



We are here to help you connect with local services to support your overall wellbeing.

Meet your Social Prescribers

Hi, I'm Annmarie



I will call or text you from my mobile on:
086 1407848

Hi, I'm Mary



I will call or text you from my mobile on:
085 8415842



For further information or enquiries, please contact:

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Co. Monaghan Social Prescribing for Health & Wellbeing



Linking you with sources of support within the community...

- ✓ Physical Activity
- ✓ Arts & Creativity
- ✓ Learning new skills
- ✓ One to one contact
- ✓ Self help
- ✓ Books for Health
- ✓ Support Groups and more ... - **whatever matters to you!**



Information Leaflet



Teach na nDaoine Social Prescribing Service



What is Social Prescribing?

Social Prescribing is about supporting the health and wellbeing of people by using community based activities and supports, such as exercise, art, reading and gardening. There may also be an opportunity to attend self help sessions such as stress control.

The Social Prescribing Co-ordinator will talk to you about what activities interest you, the benefits of participating in them and will assist and support you in attending these activities.

Who is it for?

The programme is for you if you feel that you need some support to mind your health and wellbeing or if you feel isolated, stressed, anxious or depressed. Using resources within the community will help you to benefit from meeting other people or taking part in a new activity. This project offers a unique opportunity during the Covid-19 pandemic to support positive mental health outcomes and build resilience.

Participants have remarked;
'The positive impact Social Prescribing has had on my life is immeasurable - life is now full of possibilities.'

'I feel more motivated to attend the course and group as I am getting many benefits from both. My mood has been lifted, my confidence and self-esteem have improved and I now feel more involved in my community.'

'This has really helped build my confidence I also feel more able to help my children with their homework and read them a bedtime story. I am really glad that I got involved with the Social Prescribing Programme.'

Benefits from Participating in Social Prescribing

Provides you with opportunities to:

- ✓ Learn a new skill or participate in a new activity
- ✓ Improve your mental and physical health
- ✓ Receive social support from others
- ✓ Increase self confidence and self-esteem
- ✓ Become involved in your community

Social Prescribing Options

Online Engagement
Links with Sports Partnerships
E-Library Services
Walking Groups
Books for Health
Community Gardening
Self Help Groups
Minding Your Well-being Online
..... and more!

How it works

Your GP, mental health practitioner or other clinician will refer you to the Social Prescribing Co-ordinator if you are suitable for the programme. You can also self refer.

The Co-ordinator will meet you either virtually or physically to discuss your needs and the various Social Prescribing options available.

You will begin your chosen activity, with support.

The Co-ordinator will meet with you after a number of sessions to discuss how you are getting on and your interest in continuing with your new activity.

