

Location	Organisation	Background	Services	Specific referral criteria	Contact details	Additional resources
Ballymena, Ballymoney, Cushendall, Larne	SPRING - North Antrim Community Network	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)	25 Mill St, Cushendall, Ballymena BT44 0RR, Amanda McAuley, ama@nacn.org, 07840 374757	See Living Well webpage for pharmacy specific leaflets and resources or contact 07840 374757
Coleraine, Castlerock, Portstewart, Portrush	SPRING - CRUN	SPRING Social Prescribing helps people aged 18+ to address; social, emotional and practical needs, by connecting them to sources of	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,	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)	1 Brook St, Coleraine BT52 1EN, Lorna O'Neill, lorna@crun.org, 07909447781	See Living Well webpage for pharmacy specific leaflets and resources or contact 07909447781

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Northern Social Prescribers – Living Well Resource – Correct as of January 2023 – Subject to change

		support within their community to improve their health and wellbeing.	peer support groups for those with long term conditions, advice and guidance or volunteering groups.			
Northern Area	AGE-NI First Connect	Age NI's First Connect service offers dedicated emotional and practical support at 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	https://www.ageuk.org.uk/northern-ireland/services/carewellbeing-services/first-connect-service/	those aged 60 years and over	Sam Cunningham, sam.cunningham@ageni.org	https://www.ageuk.org.uk/northern-ireland/services/carewellbeing-services/first-connect-service/

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Ballymena, Antrim Areas	AGE-NI Staying Sharp	'Staying Sharp' is a project providing support to older people with mild cognitive impairments (MCI) in Ballymena and the surrounding area. The aim of this project is to support healthy lifestyle choices to reduce the risk of developing dementia	Supporting people with mild cognitive impairment	those aged 60 years and over	Pauline O’Kane, Pauline.O’Kane@ageni.org	Contact Pauline O’Kane
Mid Ulster	AGE-NI Local Community Navigator	The Community Navigator service, is a partnership project, delivered throughout NHSCT area by Age NI,	The Community Navigator service helps older people in the Northern Health and Social Care Trust (NHSCT) area to access local services and activities, to improve their health, wellbeing and	those aged 50 years and over	Eugene O’Goan, communitynavigator.MU@ageni.org	https://www.ageuk.org.uk/northern-ireland/services/carewellbeing-services/community-navigator/

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		Building Communities Resource Centre and Mid & East Antrim Area Partnership, funded by NHSCT and Public Health Agency.	independence and supports NHSCT staff by providing links to the community and voluntary sector.			
Antrim/ Newtownabbey	AGE-NI Local Community Navigator	The Community Navigator service, is a partnership project, delivered throughout NHSCT area by Age NI, Building Communities Resource Centre and Mid & East Antrim Area Partnership, funded by NHSCT and Public Health Agency.	The Community Navigator service helps older people in the Northern Health and Social Care Trust (NHSCT) area to access local services and activities, to improve their health, wellbeing and independence and supports NHSCT staff by providing links to the community and voluntary sector.	those aged 50 years and over	Stephen Gourley, communitynavigator. AN@ageni.org	https://www.ageuk.org.uk/northern-ireland/services/carewellbeing-services/community-navigator/

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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	https://www.ageuk.org.uk/northern-ireland/information-advice/coronavirus-covid-19/check-in-and-chat/
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	https://www.ageuk.org.uk/northern-ireland/services/advice-advocacy/
Ballycastle and surrounding areas (Bushmills, Ballintoy, Armoy, Ballycastle, Cushendun, Cushendall, Rathlin and the Glens of Antrim).	AGE-NI Living Well Moyle	Living Well Moyle is about people, place and purpose: the focus is on the person, understanding their aspirations and relationship with their community; the shared	Individuals are supported by a Living Well Coordinator, who is part of the multi-disciplinary team within a GP practice, and a 'guided conversation' with individuals is undertaken. This enables the individual to identify their goals and needs, then with the coordinator's support, agree a	those aged 18 years and over	Sandra Watton, 07435968376 sandra.watton@ageni.org	See Living well webpage for referral form and further information or contact Sandra Watton.

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		<p>purpose is shaping everything around a holistic person centered and coordinated approach to improve the quality of life for older people; by helping them identify ways to build their self-confidence, self-determination, resilience and self-reliance; and by providing practical support to help them achieve their aspirations.</p>	<p>management plan that is delivered on their behalf by statutory and community/voluntary sector services. A key element of the service is the support of a network of volunteers, to help individuals become more physically and socially active within their community.</p>			
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<p>Ballymena, Larne and Carrickfergus and outlying rural areas</p>	<p>IMPACT Agewell®- Middle and East Antrim Area Partnership</p>	<p>IMPACT Agewell®, is a community led, social prescribing programme which has been developed and delivered by a wide range of healthcare practitioners including GPs, Community Pharmacists, Social Work teams and commissioners, thanks to funding from The Dunhill Medical Trust and The Health & Social Care Board (now known as Strategic Planning and Performance Group)</p>	<p>Types of support might include: Befriending, home security checks, handyperson services, energy efficiency checks, benefits advice, transport, health support groups and various local clubs.</p>	<p>Aged 60 years and over •Live alone or with another Older Person, in your own home or in sheltered housing •Have one of the following long term health conditions: •Diabetes • Respiratory (COPD) •Heart Failure • Frailty •Stroke • Hypertension •Parkinson’s • Osteoporosis •Coronary Heart Disease •Registered with one of the participating GP practices •Would like to talk about your general health and well-being •Would like to know about and access the support available in your local community.</p>	<p>028 2565 8604, info@meaap.co.uk</p>	<p>See Living Well webpage for resources, visit www.meaap.co.uk or contact 028 2565 8604</p>
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<p>Ballymena, Larne and Carrickfergus and outlying rural areas</p>	<p>MEEAP Local Community Navigator (see also AGENI community Navigator details)</p>	<p>The Community Navigator service, is a partnership project, delivered throughout NHSCT area by Age NI, Building Communities Resource Centre and Mid & East Antrim Area Partnership, funded by NHSCT and Public Health Agency</p>	<p>The Community Navigator service helps older people in the Northern Health and Social Care Trust (NHSCT) area to access local services and activities, to improve their health, wellbeing and independence and supports NHSCT staff by providing links to the community and voluntary sector.</p>	<p>those aged 50 years and over</p>	<p>Leanne Kerr 02825658604 Community.navigator@meaap.co.uk</p>	<p>Contact Leanne Kerr or visit https://www.meap.co.uk/communitynavigator/?%3E</p>
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