Wrightington, Wigan and Leigh Teaching Hospitals
NHS Foundation Trust

Useful Wellbeing Contacts & Services in your Area

Version number: **1**
Last modified date: **12th November 2026**

Useful Wellbeing Contacts and Services in your Area

Patient Information

Community React Team

- Author ID: JH
- Leaflet Ref: CRT 009
- Date Produced: August 2024
- Expiry Date: August 2026

Introduction

Everyone can feel lonely sometimes, and often there doesn’t need to be a reason to feel like this, and this is fine. Sometimes there may be a reason – the loss of a loved one, losing contact with family and friends, losing enjoyment from work and social activities, or health problems that make it difficult to get out and do the things you love.

Sometimes loneliness can pass, however there are things you can do to feel less lonely and improve your mental wellbeing.

Loneliness can affect anyone, at any stage of life, and the best thing to remember is that you are not alone.

We have compiled some helpful services and contacts in this leaflet, to offer help and advice for loneliness and to improve mental well-being, as well as some useful contacts for carers that may be finding their role difficult at times.

Age UK

Age UK offer free telephone friendship services, so you can have a chat with someone from the comfort of your own home.

Befriending services are available at many Age UKs, where a volunteer will visit you in your own home, for anything for a cup of tea and a chat, to accompanying you on a trip to the café or theatre.

TEL: 0800 678 1602 (8am-7pm)

Age UK Wigan: 01942 615880

Samaritans

Samaritans is someone to listen to what's troubling you. It's not just for people who are feeling suicidal.

TEL: 116 123

BeWell

BeWell is Wigan Council's leisure and wellbeing service, all under one roof. Whether you are looking to get fit or manage a health condition, there is something for everyone, whatever your age or ability.

TEL: 01942 836 967

In Good Company Caring Companions

In Good Company specialise in companionship services and support, whether it is getting out of the house, shopping, running errands, or a cup of tea and a good chat.

TEL: 01942 829 855

Mobile: 07902 333 702

The Silver Line

Everyone needs someone to talk to sometimes, that’s why AGE UK’s Silver Line Helpline offers a free telephone service for people 55 and over. From a quick “Good Morning!”, To a good heart-to-heart, 7 days a week.

TEL: 0800 470 8090

Wigan & Leigh Carers Centre

Wigan & Leigh Carers Centre offer support for young & adult carers, to make life easier by tailoring the help, support, and advice to each person's unique situation, to find the support that's right for you and the person you care for.

TEL: 01942 697 885 (9am-4:30pm, Mon-Fri)

Pensioner's Link

Provides daily activities, friendship, counselling, and support for older people who feel isolated, improving confidence and positive mental wellbeing

TEL: 01942 261 753

Home Instead

Home Instead Senior Care Wigan offer a range of services, including companionship, home help, personal care, local transportation, respite, dementia care, trips or visits, and much more.

TEL: 01942 363 414

Bridgewater Day Services

A ‘Home away from Home’ for older people and those living with dementia, Bridgewater Day Care provide friendly, fun, and community focused services for their clients, as well as respite services for family carers.

TEL: 01942 723 115

PAPYRUS UK

Offering support to young people across the country, to prevent young suicide

TEL: 0800 068 4141

Mind

Provide advice and support to empower anyone experiencing a mental health problem

TEL: 0300 123 3392

Text: 86463

CALM

Campaign Against Living Miserably (CALM) offers support to men of any age who are down or in crisis.

TEL: 0800 58 58 58 (5pm-midnight)

Lighthouse Project

A community group focused on wellbeing and good mental health, with a range of services accessible for everybody in the Wigan borough

TEL: 07309 179 283 (2pm-8pm, Mon-Fri)

Think Wellbeing Wigan

Think Wellbeing offers free NHS therapy for people registered with a Wigan GP aged 16 or over with common mental health problems including:

- Loss of interest in hobbies
- Feeling down or hopeless
- Trouble sleeping
- Lack of energy
- Worrying
- Restlessness or agitation
- Life with a long-term health condition
- Post-natal depression

TEL: 01942 764 449

Transportation Services

- Ring and Ride: **TEL: 0161 244 1000**
- Hospital Transport: **TEL: 01942 482 990**
- Bus Pass Enquiries: **TEL: 0161 244 1050**
- British Red Cross Transport (Hospital Appointments): **TEL: 01925 229 740**



Version number: **1**
Last modified date: **12th November 2026**

All rights reserved © 2026
WWL Teaching Hospitals NHS Foundation Trust