

What happens next?

If you are interested in participating in the Community Referral project, talk to your GP or other health professionals or contact the Link worker to find out more.

Linking you with sources of support within the community!

- ✓ Physical Activity
- ✓ Arts and Crafts
- ✓ Self-Help
- ✓ Learning New Skills
- ✓ Support Groups
- ✓ Community Support

Call us today for further information that you may require on the Health and Wellbeing Community Referral project.



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Link Worker:

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Ballincollig FRC

The Village Shopping Centre, Station Rd,
Ballincollig,
Co. Cork



Health & Wellbeing Community Referral

West Central Cork
HSE Network 12

**Ballincollig, Bishopstown,
Macroom, Ballyvourney**

Linking you with sources of support within the community

Information Leaflet



What is Community Referral?

Community Referral is about supporting the health and wellbeing of people by spending time linking them into local supports and activities. A Link Worker will meet with a person, spending time talking to them about what activities they are interested in, explore hobbies and the benefits of participating in them. They can also assist and support a person in attending these activities. The overall aim of Community Referral involves linking a person into community-based activities and supports, such as exercise, art, reading and gardening as well as personal supports leading to an improvement in their health and wellbeing.

Who is it for ?

Anyone who is over 18. 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, lonely, depressed or enjoy the company of others. Using resources within the community will help you benefit from meeting other people or taking part in a new activity.



How it Works

Your GP or other health practitioner will refer you to the Link Worker if you are suitable for the program, or you can self-refer.

The Link Worker will meet you to discuss your needs and the various Community Referral options available.

You will begin your chosen activity with support.

The Link Worker will meet with you after several sessions to discuss how you are getting on and your interest in continuing with your new activity.

This is a free Service



Benefits

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.

Talk to us today to find a group or activity which best suits your interests. We work in conjunction with a wide variety

Some of the Community Referral options in the area include:

- ✓ Men's Shed groups
- ✓ Walking groups
- ✓ Women's groups
- ✓ Support to access services
- ✓ Active Retirement groups
- ✓ Self-help groups
- ✓ Park Run
- ✓ Volunteering
- ✓ Arts and Crafts

...and many more!

