

PUTTING PEOPLE FIRST ...



**OVER 500 PATIENTS
SUPPORTED SINCE 2019**

to link into local community services

Client testimonial — *“This service gave me the encouraging support and kick I needed to get the help I need.”*

General Practitioner testimonial — *“This service and team are doing amazing work, it is truly wonderful and so needed in our local community, thank you.”*

General Practitioner testimonial — *“I just wanted to thank you for the incredible work you do for our shared patients. One patient in particular has been linked with numerous services which will continue to provide ongoing support; there is no way this could have been achieved without your help. You’ve kept me in the loop through the whole process and the discharge letter is thorough and has all the information I need to continue supporting the patient.”*



2023 Winner Best Workplace

Winner of the 2022 Award for Best International Social Prescribing Project



For more information about social prescribing at Footprints visit: www.footprintscommunity.org.au

ABOUT FOOTPRINTS

Footprints Community is a well-regarded not-for-profit provider of community-based services, working in the community for over 30 years. We specialise in working with older people, those that experience disability, mental illness, as well as those who are at risk of homelessness.

Footprints adopts a non-discriminatory practice and working alongside people with respect and dignity, to enhance their capacity to live independently in the community, is integral to our service.


Our professionally qualified and highly skilled workforce operate within a client-centred practice framework ensuring principles of strengths-based practice are implemented into service delivery.


We believe in independence, strength and choice. We work with people and their representatives, at their own pace, to empower and support people to reach their goals.



Our referral form is on the Footprints website and outlines eligibility criteria. If you require more information our contacts are detailed below.

Contact us:

 1800 FOOTPRINTS (1800 366 877)
or 07 3252 3488

 07 3252 3688

 P.O. Box 735 New Farm QLD 4005

 www.footprintscommunity.org.au

STAY CONNECTED WITH US



November 2023

SOCIAL HEALTH CONNECT

A FOOTPRINTS COMMUNITY
SOCIAL PRESCRIBING PROGRAM

Helping you to manage your social health and improve connection!





WHAT IS SOCIAL HEALTH AND CONNECTION AND WHY IS IT IMPORTANT?

Social health is our ability to connect and build meaningful relationships with others and how comfortably we can adapt in social situations.

Addressing social health through connection with others has been shown to have a positive impact on our physical and mental health and wellbeing.

Did you know that healthy relationships and connection can:

- strengthen your immune system?
- lessen the impact of health conditions such as heart disease, stroke and dementia?
- improve your ability to recover from stress, anxiety and depression?
- improve your self-esteem?

WHAT IS SOCIAL PRESCRIBING?

Social Prescribing is a new approach to holistic health care. Social Prescribing can connect you to local community supports with the aim of improving your health and wellbeing in a way that is meaningful to you.

This might include linking you to supports around healthy living, social groups and activities, advice, support, and service navigation.

Our Link Workers are skilled at building relationships, are well connected to your local area and have the knowledge to navigate both government systems and community services.



You can ask for an interpreter.
It is FREE.