

All Social Prescribing Coordinators are working from home for the foreseeable future but as our mantra is

"Linking you with sources of support within the community"

In my own area (Milford Fanad Rosgoill) i have created a database of all support networks and am working closely with all the resource centres to coordinate help where required . This can be from getting shopping delivered, advice on social welfare payments, prescription delivery or to just a simple phone call and reassurance that someone is out there to help.

On an exciting front i am working closely with my manager Declan Meehan and Milford and District Resource Centre to try and arrange online local courses via zoom. These could range from living with anxiety, to crisis management, motivation, and exercise classes for all abilities. These courses would be run free of charge by suitably qualified persons and i am currently talking with the Quality of life program and Recovery Collage to try and arrange the same. Please pass on this information to all involved in Primary Care. We are all here to help and maybe lessen the burden off HSE staff .

Regards

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