

Case Study: Well-being in the time of COVID-19

ASPIRE is a Social Prescribing service run by Bray Area Partnership that aims to support people with their health and wellbeing by connecting them up with a wide range of services and activities in their local community. This often involves working closely with the person and helping them feel empowered to overcome barriers to their participation.

Nancy* first came to ASPIRE looking for help with anxiety and self-isolation. We met with Nancy to explore her interests and different needs. In Nancy's words: "They discussed my interests and suggested several novel, accessible and practical group activities and events; they listened to my social and financial concerns and directed me to the appropriate people".

At this time the COVID-19 crisis was deepening and it became clear that community services would no longer be able to offer face-to-face supports—a situation that would affect many of our clients.

In response to this, we continued supporting Nancy over the phone and created an online Wellbeing Programme designed to bring people together into a small, supportive group. Through video interacting with each other and the programme facilitator, participants gained understanding about stress and learned practical skills such as coping with stress, relaxation techniques and self-care during challenging times.

Nancy enthusiastically engaged with the online programme and found it to be practical and useful. She enjoyed discussing coping strategies with the facilitator and fellow participants, engaging in self-reflection and relaxation practices, and particularly valued the "fun group interaction".

The life-enhancing effect of participating in the ASPIRE programme is clear to Nancy, as she says that it has "helped me change the way I am approaching my life".

To find out more about ASPIRE, see www.brayareapartnership.ie.

**The client's name has been changed for reasons of confidentiality.*

ASPIRE (Adult Social Prescribing for Individual Resilience & Empowerment) is run by Bray Area Partnership, with funding from **Sláintecare and Healthy Ireland**, with support from **SICAP**.

