

SOUTHBANK CENTRE

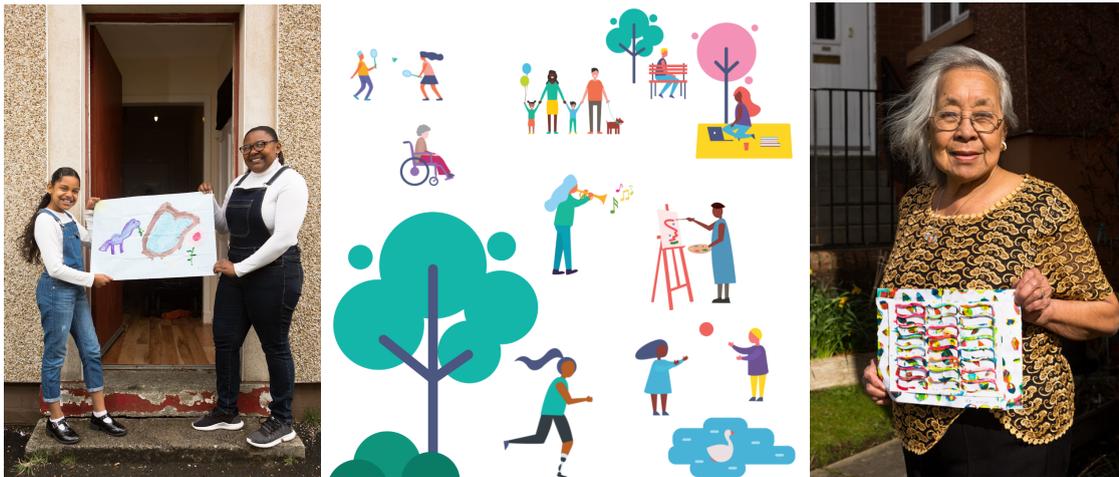
Press Release

Date Thursday 3 March 2022

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Images [HERE](#)

The National Academy for Social Prescribing and the Southbank Centre launch The Social Prescribing Show



Credits (L-R): Art by Post participants Mary & Simmi © Eoin Carey; The Social Prescribing Show; Art by Post participant © Eoin Carey

As part of Social Prescribing Week (4-11 March 2022), the National Academy for Social Prescribing (NASP) and the Southbank Centre are hosting **The Social Prescribing Show** on Friday 4 March, bringing together expert contributors from a variety of sectors.

One in five GP appointments are for non-medical reasons such as loneliness or financial worries. Social prescribing connects people to activities in their community that can tackle these issues and benefit health and wellbeing more generally. The NASP and Southbank Centre partnership is committed to the social prescribing agenda, with a particular focus on arts, creativity and culture.

Chaired by NASP, this free in-person and live stream event celebrates and champions the social prescribing model as a way for health and care professionals to 'prescribe' people a range of local, non-medical services for wellbeing. Sessions will cover a range of topics including 'Building a Global Social Prescribing Movement' and 'Unleashing the Power of Local Communities'. More details on the free event are available [here](#).

The Southbank Centre believes in the transformative power of the arts for health and wellbeing. In May 2020 the Southbank Centre created **Art by Post**, sending monthly creative booklets featuring poetry and visual art activities to 4,500 people across the country who were at risk from social isolation during the pandemic, and often living with one or more long-term or chronic health conditions. Creative responses from over 4,500 **Art by Post** participants were selected for an exhibition **Art by Post: Of Home and Hope**, which has been touring the country. A new short film about the **Art by Post** project and its impact on participants and their communities is now available to view [here](#).

It also recently relaunched its free monthly dance sessions in the form of a new series called **Mix & Move**. The initiative is part of the multi-arts centre's Arts & Wellbeing programme, which is committed to finding innovative ways of increasing access to free enriching social encounters that offer wellbeing benefits. These events will provide an open and inclusive environment for people to come and be active, have fun, learn a new dance style and create new connections.

Its social dances are a staple of the extensive Creative Learning and Arts & Wellbeing programme, which includes **Art by Post**; (B)old, a series of creative writing, dance and film-making workshops for people living with dementia; and Grounded EcoTherapy at the Queen Elizabeth Hall Roof Garden, for people who have experienced homelessness, addictions and mental health problems.

- ENDS -

For more information please contact debra.johnson@southbankcentre.co.uk or press@southbankcentre.co.uk

Images are available [HERE](#)

Join the conversation

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NOTES TO EDITORS

About the Southbank Centre

The Southbank Centre is the UK's largest arts centre occupying a prominent riverside location that sits in the midst of London's most vibrant cultural quarter on the South Bank of the Thames. We exist to present great cultural experiences that bring people together and we achieve this by providing the space for artists to create and present their best work and by creating a place where as many people as possible can come together to experience bold, unusual and eye-opening work. We want to take people out of the everyday, every day. The site has an extraordinary creative and architectural history stretching back to the 1951 Festival of Britain. The Southbank Centre is made up of the Royal Festival Hall, Queen Elizabeth Hall, Purcell Room and Hayward Gallery as well as being home to the National Poetry Library and the Arts Council Collection. It is also home to four Resident Orchestras (London Philharmonic Orchestra, Philharmonia Orchestra, London Sinfonietta and Orchestra of the Age of Enlightenment) and four Associate Orchestras (Aurora Orchestra, BBC Concert Orchestra, Chineke! Orchestra and National Youth Orchestra of Great Britain).

<https://www.southbankcentre.co.uk/>

About the National Academy for Social Prescribing

The National Academy for Social Prescribing (NASP) is an organisation dedicated to the advancement of social prescribing through promotion, collaboration and innovation. We work to create partnerships, across the arts, health, sports, leisure, and the natural environment, alongside other aspects of our lives, to promote health and wellbeing at a national and local level. We will champion social prescribing and the work of local communities in connecting people for wellbeing.

Our objectives are to

- Make some noise – raising the profile of social prescribing
- Find resources – develop innovative funding partnerships
- Build relationships – broker and build relationships across all sectors
- Improve the evidence – shape and share the evidence base
- Spread what works – promote learning on social prescribing

Website: socialprescribingacademy.org.uk

Twitter: [@NASPTweets](https://twitter.com/NASPTweets)

Instagram: [@NASP_Insta](https://www.instagram.com/NASP_Insta)



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