

About Footprints

Footprints is a trusted not-for-profit organisation with a proud history of more than 35 years working alongside people and communities.

Our purpose is to enhance quality of life and well-being by supporting people who face barriers to independence, belonging and participation in their community.

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Social Health Connect

Helping you manage your social health and improve connection.



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What is Social Prescribing?

Social Prescribing is a new approach to holistic health care which 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.

Why is Social Health and Connection 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?

Who is SHC for?

Social Health Connect (SHC) is for adults (over 18 years) who have unmet social needs negatively impacting on their health and wellbeing.

The program offers:

- personalised links to health services and community supports in your local area
- support to overcome loneliness and social isolation
- support to build confidence and reconnect with others, through local groups and activities
- assistance to navigate barriers such as transport, confidence or language.

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

Eligibility criteria:

This service is for people who:

- are 18 years and over
- have unmet social needs which are negatively impacting on their health and wellbeing
- live in Redcliffe, Caboolture or Kilcoy hospital catchment areas.



How to refer to SHC

SHC has an open referral pathway and we encourage referrals from GPs and other health professionals.

Scan the QR code to download a referral form (PDF) and email to:
SHC@footprintscommunity.org.au

eReferral templates for Best Practice and Medical Director Software can be downloaded from the Footprints website.