

Connecting the Dots Between People and Their Community Resources



**20-minute lunchtime
Zoom webinar for GPs,
health-care professionals
and community supports.**

Brought to you the Cork and Kerry Health and Wellbeing Community Referral Link Workers.

Date: Thursday 18th March 2021 -
National Social Prescribing Day

Time: 1.15pm - 1.35pm

Zoom link available from: (083) 1491 543
or corkkerrycommunityreferral@gmail.com


Health & Wellbeing
Community Referral



Sláintecare.





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Rialtas na hÉireann
Government of Ireland





Eithne in Mallow

Sinead in Ballyphehane/ Togher



Gillian in Beara



Mark in Ballincollig





Mary Ellen in Listowel



Marion in Ballyheigue



Paula in Kenmare



Who might benefit from a social prescription?

Social isolation Loneliness Boredom

Unemployment Lack of confidence

Newly retired Low self esteem

Unemployment due to ill health Anxiety

Stress Widowed Unhealthy lifestyle

Mild/Moderate Depression



How does it work?

- Person is referred to the link worker (self-referral also possible)
- Link workers give people time, focusing on what matters to them and taking a holistic approach to people's health and wellbeing.
- Link workers help people to get more engaged in their communities and to develop new skills and interests.
- 6 week process



Adrigole Caha Centre FRC, Gillian McCarthy, communityreferralcahacentre@gmail.com,
083 149 1543

Mallow Le Chéile FRC, Eithne Foley, lwsp@lecheilefrc.ie, 087 719 3257

Ballyphehane/Togher Community Development Project, Sinead
Murphy, sineadm@btcdp.ie, 087 1207410

Ballincollig FRC, Mark Lucey, linkworker@ballincolligfrc.org, 085 879 3462

Listowel FRC, Mary Ellen Browne, maryellenfrc@gmail.com, 087 413 2521

Kerryhead / Ballyheigue FRC, Marion Godley, mariongodleyp@gmail.com, 085 176 6304

Kenmare FRC, Paula McElliott, paula@kenmarefrc.ie, 087 447 5447

