

What happens next...

If you are interested in participating in the Social Prescribing for Health and Wellbeing Programme, talk to your GP or other Health Professional or contact the SP Co-ordinator to find out more. Referral forms are also accessible via website: www.listowelrc.ie



Linking you with source of support within the community!

- ✓ Physical Activity
- ✓ Arts & Crafts
- ✓ Self-help
- ✓ Learning New Skills
- ✓ Support Groups
- ✓ Community Support

...call us today for further information that you may require on our Social Prescriber Scheme!

Contact our co-ordinator for further information on our Social Prescriber Scheme

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CHY Number: 13261
Registered Charity Number: 20040819



LISTOWEL URBAN AND RURAL SOCIAL PRESCRIBING FOR HEALTH & WELLBEING

LISTOWEL FAMILY RESOURCE CENTRE



INFORMATION LEAFLET

Linking you with sources of support within the community

www.listowelrc.com

What is Social Prescribing?

'Social Prescribing is about supporting the health and wellbeing of people through spending time linking a person into local activities. The Social Prescriber will meet with you and spend time talking to you about what activities interest you, explore hobbies with you and the benefits of participating in them, and will assist and support you in attending these activities. Social prescribing involves linking a person into community based activities and supports, such as exercise, art, reading and gardening.'

How it Works...

Your GP or other clinician will refer you to the Social Prescribing Co-ordinator if you are suitable for the programme or you can self-ref.

The Co-ordinator will meet you to discuss your needs and the various Social Prescribing options available.

You will begin your chosen activity with support.

The Co-ordinator will meet with you after a number of sessions to discuss how you are getting on and your interest in continuing with your new activity.

Benefits...

Provides you with opportunities to:

- ✓ Learn a New Skill or participate in a New Activity
- ✓ Improve your Mental and Physical Health
- ✓ Meet New People
- ✓ Receive Social Support from Others
- ✓ Increase Self-confidence and Self-esteem
- ✓ Become involved in your Community

Talk to us today to find a group or activity which best suits your interests. We work in conjunction with a wide variety of groups and clubs.



Who is it for?

Over 18s men and women. The programme is for you if you feel that you need some support to mind your health and wellbeing or if you feel isolated, stressed, anxious, lonely, depressed or enjoy company with others. Using resources within the community will help you to benefit from meeting other people or taking part in a new activity.

Some of the Social Prescribing options in the Listowel Area include...

- ✓ Men's Shed Group
- ✓ Walking Groups
- ✓ Park Run
- ✓ Support to Access Services
- ✓ Active Retirement Groups
- ✓ Social Clubs & Activities Groups
- ✓ Self Help Groups
- ✓ Volunteering
- ✓ Women's Groups

...and many many more!