


Telephone Numbers to help people connect

Contact numbers to connect with others to reduce loneliness



Organisation	Further Details	
Age UK Lincolnshire	An independent charity supporting older people, their families, and carers. Deliver variety of services, befriending, home help, information and advice, telecare and response, activities, hospital discharge support and care.	01522 696000
Citizens Advice Lincoln & Lindsey Citizens Advice South Lincolnshire Citizens Advice Mid Lincs	Provides free, confidential and independent advice to people who may have money, benefit, housing or employment problems.	08082787904 08082787996 08082787942
Lincolnshire Community and Voluntary Service	A local charity with the core purpose of helping people, particularly at transition points in their lives, improve their health. We promote volunteering, self-esteem, wellbeing. Covering Boston, South Holland, East Lindsey and South Kesteven.	01205 510888
Lincolnshire Transport Helpline	Transport options in including. Local Transport, Timetable Information, Voluntary Car Scheme, Hospital Transport, Concessionary Passes, Call-Connect, Other Help & Advice	03454 564474
Social Prescribing Team (LCVS)	Social Prescribing Link Workers can offer one-to-one support, to help people connect with what they are interested in. Anything from arts/craft groups to activities that involve physical exercise, such as gardening and dance clubs.	01522 551683
SSAFA – Armed Forces (National)	The Armed Forces charity is a trusted support for serving personnel, veterans and their families in their time of need, offering welfare, health and support services. We are open 09:00 - 17:00, Monday to Thursday, and 09:00 - 16:00 on Friday.	08002606780
The Silver Line Helpline (National)	A free, confidential telephone service that offers friendship, conversation and support to older people – 24 hours a day, 365 days a year, 7 days a week.	08004708090
Voluntary Centre Services (North Kest) Voluntary Centre Services (Lincoln) Voluntary Centre Services (West Lindsey)	A local charity with the core purpose of helping people, particularly at transition points in their lives, improve their health. We promote volunteering, self-esteem, wellbeing.	01529 308450 01522 551683 01427 613470
VSS – Veterans Support Service	Delivers support and services to improve the health and wellbeing.	01775 422802
Wellbeing Lincs	Meeting specific requirements and help you improve your confidence, and independence.	01522 782140
YMCA Lincolnshire	Delivers a range of projects across rural communities in partnership with other orgs.	07803858730

Community Wellbeing Hubs provide advice & support if you have a mental health issue. Hubs are supported by Community Connectors providing free, confidential support and advice and signpost you to other services in the local area, helping reduce loneliness and isolation

Arise Church Lincoln	Wellbeing Café men's and women's activities, seasonal events		01522 694694
Boston Wellbeing Hub	Community Connector, Wellbeing Hub Group Facilitator		07484 024856 07484 019209
Boston Wellbeing Satellite Provision - Black Sluice	Support and advice and signpost to other services		07484 024856
East Coast Wellbeing Satellite Provision	Stickney Youth Centre, Hall Lane	The Keal's Village Hall, Spilsby	07901 211220
	Royal Arthur Centre, Ingoldmells	Burgh Le Marsh Baptist Church	
	Wainfleet All Saints	Sibsey Village Hall	
Gainsborough Wellbeing Hub - The Bridge	Mental health and social groups and support		01427 677377
Grantham Wellbeing Hub - Bhive	Support groups, learning and signposting		01476 592775
Holbeach Wellbeing Hub	A place to talk with others, developing friendships		07916161218
Horncastle Wellbeing Hub - Community Links	Caring charity that offers help and support to individuals		07999 354891
Lincoln Wellbeing Hub - Bridge Central	Wellbeing activities, signposting, support with IT skills and advocacy		01522 530730
Louth Wellbeing Hub - Trinity Centre	Social activities, mental health and dementia support		01507 605803
Mablethorpe Wellbeing Hub - Clip	A variety of services and activities to support mental health and wellbeing		01507 473325
Meadow - Ruskington Wellbeing Hub	Social activities in a friendly relaxed environment		01526 834275
Mint Lane Wellbeing Hub - Lincoln	Friendship Through Food' and strives to decrease social isolation		07778705979
Old Leake Wellbeing Satellite	Reduce loneliness and isolation by bringing people together in a safe and welcoming environment		07913651835 07983406443
Shine Lincolnshire Community Hub - Horncastle	Tackle isolation, create friendships and connect people to support them		01507 304548
Skegness Wellbeing Hub - The Storehouse	Help build social networks and develop skills to improve health & wellbeing		07493266569
Sleaford - Riverside Wellbeing Hub (Satellite)	Social friendships and activities		01529 309482
Spalding Wellbeing Hub-Tonic Health, Sth Holland	Health and wellbeing charity, providing community support to the people		01775 725059
Spilsby Wellbeing Hub - New Life Centre	Various activities and social support groups		07901 211220
Stamford Wellbeing Hub - Mindspace	support sessions including daytime Tea & Chat, evening Night Light Cafes		07563 385273
Student Wellbeing Centre - University of Lincoln	Offers a confidential safe space to openly talk - student related queries only		01522 886400
Waddington Wellbeing Hub	Welcome, warm space, drop-in, activities and food		07365 527663
Wragby Wellbeing Satellite Provision	Wellbeing Drop-In Friday 1.30 pm to 3.00 pm		01507 605803