Social Prescribing

Wellbeing through community connections

26th March 2026

What is Social Prescribing Day?

Social Prescribing Day is an annual celebration of the people and organisations that make social prescribing happen in their communities. Each year, we come together to host events, share ideas, and highlight the impact of social prescribing on the health and wellbeing of individuals and communities. Our goal is to raise awareness of what social prescribing is, how it works, and how it changes lives. Whenever you mention Social Prescribing Day online social media posts, event links, emails, make sure you include the hashtag #SocialPrescribingDay

This year, we are using **"Wellbeing through community connections"** to explain the impact of social prescribing in a clear and accessible way. To ensure consistency and visibility, we encourage you to use this strapline across your communications.

Where to Use It:

- **Social Media Posts** – Include the strapline in captions, along with the hashtags #SocialPrescribingDay and #CommunityConnections.
- **Event Materials –** Add it to posters, flyers, banners, and invitations to reinforce the message.
- **Emails & Newsletters –** Use it as a tagline in your email signature or as a header when talking about social prescribing.
- **Presentations & Talks –** Open or close your presentations with the strapline to highlight the importance of community connections.
- **Website & Articles –** Feature it in blogs, news updates, and explainer pages about social prescribing.

Example in Action:

Social prescribing connects people to non-medical support in their communities, helping them improve their health and wellbeing. This year, we're celebrating Social Prescribing Day with the theme: **Wellbeing through community connections.**

Use these hastage **#Social Prescribing Day #CommunityConnections**

Engage with local Media

- Contact your local regional press team and request a press release (see included template). If possible, ask them to reach out to local newspapers, radio, and TV stations and If a radio interview opportunity arises, take part.
- Gardening for the mind; Lisa Sieger-Jamison, Social Prescribing Coordinator from Dun Laoghaire Rathdown Social Prescribing.
- Orla Walsh & Eithne Foley, HSE Mental Health & Wellbeing, on RTÉ Drivetime.
- HSE Talking Health & Wellbeing Podcast.
- Share your event with local newspapers and community newsletters.
- Draft social media posts:

Today is International Social Prescribing Day

Social prescribing empowers people to improve their health by connecting them with community activities and supports, from arts and exercise to volunteering and social groups.

Want to find a social prescribing service near you? Visit **www.allirelandsocialprescribing.ie** to learn more

#SocialPrescribingDay
#CommunityConnections

Social Prescribing Day 2026 is on March 26th

A day to celebrate the people, organisations, and communities that make #SocialPrescribing possible. It connects people to non-medical supports that improve health and well-being.

Join the conversation and find out more: **www.allirelandsocialprescribing.ie**

#SocialPrescribingDay
#CommunityConnections

What is Social Prescribing?

Did you know social prescribing is a free HSE-funded service that helps people connect with community groups and activities to improve well-being? From exercise groups to arts programmes, social prescribing provides practical & emotional support.

Learn more:
www.allirelandsocialprescribing.ie

#SocialPrescribingDay
#CommunityConnections

Social Prescribing changes lives

It helps tackle loneliness and improves health and wellbeing by connecting people to community groups and activities with the support of a social prescribing link worker.

#SocialPrescribingDay
#CommunityConnections

Press Release Template

Social Prescribing - Wellbeing through Community Connections
(Insert Person/Organisation/Region) is proud to support Social Prescribing Day. March 26th is an annual celebration recognising the people, organisations, and communities that make social prescribing possible. This day raises awareness about the service, how it works, and its impact on individuals' lives.

What is Social Prescribing?
Social prescribing is a free service for adults over 18, offered by the HSE and partners, which enhances well-being by connecting individuals with local non-medical supports. It is particularly beneficial for those experiencing social isolation, loneliness, or long-term health conditions.
A Social Prescribing Link Worker helps individuals access a range of activities and services tailored to their needs, including: Exercise groups, Arts and creative programmes, Gardening projects, Community support networks. This approach empowers people to take control of their health by focusing **on what matters to them, rather than what is the matter with them**.

Use a quote from a service user (Insert name, role, or organisation):
"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."

Regional /Local Social Prescribing Day Event
To mark Social Prescribing Day, (Organisation Name) is hosting (briefly describe event or activity & location). This event aims to (mention key objective, e.g., raise awareness, encourage participation, or showcase success stories).

For more information, visit: www.allirelandsocialprescribing.ie

Issued by: XXXXXXX Press Office

Additional Information for editor:

Referrals to the Social Prescribing Link Worker can come from a variety of sources, including:

- GPs, nurses, and health & social care professionals
- Community mental health teams
- Older people's services
- Community and voluntary sector organisations
- Self-referral

To make a referral or self-refer, contact your local social prescribing service directly. For a full list of social prescribing services and contact details across the country, www.allirelandsocialprescribing.ie

Social Prescribing Realist Evaluation Launch May 11th 2026

We are delighted to launch Ireland's first national realist evaluation of HSE-funded social prescribing services, carried out by the University of Galway. The evaluation provides a comprehensive qualitative overview of how HSE-funded social prescribing services operate. The report will inform policy and practice in order to ensure that this essential community-based initiative continues to support improved health and wellbeing outcomes for people across Ireland.

Realist evaluation of Social Prescribing Services in Ireland

Summary report with implications for policy and practice

All Ireland Social Prescribing Conference

ALL IRELAND SOCIAL PRESCRIBING NETWORK

CONFERENCE 2026

Connecting Communities, North and South:

Building Momentum for Social Prescribing

Venue: Fairways Hotel, Dublin Road, Haggardstown, Dundalk, Co. Louth, A91 E6KC

The All Ireland Social Prescribing Conference brings together link workers, researchers, community partners and policy makers to share learning, showcase innovation and strengthen social prescribing across the island of Ireland. It provides a dedicated space to highlight the voice of service users and frontline practitioners, and to shape the future development of social prescribing as a key community based support for health and wellbeing. Register here.