

SOCIAL PRESCRIBING

We understand that looking after yourself involves more than just focusing on your physical health.

Your link worker can take the time to chat to you about how your feeling and what matters to you!!

They can support you to explore options in your community to improve your well-being and help you plan your next steps.

What can we support you with?



Social isolation and loneliness

Healthy lifestyle choices

Long term health conditions

Getting out and about

Low confidence and mood

Big life events



To find out more about the service self refer or request a referral form contact Mary Anne @

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or Call: 085 2711689