



Offaly
Well Connected

T U L L A M O R E

WANT TO GET INVOLVED IN SOMETHING NEW?

SOCIAL PRESCRIBING is about supporting you if you feel isolated, stressed, anxious or depressed. Using resources within your community, we help you engage in activities and supports such as exercise, art, volunteering, classes etc.

The Social Prescribing Co-ordinator will talk to you about what activities interest you and support you in attending these activities.

You have an opportunity to

- Learn a new skill or participate in a new activity
- Meet new people
- Receive social support from others
- Increase your self confidence and self esteem
- Become involved in your community
- Feel better about your health and wellbeing

If you or someone you know would benefit from getting involved please contact:

Amanda Caulfield, Social Prescribing Co-ordinator
Offaly Local Development Company (OLDC)
Millennium House, Main Street, Tullamore, Co. Offaly
Tel: 057 9352467 • Mobile: 087 7470562



Seirbhís Sláinte
Níos Fearr
á Forbairt

Building a
Better Health
Service

