Health is an emotive issue that has been discussed, debated, and disputed over countless decades on many national and international platforms. Whilst little has changed since the World Health Organisation [WHO] presented their definition of health in 1948, endeavours over time are compounded by alarming statistics which highlight the global burden of disease (WHO, 2023). Providing healthcare services with a reactive foci is largely unsustainable, and a call to think differently within governmental agendas is a key driver for change.

Social prescribing is one such approach. It is described as a way of connecting people to better manage their health and wellbeing (Welsh Government, 2024). Vidovic, Reinhardt and Hammerton (2021) further promote the enterprise as an innovative, public health preventative measure. The ability of it being a universal, financially sustainable social model of health is also an attractive consideration, given the current global cost of healthcare provisions (WHO, 2023).

Social prescribing encompasses a multitude of approaches and is wide-ranging in terms of its provisions. Embracing the vision of daring to be different, the pre-registration nursing programme within Aberystwyth University's Healthcare Education Centre fully incorporates social prescribing principles within its curriculum. One such initiative is the knitting project. There is a large body of evidence that demonstrates the health benefits of knitting, which includes positive outcomes in relation to social, mental, emotional, and physical elements of health (Knitt for Peace, nd).

Nursing students participate in the knitting project within their first year of the programme. It is supported by members of the Healthcare Education Network group, where a collaborative approach is adopted. Each student contributes to the creation of an overall cohort wellbeing blanket.

This presentation will outline the work involved in facilitating the knitting project, which places the core importance of the initiative within the wider social prescribing movement.