

## 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

**Please do be assured of a warm welcome if you do call us, to chat further about the programme, ask questions or get more information and see if you think this programme might be something you or someone you know could benefit from.**



Rialtas na hÉireann  
Government of Ireland



Sláintecare.



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## Link Worker:

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**Adrigole FRC**  
The CAHA Centre  
Drumlave  
Co.Cork



The Caha Centre



## Health & Wellbeing Community Referral

**Providing a Social Prescribing Service in West Cork**

*This service is provided and managed by  
The Caha Family Resource Centre*

*A supportive and welcoming service that can  
help to link you with sources of connection  
and support within your 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 finding out about what's available, perhaps starting new groups/classes and if you wish, assisting and supporting you to attend these activities/groups. Some examples might be exercise, art, walking and gardening.

## Who is it for?

We all go through periods when we might be feeling stressed, depressed or anxious. We might be experiencing low mood, feeling a bit lonely or isolated. We might find it hard to know what's out there or how to get involved, we might feel shy about taking that first step. Linking in with the support worker in a friendly and supportive environment, finding support to get involved, meet other people, enjoy new activities, can all support us to feel better, more connected and improve our felt sense of health and wellbeing. Note: Participants must be over 18.



## How it Works

Your GP or other health practitioner can refer you to the link worker if they think it might be helpful for you. You can self refer, i.e. contact the link worker directly. The link worker will give you a warm welcome and you can discuss together what community referral options would be most beneficial for you. The support worker will help you to find and access the activity you choose. 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

- ✓ Learn a new skill or participate in a new activity
- ✓ Meet new people, Feel more connected, less isolated/lonely
- ✓ Receive social support from others
- ✓ Increased self confidence and self esteem
- ✓ Become involved in your community
- ✓ Feel better, less low mood, improved health and wellbeing

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.

## 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!

