



## Social Prescribing Cork City North

### What is Social Prescribing?

Social Prescribing is new term for a very old concept, that people are healthier and happier when they are connected with their communities. Social Prescribing links people into sources of support within the community to help them to improve their lives and take greater control of their health and wellbeing.



Rialtas na hÉireann  
Government of Ireland



Sláintecare.  
**Healthy  
Communities**

### What might you be linked into?

A hobby, social group, physical activity, educational course, craft group, online activity, information, support group, counselling ... whatever matters to you.

### Who is the Social Prescribing Link Worker on the northside of Cork City?

James Leonard is based in Niche Health Project and covers Sláintecare Healthy Communities areas of Knocknaheeny, Fairhill, Churchfield, Gurrabraher, Farranferris, The Glen, Mayfield and Blackpool..



**Social  
Prescribing**

### How do I get in touch?

Contact: James Leonard

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Comhairle Cathrach Chorcaí  
Cork City Council



## Who is Social Prescribing for?

Social Prescribing is for people who want to improve their quality of life. It is a great way to meet new people, get more active, manage a chronic illness, or improve mental and physical wellbeing.

## What is the Social Prescribing Process?

You can be referred in by your GP, healthcare professional or your local community worker, self-referral is also welcome. The Link Worker phones you to explain the service. If you are happy to proceed, you can make an in person appointment. Then the Link Worker meets you for a relaxed consultation (60-90 minutes, including a wellbeing assessment).



## What are the benefits of Social Prescribing?

- Make new friends
- Learn a new hobby or return to a previous interest
- Be more physically active
- Enjoy better mental wellbeing
- Feel healthier
- Get support with finances and information
- Live better with a long term health conditions



