

## 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.



## 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 North Cork Social Prescribing Link Worker?

Eithne Foley, based in the Le Chéile Family Resource Centre in Mallow. The service covers North Cork including Mallow, Charleville, Kanturk, Buttevant, Millstreet, Newmarket and surrounding areas.

## How do you get in touch?

**Contact:** Eithne Foley

**Phone/text/whatsapp:** 087 7193257

**Email:** [linkworker@lecheilefrc.ie](mailto:linkworker@lecheilefrc.ie)

**Facebook:** North Cork Social Prescribing

**Twitter:** efoleymallow

**Address:** Le Chéile FRC, Fair St., Mallow, P51 F344.



## North Cork Social Prescribing Service



## Le Chéile Family Resource Centre

*Linking you with sources of support within the community*

Part of the Cork Kerry Health and Wellbeing Community Referral project





## Who is Social Prescribing Suitable 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.



The service is suitable for people who are ready for a change, who have arrived at a point where they are ready to make a step forward with support.

If you are unsure if Social Prescribing is for you, why not ring for a chat, and then you can decide.



## 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).



Together a simple plan is agreed to meet your needs. You are supported to get involved in the group/support with follow up conversations. When you are established in the group/support, another wellbeing assessment is completed at the final meeting.



## 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



## What does Social Prescribing cost?

Social Prescribing is a free service and the community resources discussed would be free or low cost.