



To celebrate **Social Prescribing Day 2023** we are offering a **week of FREE taster events** from the **6th-10th March 2023**.

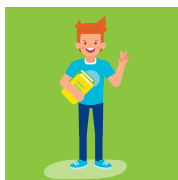
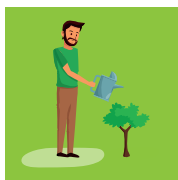
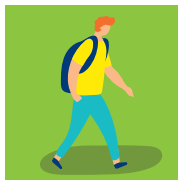
Why not try a new activity and meet new people this spring? You are more than welcome to join our events! Take a look at our time table of all the taster and information sessions during the week of Social Prescribing Day.

Found one or more events that you would like to attend?

Please contact Gillian or Lisa from our DLR Social Prescribing Team on 01 706 0100 / 087 737 0372 or email Lisa at lisa.sieger@ssphsip.ie to find out more or to book your place.

Would you like to meet new people or try out social groups?

The DLR Social Prescribing Programme for Health & Wellbeing is a **free service** which can support you to connect with activities and services in your local community to improve your health & wellbeing.



Do you need some support with minding your health & wellbeing?

Are you interested in trying something new or in accessing supports but are not sure about what is available?

Benefits include

- ✓ Learning a new skill or trying a new activity
- ✓ Improving your mental and physical health
- ✓ Increasing your confidence
- ✓ Meeting new people & exploring your local area
- ✓ Becoming involved in your local community



SOCIAL PRESCRIBING WEEK 2023

6TH-10TH MARCH 2023

See our programme of **FREE taster events** from **6th-10th March 2023** to celebrate Social Prescribing Day 2023.



The Social Inclusion and Community Activation Programme (SICAP) 2018-2022 is funded by the Irish Government through the Department of Rural and Community Development and co-funded by the European Social Fund under the Programme for Employment, Inclusion and Learning (PEIL) 2014-2020

Monday, 6th March

11.30 - 13.00

Volunteering Info and Coffee Session

Have you thought about volunteering in DLR? Meet staff from the dlr Volunteer Centre to find out more about volunteering, Community Volunteers and I-Vol, the national volunteering database.

Location:

Southside Partnership DLR,
Old Post Office, Main Street,
Blackrock

Tuesday, 7th March

10.00 - 12.00

Natural Dye Taster Session

Join local artist and founder of Modh, Alison Nea, for a natural dye session as we explore and create dazzling patterns and pigments with plants and learn an eco-friendly and centuries old technique for extracting colour from nature.

This event is organised with DLR Libraries.

Location:

dlr Lexlcon, Haigh Terrace,
Moran Park, Dún Laoghaire

Wednesday, 8th March

10.00 - 12.00

Visit to the Adult Education Drop-In Hub

Join us to visit the new Drop-in Information Hub at Loughlinstown Training Centre and get information about their free courses as well as free coffee and tea and a good chat. Drop in at any time between 10am and 12pm.

Location:

Training Centre Loughlinstown,
Wyattville Road, Loughlinstown

Thursday, 9th March

14.30 - 16.30

Healthy Food Made Easy Taster Session

Learn to cook healthy meals on a budget in a fun course. Let's cook together!

Location:

Scouts Den Dún Laoghaire,
Patrick Street,
Dún Laoghaire

Friday, 10th March

10.00 - 12.00

The Mindful Garden – Therapeutic Gardening Taster Session

Join us and Shane Adderley from Aventine Gardens to enjoy a fantastic therapeutic gardening session exploring how you can improve your wellbeing through gardening and mindfulness while connecting with others.

Location:

Aventine Gardens, Brighton
Road, Foxrock

14.30 - 16.30

Mindful Nature Walk

Find wonder in the simplest things in nature on a walk with Nature Therapist, Trainer and Botanical Journaler Joyce Fitzpatrick.

Location:

dlr Lexlcon, Haigh Terrace,
Moran Park,
Dún Laoghaire

13.00 - 14.00

Walk & Talk Session

Join us for a 1-hour walk in Dún Laoghaire supported by staff from the dlr Sports Partnership. Explore the scenery and have chats along the way.

Location:

Fountain at the bottom of
Marine Road, Dún Laoghaire

Booking is essential!

Please contact Gillian or Lisa from our DLR Social Prescribing Team on 01 706 0100 / 087 737 0372 or email Lisa at lisa.sieger@ssphsip.ie to find out more or to book your place.