

Social Prescribing

Improve your Health and Wellbeing

Would you like to try something new?
Meet new people, improve your confidence and your health? Take up a new hobby?

Need support but not sure where to go?



What is social prescribing?

Social Prescribing is a new free support offered by the HSE and our partners in the community that aims to reduce social isolation and improve people's health and wellbeing.

We can give you information on social groups, exercise classes, relaxation sessions, volunteering opportunities, support services and much more all in your local area.

How Does It Work?

- Step 1:** You can contact the Social Prescribing Link Worker yourself or be referred by a health professional or community worker.
- Step 2:** The Link Worker will arrange to meet with you.
- Step 3:** The Link Worker will listen to what you are interested in and give you information on what is available locally.
- Step 4:** You will choose the activities and supports that are right for you.
- Step 5:** The Link worker will contact you to see how you are doing and if your experience is a happy one.

[Further details](#)

