

Location	Organisation	Background	Services	Specific referral criteria	Contact details	Additional resources
All of SE Trust area (especially Ards, North Down, Lisburn and Down)	Caring Communities Safe & Well	Caring Communities Safe & Well service is available to those aged 65 and over, who are feeling lonely and living in the South Eastern Health & Social Care Trust area.	<p>Caring Communities can offer a range of services including:-</p> <ul style="list-style-type: none"> - Connections with new people – Telephone befriending , Good Morning Call - Access to health services and information - Keeping active and healthy - Safe and secure homes - Benefits advice - Access 	Available to those aged 65 and over, who are feeling lonely and living in the South Eastern Health & Social Care Trust area.	<p>https://setrust.hscni.net/service/caring-communities-safe-and-well/</p> <p>& download a self-referral form or contact on 02897566934</p>	See Living Well webpage or contact 02897 566934

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.

			information and advice			
Lisburn, Poleglass	SPRING - Resurgam Trust	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	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	9 Drumbeg Dr, Lisburn BT28 1NY, Nichola Smyth, nichola.smyth@resurgamtrust.co.uk, 07935220403	See Living Well webpage for pharmacy specific leaflets and resources or contact 07935220403

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

			social clubs, physical activities, arts & crafts, counselling , peer support groups for those with long term conditions, advice and guidance or volunteering groups.	as targetted services in relation to low level mental health needs, pre-diabetes, social connections)		
Downpatrick	SPRING - County Down Rural 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	Community support programmes and activities are to support those suffering from social isolation, low mood, mild depression , long term conditions or physical	those aged 18 years or over needing early intervention and prevention support (promotion of health and wellbeing) or Low level/ co-produced support	Ballymote Centre/40 Killough Rd, Downpatrick BT30 6PY, Nuala McElroy , nuala@countydowncrn.com, 028 44612311	See Living Well webpage for pharmacy specific leaflets and resources or contact 028 44612311

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		health and wellbeing.	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.	with primary care (such as targeted services in relation to low level mental health needs, pre-diabetes, social connections)		
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/

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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/
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