

Clones FRC

Email : standardclonesnews@gmail.com

Social Prescribing Day - Celebrated with special events in Clones and Monaghan

Social Prescribing Day, celebrated globally on March 19th, shines a light on the people, organisations, and communities that make Social Prescribing possible. Clones Family Resource Centre in partnership with Teach na Daoine Family Resource Centre in Monaghan were proud to mark the occasion with a series of events and initiatives aimed at raising awareness of this transformative service.

Social Prescribing is a free, HSE-funded service that connects individuals to non-medical community supports to improve their overall health and wellbeing. By addressing social isolation, loneliness, and long-term health conditions, Social Prescribing provides a vital lifeline for many. Social Prescribing Coordinators guide individuals to a range of activities including exercise groups, arts programmes, gardening projects, and community support networks, ensuring a holistic approach to health. Since its rollout in Counties Monaghan and Cavan in 2020, over 1,000 people have benefited from this initiative.

Local Social Prescribing Coordinators are newly appointed Sandra Anderson (Clones FRC) who Covers Clones, Ballybay, Castleblayney, and surrounding areas. And Mary Hall (Teach na Daoine FRC, Monaghan) who Covers North Monaghan and Carrickmacross.

To celebrate Social Prescribing Day, Clones Family Resource Centre and Teach na Daoine FRC hosted special events, including 'Design & Paint Your Tote Bag' with Sew Art Studio at Clones FRC and the 'Make Your Mark Community Art Programme' at Teach na Daoine FRC. These creative workshops, provided free of charge, promoted social connection and emotional wellbeing through artistic expression. In keeping with the adopted theme for 2025, 'Wellbeing Through Community Connections', people had the opportunity to come together, make friends and enjoy two fabulous therapeutic events.

The impact of Social Prescribing is best illustrated through real-life experiences. A local man in his 50s, struggling with chronic pain and isolation, credits Social Prescribing with changing his life. Through the service, he gained access to a chronic pain support group, psychotherapy, and the six-week Living Well programme, significantly improving his day-to-day life. "I never heard of Social Prescribing before, but it has changed my life. I only wish I had found it sooner," he said.

Angela Graham, Manager of Clones Family Resource Centre, underscores the importance of this initiative: "Social Prescribing is transforming lives in our community. By fostering social connection and offering practical support, we see first-hand the positive impact on people's health and wellbeing. We're proud to be part of this movement. It's an excellent addition to the suite of services offered by Family Resource Centres in County Monaghan."

Referrals to Social Prescribing can come from GPs, health professionals, community mental health teams, or through self-referral.

For more information on accessing Social Prescribing services, visit www.allirelandsocialprescribing.ie or <https://www.facebook.com/MonaghanSocialPrescribing> on Facebook, where you can find details of services per county.



The group that took part in the Social Prescribing Day event 'Design & Paint Your Tote Bag' at Clones Family Resource Centre. Photo: Rory Geary



At the Clones Family Resource Centre's Social Prescribing Day event was Sandra Anderson, Social Prescribing Coordinator and Angela Graham, Clones FRC. Photo: Rory Geary



Catherine McGregor from Sew art Studio, with some of the group taking part in the 'Design & Paint Your Tote Bag' event at the Clones FRC. Photo: Rory Geary



At the Clones Family Resource Centre's Social Prescribing Day. Photo: Rory Geary



Local Social Prescribing Coordinators Sandra Anderson, (Clones FRC) who Covers Clones, Ballybay, Castleblayney, and surrounding areas. And Mary Hall, right, (Teach na Daoine FRC, Monaghan) who Covers North Monaghan and Carrickmacross. Photo: Rory Geary