

What happens next?

If you are interested in participating in the Community Referral project, talk to your GP or other health professionals or contact the **Link worker to find out more.**

Linking you with sources of support within the community!

- ✓ Physical Activity
- ✓ Arts and Crafts
- ✓ Self-Help
- ✓ Learning New Skills
- ✓ Support Groups
- ✓ Community Support

Call us today for further information that you may require on the Health and Wellbeing Community Referral project.



Sláintecare. National FRC Mental Health Promotion Project

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Link Worker:

Mark Lucey:

Phone: 085 879 3462

Email: linkworker@ballincolligfrc.org



Ballincollig FRC

The Village Shopping Centre, Station Rd, Ballincollig, Co. Cork



**Health & Wellbeing
Community Referral**

Ballincollig Family Resource Centre

Linking you with sources of support within the community

Information Leaflet



What is Community Referral?

Community Referral is about supporting the health and wellbeing of people through spending time linking a person into local activities. The Link Worker 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. Community Referral involves linking a person into community-based activities and supports, such as exercise, art, reading and gardening.

How it Works

Your GP or other health practitioner will refer you to the Link Worker if you are suitable for the program, or you can self-refer.

The Link Worker will meet you to discuss your needs and the various Community Referral options available.

You will begin your chosen activity with support.

The Link Worker 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?

Anyone who is over 18. 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 the company of others. Using resources within the community will help you benefit from meeting other people or taking part in a new activity.



Some of the Community Referral options in the area include:

- ✓ Men's Shed groups
- ✓ Walking groups
- ✓ Park Run
- ✓ Support to access services
- ✓ Active Retirement groups
- ✓ Self-help groups
- ✓ Volunteering
- ✓ Women's groups
- ✓ Arts and Crafts
- ...and many more!