



By working together we aim to reduce isolation and loneliness, as well as promoting independence, choice and wellbeing.







Supported by









Email: admin@ageuknelincs.org.uk Telephone: 01472 344976 www.ageuk.org.uk/northeastlincs

Age UK North East Lincolnshire aims to promote your wellbeing and make later life a fulfilling and enjoyable experience though our social centres, activities and services available from our centres in Grimsby and Cleethorpes.

You can enjoy hot meals and the chance to socialise in our pop in cafes or have meals delivered to your home. Other services include legal and financial advice, hairdressing, chiropody, shopping trips, exercise classes, and even a handyman service.



Email: admin@friendshipathome.org.uk Telephone: 01472 602500

Website: www.friendshipathome.org.uk

Friendship at Home is a volunteer-based scheme, offering support and friendship to people over 60 across North East Lincolnshire who may be lonely or isolated. We encourage them to regain lost confidence and to become part of local life once more.

We offer a 1-1 befriending service, social activities, dementia support, info and advice and a range of 24/7 virtual services.



Email: admin@care-link.org.uk Telephone: 01472 312312

Website: www.carelinknel.co.uk

Carelink promotes independent living and peace of mind with the lifeline alarm system and range of accessories that provide help and assistance 24 hours a day, seven days a week from our local support team.

We're not just for the elderly. If you are isolated, vulnerable, and need the reassurance that a caring professional is on hand day and night, get in touch with us today.