



**St. Catherine's**  
Community Services Centre  
[www.catherines.ie](http://www.catherines.ie)

# CARLOW

## Social Prescribing Service

Improving Health & Wellbeing



Are you registered with a GP practice in Carlow or live in Carlow town or county



Do you need support but are unsure where to go?



Do you need some support to mind your health and wellbeing?



Would you like to try something new and build your confidence?



Are you interested in meeting new people or social groups?

### WHO WE ARE?



The Carlow Social Prescribing Service is a new free support that aims to reduce social isolation and improve people's health and wellbeing.

### HOW CAN WE HELP YOU



We can give you information on social groups, exercise classes, relaxation sessions, volunteering opportunities, support services and much more all in your local area.

Contact: Sinéad Fox Social Prescribing Link Worker  
St Catherine's Community Services Centre, St Joseph's Road, Carlow  
**M: 086 414 7511**

E: [socialprescribing@catherines.ie](mailto:socialprescribing@catherines.ie)

For GPs: [stcatherines.socialprescribing@healthmail.ie](mailto:stcatherines.socialprescribing@healthmail.ie)



Rialtas na hÉireann  
Government of Ireland

# How does Social Prescribing work?

## CONTACT

You can contact the Social Prescribing Link Worker yourself or be referred by a health professional or community worker



## MEET UP

The Social Prescribing Link Worker will arrange to meet you to discuss your needs and the various Social Prescribing options currently available



## INFORMATION & PLANNING

At your initial meeting, the Social Prescribing Link Worker will listen to what you are interested in and put together an agreed plan.



## CHOOSE SUPPORTS

You will choose the activities and supports that are right for you and begin your chosen activity, with support.



## FOLLOW UP

The Social Prescribing Link Worker will meet you after a number of agreed sessions to discuss your progress and to check if you need any additional support.

