



**LOUTH LOCAL DEVELOPMENT**  
Supporting Communities, Families, Enterprise & the Environment

# The Role of Social Prescribing in enhancing Wellbeing in Louth

By

**Danny Mc Cormack**

**Social Prescribing Officer SICAP**



# SICAP

SICAP SOCIAL PRESCRIBING MODEL

## We Care

Prioritizing People's health & well-being  
by

Danny Mc Cormack, Social Prescriber Louth LEADER Partnership

## Social Inclusion & Community Activation Programme

Louth Social Prescribing is an established & exciting Social Prescribing Programme run through SICAP under Louth Local Development & funded through the LCDC by the Dept of Rural & Community Development. The service is free and provides practical and emotional support to those in need, helping them achieve positive outcome by engaging with others in their community.

The image features two stylized, colorful silhouettes of people sitting and talking. The person on the left is shown in profile, wearing a multi-colored top and pants, and holding a cane. The person on the right is also in profile, wearing a light blue top and pants, and holding a cane. The background is white with a light yellow rectangular area containing text.

# SICAP SOCIAL PRESCRIBING PROGRAMME

## OUR AIM

Help people improve their mental and physical wellbeing.

Reduce social exclusion.

Encourage and create Awareness.

Increase community involvement.

Help people to make good personal choices.

Reduce GP visits.

Connect those in need to Social Supports.

We are here to listen, advise and facilitate.

Using the service in Louth can help improve an individual's outlook and promote the following....

Connection with others

Increased physical wellbeing and activity

Sense of purpose

Guidance and direction

Lower risk of loneliness and exclusion

- How Social Prescribing can benefit the wellbeing of people in Louth



# SOCIAL PRESCRIBING

is not just....

It is much much more....

- A directory of services
- Signposting
- Health Coaching
- Activities to fill someone's time now and then

Physical Activity



Diet & Nutrition



Mental Health



Social Support



Substance Abuse



Debts & Benefits Advice



Housing Support



Employability Support



Volunteering Support



Gambling Addiction



For more details contact our Social Prescribing Officer

danny.mccormack@lldc.ie  
087 4189439

# Service Availability



Social Inclusion &  
Community Activation  
Programme



The Social Prescribing Service can be availed of and accessed at any time through SELF-REFERRAL or REFERRAL from a GP.

It is primarily available to those who are from disadvantaged areas, those who are unemployed or have housing issues, and those suffering from enduring mental health issues, including loneliness and isolation.

# Why / what are the benefits of accessing this service?



- To access this service please ask your GP to complete and send your form to Danny Mc Cormack, Social Prescribing Project Officer, Redeemer Family Resource Centre, Dundalk or Louth Local Development offices, Haymarket, Drogheda or contact Danny on 0874189439 or email [danny.mccormack@lldc.ie](mailto:danny.mccormack@lldc.ie)
- The benefits to using our service is the potential to increase wellbeing and increase physical activity and elevate mood as well as reducing the feeling of exclusion and anxiety by becoming more active in the community and engaging in services to create a better lifestyle. The service can guide people into making positive lifestyle choices and change.

Since the program began its pilot in Oct 2021 we have had 200 referrals in Dundalk through GP referral, self-referral and referral from other services.

All participants have reported some form of positive change in mood and energy levels.

Since the program began in Drogheda in Feb 2022 there have been **100** referrals from GP plus referrals from other services.

**TOTAL over 300 Service users.**