

How Can You Get Started?

Talk to your GP, health care professional about a referral, or you can refer yourself.



BENEFITS

- Meet new people.
- Improve your physical & mental health.
- Make a positive change to your life.
- Receive support from others.
- Become involved in your community.
- Boost your confidence & self esteem.




Ballyphehane/Togher Community Development Project is a community anchor project linking local residents, groups and public services. It is managed by a local voluntary committee.


As a CDP we strive to challenge the causes of disadvantage, poverty and isolation and promote equality and inclusion.


We are committed to building healthy, equitable communities that foster wellbeing.

The Health & Well Being Community Referral initiative is funded by Cork Kerry Community HealthCare and contributes to Cork Healthy Cities and Healthy Ireland programmes.


CONTACT DETAILS


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Health and Wellbeing Community Referral

*Connecting people
to their community.*



**Ballyphehane/Togher
Community Development Project**



Community Referral

WHAT IS IT?

This is a service that fosters overall health and wellbeing by supporting people to connect with local resources and participate in activities and groups in their own community.

Through participation we work on building positive physical, mental and social health. This is based on the Social Prescribing Model.

HOW IT WORKS

A referral is made by a G.P. Healthcare worker or by yourself to a link worker.

THE LINK WORKER WILL

- Meet you to identify what activities you might like.
- Assist you to try something new.
- Support you to participate.
- Continue to check on your progress.
- Arrange a follow up meeting.
- Discuss your progress and continue on with your activity.







WHO IS IT FOR?


- Over 18 year olds
- Those who feel isolated
- Those who would like to make connections in the community
- If you feel stressed, anxious or lonely and would enjoy the company of others.
- If you would benefit from an awareness of resources locally



TYPES OF ACTIVITIES

-  Learning new skills
-  Mens Groups
-  Physical Activity
-  Community Gardening



-  Personal Development
-  Reading for Health
-  Social Clubs
-  Support groups/self help
-  Volunteering



“Set a goal for yourself, connect first & build on it.”