

St Patrick's
Mental Health Services



Pathways to Wellness

Wellness and
Recovery Centre



What is the Pathways to Wellness programme?

The Pathways to Wellness Programme is a group based support and re-engagement programme for individuals lacking motivation, confidence and opportunity to change and move forward towards their recovery.

The programme aims to offer opportunities to engage in activities which will encourage participation and re-engagement in community and society.

Who should attend this programme?

- People whose experience of wellbeing and health through activity and socialisation are limited

- People who have left hospital and are struggling to re-engage with their community

- People who are lacking motivation, confidence and opportunity to move forward

- People who are experiencing minor physical impediments such as hearing or mobility etc. Such individuals are encouraged to join and will be facilitated in working within their limits. A certain amount of mobility is required due to the nature of the outings which will involve some degree of walking (please speak to a member of the Pathways team if you have concerns or queries about mobility).

Programme structure

The programme is an ongoing open group consisting of one day per week on Monday, Tuesday, Wednesday or Friday. The group starts at 10.00am and finishes at 2.00pm. The programme is available through the Wellness and Recovery Centre.

Those attending the programme will be discharged with the Pathways team when they express readiness to engage in their community independent of the Pathways to Wellness programme.



What will programme participation involve?

This programme runs in group sessions. Each person will have an opportunity for active participation in group sessions focusing on the following themes:

- Planning, participating and reflecting on the activity
- Motivation and confidence to move forward
- Expressing personal values.

The Monday, Wednesday and Friday programmes will have regular group outings to community based resources such as libraries, theatres, art galleries and other public amenities.

The Tuesday programme will be hospital-based and community outings will not be part of the programme.

Referral procedure

Please discuss your interest in this programme with the team who are looking after your care and treatment (your multidisciplinary team).

Contact details for the programme

If you have any queries or questions about the programme please do contact the programme coordinator on tel: 01-249 3391.

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