



Social Prescribing

Wellbeing through community connections

19th March 2025

What is Social Prescribing Day?

Social Prescribing Day is an annual celebration of the people, organisations, and communities that make social prescribing happen in their communities. Each year, we come together to host events, share ideas, and highlight the impact of social prescribing on the health and wellbeing of individuals and communities. Our goal is to raise awareness of what social prescribing is, how it works, and how it changes lives. Whenever you mention Social Prescribing Day online social media posts, event links, emails, make sure you include the hashtag #SocialPrescribingDay



This year, we are using **"Wellbeing through community connections"** to explain the impact of social prescribing in a clear and accessible way. To ensure consistency and visibility, we encourage you to use this strapline across your communications.

Where to Use It:

- **Social Media Posts** – Include the strapline in captions, along with the hashtags #SocialPrescribingDay and #CommunityConnections.
- **Event Materials** – Add it to posters, flyers, banners, and invitations to reinforce the message.
- **Emails & Newsletters** – Use it as a tagline in your email signature or as a header when talking about social prescribing.
- **Presentations & Talks** – Open or close your presentations with the strapline to highlight the importance of community connections.
- **Website & Articles** – Feature it in blogs, news updates, and explainer pages about social prescribing.

Example in Action:

Social prescribing connects people to non-medical support in their communities, helping them improve their health and wellbeing. This year, we're celebrating Social Prescribing Day with the theme: **Wellbeing through community connections.**

Use these hashtag **#Social Prescribing Day #CommunityConnections**

Engage with local Media

- Contact your local regional press team and request a press release (see included template). If possible, ask them to reach out to local newspapers, radio, and TV stations and If a radio interview opportunity arises, take part.

RTE 1Radio : <https://www.rte.ie/radio/radio1/clips/22223254/>

- Latest Podcast <https://hsepodcasts.podbean.com/e/75-social-prescribing-benefits-gp-sperspective/>
- Draft X and LinkedIn posts
- Share your event details with community newsletters and newspapers.



Today is International Social Prescribing Day

Social prescribing empowers people to improve 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 health and well-being.

Join the conversation and find out more: www.allirelandsocialprescribing.ie

#SocialPrescribingDay
#CommunityConnections



What is Social Prescribing?

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

Learn more:

www.allirelandsocialprescribing.ie

#SocialPrescribingDay

#CommunityConnections



Social Prescribing changes lives

It helps tackle loneliness and improves health and wellbeing by connecting people to community groups and activities with the support of a social prescribing link worker.

#SocialPrescribingDay

#CommunityConnections



Press Release Template

Social Prescribing - Wellbeing through Community Connections

(Insert Person/Organisation/Region) is proud to support Social Prescribing Day. March 19th is an annual celebration recognising the people, organisations, and communities that make social prescribing possible. This day raises awareness about the service, how it works, and its impact on individuals' lives.

What is Social Prescribing?

Social prescribing is a free service for adults over 18, offered by the HSE and partners, which enhances well-being by connecting individuals with local non-medical supports. It is particularly beneficial for those experiencing social isolation, loneliness, or long-term health conditions.

A Social Prescribing Link Worker helps individuals access a range of activities and services tailored to their needs, including: Exercise groups, Arts and creative programmes, Gardening projects, Community support networks. This approach empowers people to take control of their health by focusing **on what matters to them, rather than what is the matter with them.**

Use a quote from a service user (Insert name, role, or organisation):

"Social prescribing is transforming lives in our community. By fostering social connection and offering practical support, we see first-hand the positive impact on people's health and wellbeing. We're proud to be part of this movement."

Regional /Local Social Prescribing Day Event

To mark Social Prescribing Day, (Organisation Name) is hosting (briefly describe event or activity & location). This event aims to (mention key objective, e.g., raise awareness, encourage participation, or showcase success stories).

For more information, visit: www.allirelandsocialprescribing.ie

Issued by: XXXXXXXX Press Office

Additional Information for editor:

Referrals to the Social Prescribing Link Worker can come from a variety of sources, including:

- GPs, nurses, and health & social care professionals
- Community mental health teams
- Older people's services
- Community and voluntary sector organisations
- Self-referral

To make a referral or self-refer, contact your local social prescribing service directly. For a full list of social prescribing services and contact details across the country, www.allirelandsocialprescribing.ie



Need some inspiration?

Need some inspiration? Last year on Social Prescribing Day 2024 link workers and CHO communications secured a number of pieces of regional and national articles and radio interviews
<https://publuu.com/flip-book/647102/1772816>



Sligo people encouraged to sign up for social prescribing

SLIGO residents are being encouraged to sign up for social prescribing to help them get back on their feet.

Loneliness, anxiety and depression can affect a person to the point where they become withdrawn and rarely getting out. Social prescribing refers people onto to various social groups to help them improve their mental health and to make new friends who have similar issues.

A spokeswoman for the HSE said: "Social Prescribing has become very popular in recent years.

"We all know people who would like to get out more or become more involved in their community but just don't know where to start or even have the confidence to get started.

"Social Prescribing is the ideal programme for that person. It is proven as a great way to improve a person's health and wellbeing. It is free of charge and suitable for over 18's.

"With Social Prescribing, health and wellbeing is looked at

holistically and the focus is on increasing a person's social health through community involvement.

People who would benefit most from attending social prescribing are people who might feel lonely or isolated, anxious, new to an area or may have just lost confidence to get more involved in what is going on locally.

"When you sign up to attend social prescribing, a link worker will meet with you free of charge and discuss ways to enhance your life.

"Together a wellbeing plan is prepared and the link worker will motivate and support the person to achieve these changes.

"The social prescription varies from person to person with activities such as walking groups, park run, community gardens, adult education, employment support, men's sheds, women's groups, bridge clubs, book club, self-help supports like meditation, yoga, breath work, stress control, living well the list is endless."

Social prescribing is



funded by the HSE and is available nationwide.

If you would like to attend you can contact the local link worker directly yourself, or you can ask your GP or health care

professional to refer you. For more details, contact Sligo link worker: Loretta McLoughlin, at the Sligo Family Resource Centre, on 071 9146315 or email: lorettastr@gmail.com

Celebrating Social Prescribing Day

Thursday 14th marks "Social Prescribing Day" – An annual celebration to recognise the support that the "Social Prescribing Program" can give to help people with long term health conditions live happier, healthier lives across Ireland.

Social Prescribing is a holistic approach to assist with the health and wellbeing needs of individuals with long term health conditions. This is achieved by getting to know the person's needs, interests and personal goals and providing support and access a range of services to help achieve those goals. This may include supported access to both clinical and non-clinical services and groups. Some examples include access to women's groups, men's shed projects, fitness programmes, creative arts, gardening, smoking cessation, counselling, parenting programmes, basic smart phone courses, and many other health or social groups. – Each individual's needs are different, and we strive to tap into all services available to you.

The programme is funded by the HSE and delivered by Teach na nDaoinne Family Resource Centre since 2020 across the county including Clones and Monaghan town with outreach service in Carrickmacross, Castleblayney and Baillyway. If you feel this service can support you, or someone you know in any way please don't hesitate to get in contact.



Annmarie



Mary

You can email, call or text our Social Prescribing Co-ordinators in confidence
Mary Hall – socialprescribing@teachnaoinne.com – 086 841 0648
AM Ffryers – socialprescribing@donets.ie – 086 140 7848
Facebook <https://www.facebook.com/MonaghanSocialPrescribing/>

Social Prescribing Day at Le Chéile Family Resource Centre

North Cork has been home to a Social Prescribing Service for the last four years, and Social Prescribing Day takes place today, Thursday. Social Prescribing is based on the idea that people are happier and healthier when they are connected to other people, and that connecting to community resources and activities improves people's wellbeing. The service involves talking with a Social

Prescriber about what is important to you, what you might like to change in your life, or improve your wellbeing. Together with the Social Prescriber, you can find out about local hobbies, activities or community supports available in the area. These might include social groups, mindfulness, life coaching, the arts, volunteering, returning to education, exercise groups or support groups. The service is free and the resources discussed

are low cost or free. Eithne Foley is the North Cork Social Prescriber, welcoming people from Mallow, Buttevant, Charleville, Kanturk, Millstreet, Newmarket and everywhere in between. The service is located in the Le Chéile Family Resource Centre, offering a central hub for connection and support. The service is funded by the HSE and is open to all over 18s. It is especially suited to people who want to make

a change in their lives, who are ready for something different.

To find out more about Social Prescribing, phone Eithne at 087 71 93 257 or email linkworker@cheilefrc.ie.

Find us on Facebook at North Cork Social Prescribing.

Address: Le Chéile Family Resource Centre, Mallow (P51 F344).

Website: <https://www.lecheilefrc.ie/north-cork-social-prescribing/>

Well Connected Social Prescribing Service aims to combat loneliness

In a bid to combat loneliness and enhance social connections, the Roscommon Well Connected Social Prescribing Service was officially launched last week, on Social Prescribing Day.

Originally launched part-time in 2018, this innovative service delivered in Roscommon through a collaboration between the HSE and Roscommon Leader Partnership (RLP) has now expanded its reach to cover all of County Roscommon, marking a significant milestone in its journey towards fostering community well-being.

The transition to a full-time service at the close of 2023 has been key in providing vital support to individuals seeking to improve their social connections and overall

quality of life. The official launch event, held in Hanmon's Hotel Roscommon to commemorate this milestone, brought together individuals from across the county who have supported, and or benefited from the service. Through sharing their experiences, attendees were not only educated on the service but this also raised awareness around the importance of addressing loneliness and enhancing social connections within the community.

Commenting on the launch, Ronan Bilbow, Social Prescribing link worker with the Roscommon Well Connected Social Prescribing Service, said: "We are delighted to celebrate the official launch of our service on Social Prescribing Day. This is such an important

county-wide support that is free and available to people 18 years and above.

It is easy to engage with as you can be referred by someone or self-refer by phone. Over the years, we have witnessed the transformative power of social connections in improving the wellbeing of individuals.

"This official launch represents a culmination of efforts to provide much-needed support to combat loneliness and promote holistic wellbeing across Roscommon."

Social prescribing involves linking individuals with non-medical sources of support in their community, such as social activities, exercise groups, volunteering opportunities, and other services to address underlying social and



Longford Social Prescribing link worker Anthony Owens, Roscommon SP link worker Ronan Bilbow, and Michaela Deane Huggins of Roscommon Leader Partnership at the official launch of the Roscommon Social Prescribing service.

emotional needs. By empowering individuals to take control of their health and wellbeing in this way, the Roscommon Well Connected Social Prescribing Service is contributing to the creation of a healthier, happier, and more

connected community. Ronan is encouraging anyone who feels that they could benefit from this support to get in touch with the service on 086 1765381 or ronab@wellsocial.ie.

He is also inviting GPs and other healthcare pro-

fessionals to get in touch for further information. Access to the Roscommon Well Connected Social Prescribing Service can be by self-referral or via a GP, healthcare professional, or local support worker. The Social Prescribing co-ordinator

will phone you to explain the service. If you are happy to go ahead, they will arrange a one-to-one meeting where you and the co-ordinator agree a simple plan. You and the co-ordinator then take steps to put the plan in action.



Maura Burke, Marianne Fallon, Eileen Duignan, Ronan Bilbow, and Linda Divine at the official launch of the Social Prescribing Service for County Roscommon.



Mohili Family Support Centre's Majella McGovern, Social Prescribing linkworker Sarah Carey, and Angela McCann of Mohili Family Support Centre at the Leitrim/West Carraig Social Prescribing Service launch.



Clr Paddy O'Rourke, Clr Finola Armstrong-McGuire, linkworker Sarah Carey, Clr Padraig Fallon, Healthily Ireland co-ordinator Lorraine Mulvey, Clr Paddy Farrell, and TD Martin Kenny. Pic: Noreen Gaffney

Social Prescribing Video Resources

https://www.youtube.com/playlist?list=PLltgannkj2UFclanKjq_UQhkP-W0Kmv7e

