



## What happens next?

If you are interested in participating in the Social Prescribing for Health and Wellbeing Programme, talk to your GP or other Health Professional or contact the SP Co-ordinator to find out more.



## Social Prescribing in Donegal

Area	Social Prescribing Co-ordinator
<b>Ardara/Glenties</b>	Caroline Barrett (087) 3652577
<b>Bunbeg/Derrybeg</b>	Kit Keating (087) 0945245
<b>Buncrana</b>	Carmel Gallagher (086) 0406950
<b>Carndonagh/Clonmany</b>	Carmel Gallagher (086) 0406950
<b>Derryveagh</b>	Bernadette McFadden (086) 0766670
<b>Donegal Town/Pettigo</b>	Miffy Hoad (087) 3814639
<b>Dungloe</b>	Brid Ward (087) 1511855
<b>Killybegs</b>	Caroline Barrett (087) 3652577
<b>Letterkenny</b>	Siobhan Coyle (083) 1335700
<b>Lifford/Castlefinn</b>	Mary McDermott (089) 4589663
<b>Milford/Rosguill/Fanad</b>	Lesley Newberry (089) 2157232
<b>Moville</b>	Ann Doherty (089) 4318831

For general enquiries, please contact  
**Social Inclusion Office, HSE**  
**(074) 91 23757**

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# Donegal Social Prescribing for Health & Wellbeing



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

- ✓ Physical Activity
- ✓ Arts & Creativity
- ✓ Learning new skills
- ✓ Self help
- ✓ Books for Health
- ✓ Green Prescription
- ✓ Support Groups



Information Leaflet

## 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.



## 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
- ✓ Meet new people
- ✓ Receive social support from others
- ✓ Increase self confidence and self-esteem
- ✓ Become involved in your community

## Social Prescribing Options in Donegal

Men's Sheds  
Walking Groups  
Stress Control Workshops  
Books for Health  
Green Prescription  
Community Gardening  
Self Help Groups  
..... and more!

## How it works

Your GP or other clinician will refer you to the Social Prescribing Co-ordinator if you are suitable for the programme or you can self refer.

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

