



HE



Social Prescribing

Day **19th March 2025**





Today is International Social Prescribing Day

Social prescribing empowers people to take control of their health by connecting them with community activities and supports, from arts and exercise to volunteering and social groups.

Want to find a social prescribing service near you?

Visit www.allirelandsocialprescribing.ie to learn more

#SocialPrescribingDay

#CommunityConnections



Social Prescribing Day 2025 is on March 19th

A day to celebrate the people, organisations, and communities that make #SocialPrescribing possible. It connects people to non-medical supports that improve well-being.

Join the conversation and find out more:

www.allirelandsocialprescribing.ie

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What is Social Prescribing?

Did you know social prescribing is a free HSE-supported service that helps people connect with community connections to improve well-being? From exercise groups to arts programmes, social prescribing provides practical & emotional support.

Learn more:

www.allirelandsocialprescribing.ie

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Social Prescribing changes lives

It helps tackle loneliness and improves health and wellbeing by connecting people to community support

#SocialPrescribingDay

#CommunityConnections