

# SOCIAL ISOLATION / WELLBEING CHECK

Organisation name	Service type	Restrictions	Contact
<b>NHS – Better Health</b>	Advice and practical steps that you can take to support your wellbeing and manage your mental health.	Anyone	<a href="https://www.nhs.uk/every-mind-matters/">https://www.nhs.uk/every-mind-matters/</a>
<b>Lets Talk Loneliness</b>	Offers a variety of tips, advice, and further resources such as chat groups, volunteering one-to-one support.	Anyone	<a href="https://letstalkloneliness.co.uk/">https://letstalkloneliness.co.uk/</a>
<b>Hub of Hope</b>	Hub of Hope can be used to find local sources of mental health support and services, both from the NHS and from other organisations.	Anyone	<a href="https://hubofhope.co.uk/">https://hubofhope.co.uk/</a>
<b>Alzheimer's Society NELC</b>	Dementia Advise and support Service Carers Information Support Programme (CrISP)	People with Dementia and Carers	Grimsby Office: 01472 359247 <a href="mailto:Referrals_nelincs@alzheimers.org.uk">Referrals_nelincs@alzheimers.org.uk</a> Dementia Connect Helpline: 0333 150 3456
<b>Carers Support Service</b>	Telephone Helpline – emotional support, signposting, referrals, information, and advice.	Carers caring for a family member, friend or neighbour who lives in North East Lincolnshire	01472 242277 <a href="mailto:Info.nel@carerssupportcentre.com">Info.nel@carerssupportcentre.com</a> <a href="http://www.carerssupportcentre.com">www.carerssupportcentre.com</a>
<b>Thrive-Nel</b> Centre 4 Community Hub 17a Wootton Road, Grimsby DN33 1HE	Thrive-NEL hold a male only support group on Wednesday's, 10am – 11:30am at Centre 4.		Tel: 01472 236673 to self refer  Or a practitioner with consent can ring on their behalf and complete the referral form over the phone.