

## Referral Process

The GP or health professional will make a referral to the Social Prescribing (SP) Link Worker in their area. The referral can be made via the SP referral form

The SP Link Worker will meet the person to discuss their needs and the various social prescribing options available in their area. This is a voluntary programme and the person can leave at any time

They begin their chosen activity, with support from the SP Link Worker

The SP Link Worker will make contact with the person after a number of sessions to discuss how they are getting on



Comhairle Contae Mhuineacháin  
Monaghan County Council

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## Social Prescribing in Monaghan

Area	SP Link Worker
Clones	Annmarie Fryers 086 1407848 socialprescribing@clonesfrc.ie
Monaghan	Mary Hall 085 8415842 socialprescribing@teachnadaoin e.com/ teachnadaoinesps@healthmail.ie (for HSE referrals only)

### Outreach Clinic Locations

Ballybay

Carrickmacross

Castleblayney

Clones

Monaghan Town

Contact SP Link worker as above



## Making a Referral

Information for Health Professionals

Linking participants to sources of support within the community

The focus is on 'what matters to the person' rather than 'what is the matter with the person'



# What is Social Prescribing?

- Social Prescribing is about supporting the health and wellbeing of people using community based activities and supports
- The Social Prescribing Link Worker works with a person over 6-8 sessions to address their needs and goals using a personalised coaching and co-production approach
- The Social Prescribing Link Worker can help to motivate and support individuals to achieve their goals
- There may also be an opportunity to attend self help sessions

# Appropriate Referrals

Adults over the age of 18 years:

- ✓ With one or more long-term conditions
- ✓ Who need support with their mental health
- ✓ Who are lonely or isolated
- ✓ Who are frequent GP/ED attendees and may benefit from other social supports outside of clinical services
- ✓ Who have complex social needs which affect their health and wellbeing

# Inappropriate Referrals

Referrals cannot be accepted for people:

- ✗ With enduring mental health conditions (unless it has been discussed with the SP Link Worker and agreed as a suitable referral)
- ✗ Who do not want to engage with the SP Link Worker
- ✗ Who are being referred mainly for clinical reasons, for example addiction

# Community Supports

- Physical Activity
- Arts & Creativity
- Learning new skills
- Self help
- Books for Health
- Support Groups
- Volunteering
- Gardening
- Hobby Groups

“ The Social Prescribing service supported me to get back out there at my own pace. I'm now happy to participate in activities and have made some new friends ”

“ It has changed my life in so many ways, for the better ”

