



# Social Prescribing Day Toolkit

14th March 2024

## What is Social Prescribing Day?

**Social Prescribing Day** is an annual celebration of the people, organisations and communities who make social prescribing happen and to raise awareness of what social prescribing is, how it works, and how it changes lives. It is an opportunity for you to promote social prescribing in your area.

Social prescribing has grown year on year. There are now more than forty social prescribing services funded by the HSE across the country, 19 of which are located in Slaintecare Healthy Communities sites. By the end of 2024, there will be a social prescribing service available in every county in Ireland.

## How can you help ?

Social media messaging can be an effective way to promote and encourage participation in social prescribing initiatives. Promote social prescribing using the hashtag [#SocialPrescribingDay](#) in the lead to and on the 14th March.

Organise an event to celebrate social prescribing. Engage people in the community by organising social prescribing activities which will help tell the story of social prescribing.



## Here's a sample of social media messaging and images you can use and adapt before and on Social Prescribing Day



The aim of social prescribing is to connect people with community groups and services via the support of a social prescribing link worker

**#SocialPrescribingDay**

[www.allirelandsocialprescribing.ie](http://www.allirelandsocialprescribing.ie)



Social Prescribing is a **free service** for adults over the age of 18 years offered by the HSE.

Visit [www.allirelandsocialprescribing.ie](http://www.allirelandsocialprescribing.ie) to access your local service.

**#SocialPrescribingDay**



**Unlock a healthier, happier you with social prescribing!**

Join local activities, connect with your community, and boost your well-being

**#SocialPrescribingDay**





**Remember** to customise these messages based on your specific social prescribing program, location, and target audience. Use compelling visuals, hashtags, and calls-to-action to encourage engagement and participation.

## If you create an event for social prescribing day



Send us your stories and images. If you have a participant who would like to tell their story, please share the details with us [Health&Wellbeing.Strategy@hse.ie](mailto:Health&Wellbeing.Strategy@hse.ie)

## Resources

- [Social Prescribing Poster](#) 
- [Social Prescribing Leaflet](#) 
- [Advertise E-learning module on LinkedIn](#)

## Are you a health care professional that wants to learn more about Social Prescribing?

You can do this short [E-Learning Module: Social Prescribing – for healthcare professionals](#)



### **Social Prescribing** for Healthcare Professionals

a 25 minute e-learning module available on [www.hseland.ie](http://www.hseland.ie)

## Additional Information:

### [HSE Social Prescribing Homepage](#)

For more information on Social Prescribing and the All-Ireland Social Prescribing Network visit [www.allirelandsocialprescribing.ie](http://www.allirelandsocialprescribing.ie)

- [Social Prescribing in action](#)
- [Drive Time Radio interview](#)
- [Social Prescribing Podcast](#)

