



Social Prescribing to promote and improve access to **health and care services for people in vulnerable situations** in Europe

PEOPLE IN VULNERABLE SITUATIONS

LGBTIQ+ PERSONS

REFUGEES AND FIRST-GENERATION IMMIGRANTS

OLDER ADULTS LIVING ALONE



SP-EU

SOCIAL PRESCRIBING (SP)

GP-CONSULTATION

in which a patient presents with non-medical, health-related social problems



CONSULTATIONS

with link worker to ascertain needs & develop an action plan



NON-CLINICAL SUPPORTS

and services in the community

CO-CREATION

RANDOMISED CONTROLLED

FEEDBACK

A scalable, safe, cost-effective, and people-centered solution for equitable access to sustainable care

The SP-EU consortium envisions a future where everyone has equal access to the care and support they need to live healthy and fulfilling lives. We believe that Social Prescribing (SP) holds the power to transform health systems by bridging the gap between clinical care and the surrounding network of community-based, non-clinical services. By placing people at the centre of care, SP empowers individuals

facing health-related social challenges through personalised support and stronger connections within their communities. Our vision is to tailor and scale this innovative approach to meet the unique needs of people in vulnerable situations - particularly LGBTIQ+ people, refugees, and first-generation immigrants, as well as elderly people living alone. The acronym *LGBTIQ+* refers to a person's sexual identity: *Lesbian, Gay, Bisexual, Transgender, Intersex, Queer, and others*. SP-EU strives to ensure that no one is left behind.

SOCIAL SUPPORT AND

OBJECTIVES

OBJECTIVE 1

Co-create an SP model together with LGBTIQ+ individuals, refugees and first-generation immigrants, and older adults living alone, ensuring it reflects their needs and social contexts.

OBJECTIVE 2

Test the effectiveness of adapted SP in improving access to health and social care through a multi-country randomised controlled trial (RCT).

OBJECTIVE 3

Identify what supports or hinders the implementation of SP across diverse European healthcare systems.

OBJECTIVE 4

Engage policy-makers, healthcare professionals, and providers to support sustainable adoption and funding of SP across Europe.

OBJECTIVE 5

Raise public awareness, especially among people in vulnerable situations, about SP and share project results through accessible and ongoing communication.

KEY OUTCOMES

Adaptation of existing SP schemes to the needs of people in vulnerable situations in at least one European country

Implementation of SP schemes in at least six European countries

IMPACT

Social prescribing as a scalable and transferable solution to:

ensure fair access for everyone to sustainable and high-quality health care

transform health care systems to community-based, people-centered and integrated health care

TRIAL



HOLISTIC HEALTH CARE FOR EVERYONE

IMPACT

What is Social Prescribing?

Social Prescribing (SP) is an innovative way of bridging the gap between health services and non-medical support within communities. It is based on the understanding that many health issues are related to social, emotional, or practical needs – like loneliness, isolation, or problems with debt or housing. These issues cannot be solved by medicine or doctors alone.

Through the SP-EU programme, General Practitioners (GPs) can refer patients to a so-called link worker – someone who spends time getting to know the

patients and helps them find the right community activities or services, such as exercise groups, social activities, or advice services. This kind of support can reduce isolation, help people build confidence, and take control of their own health.



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Expected outcomes and real-life impact of SP-EU

SP-EU will create a more resilient, inclusive, and democratic European society by addressing inequalities and providing high-quality health and social care. More specifically, SP-EU will strengthen community-orientated and health-promoting aspects of health care. This will mitigate the effects

social determinants unfortunately still have on the health of people in vulnerable situations. It will also reduce the need for treatment and improve the sustainability of health services. In short, SP-EU will ensure equal access to innovative, high-quality, and sustainable health care.

PARTNERS



- Social Prescribing EU (SP-EU) is a five-year-long interdisciplinary project bringing together 22 partners across 11 European countries.
- Scientific coordination: Charité – Universitätsmedizin Berlin, Germany

Full project title	Social Prescribing to promote and improve access to health and care services for people in vulnerable situations in Europe
Project start	January 2025
Project duration	5 years
Consortium members	22 institutions from 11 European countries
EC funding (Horizon Europe)	6.97 million €
Scientific coordinator	Prof. Dr. Wolfram Herrmann (Charité)
Project management	Sonja Leissner (concentris)
Project website	social-prescribing.eu



Social Prescribing EU on social media:



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