

Benefits of getting involved:

- Explore, try out and discover new interests and hobbies.
- Meet like-minded people.
- Develop your creativity and self-confidence.
- Find something you might like to get involved in and examine the steps and supports necessary to make that happen.
- Learn easy and practical techniques to improve your mental and physical health and wellbeing
- Information and guidance on how to link with other local services and supports in your local area.



How to get in Contact



(094) 9025900



flourish@thefamilycentre.com



www.thefamilycentre.com/flourish



Flourish Social Prescribing Mayo



@Flourish_Mayo



"It helped me to realise I had to put myself first instead of being last"

Sarah

"It has helped me see positive ways to achieve what I want"

John



Sláintecare
Healthy
Communities



flourish

**Social Prescribing Service
for Health and Wellbeing**



Tel: (094) 9025900
Email: flourish@thefamilycentre.com

Flourish is a vibrant and innovative service for all adults in Co. Mayo. It supports you to connect with sources of support, resources, self-care and social activities within your community.

Who is it for?

Do you sometimes feel your life could be more enjoyable? Have you recently experienced a change in life such as; retirement, health issue, becoming a parent, change in employment, new to your area, relationship changes etc?

Flourish can support your health and wellbeing by linking you with activities, supports, and resources based in your community such as social groups, arts & creativity, physical activities (e.g. dance, Men On The Move, swimming, walking, etc.), learning new skills and much more.

It is important to highlight that social prescribing is not a replacement for adequate clinical services, nor is it a social work or counselling service.

**Take that first step
and make an initial
appointment**



**Flourish Social
Prescribing Service
is free of charge**

How does it work?

Step 1

A **GP** or other **health professional** refers you to the **Social Prescribing Link Worker**. You can also **self-refer**.

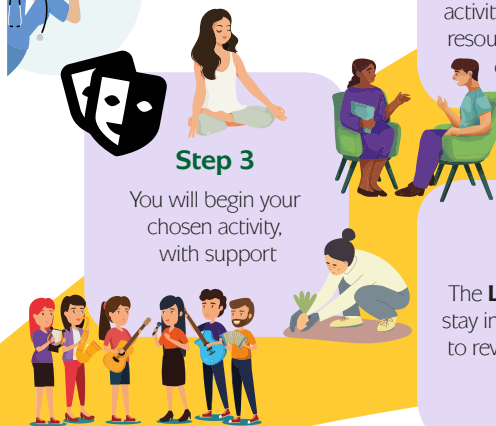


Step 2

The **Link Worker** meets with **you** to discuss your needs and links you with activities, supports and resources in your local community.

Step 3

You will begin your chosen activity, with support



Step 4

The **Link Worker** will stay in touch, if agreed, to review how you are getting on.

- Contact us for a chat and to arrange a **one-to-one** session
- Book a place on any of our popular programmes and experience a supportive and enjoyable setting to reconnect with yourself and others.

Flourish Programmes Include:

Wellness with Flourish

Arts & Creativity

Music Circle

Personal Development

*Some programmes incur a charge to cover the facilitator's fees.

Flourish Social Prescribing Link Workers:

North Mayo (Maria)

Tel: (087) 185 7280

Email: mward.flourish@thefamilycentre.com

Central Mayo (Sarah)

Tel: (085) 853 7466

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East Mayo (Lisa)

Tel: (085) 2599 699

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