

Do you need some support with minding your health & wellbeing?

Are you interested in trying something new or in accessing supports but are not sure about what is available?

Would you like to meet new people or try out social groups?

Who we are

The DLR Social Prescribing Programme for Health & Wellbeing is a free service which can support you to connect with activities and services in your local community to improve your health & wellbeing.



Benefits include

- ✔ Learning a new skill or trying a new activity
- ✔ Improving your mental and physical health
- ✔ Increasing your confidence
- ✔ Meeting new people & exploring your local area
- ✔ Becoming involved in your local community

How it Works

The Social Prescribing Team will talk to you about what activities might interest you or what supports you may need and will then assist you in availing of these activities.

Who is it for?

The programme is for anyone who feels that they need some support in minding their wellbeing. Using resources within the community can help you to feel more connected and it can support you in minding your mental and physical health.

Contact Us:

For more information please contact our DLR Social Prescribing Team on 01 706 0100 or email dlrsocialprescribing@sspship.ie.

Due to available funding the service is currently accessible through participating GP practices, St. Michael's Hospital, selected other healthcare providers and through self-referral in in Dun Laoghaire-Rathdown East. Check www.southsidepartnership.ie for more information.