

WHAT DO CLIENTS RECEIVE?

- Person-centred support with a Link Worker
- Goal planning and follow-up
- Navigation to local community and social services
- Support overcoming participation barriers.

WHO CAN ACCESS THE PROGRAM?

Anyone who:

- is aged 18 and over
- lives in the Redcliffe, Caboolture, or Kilcoy catchment areas
- is experiencing loneliness, isolation, or social barriers
- has social needs impacting their health or wellbeing
- would benefit from capacity-building, goal setting, and community connection.

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.



You can ask for an interpreter.
It is FREE.

SOCIAL HEALTH CONNECT

A SOCIAL PRESCRIBING PROGRAM

Referral information for GPs and health professionals

Supporting social health and improved connection



"SHC is a cost-free intervention that makes far more impact than many medical treatments." — Dr James Martin, GP, Pebble Beach Medical Centre

"Thank you for supporting patients that I have referred to Footprints. You have done an amazing job linking them to services that meet their needs."

— **General Practitioner testimonial**

Contact us:

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🌐 www.footprintscommunity.org.au

STAY CONNECTED WITH US



JULY 2025

Serving Redcliffe, Caboolture and Kilcoy Hospital Catchment.





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.

HOW TO REFER:

- Clients can call us directly on 1800 366 877 or email SHC@footprintscommunity.org.au
- Use the QR Code to learn more and access referral forms.



- Visit our website: footprintscommunity.org.au

ABOUT SOCIAL HEALTH CONNECT

Social Health Connect is a social prescribing program for adults aged 18+ with unmet social needs negatively affecting their health and wellbeing. Link Workers engage one-on-one with clients to build capacity, reduce isolation, and promote social connection.

WHY SOCIAL CONNECTION IS 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?