

## Social PrescribED Week 2025

The University of Edinburgh's Social PrescribED Week will kick off on University Mental Health Day (13<sup>th</sup> March) and wrap up on Social Prescribing Day (19<sup>th</sup> March).

### Free Online Talks

***Rooting for Green Prescribing on Campus*** **Date:** Monday 17 March **Time:** 12:00-12:45pm

Julze Alejandre is a doctoral researcher and a Scottish Government Hydro Nation scholar at Glasgow Caledonian University. He is currently developing Scotland's first Blue-Green Prescribing Programme for Primary Mental Healthcare using blue social prescribing and eco-directed prescribing of antidepressants. Have a virtual lunch with Julze to hear about his work and how Social PrescribED is working with partners to expand and enhance the programmes available to campus and local communities.

[Social PrescribED Week 2025: Rooting for Green Prescribing on Campus Tickets, Mon 17 Mar 2025 at 12:00 | Eventbrite](#)

***Prescribe Culture: Library and University Collections in Health Improvement***

**Date:** Tuesday 18 March **Time:** 12:00-12:40pm

Pop online and discover what health and wellbeing resources and support programmes are available through the University of Edinburgh Library and University Collections to both the campus and the wider local community. You will hear about Prescribe Culture, the Library Service's Wellbeing Collection and Leisure Reading Library and the Makerspace. Importantly you will hear from some of our Prescribe Culture referral partners in the Wellbeing Team and the Richard Verney Health Centre, as well as hearing how joining Prescribe Culture has impacted the individual members.

[Social PrescribED Week 2025: University Library for Health Improvement Tickets, Tue 18 Mar 2025 at 12:00 | Eventbrite](#)

***Canadian Students and Social Prescribing***

**Date:** Wednesday 19 March **Time:** 13:00-13:40pm GMT / 9:00-9:40am AST

Ellen McGarity-Shipleigh is an Assistant Professor at Dalhousie University in Halifax, Nova Scotia, Canada. A big part of Ellen's research program is social prescribing, and she is currently starting an initiative to design a social prescribing approach for primary care in Nova Scotia.

Ellen will journey through her involvement in the Canadian social prescribing movement including how she became passionate about it, how she co-founded a regional social

prescribing initiative in Kingston, Ontario, Canada, her experiences co-leading the Canadian Social Prescribing Student Collective, and her hopes for the future of social prescribing.

[Social PrescribED Week 2025: Canadian Students and Social Prescribing Tickets, Wed 19 Mar 2025 at 13:00 | Eventbrite](#)

To book your place on a Prescribe Culture Tasting session, please just email [PrescribeCulture@ed.ac.uk](mailto:PrescribeCulture@ed.ac.uk)

| <b>Date / Time</b>                 | <b>Prescribe Culture Programme 6 Tasting</b>   | <b>Venue</b>  |
|------------------------------------|--|---|
| Friday 14<br>March<br>9-10am       | <b>Step Back and Reflect (Online)</b><br>In this taster session Ruthanne will encourage and inspire you to step back from your day, today. Prepare to try a little time-travel through the University Heritage Collections and benefit from a 'staycation' from the Highlands to the Scottish Borders circa 1800.                                  | Online / Zoom   |
| Saturday 15<br>March<br>11am-12pm  | <b>Musication: Sound for Wellbeing</b><br>Join Sylvain for an uplifting workshop exploring how music can be a powerful tool for well-being and self-discovery. This interactive session blends rhythm, song-writing, and self-expression to create a space for growth, connection, and creativity—no musical experience needed, just an open mind! | St Cecilia's Hall<br>50 Niddry Street                             |
| Tuesday 18<br>March<br>3.30-4.30pm | <b>Step Back and Reflect (In-person)</b><br>In this session we'll be taking inspiration from some objects found in the University Rare Books collection, which will act as a way in to exploring reflection on resilience – expected the unexpected!   | St Cecilia's Hall<br>50 Niddry Street                             |
| <b>Date /Time</b>                  | <b>Prescribe Culture Gatherings Tasting</b>  | <b>Venue</b>  |
| Thursday 13<br>March<br>1-2pm      | <b>Explore the Rooting Exhibition</b><br>This exhibition considers the University Art Collection through the lens of nature and the environment; to demonstrate the different ways artists consider, reflect and represent the environment and nature through their art.   | Exhibition Gallery<br>University Main Library<br>50 George Square |
| Saturday 15<br>March<br>1-3pm      | <b>A visit to The Writers' Museum</b><br>Explore the lives of the giants of Scottish literature at the Writers' Museum, in the Old Town. We'll then head to the nearby Deacon's House Cafe for coffees and conversation.   | Writers Museum<br>Lady Stairs Close<br>Royal Mile                 |

## Prescribe Culture Programme 6s

Prescribe Culture's Programme 6 options are available via self-referral or referral by one of our health or social care partners. The referral is to a 6-week block of 90-minute workshops, for small groups of no more than 8 individuals, with reflective or creative activities, inspired by heritage stories found in the University's collections and buildings.

You do not need any previous experience of engaging with heritage to benefit from Prescribe Culture's Programme 6. At heart, Programme 6s are all about providing weekly respite from any worries and difficulties members are currently experiencing and it offers an opportunity to connect with others and the world around you, with a more personalised approach accessible through small group format.

Feedback from current Prescribe Culture members includes:

*"Through the Step Back and Reflect Programme 6 series, I got great comfort from understanding that how I have been feeling is not odd or unusual – people for centuries have felt this way. Plus, the sessions are just fun too!"*

*"During the week I tend to be feeling tired and uncertain and worried about my work load, but after my Programme 6 sessions I feel enthusiastic and more positive. It has also allowed me meet like-minded others"*

**Prescribe Culture Gatherings** have one purpose – to support mental wellbeing and increase sense of connectedness by providing monthly opportunities for people to come together, meet new friends and socialise, with and through, culture and coffee. All Prescribe Culture Gatherings consist of a cultural activity that is free or low cost, and always includes a window for coffee and chat, at a café in the area. All Prescribe Culture members are very welcome to bring along a friend, if they wish. However, the Gatherings are supported by a host who will ensure everyone feels welcome.

To register interest and receive more information on Social PrescribED Week, simply email

[SocialPrescribED@ed.ac.uk](mailto:SocialPrescribED@ed.ac.uk)

To register interest and receive more information on Prescribe Culture programmes and resources, simply email

[PrescribeCulture@ed.ac.uk](mailto:PrescribeCulture@ed.ac.uk)