Connected Terms: [Building the practice](#), [care navigator](#), [community assets](#), [Community & Voluntary Sector Organisations](#), [exercise referral](#), [nature-based interventions](#), [practice-managed schemes](#), [referral](#), [signposting & active signposting](#), [social prescribing pathway](#), [social prescribing practitioner](#), [statutory services](#).

Holistic^{GCM, SR}

Description: The term **holistic** relates to the whole of something or to the total system instead of just its parts. [Social prescribing](#) reinforces an approach to health that accounts for mental and social factors, rather than just the symptoms of an illness.

There are different [social prescribing models](#) but within Wales the most common one is **holistic** which, aided by a [social prescribing practitioner](#) who helps the client navigate and access suitable services, aims to use a whole-person approach over a longer period of time.

Alternative Terms:

Connected Terms: [Asset-based approach](#), [co-production](#), [person-centred approach](#), [signposting & active signposting](#), [social prescribing](#), [social prescribing models](#), [social prescribing pathway](#), [social prescribing practitioner](#), [wellbeing](#), [what matters conversation](#).

Nature-Based Interventions ^{SR}

Description: Nature-based interventions ^{HC} is an umbrella term used to describe **groups, interventions or services** that support individuals to improve their health and [wellbeing](#) through contact with nature and spending time in natural or semi-natural environments. [Green referral](#), [blue referral](#), [care farming](#), [therapeutic horticulture](#) and [ecotherapy](#) all fall under the umbrella of **nature-based interventions**.

Alternative Terms: Ecotherapy, nature-based activities, nature-based health promotion activities, nature-based health & wellbeing, nature-based organisations, nature-based solutions, nature prescribing, outdoor nature-based group intervention.

Connected Terms: [Blue referral](#), [books on referral](#), [community assets](#), [Community & Voluntary Sector Organisations](#), [creative referral](#), [education on referral](#), [exercise referral](#), [green referral](#), [referral](#), [signposting & active signposting](#), [social prescribing pathway](#), [social prescribing practitioner](#), [welfare support referral](#), [wellbeing](#).

Person-Centred Approach ^{GCM}

Description: A **person-centred approach** is used within [social prescribing](#) to help individuals to identify and achieve their personal goals, as well as address underlying issues and problems. A **person-centred approach** is about ensuring that the individual is at the centre of decisions which relate to their life. It sees the people using a service as equal partners in planning, developing and monitoring, and involves listening, thinking together, sharing ideas, and seeking feedback to ensure that interventions and support are able to meet the needs which matter most to them.

Alternative Terms: Client-led, person-led, person-centred intervention, personalised care model.

Connected Terms: [Action planning](#), [asset-based approach](#), [buddy system](#), [community assets](#), [co-production](#), [holistic](#), [social prescribing](#), [social prescribing models](#), [social prescribing pathway](#), [wellbeing](#), [what matters conversation](#).

Practice-Managed Scheme ^{SR}

Description: A **practice-managed scheme** is a [social prescribing](#) scheme that is attached to or run from a GP practice. The simplest schemes take the form of opportunistic advice from healthcare professionals, usually a GP or practice nurse. A more common and sophisticated model involves the healthcare professional referring patients to a practice-based clinic, where a [care navigator](#), [health trainer](#) or [health facilitator](#) can direct patients to attend exercise classes in the local community.

Alternative Terms:

Connected Terms: [Building the practice](#), [care navigation](#), [community assets](#), [Community & Voluntary Sector Organisations](#), [health facilitator](#), [exercise referral](#), [referral](#), [social prescribing](#), [social prescribing pathway](#), [statutory services](#).

Referral ^{C, GCM}

Description: **Referral** describes the act of sending someone to another person or place for treatment, help, advice, etc. Within the context of [social prescribing](#), a **referral** can be to a [social prescribing practitioner](#), and from a [social prescribing practitioner](#) or someone who undertakes [social prescribing](#) as part of their role to appropriate [community assets](#).

A **referral** to a [social prescribing practitioner](#) can be from a professional working in a clinical setting (e.g., GP, pharmacist or physiotherapist), [statutory service](#), or a [community and voluntary sector organisation](#).

An individual can also directly access [social prescribing](#) through **self-referral**. **Self-referral** describes the process of an individual contacting someone who works in the role of a [social prescribing practitioner](#) or someone who undertakes [social prescribing](#) as part of their role, without having received an onward **referral** to that person. **Self-referral** does not describe someone directly accessing [community assets](#) (for example, attending an art class).

The term **social prescription** might also be used to describe the act of **referral** in [social prescribing](#). For example, an individual might receive a **social prescription** from a [social prescribing practitioner](#) to engage with [creative referral](#) activities.

Targeted referral is where a **social prescribing service** proactively offers early [social prescribing](#) support for individuals or populations who have a specifically identified need, such as individuals with chronic health conditions, or patients within a specialist service such as a ‘burns unit’. The need for **targeted referrals** could be identified through local evidence such as a population needs analysis or by health professionals taking a risk stratification approach to their patient group. A proactive approach may also be developed within particular settings, for example within a population of university students where community-based support would improve their [wellbeing](#) and prevent more serious issues arising.

Alternative Terms: Introduction, linkage,

Connected Terms: [Action planning](#), [asset mapping](#), [care navigator](#), [community assets](#), [Community & Voluntary Sector Organisations](#), [digital social prescribing](#), [health facilitator](#), [signposting & active signposting](#), [social prescribing](#), [social prescribing models](#), [social prescribing pathway](#), [social prescribing practitioner](#), [statutory services](#), [what matters conversation](#).

Signposting & Active Signposting ^{C, SR}

Description: **Active signposting** is the form of **signposting** most commonly employed by those in a [social prescribing practitioner](#) role. **Signposting** is a very light touch form of [social prescribing](#) which involves simply pointing the individual in the direction of potentially useful or helpful [community assets](#). By comparison, **active signposting**, which forms part of the [light, medium and holistic models of social prescribing](#), requires the [social prescribing practitioner](#) to have a more in-depth knowledge about the individual and the available [community assets](#) so that the signpost is meaningful and relevant to the individual. This form of [social prescribing](#) works best for people who are confident and skilled enough to independently access [community assets](#) after a brief intervention.

Signposting and **active signposting** are also performed by a broad range of non-social prescribing roles, such as Allied Health Professionals (AHPs) and existing members of staff at a practice (generally receptionists) who provide information and choice by signpost people to services, using local knowledge and resource directories.

Alternative Terms:

Connected Terms: [Asset mapping](#), [care navigator](#), [community assets](#), [Community & Voluntary Sector Organisations](#), [community support hubs](#), [health facilitator](#), [person-centred approach](#), [referral](#), [social prescribing](#), [social prescribing models](#), [social prescribing practitioner](#), [social prescribing pathway](#), [statutory services](#).

Social Cafes ^{SR}

Description: A **social café** is an intervention set in local communities that aims to facilitate making new social connections to reduce isolation.

Alternative Terms:

Connected Terms: [Books on referral](#), [referral](#), [community assets](#), [Community & Voluntary Sector Organisations](#), [community support hubs](#), [education on referral](#), [referral](#), [signposting & active signposting](#), [social prescribing pathway](#), [welfare support referral](#), [wellbeing](#).

Social Prescribing^{GCM, SR}

Description: Social prescribing^{HC} is an umbrella term that describes a [person-centred approach](#) to connecting people to local [community assets](#). It can help empower individuals to recognise their own needs, strengths, and personal assets and to connect with their own communities for support with their personal health and [wellbeing](#). **Social prescribing** may provide a continuum of support, play a preventative role, or form part of a 'step-down' model of support⁶.

Despite using the term 'prescribing' the Welsh model of **social prescribing** moves away from a medicalised approach, instead proposing **social prescribing**, adopting a 'no wrong door' approach where the sources of [referral](#) are cross-sectoral and not limited to healthcare / primary care. A core principle of **social prescribing** is that it requires the collaborative interaction of multiple organisations across sectors^{6,8,9}.

Within Wales, there are different [social prescribing models](#) but most **social prescribing interventions** use a [social prescribing practitioner](#)-based model. The [social prescribing practitioner](#), or someone who undertakes social prescribing as part of their role, will help people identify their social, mental, physical and economic needs through a [what matters conversation](#). They will then support the individual to [co-produce](#) a bespoke [action plan](#) and access [community assets](#) which could be beneficial to their health and [wellbeing](#). The individual might then be supported to attend the **socially prescribed activity**. There are a whole host of terms that fall under the umbrella of **social prescribing** many of which are often used interchangeably.

The term **individual** is the preferred term used to describe a **social prescribing beneficiary** i.e., the person who engages with the **social prescribing** process. Other commonly used terms include **service user, patient, client, and citizen**.

The term **social prescription** might also be used to describe the act of [referral](#) in **social prescribing**. For example, an individual might receive a **social prescription** from a [social prescribing practitioner](#) to engage with [creative referral](#) activities.

Alternative Terms: community-based referral, community-based support, community linking scheme, **connection / community connection**^{CVSO}, **community navigation**^{CVSO}, community referral, compassionate communities, connector scheme, connector services, linking schemes, linking service, link worker schemes, non-clinical intervention, non-clinical referral, non-clinical support, non-medical intervention, non-medical prescribing, non-medical referral, non-medical support, non-medical support in the community, non-pharmaceutical intervention, socially prescribed activity, social prescribing scheme, social prescribing service, social prescribing system, supported referral, social referral programmes.

Connected Terms: [Action planning](#), [asset-based approach](#), [asset mapping](#), [community assets](#), [Community & Voluntary Sector Organisations](#), [community support hubs](#), [co-production](#), [digital social prescribing](#), [holistic](#), [person-centred approach](#), [referral](#), [signposting & active signposting](#), [social prescribing models](#), [social prescribing pathway](#), [social prescribing practitioner](#), [statutory services](#), [wellbeing](#), [what matters conversation](#).

Social Prescribing Approaches ^{SR}

Description: Social prescribing approaches describe the different interactions of [social prescribing](#) with the environment and the timeframe to impact.

Tactical: Accounts for the environment. Timeframe to impact: Short term

Operational: Adapts the environment. Timeframe to impact: Short - medium term

Strategic: Changes the environment. Timeframe to impact: Medium - long term

Alternative Terms:

Connected Terms: [Building the practice](#), [community assets](#), [Community & Voluntary Sector Organisations](#), [social prescribing](#), [social prescribing models](#), [social prescribing outcome principles](#), [social prescribing pathway](#), [statutory services](#).

Social Prescribing Champion ^{C, SR}

Description: A social prescribing champion drives regional social prescribing strategy and coordinates communication throughout the [social prescribing pathway](#). If based in a general practice they foster support, encourage regular [referrals](#) to the [social prescribing](#) service(s) and raise the profile and perceived value of [social prescribing](#) among general practice staff.

Alternative Terms: Social prescribing clinical champion

Connected Terms: [Building the practice](#), [care navigation](#), [health facilitator](#), [practice-managed scheme](#), [social prescribing](#), [social prescribing pathway](#), [social prescribing practitioner](#), [statutory services](#).

Social Prescribing Models ^{C, SR}

Description: Social prescribing models describe the different forms of [social prescribing](#) support and interaction offered to an individual. These are often described as:

Signposting: The individual is simply pointed in the direction of appropriate and/or potentially useful or helpful [community assets](#).

Light: The [social prescribing practitioner](#) engages in [active signposting](#) and refers people to a specific programme/intervention to address a particular need and/or meet or work towards clearly defined objectives within a specified timeframe.

Medium: A short intervention in which the [social prescribing practitioner](#) helps the individual identify their needs and provides [active signposting](#) and support across a range of areas that may include both managing physical health and psychological [wellbeing](#) within a specified timeframe.

Holistic: The most common form of [social prescribing](#) and one that aims to support the individual in a [holistic](#) manner over a longer period of time, aided by a [social prescribing practitioner](#). The [social prescribing practitioner](#), using a [what matters conversation](#), helps the individual identify their needs and navigate and access suitable services. The [social prescribing practitioner](#) provides a broad range of interventions and connects the person to local [community assets](#). There are no limits to the number of times the person is seen; this is determined by a [holistic](#) assessment of the person's needs. Seen to have evolved from **social prescribing signposting, light and medium**. There are considerable differences in the number and type of staff recruited, their focus activity, and the method of [referral](#) to the [social prescribing practitioner](#).

Socially prescribed community service: Describes a social prescribing service for people or a community with specific needs e.g. for people living with dementia and their carers. It may be considered a form of [targeted referral](#)

Community enhanced social prescribing: A model of [social prescribing](#) that combines community engagement, organisational change and individual-level practice, with the aim of improving both community and individual [wellbeing](#). It provides a way of thinking about the reciprocal value of individual and community [wellbeing](#) in the context of primary health care and local communities.

Alternative Terms: Link worker-based models, link worker programme, social prescribing offer.

Connected Terms: [Action planning](#), [asset-based approach](#), [asset mapping](#), [community assets](#), [Community & Voluntary Sector Organisations](#), [co-production](#), [holistic](#), [person-centred approach](#), [referral](#), [signposting & active signposting](#), [social prescribing](#), [social prescribing approaches](#), [social prescribing pathway](#), [social prescribing practitioner](#), [statutory services](#), [wellbeing](#), [what matters conversation](#).

Social Prescribing Outcome Principles ^{SR}

Description: Social prescribing outcome principles describe the level and type of outcomes associated with [social prescribing](#).

Individual: The individual is empowered to improve their own health and [wellbeing](#) through better connections to their community and/or family. Improved quality of life and [wellbeing](#) outcomes to individuals with happier, more connected and resilient communities, and a diversity of choice in prescription provision. Improved [wellbeing](#) may also come through increased family support to engage with [social prescribing](#).

Community: Better awareness of [community assets](#) to enable people to engage and support collaborative working across organisations/sectors. Clear criteria for the [social prescribing practitioner](#) job role and skill set from outset.

Systems/strategic: Reduce inappropriate direction to services by improving knowledge and pathways to suitable [community assets](#) (pooling resources). Systemic change, including system level leadership to frontline [social prescribing](#) services. Return on investment forms part sustainable funding. Structured processes for evaluation.

Long term outcomes: 1) Improved population mental [wellbeing](#) and reduction in overall prevalence and inequalities within mental ill health; 2) Improved population physical [wellbeing](#) and reduction in overall prevalence and inequalities within physical ill health; 3) Improved population social [wellbeing](#) and reduction in overall prevalence and inequalities within poor social [wellbeing](#), loneliness and isolation; 4) A system impact on the wider determinants of health; Improved community [wellbeing](#)¹⁹.

Alternative Terms:

Connected Terms: [Action planning](#), [asset-based approach](#), [asset mapping](#), [community assets](#), [Community & Voluntary Sector Organisations](#), [co-production](#), [referral](#), [social prescribing](#), [social prescribing approaches](#), [social prescribing models](#), [social prescribing pathway](#), [social prescribing practitioner](#), [statutory services](#), [wellbeing](#).

Social Prescribing Pathway ^{SR}

Description: The **social prescribing pathway** describes the [referral](#) pathway and linkage route taken to connect an individual to a [social prescribing practitioner](#), or someone who performs [social prescribing](#) as part of their role, and from there to the appropriate [community assets](#), such as **groups, interventions or services**. This process can be iterative and include re-engagement with the [social prescribing practitioner](#) depending on the [social prescribing model](#) and the level of support offered by the [social prescribing practitioner](#).

Alternative Terms: Linkage, linkage route, referral pathway

Connected Terms: [Action planning](#), [asset mapping](#), [community assets](#), [Community & Voluntary Sector Organisations](#), [co-production](#), [holistic](#), [person-centred approach](#), [practice-managed scheme](#), [referral](#), [signposting & active signposting](#), [social prescribing](#), [social prescribing approaches](#), [social prescribing models](#), [social prescribing practitioner](#), [statutory services](#), [wellbeing](#), [what matters conversation](#).

Social Prescribing Practitioner ^{C, GCM, SR}

Description: **Social prescribing practitioner** is an umbrella term that is used to describe someone who assists individuals with identifying their non-medical needs through a [what matters conversation](#), and helps them [co-produce](#) an [action plan](#) and access local [community assets](#), such as **groups, interventions or services**. If they identify a potential medical need they may also [refer](#) the individual to a GP or pharmacist. The **social prescribing practitioner** will work with individuals to find activities tailored to their preferences and needs, explore barriers and challenges to attending, and encourage ongoing participation. While there are preferred terms for the **social prescribing practitioner** role within sectors, they may also be known by a variety of terms that can be specific to the organisation in which they work. **Social prescribing practitioners** can be employed by a range of different organisations, such as local authorities, health boards or [Community & Voluntary Sector Organisations](#).

Alternative Terms: **Community connector** ^{CVSO}, **community co-ordinator** ^{SC}, community health champion, community link officer, community links practitioner, **community navigator** ^{CVSO}, facilitator, health adviser, health broker, health connectors, link co-ordinator, **link worker** ^{HC}, **local area coordinator** ^{SC}, **local asset coordinator** ^{SC}, non-medical link worker, referral agent, referral worker, referrer, social prescriber, social prescribing coordinator, social prescription officer, wellbeing advisor, wellbeing community co-ordinator, wellbeing co-ordinator, wellbeing links advisor, wellbeing worker.

Connected Terms: [Action planning](#), [asset-based approach](#), [asset mapping](#), [care navigator](#), [community assets](#), [co-production](#), [health facilitator](#), [holistic](#), [person-centred approach](#), [referral](#), [signposting & active signposting](#), [social prescribing](#), [social prescribing models](#), [social prescribing pathway](#), [wellbeing](#), [what matters conversation](#).

Statutory Services ^C

Description: A **statutory service** is a form of government-mandated care or service to the public ^{20–22}. **Statutory services** include health and social care, housing services, education services (including libraries), the police and fire and rescue services ²³.

Alternative Terms:

Connected Terms: [Building the practice](#), [care navigator](#), [community assets](#), [Community & Voluntary Sector Organisations](#), [health facilitator](#), [practice-managed scheme](#), [referral](#), [social cafés](#), [social prescribing](#), [social prescribing champion](#), [social prescribing pathway](#), [wellbeing](#).

Welfare Support Referral^c

Description: **Welfare support referral** is an umbrella term that is used to describes the [referral](#) of individuals to organisations that offer social welfare, legal and financial support. **Welfare support referral** can help individuals to address issues which can directly impact upon their health, [wellbeing](#) and quality of life. Examples of **welfare support referral** services and activities include debt management, reporting violations of housing standards, avoiding homelessness, employment or education/training, access to healthcare, and engagement with interventions from social services. Social welfare, legal and financial advice can be targeted to support particular groups, such as individuals who suffer from problematic drug or alcohol use, or young people experiencing social disadvantage. Advice services may be located together with, or independently from, health services.

Alternative Terms:

Connected Terms: [Blue referral](#), [books on referral](#), [community assets](#), [Community & Voluntary Sector Organisations](#), [community support hubs](#), [creative referral](#), [education on referral](#), [exercise referral](#), [green referral](#), [nature-based interventions](#), [referral](#), [signposting & active signposting](#), [social cafés](#), [social prescribing pathway](#), [social prescribing practitioner](#), [statutory services](#), [wellbeing](#).

Wellbeing^{SR}

Description: “**Wellbeing** is a positive state experienced by individuals and societies. Similar to health, it is a resource for daily life and is determined by social, economic and environmental conditions”²⁴. Within Wales, a person with **wellbeing** is defined as “happy, healthy and who is comfortable with their life and what they do”^{25,26}. It is a sense of health and vitality that arises from your thoughts, emotions, actions, and experiences. **Wellbeing services** and **wellbeing projects** aim to facilitate and foster a sense of **wellbeing** through social connection and different forms of activity and intervention.

Alternative Terms:

Connected Terms: [Asset-based approach](#), [buddy system](#), [community assets](#), [Community & Voluntary Sector Organisations](#), [co-production](#), [holistic](#), [person-centred approach](#), [referral](#), [social prescribing](#), [social prescribing models](#), [social prescribing outcome principles](#), [social prescribing pathway](#), [social prescribing practitioner](#), [statutory services](#), [what matters conversation](#).

What Matters Conversation ^{GCM, SR}

Description: A **what matters conversation** is a central part of the [social prescribing](#) process. A **what matters conversation** takes place between a [social prescribing practitioner](#) and the [social prescribing beneficiary/individual](#) to identify what is important to the individual and in what areas they require support. The conversation informs the [co-production](#) of an [action plan](#).

Alternative Terms: Compassionate conversation, **wellbeing conversation** ^{SC}, what matters to me conversation.

Connected Terms: [Action planning](#), [asset-based approach](#), [asset mapping](#), [care navigator](#), [community assets](#), [co-production](#), [health facilitator](#), [holistic](#), [person-centred approach](#), [referral](#), [signposting & active signposting](#), [social prescribing](#), [social prescribing models](#), [social prescribing pathway](#), [social prescribing practitioner](#), [wellbeing](#).

Core Terms A-Z

This section contains a list of all core social prescribing terms identified through the course of our research.

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| Healing arts | 34 |
| Health adviser | 76,117 |
| Health and wellbeing coach | 118 |
| Health broker | 74 |
| Health coach | 40,119 |
| Health connectors | 120 |
| Health facilitator | 2 |
| Health mentors | 112 |
| Health trainer | 4,57,72,87,89,92,100,108 |
| Holistic | 2,38,41,42,48,73,74,88,95,97,121–130 |
| Link co-ordinator | 79 |
| Link officer | 131 |
| Link worker | 1,4,5,7,29,30,33,35,40–43,48,49,54,55,62– 65,68,70,72–74,76,78–81,84,85,88,90,91,93– |

| | |
|---------------------------------------------------------------------------|----------------------------------------------------|
| | 98,100,102,105,113,114,117–122,124,126–129,132–161 |
| Link worker based models | 48 |
| Link worker programme | 143 |
| Link worker schemes | 40 |
| Linkage | |
| Linkage route | 72,100 |
| Linking schemes | 86,162 |
| Linking service | 92 |
| Local area coordinator | |
| Local asset coordinator | 39 |
| Museum-based social prescribing scheme | 103 |
| Museums on prescription | 62,103 |
| National exercise referral scheme | 163,164 |
| Nature-based activities | 35,165 |
| Nature-based health & wellbeing | |
| Nature-based health promotion activities | 76 |
| Nature-based interventions | 76,98,116,135 |
| Nature-based organisations | 116 |
| Nature-based solutions | 41 |
| Nature prescriptions / prescribing | 62 |
| Navigator | 35,68,76,77,103,117,121,166,167 |
| Non-clinical intervention | |
| Non-clinical referral | 89 |
| Non-clinical support | 42,44,128,168 |
| Non-medical interventions | 2,4,85,105,121,169,170 |
| Non-medical link worker | 84 |
| Non-medical needs | 53,113,161,167,171 |
| Non-medical prescribing | 41,172 |
| Non-medical referral | 91,116,165,166 |
| Non-medical support | 85,99,134,148,161,166,173 |
| Non-medical support in the community | 99 |
| Non-pharmaceutical intervention | |
| Outdoor nature-based group intervention | 165 |
| Patient-referral schemes for supervised exercise sessions | 174 |
| Peer navigators | 133 |
| Peer support/supporters | 141,151,162 |
| Person-centred approach | |
| Person-centred intervention | |
| Person led | |
| Personal goals | 5,29,57,77 |
| Personalised care model | 35,98 |
| Person-centred approach | |
| Physical activity intervention | 58,87 |
| Physical activity referral schemes | 115,152,175,176 |
| Practice-managed schemes | 104 |
| Prescribed activities | 159 |
| Reading on prescription | 147 |
| Referral | |
| Referral agent | 79,167,177 |

| | |
|---------------------------------------------------------------|------------------------------------------------|
| Referral pathways | 36,47,87,168 |
| Referral worker | 48,167 |
| Referrer | 31,40,93,105,112,178 |
| Remote social prescribing | 11 |
| | 2,5,11,29,42,43,46,72,78,94,105,133,144,151,16 |
| Signposting | 5,179–182 |
| Social cafes | 5 |
| Social farming | 50 |
| | 1,4,11,51,54,64,65,77,79,81,99,121,127,134,135 |
| Social prescriber | ,140,150,151,156,167,168,183,184 |
| | 1,4,5,7,29,30,33,35,40–43,48,49,54,55,62– |
| | 65,68,70,72–74,76,78–81,84,85,88,90,91,93– |
| | 98,100,102,105,113,114,117–122,124,126– |
| | 129,132–161 |
| Social prescribing | 2 |
| Social prescribing beneficiaries | 95,167 |
| Social prescribing champions | 7,185 |
| Social prescribing coordinator | 97,186 |
| Social prescribing clinical champion | 44,56,70,73,78,100,103,113,165 |
| Social prescribing intervention | 41,48,118,146,151,187,188 |
| Social prescribing link workers | 2,11,182 |
| Social prescribing models | |
| Social prescribing offer | 59 |
| Social prescribing outcome principles | 2 |
| Social prescribing package | 119,185,189,190 |
| Social prescribing pathway | 2,77 |
| Social prescribing practitioners | 46,81,100,115,130,146,147,162,185,191 |
| Social prescribing schemes | |
| Social prescribing service | 85 |
| Social prescribing systems | 1,4,5,7,29,30,33,35,40–43,48,49,54,55,62– |
| | 65,68,70,72–74,76,78–81,84,85,88,90,91,93– |
| | 98,100,102,105,113,114,117–122,124,126– |
| | 129,132–161 |
| Social prescription | 55 |
| Social prescribing approach | 148 |
| Social prescription arts programmes | |
| Social prescription officer | 9 |
| Social referral programmes | 89 |
| Socially prescribed activity | 155 |
| Socially prescribed community service | 15 |
| Social welfare, legal & financial support | 46,168 |
| Supported referral | |
| Statutory services | |
| Strength-based approach | |
| Therapeutic horticulture | 98,101,116 |
| Voluntary community service organisations | 47 |
| Voluntary community service enterprises | 41 |
| Voluntary service organisations | 151 |
| Welfare support referral | |
| Wellbeing | 63,122 |
| Wellbeing conversation | 41,128 |

| | |
|--------------------------------------------------------|-------------------|
| <u>Wellbeing advisor</u> | 43,54,79,144 |
| <u>Wellbeing community coordinator</u> | 82 |
| <u>Wellbeing co-ordinator</u> | 40,82,127 |
| <u>Wellbeing links advisor</u> | |
| <u>Wellbeing projects</u> | 40 |
| <u>Wellbeing services</u> | 81 |
| <u>Wellbeing worker</u> | 11 |
| <u>Wellness coach</u> | 40 |
| <u>What matters conversation</u> | 11,41,43,65,67,79 |
| <u>What matters to me conversation</u> | 149 |

Non-Core Terms A-Z

Below is a list of the non-core social prescribing terms identified through the course of our research.

Activated individuals
Activation
Active ageing
Active involvement
Activity counsellor
Activity provider
Additionality (context: expansion of community assets)
Adherence (to activity)
Advocacy workers
Agency (in decision)
Allied Health Professional (AHP)
Alternative care pathway
Arts assets
Arts Council of Wales ACW
Assertive linkage
Asset-based community development
Barriers
Boundary setting
broad interventions
Buy-in
CAM: Complementary and Alternative Medicine
Capacity
Capital
Care coordinator
Charities
Citizen
Clients
Clinical barriers
Coaching based skills
Coaching-style intervention
Cognitive social capital
Collaborative Practices
COM-B Model for behaviour change
Community
Community barriers
Community based support worker
community capacity
community cohesion
Community development

Community development worker
Community Health Advice Team (CHAT) worker
Community organisation representatives
Community Pharmacy Stop Smoking Service (CPSSS)
Community provision
Community referral pathways
Community support structures
Community Voluntary Council (CVC)
Community wellbeing
Community wellbeing activities
Computerised medical record (CMR) system
Connected communities
Consent
Continuous personalised support
Cultural assets
Cultural capital
Deficit based approach
Deficit based medical models
De-medicalising
Digital directory
Digital platform
Digital technologies
Directory of services
Economic capital
Emotional "buy-in"
Emotional burden
Emotional loneliness
Empowering
Enablers
Evaluability assessment
Evidence base
Exercise schemes
External referrer
Facilitator (context: opposite of barriers)
Feedback loop
Funding sources: Philanthropic
Funding sources: Private
Funding sources: Public
Gatekeepers
Governance
Grassroots initiatives
Health and social care hubs
Health and wellbeing outcomes
Health capital
Health precinct
Health worker
Healthy Connections Stewartry (HCS) referral pathway
Healthy living initiatives
Help Me Quit
Heritage assets
Improving Access to Psychological Therapies (IAPT)

Independent sector
Indicators
Individual assessment
Individual barriers
Individual capacity
Information referral
Integrated Wellbeing Network (IWN)
Isolation
Key stakeholders
Knowledgeable assets
Leisure centre managed schemes.
Leisure provider
Life Rooms Model
Lifestyle hubs
Lifestyle interventions
Literacy of community
Living services
Local services
Loneliness
Long term conditions
Low intensity therapy
Managerial social prescriber
Meaningful closure
Measures of efficacy
Measures of health and wellbeing
Models of transfer
Models of transfer: Primary care referral
Models of transfer: Information and telephone line
Models of transfer: Information service
Models of transfer: Non-primary care based
Models of transfer: Practice-based generic referral worker
Models of transfer: Practice-based specialist referral worker
Motivational interviewing
Multi-disciplinary team
Narrow Interventions
National general practitioner (GP) clinical champion
Non-clinical psychological interventions
Onward referral
Open referral
Outdoor health
Parkrun
Participant
Participant led
Partnership working
Pathways advisor
Patient activation
Patients
Payment by results
Peer volunteers
Personal assets
Personal support

Physical activity initiatives
Physical activity promotion models.
Physical barriers
Place Based Integrated Wellbeing Network (IWN)
Practice-attached health visitors
Prescribing
Prescription
Primary care navigator
Professional boundaries
Programme for Government
Provider of wellbeing interventions
Prudent healthcare (Wales)
Psychosocial needs
Public Services Boards (PSBs)
RE-AIM framework (Reach, Efficacy, Adoption, Implementation, and Maintenance)
Realistic Medicine (Scotland)
Reconnecting (people with their community)
Recovery capital
Recovery orientated system of care
Referral organisation
Referral sources (variations in SP delivery models)
Regional partnership boards
Relational social capital
Relationship building
Reliability of provider
Resilience
Safeguards
Salutogenesis
Salutogenic approach
Scheme champion
SCI Gateway system (Scottish Care Information)
ScriptSwitch
Self-management
Self-referral
Self-referral pathway
Senior practitioner
Service providers
Service users
Services to resolve socioeconomic needs
Shared Learning
Single Point of Access (SPOA)
Single point of contact (SPOC) model
Smoking cessation services
Social capital
Social cohesion
Social connection
Social enterprise advisor
Social impact bond (SIB)
Social isolation
Social loneliness
Social prescribing 'plus'

Social return on investment
Social value
Social wellbeing
Soft outcomes
Social prescribing student champion scheme
Strengths-based approach
Structural antecedents
Structural social capital
Support intensity
Sustainable development
Sustainable funding
Targeted referral pathway
Telecare
Telephone consultations
Telephone intervention
Therapeutic alliance
Third sector
Third sector referral pathway
Threshold moments
Time banking
Time banks
Time credits
Together for Mental Health
Transformative co-production
Transtheoretical model of behaviour change
Triage process
Triage worker
Uplift funding
Virtual consultation
Volunteering
Ways to Wellness
Weight management services
Wellbeing activities
Wellbeing centres
Wellbeing hubs
Wellbeing star
Wellness star
Wicked problems
Wider determinants of health
Wider information and advice (e.g., helplines)

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