

Location	Organisation	Background	Services	Specific referral criteria	Contact details	Additional resources
West Belfast, North Belfast	SPRING - HEART	SPRING Social Prescribing helps people aged 18+ to address; social, emotional and practical needs, by connecting them to sources of support within their community to improve their health and wellbeing.	Community support programmes and activities are to support those suffering from social isolation, low mood, mild depression, long term conditions or physical inactivity. They can include social clubs, physical activities, arts & crafts, counselling, peer support groups for those with long term conditions, advice and guidance or volunteering groups.	those aged 18 years or over needing early intervention and prevention support (promotion of health and wellbeing) or Low level/ co-produced support with primary care (such as targeted services in relation to low level mental health needs, pre-diabetes, social connections)	Maureen Sheehan Centre, 106 Albert St, Belfast BT12 4HL, Mary Hunter, mary.hunter@heartproject belfast.com, 07394566990	See Living Well webpage for pharmacy specific leaflets and resources or contact 07394566990

This list is not exhaustive. There may be other providers not listed. The list has been compiled from local sources but inclusion does not imply endorsement by PHA/SPPG.

Belfast Social Prescribing – Living Well resource – Correct as of December 2022 – Subject to change

<p>South Belfast, East Belfast</p>	<p>SPRING - LORAG</p>	<p>SPRING Social Prescribing helps people aged 18+ to address; social, emotional and practical needs, by connecting them to sources of support within their community to improve their health and wellbeing.</p>	<p>Community support programmes and activities are to support those suffering from social isolation, low mood, mild depression, long term conditions or physical inactivity. They can include social clubs, physical activities, arts &amp; crafts, counselling, peer support groups for those with long term conditions, advice and guidance or volunteering groups.</p>	<p>those aged 18 years or over needing early intervention and prevention support (promotion of health and wellbeing) or Low level/ co-produced support with primary care (such as targeted services in relation to low level mental health needs, pre-diabetes, social connections)</p>	<p>97 Balfour Ave, Belfast BT7 2EW, Paul McCrudden , pmccrudden@lorag.org , 02890312377</p>	<p>See Living Well webpage for pharmacy specific leaflets and resources or contact 02890312377</p>
<p>Belfast</p>	<p>AGE-NI First Connect</p>	<p>Age NI's First Connect service offers dedicated emotional and practical support at</p>	<p><a href="https://www.ageuk.org.uk/northern-ireland/services/carewellbeing-services/first-connect-service/">https://www.ageuk.org.uk/northern-ireland/services/carewellbeing-services/first-connect-service/</a></p>	<p>those aged 60 years and over</p>	<p>George Smith, george.smith@ageni.org</p>	<p><a href="https://www.ageuk.org.uk/northern-ireland/services/carewellbeing-services/first-">https://www.ageuk.org.uk/northern-ireland/services/carewellbeing-services/first-</a></p>

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		difficult times in an individual's life; situations which are often triggered by feeling the loss of independence or sudden unexpected changes in important relationships				<a href="#">connect-service/</a>
Regional	AGE-NI CHIC	Check in and Chat	provide a weekly volunteer telephone call to help individuals stay connected and reduce loneliness and isolation.	those aged 60 and over	08088087575	<a href="https://www.ageuk.org.uk/northern-ireland/information-advice/coronavirus-covid-19/check-in-and-chat/">https://www.ageuk.org.uk/northern-ireland/information-advice/coronavirus-covid-19/check-in-and-chat/</a>
Regional	AGE-NI Advice team	We provide free information and advice to help you on topics as diverse as claiming benefits to care homes.	A freephone number that covers most areas regarding advice eg benefits, housing, carer rights.	anyone aged 50 and over	08088087575	<a href="https://www.ageuk.org.uk/northern-ireland/services/advice-advocacy/">https://www.ageuk.org.uk/northern-ireland/services/advice-advocacy/</a>

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<p>Belfast Citywide</p>	<p>Connected Community Care</p>	<p>The Integrated Care Partnership launched the Connected Community Care (CCC) service in Belfast in 2016. The service was created to support the strategic vision of reducing health inequalities by encouraging people to play an active part in their health and wellbeing outside of the medical setting.</p>	<p>The CCC team works across Belfast to assist health professionals by connecting individuals support services within their local area. The team can help with a range of support needs to include emotional support, practical support, exercise, financial support, and self-management programmes.</p> <p>CCC Wellbeing Coordinators specialise in supporting those with, or at risk of, developing chronic conditions, isolation, and loneliness. If someone needs</p>	<p>The CCC service accepts self-referrals from anyone aged 18 and over registered with a Belfast based GP, regardless of postcode at no cost.</p>	<p>Connected Community Care Ground Floor 1 Bradford Court Belfast BT8 6RB E   info@ccchub.co.uk T   028 9590 1407</p>	<p>For more information on CCC services and self-referral forms please visit Eastern FSU (<a href="https://easternfsu.com/about-efsu/">https://easternfsu.com/about-efsu/</a>)</p>
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			<p>help finding support, groups/activities or accessing emotional/practical support they can help.</p> <p>CCC Dementia Navigators provide pre-diagnostic information and support for people who have been referred for a memory assessment by their GP and are waiting for an appointment or/and post diagnostic support to people, and their carers, who have already been given a formal diagnosis of Dementia and are living with the condition.</p>			
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			CCC for Cancer Macmillan Community Link Workers specialise in supporting people affected by cancer by connecting them to community, voluntary and cancer specific support services.			
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