

Living Well Living Longer can help you:

-  Maintain your independence
-  Improve your physical wellbeing
-  Improve your emotional wellbeing
-  Reduce social isolation

Our service is delivered by highly skilled and trained staff supported by volunteers and we operate within strict professional and confidential boundaries.

We welcome feedback on our service so please contact us if you would like to share or discuss your experience of our **Living Well Living Longer** service or if you would like further information on how you can become a volunteer with us.

Alternative formats of this leaflet are available on request.

Beacon
Supporting Mental Wellbeing



Beacon is part of Niamh (Northern Ireland Association for Mental Health) and this service is funded by the Big Lottery Fund until September 2016.

Living Well Living Longer

Older Peoples Service



Support is only a
phone call away

Beacon



What we do:

Living Well Living Longer is a Beacon service designed to help people over the age of 60 to live safely and independently in their own community.

We can provide you with free support and assistance with:

-  Attending hospital/medical appointments
-  Shopping and daily living tasks
-  Getting out and about in your local community
-  Information on other services and how to access them
-  Home safety and security
-  Befriending
-  Bereavement or traumatic event support
-  Managing finances and benefit claims
-  Health concerns, alcohol problems or general family worries

Are you eligible?

If you are over 60 and live in the Armagh, Dungannon, Lisburn or Newtownards Council areas then the **Living Well Living Longer** service is available to you.

We accept self-referrals and referrals from our partner organisations:



You can access this service by calling free on

0800 389 5362

Monday - Friday 9.00am - 9.00pm

Saturday 9.00am - 2.00pm

Please quote **“Living Well Living Longer”**

Email: infolwll@beaconwellbeing.org

We will then arrange to meet with you to discuss how best we can meet your needs.