

Some examples of groups / activities / supports we can link you with

- Men's Sheds
- Arts/crafts groups
- Sewing courses
- Women's Sheds
- Volunteer opportunities
- Support groups
- Information services
- Card games
- Sports clubs
- Running/walking groups
- Writing groups
- Library services & many more...



Locations and Contact

Tuam, Athenry and Loughrea

If you think this service is for you, or if you are not sure and want to find out more information, please contact:

Katie Grant

Social Prescribing Coordinator

Phone: 091 844 335
087 4759547

Email: katiegrant@grd.ie

Website: www.grd.ie

More information here:



Galway Rural Development manages this and several programmes that work with individuals and community groups to improve quality of life. We work with people in need of support and look to create real changes for people and their communities across rural Galway.

Connecting you to your local community



Galway County Social Prescribing

Tuam • Athenry • Loughrea



If you are feeling lonely or socially isolated and need some support to connect to local groups, this service is for you

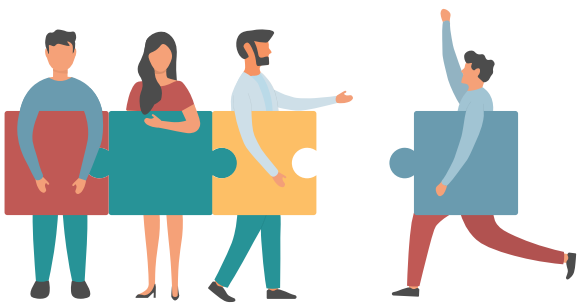
What is Social Prescribing?

Social prescribing is a service for people who are lonely and socially isolated and want to improve their quality of life and need help connecting to local community groups, activities and services. Social Prescribing can support you to meet new people, get more active, or improve physical and mental wellbeing.

Who is Social Prescribing for?

The service is for people who are feeling isolated and lonely and want to improve the quality of their life. We can help you to meet new people and join local community groups or activities in your local area.

The service is for people who are ready for a change and ready to take a step forward.



How it works?

• Contact Social Prescribing

You can make contact yourself or through a healthcare professional or community worker. We will have a chat to see if you want to take part and then arrange to meet in a community venue.

• Meet up

This is an informal, relaxed chat in a community venue in Tuam, Athenry or Loughrea.

• Information

We will explore your interests and suggest local activities / groups / volunteer opportunities / courses that are available in the area. We can also signpost you to support services based on your needs.

• Choose supports

We will help you develop a plan and support you to achieve your goal.

• Follow up

When you are involved with a group, we will contact you for feedback on the service.

What are the benefits of Social Prescribing?

- Enjoy better mental health and wellbeing
- Make new friends
- Learn a new hobby or restart an old one
- Be more physically active
- Feel more connected to your local community

What does Social Prescribing cost?

Social Prescribing is a free service.

The community resources/activities discussed would be free or low cost.

