



# **Carer Resource Directory**

## **Down Area**

**(Information correct as of Nov 2023)**

## Finance and Practical Advice

### Advice NI

An independent advice network, providing advice to those who need it. Free, confidential advice on benefits, debt, business debt, HMRC products & services and EU Settlement Scheme.

Telephone: 0800 915 4604

Email: [advice@adviceni.net](mailto:advice@adviceni.net)

Visit: [www.adviceni.net/local](http://www.adviceni.net/local) to find your local independent advice centre

### Advice Space

The Agency provides a range of advisory services to promote good employment practice and advise employers and employees on their rights and responsibilities. These services include Workplace Information Service (WIS), Briefings, seminars/webinars, and workshops, Employment Document Service.

Telephone: 0330 055 5300 Confidential workplace advice line; 0330 055 2220 Main Advice Line

Visit: [www.lra.org.uk](http://www.lra.org.uk)

### Age NI Advice Service

The following services are available in the SEHSCT: Check in and Chat telephone befriending service, Day Centres in Ballynahinch and Portaferry, Day Centres specific to those with dementia: Castlewellan, and Dunmurry, Lisburn, Move More Live More falls prevention programme for the over 65's and. Carer support available via telephone and zoom

Telephone: 0808 808 7575 Advice Line 028 9024 5729 Main Office

Email: [advice@ageni.org](mailto:advice@ageni.org)

### British Legion

A charity providing care and support to serving members of the Armed Forces, veterans of all ages and their families. We help serving members of the Armed Forces, ex-Service men and women (veterans), their families and dependants year-round.

Telephone: 0808 802 8080 Helpline 8am- 8pm 7 days a week. 028 4461 2501 Downpatrick branch

Email: [info@britishleigon.org.uk](mailto:info@britishleigon.org.uk)

Visit: [www.britishleigon.org.uk](http://www.britishleigon.org.uk)

### Community Advice Downpatrick

Assists people resolve many problems including debt, social security benefits, housing, legal, health, and discrimination, employment, immigration, tax,

relationship and consumer issues. Ballymote Centre, 40 Kilough Road, Downpatrick

Telephone: 0300 303 0306

Email: [advice@advicenmd.com](mailto:advice@advicenmd.com)

### Consumer Council

Offers energy advice for all consumers and businesses and provides an independent energy price comparison tool.

Telephone: 028 9025 1600

Email: [info@consumercouncil.org.uk](mailto:info@consumercouncil.org.uk)

### Credit Union

Provides advice, help and support to manage money through saving and safe lending and repayment programmes.

Telephone: 028 9756 3057 Ballynahinch branch

Visit: <https://ballynahinchcu.co.uk/>

Telephone: 028 4483 2190 Crossgar branch

Visit: Visit: <https://ballynahinchcu.co.uk/>

Telephone: 028 4461 4174 Downpatrick branch

Visit: <https://www.downpatrickcu.com/>

Telephone: 0771 991 7953 Rowallane Saintfield branch

Visit: <https://www.facebook.com/people/Rowallane-Credit-Union-Limited/100068760823542/>

Telephone: 028 9751 1295 BDS Saintfield branch

Visit: <https://www.bdscreditunionlimited.com/>

### Employers for Childcare

The charity aims to make it easier for parents with dependent children to get into work and stay in work. The work includes a Freephone helpline and outreach service through their Family Benefits Advice Service.

Telephone: 028 9262 5767

Helpline: 0800 028 3008

Email: [hello@employersforchildcare.org](mailto:hello@employersforchildcare.org)

### Find Help NI

Online community resource finder related to mental health conditions.

Email: [info@findhelpni.com](mailto:info@findhelpni.com)

Telephone: 028 9188 8448

### **Here2Help App**

Provides access to advice and support services for anyone in crisis or needing help. Download the App on your mobile phone.

### **Hospital Travel Costs Scheme**

Patients in receipt of means tested benefits or on a low income could get help with the cost of travel to hospital appointments. It does not apply to visitors. Fill in a refund claim form HC1 that can be located at a Jobs and Benefits Office or at the hospital site.

Rathkeltair House  
Market Street  
Downpatrick  
BT30 6LZ  
Telephone: 0800 022 4250

### **Inspire Regional Advocacy Service**

Supporting people with mild/moderate mental ill health, helping to ensure that they have the services they need, when they need them.

Telephone: 0808 189 0036

Email: [infoline@inspirewellbeing.org](mailto:infoline@inspirewellbeing.org)

### **Labour Relations Agency**

The Agency provides a range of advisory services to promote good employment practice and advise employers and employees on their rights and responsibilities. These services include Workplace Information Service (WIS) Briefings, seminars/webinars, and workshops, Employment Document Service.

Telephone: 0330 055 5300

Email: [info@lra.org.uk](mailto:info@lra.org.uk)

### **Law Centre**

Offers advice and support around employment, immigration and benefit issues.

Telephone: 028 9024 4401

Email: [admin@lawcentreni.org](mailto:admin@lawcentreni.org) general enquiries

### **MACS**

MACS provides a range of support for young people between the ages of 16 and 25, support includes: managing money and finances, supported housing, floating support, shared tenancies, wellbeing support and advocacy through their Led By You initiative.

Telephone: 028 4461 5155

Visit: <https://www.macsni.org/>

### **Make the Call**

Advice about accessing benefits supports and services. Free and confidential service.

Telephone: 0800 232 1271

Email: [makethecall@dfcni.gov.uk](mailto:makethecall@dfcni.gov.uk)

Visit: [www.nidirect.gov.uk/makethecall](http://www.nidirect.gov.uk/makethecall)

### **Migrant Centre NI**

Advice and support for those from Black and Minority Ethnic communities.

Telephone: 028 3832 3844

Email: [admin@migrantcentreni.org](mailto:admin@migrantcentreni.org) or  
[advice@migrantcentreni.org](mailto:advice@migrantcentreni.org)

### **Mind Wise Mental Health & Money Advice**

Providing clear and practical advice for people experiencing issues with mental health and money. Advice on benefits, managing money and mental health care.

Telephone: 0791 862 6432

Visit:

<https://www.mentalhealthandmoneyadvice.org/ni/>

### **National Energy Action**

Charity that campaigns for affordable warmth and improved energy efficiency in the homes of people who are vulnerable to the cold. Can offer support and advice.

Telephone: 0800 304 7159 or 028 9023 9909

Email: [northern.ireland@nea.org.uk](mailto:northern.ireland@nea.org.uk)

### **Newry, Mourne and Down Ethnic Minority Support Centre**

Newry, Mourne and Down Ethnic Minority Support Centre provides free and confidential advice to Minority Ethnic communities living in the district. Information is available in a range of languages. It offers support and information on issues such as rights, access to services, education, benefits housing and signposting to relevant agencies.

Wednesday- Downpatrick Civic Centre 10am – 1 pm (by appointment)

Wednesday- Down Arts Centre 2pm – 4 pm (by appointment)

Telephone: 028 3025 2544

Email: [ethnicsupport@nmandd.org](mailto:ethnicsupport@nmandd.org)

### **NI Direct Cost of Living Information and Advice**

NI Direct has a cost of living webpage which signposts to information and advice on everything from energy to housing.

Visit: [www.nidirect.gov.uk/campaigns/cost-living](http://www.nidirect.gov.uk/campaigns/cost-living)

### **NI Energy Advice Line**

Offers free comprehensive advice on saving energy in the home and current energy efficient grants that are active, pertains to certain areas.

Telephone: 0800 111 4455

Email: [nienergyadvice@nihe.gov.uk](mailto:nienergyadvice@nihe.gov.uk)

### **NI Land and Property Services**

Provides advice on how to apply for reduced rates for disabled person's allowance up to 25%:

Telephone: 0300 200 7801

Reduced rates for other means tested benefits examples include universal credit:-

Telephone: 0300 200 7802

Visit: [www.nidirect.gov.uk/contacts/land-property-services-lps-rate-rebate-team](http://www.nidirect.gov.uk/contacts/land-property-services-lps-rate-rebate-team)

### **NI Sustainable Energy Programme**

An £8 million fund to help households across NI. Schemes include LED light bulbs, hot water tank jacket, water widgee, remote smart heating controls, radiator panels, draught proofing.

Telephone: 0800 111 4455

Visit: [www.nihe.gov.uk/community/NI-Energy-Advice/NI-Energy-Advice-GET-IN-TOUCH](http://www.nihe.gov.uk/community/NI-Energy-Advice/NI-Energy-Advice-GET-IN-TOUCH)

### **Rural Support**

Rural Support provides impartial guidance for farmers and farm family members in support of their farm business and personal wellbeing.

Telephone: 028 8676 0040

Email: [info@ruralsupport.org.uk](mailto:info@ruralsupport.org.uk)

### **Simon Community Low Threshold Service for people who use drugs and alcohol- Saul**

Offers advice and support on homelessness prevention, accommodation services, health and wellbeing and young people's support services.

Email: [info@simoncommunity.org](mailto:info@simoncommunity.org) or [help@simoncommunity.org](mailto:help@simoncommunity.org)

Telephone: 0743 575 4304

Telephone: 0800 171 2222- homeless support Helpline

### **Society of St Vincent De Paul**

Offer a confidential, person centred, non-judgemental service to individuals and families. Volunteers who will respond to those in need carry out home visitation.

Telephone: 028 9035 1561

Email: [info@svpni.co.uk](mailto:info@svpni.co.uk)

Visit: [www.svp.ie/requesthelp](http://www.svp.ie/requesthelp)

### **Step Change**

Free confidential debt advice online 24/7, users can set up an online account for continuous support.

Telephone: 0800 1381 111, Helpline opening hours: Mon- Fri 8am-8pm, Sat 9am-2pm, Sun closed.

Email: [contactus@stepchange.org](mailto:contactus@stepchange.org)

## Assistance, Support and Emergency Contacts

### Action for Children

Support for young carers caring for someone in the South Eastern Trust area up to the age of 18yrs. Referrals can be made directly to action for children from members of the public.

Telephone: 028 9046 0500 or 0300 123 2112

Email: [niyoungcarers@actionforchildren.org.uk](mailto:niyoungcarers@actionforchildren.org.uk) or [ask.us@actionforchildren.org.uk](mailto:ask.us@actionforchildren.org.uk) for any enquires.

Visit: [www.actionforchildren.org.uk](http://www.actionforchildren.org.uk)

### Action Mental Health Downpatrick

AMH New Horizons helps people to overcome the effects of mental ill health and in many cases return to work.

Telephone: 028 4461 3791 Downpatrick

### Acute Community Mental Health Services

The Home Treatment Service is the gateway to acute mental health services and provides a comprehensive assessment of need, together with a range of interventions for people aged 18-65 years of age experiencing mental health crisis. Referrals are made through a GP.

Telephone: 028 9598 8053

### Addiction NI

Drug and alcohol intervention and support services for adults and family members. They also have a dedicated helpline for those over 50 dealing with addiction issues.

Telephone: 028 9066 4434 Over 50's alcohol Helpline: 0808 801 0750

Email: [enquiries@addictionni.com](mailto:enquiries@addictionni.com)

### AGE NI MOVE MORE LIVE MORE

Helping older people to find online exercise programmes suitable to do safely at home.

Telephone: 028 9024 5729

Email: [info@ageni.org/movemorelivemore](mailto:info@ageni.org/movemorelivemore)

### AGE NI GOOD VIBRATIONS (MOVEMBER SERVICE)

A support and wellbeing service for men over 50 years.

Telephone: 0743 658 1437

Email: [george.smith@ageni.org](mailto:george.smith@ageni.org)

### Al- Anon

Offers a free and confidential service for families and carers of alcoholics, 7 days a week from 10am – 10pm. Alternatively, the service in Northern Ireland can be contacted 6pm – 11pm, 7 days a week and 10am – 1pm, Monday to Friday. The website provides links to virtual online meetings and information on alcohol and its effects.

Telephone: 0800 008 6811 Helpline 028 9068 2368 NI Telephone Number

Website: <https://www.al-anonuk.org.uk/>

### Almost Home Animal Rescue NI

The Charity rescues, rehabilitates and rehomes companion animals and other small animals across NI.

Telephone: 0792 292 1852 Mon- Sat: 7.30pm- 9pm

Email: [almosthomeni@gmail.com](mailto:almosthomeni@gmail.com)

Visit: [Almost Home: Northern Ireland Animal Rescue & Rehoming Charity \(almosthome-ni.org\)](http://Almost Home: Northern Ireland Animal Rescue & Rehoming Charity (almosthome-ni.org))

### Alzheimer's Society

Offers carers CrISP Programmes throughout the year (carer information and support programme for carers caring for someone with dementia).

Telephone: 0333 150 3456 support line or 0752 271 2764 CrISP support worker

Mon- Wed 9am - 8pm, Thurs - Fri 9am - 5pm, Sat - Sun 10am - 4pm

Switchboard: 028 9066 4100 (9am-5pm)

Email: [downandlisburn@alzheimers.org.uk](mailto:downandlisburn@alzheimers.org.uk)

Alternatively, contact [crispseni@alzheimers.org.uk](mailto:crispseni@alzheimers.org.uk) for programme information.

### Angel Eyes

Parents of blind and partially sighted children who felt helpless and uninformed when their children were first diagnosed developed Angel eyes NI. Together they provide emotional and practical support for parents in the same position. They are a charity that aims to help parents with all the new challenges they will face and hopefully make the future seem a little brighter.

Telephone: 028 9590 2835

Email: [info@angeleyesni.org](mailto:info@angeleyesni.org)

### ASCERT

Supporting young people, adults and families to reduce alcohol and drug related harm in communities.

Telephone: 0800 254 5123

Email: [info@ascert.biz](mailto:info@ascert.biz)

### **ASSISI**

Assisi Animal Sanctuary can advise regarding rehoming of companion animals, reporting of lost pets, as well as offering support by way of their Outreach scheme, which provides pet food and other essential supplies, and helps keep much-loved animals in their homes and with their families.

Telephone: 028 9181 2622

Email: [info@assisi-ni.org](mailto:info@assisi-ni.org)

### **Autism NI**

Supports individuals with Autism and their families including a helpline, support groups, training courses and an 18 plus peer network support group that meets online monthly.

Telephone: 028 9040 1729 (option 1)

Email: [info@autismni.org](mailto:info@autismni.org)

Visit: [www.autismni.org](http://www.autismni.org)

### **Autonomie**

Empowers young people with additional needs and families raising a child or young person with additional needs. Services include workshops, outreach services, drop in centre and virtual support hubs. Practical and emotional support is also offered.

Telephone: 028 9591 8051

Email: [sharon.autonomie@gmail.com](mailto:sharon.autonomie@gmail.com)

### **Barnardos**

Protects, supports and nurtures the most vulnerable children. Provides family support and early intervention. The family support service provides up to 12 sessions of direct support and therapeutic intervention for families with children aged 0-18yrs within the family home.

Telephone: 028 9067 2366

Email: [receptionni@barnardos.org.uk](mailto:receptionni@barnardos.org.uk)

### **Beat Eating disorders**

Provides support, information and understanding to people with eating disorders as well as their families and friends. Online POD space supports parents and carers in their journey of caring for someone with an eating disorder.

Telephone: 028 9023 5959 or 0808 801 0434 Helpline  
Mon to Fri 1pm- 9pm weekends and bank hols 5pm - 9pm

Email: [nihelp@beateatingdisorders.org.uk](mailto:nihelp@beateatingdisorders.org.uk)

### **Beyond the Battlefield**

Looks after the ex-service men and women in Northern Ireland and Ireland. They offer a range of services including information, counselling, advocacy, homeless support and other services.

Telephone: 028 9122 8389

Email: [info@beyondthebattlefield.org](mailto:info@beyondthebattlefield.org)

Visit: [www.beyondthebattlefield.org](http://www.beyondthebattlefield.org)

### **Brain Injury Matters NI**

Provides information and support to people who have had an acquired brain injury as well as carers and families.

Telephone: 028 9070 5125

Email: [info@braininjurymatters.org.uk](mailto:info@braininjurymatters.org.uk)

Visit: [www.braininjurymatters.org.uk](http://www.braininjurymatters.org.uk)

### **Cancer Focus**

Provides a range of care and support services including counselling, volunteer driver scheme, family support, support groups and activities.

Telephone: 028 9066 3281 or 0800 783 3339 Nurseline support

Email: [hello@cancerfocusni.org](mailto:hello@cancerfocusni.org) or  
[nurseline@cancerfocusni.org](mailto:nurseline@cancerfocusni.org) cancer nurse support line

### **Cancer Lifeline**

Helps people affected by cancer build strength through supporting them in a number of ways such as one to one support, support groups, positive well-being events and supporting carer events.

Telephone: 028 9035 1999 or 0794 910 9091

Email: [info@cancerlifeline.info](mailto:info@cancerlifeline.info)

Visit: [www.cancerlifeline.info](http://www.cancerlifeline.info)

### **Carers NI**

A part of carers UK, they Provide information, advice and support to carers on finance, work and career, practical support and health and wellbeing.

Telephone: 028 9043 9843

Email: [info@carersni.org](mailto:info@carersni.org)

### **Carer Support Service**

An information, advice, signposting and support service for people caring for someone living in the South Eastern Trust area.

Telephone: 028 4372 1807

Email: [carer.support@setrust.hscni.net](mailto:carer.support@setrust.hscni.net)

### **CAUSE**

A peer-led organisation run by mental health carers for mental health carers. Carer advocates provide help and support, tailored to what carers need to cope in the care-giving role.

Telephone: 028 9065 0650 or 0800 103 2833 Helpline

Email: [info@cause.org.uk](mailto:info@cause.org.uk)

### **Childline**

Free support for people up to the age of 19yrs who need someone to talk to 24/7 365 days a year. Telephone, send emails via their website locker account or use their 1-2-1 counsellor live online chat.

Telephone: 0800 1111

Visit: [www.childline.org.uk](http://www.childline.org.uk)

### **Children's Law Centre**

Child-focused and child-friendly legal advice/information for children/young people and their parents/carers and representation service for children/young people at educational tribunals, mental health review tribunals, appeals.

Telephone: 0808 808 5678 free advice line or email for advice: [chalky@childrenslawcentre.org](mailto:chalky@childrenslawcentre.org)

Email: [info@childrenslawcentre.org](mailto:info@childrenslawcentre.org)

### **Contact a Family**

Provides local advice, organise coffee mornings and family fun days and outings and brings families together for friendship and support for families of disabled children. Also offer a Listening Ear service.

Telephone: 0808 888 3555

Email: [nireland.office@contact.org.uk](mailto:nireland.office@contact.org.uk)

Visit: [www.contact.org.uk](http://www.contact.org.uk)

### **Contact Northern Ireland**

Provides information and advice to families who care for children with a disability or special needs.

Telephone: 0808 808 3555

Email: [nireland.office@contact.org.uk](mailto:nireland.office@contact.org.uk)

### **County Down Rural Community Network**

A network of local community groups which promotes local events and learning opportunities.

Telephone: 028 9182 8884

Email: [sandra@countydownrcn.com](mailto:sandra@countydownrcn.com)

### **Deafblind UK**

Accessible helpline, help with technology, social opportunities and emotional support such as counselling, support for carers, befriending service and veteran support.

Telephone: 0800 132 320

Email: [info@deafblind.org.uk](mailto:info@deafblind.org.uk)

BSL video relay:

<https://www.insignlanguage.co.uk/vrs/client-direct/cf6b3f3e-1608-4046-a8e6-a42338fa039f/>

### **Dementia NI**

Promote the rights for people living with dementia to be involved in decisions that affect their everyday lives. Offers support.

Telephone: 028 9693 1555

Email: [info@dementiani.org](mailto:info@dementiani.org)

### **Diabetes UK**

Provide information sessions to raise awareness, understanding and promote care of those with diabetes.

Telephone: 028 9066 6646 or 028 9536 0600 Helpline

Email: [n.ireland@diabetes.org.uk](mailto:n.ireland@diabetes.org.uk)

### **Disability Action**

Works with people with various disabilities and service include advice, driving support, disability support services, local transport scheme and support around employment.

Telephone: 028 9029 7880

Email: [www.disabilityaction.org](http://www.disabilityaction.org)

### **Down Community Transport**

Provides a safe, affordable, flexible and accessible transport service to the community. There are eligibility requirements and a charge for the service.

Visit: [www.downct.com](http://www.downct.com) or [bookings@downct.com](mailto:bookings@downct.com)

### **Down's Syndrome Association**

Committed to improving quality of life for people who have Down's Syndrome.

Telephone: 028 9077 6176 or 0333 121 2300 Helpline

Email: [info@downs-syndrome.org.uk](mailto:info@downs-syndrome.org.uk)

### **Emergency Social Work Service**

Will provide services for: children and young people, older people, people with mental health problems, people with learning disabilities, people with physical disabilities and families and carers of all these groups. Weekdays 5pm-9am and 24hour service at weekends and bank holidays.

Telephone: 028 4461 3511 Downpatrick area

### **Falls Prevention Service**

Trust service set up to help prevent falls for people over 65yrs. Can self-refer if over 65, live in SE Trust area and have fallen in the last 12 months or are concerned about falling.

Telephone: 028 9263 3705

Email: [fallsprevention.service@setrust.hscni.net](mailto:fallsprevention.service@setrust.hscni.net)

### **Fountain Foodbank**

Fountain Foodbank Downpatrick provides emergency food and support to people in crisis, through their referral agents. They listen and arrange for other professional help and advice including counselling, advocacy, debt advice, budgeting, and housing support. Downpatrick Presbyterian church hall.

Telephone: 0744 401 5883

Email: [fountainfoodbank@gmail.com](mailto:fountainfoodbank@gmail.com)

### **GAMCARE**

The leading national provider of free information, advice and support for anyone affected by gambling problems. GamCare provides education, information and support to young people (11-18yrs) across Northern Ireland. They also provide guidance and support for parents and professionals who are worried about a young person.

Telephone: 0808 8020 133 (24hours a day, free to call) or 020 3092 6964

Live chat: [BigDeal.org.uk](http://BigDeal.org.uk)

Email: [YoungPeopleService@gamcare.org.uk](mailto:YoungPeopleService@gamcare.org.uk)

### **GP Out of Hours Down**

GP Out of Hours cover 6pm on week days until surgeries open. Cover 24 hours Saturday and Sundays and bank holidays.

Telephone: 028 9260 2204

### **Headway**

Delivers individual and group support to adults with an acquired brain injury, the services vary according to local need and include social and community meetings,

alongside information sharing and carer support and providing brain injury ID cards.

Telephone: 0808 800 2244 Helpline or justice project team 0115 855 0088

Email: [helpline@headway.org.uk](mailto:helpline@headway.org.uk)

### **Hourglass**

Listen, advise and support vulnerable older people over 60 and those affected by harm, abuse and exploitation through their helpline or community response team. Accessible 24/7.

Telephone: 0808 808 8141

Email: [nireland@wearehourglass.org](mailto:nireland@wearehourglass.org)

### **Huntington's Disease Association**

Provides support, information, advice and social connections to those living with the impact of Huntington's Disease. They run regional support groups, provide face to face and telephone advice and support as well as opportunities for families to connect through events and befriending services.

Telephone: 0773 393 5863

Email: [info@hdani.org.uk](mailto:info@hdani.org.uk)

### **Lifeline**

Lifeline provides support to people of every age, gender, race, religion, disability and sexual orientation. Emergency 24/7 telephone emotional support.

Telephone: 0808 808 8000

### **Macmillan Health and Wellbeing Service**

Provides information and confidential support to people living with cancer and their carers. Offers benefits advice, counselling and complementary therapies as well as advising on practical issues. There is a free driving service but patients need to be referred by a medical professional or social worker.

Telephone: 0808 808 0000 support line or call 028 9055 3246 for local support centre

Email:

[macmillan.informationandsupport@setrust.hscni.net](mailto:macmillan.informationandsupport@setrust.hscni.net)

### **Marie Curie**

Free telephone support for anyone with a terminal illness, their carers and family members. The organisation provides help at home, benefits advice, emotional support, advice of future planning and they offer a nursing information and advice line. Energy support officers help service users and carers to understand their bills and provide information on grants



available. There is a companion over the phone service and a bereavement telephone service.

Telephone: 0800 090 2309

Visit: [www.mariecurie.org.uk/support](http://www.mariecurie.org.uk/support)

### **Mencap**

Provides support and information for people with a learning disability, their families and other carers.

Telephone: 0808 808 1111 Helpline or 028 9146 6606 employment team number

Email: [helpline.ni@mencap.org.uk](mailto:helpline.ni@mencap.org.uk)

### **Men's Advisory Project**

Offering support for any man facing domestic abuse. Support with understanding options, legal and benefits information and one to one support and counselling.

Telephone: 028 9024 1929

Email: [info@mapni.co.uk](mailto:info@mapni.co.uk)

### **Mind Wise**

Mind Wise is a leading membership-based mental health charity in Northern Ireland. Working with and for people of all ages directly affected by mental health issues as well as families, carers, employers and teachers for over 50 years.

Telephone: 028 4461 7964 Downpatrick

Visit: <https://www.mindwisenv.org/>

### **MND (Motor Neurone Disease) Association**

Provides support to people with MND, their families and carers. Offers support sessions and activities as well as one to one support.

Telephone: 0743 483 9842

Email: [nibranch@mndani.com](mailto:nibranch@mndani.com)

### **Multiple Sclerosis Society**

Supports people living with or affected by the condition. Offers a wide range of support activities including counselling, Pilates, yoga and local support groups and programmes.

Telephone: 0808 800 8000 National Helpline or 028 9080 2802 for local support

Email: [nireception@mssociety.org.uk](mailto:nireception@mssociety.org.uk)

Visit: [www.mssociety.org.uk](http://www.mssociety.org.uk)

### **National Autistic Society**

Provide specialist help, information and care for autistic children and adults and their families.

Telephone: 028 9068 7066

Email: [northern.ireland@nas.org.uk](mailto:northern.ireland@nas.org.uk)

### **National Key Scheme**

A RADAR Key is a large skeleton key that opens more than 10,000 toilets in the UK, giving people with disabilities and health conditions independent access to locked public toilets around the country.

Email: [enquiries@disabilityrightsuk.org](mailto:enquiries@disabilityrightsuk.org)

### **Newcastle Community Fridge**

Newcastle Community Fridge is a registered community fridge located inside Unit T community hub in Newcastle County Down Northern Ireland. They share surplus food from Fareshare & Lidl within the local community. It is a welcoming, social space that is open to all regardless of means.

Telephone: 0755 550 5217 Unit T

Email: [unittgroup@gmail.com](mailto:unittgroup@gmail.com)

### **Neurodiversity UK**

Helps and supports children and adults affected by learning difficulties, mental health conditions and neurodevelopmental disorders through advice, education and sport.

Telephone: 028 9189 7677 or 028 9145 4290

Email: [comber.asg@outlook.com](mailto:comber.asg@outlook.com)

### **Northern Ireland Chest Heart and Stroke**

Provides advice and support to people who have had chest or heart problems or have had a stroke as well as their carers' through carer training programmes and peer support groups.

Telephone: 028 9032 0184

Email: [mail@nichs.org.uk](mailto:mail@nichs.org.uk)

### **NSPCC**

Child protection 24/7 helpline – offering support regarding emotional, physical or sexual abuse or neglect.

Telephone: 0829 035 1135 or 0808 800 5000 Helpline

Email: [help@nspcc.org.uk](mailto:help@nspcc.org.uk)

### **PAPYRUS**

PAPYRUS Prevention of Young Suicide is the UK charity dedicated to the prevention of suicide and the promotion of positive mental health and emotional wellbeing in young people up to the age of 35yrs.

Telephone: 0800 068 4141

Text: 0786 003 9967

Email: [pat@papyrus-uk.org](mailto:pat@papyrus-uk.org)

### **Parenting NI**

Provides free support, training and information to parents.

Telephone: 028 9031 0891 or call 0808 8010 722 helpline

Email: [help@parentingni.org](mailto:help@parentingni.org) or [info@parentingni.org](mailto:info@parentingni.org)

### **Parentline NI**

As the Regional Confidential Helpline for parents and carers, the service offer support to all parents and Carers including grandparents, aunts, uncles, step-parents. Support offered is: One off call support, follow up 1:1 parent support, Signposting & information sharing, Resource sharing, Referral onwards to partner Relate, Free Parent Workshops.

Telephone: 0808 0820 400

Web chat: [www.cini.org.uk/Parentline-NI](http://www.cini.org.uk/Parentline-NI)

Email: [parentline@ci-ni.org.uk](mailto:parentline@ci-ni.org.uk)

Referral: [parentline@ci-ni.org.uk](mailto:parentline@ci-ni.org.uk)

### **Parkinson's UK**

Provides information and support for people with Parkinson's Disease and their family and carers. Offers practical and emotional support and information on benefit entitlement, how to access grants and financial assistance.

Telephone: 028 9092 3370 or call 0808 800 0303 Helpline

Email: [northernireland@parkinsons.org.uk](mailto:northernireland@parkinsons.org.uk) or [hello@parkinsons.org.uk](mailto:hello@parkinsons.org.uk)

### **Policing and Community Safety Partnership**

The PCSP aims to make the community safer by focusing on policing and safety issues by engaging with the local community, identify issues and plan how they can tackle them, monitor policing standards through an independent committee and aim to deliver reduction in crime through interventions such as delivery groups, training sessions, community feedback and the text alert scheme.

Telephone: 0330 137 4038

Email: [pcsp@nmandd.org](mailto:pcsp@nmandd.org)

### **Primary Care Multi-Disciplinary GP Practice Teams**

Staff in these teams include physiotherapists, mental health workers, social workers, health visitors and

district nurses who work alongside GPs and practice staff. They help to meet the social, physical and mental health wellbeing needs of the local people.

Contact your GP Surgery for details and to connect in with specialist staff.

### **Recovery College**

Organise and run a wide range of courses as well as providing information and resources on mental health and wellbeing.

Telephone: 028 9041 3872

Email: [recovery.college@setrust.hscni.net](mailto:recovery.college@setrust.hscni.net)

### **RNIB**

Provides multiple support services for people with sight loss and carers and family members. These include counselling and parent carer support group.

Telephone: 028 9032 9373 or call 0303 123 9999 helpline

Email: [helpline@rnib.org.uk](mailto:helpline@rnib.org.uk) or [rnibni@rnib.org.uk](mailto:rnibni@rnib.org.uk)

### **RNID National Hearing Loss Charity**

Provides support and information for people with hearing loss.

Telephone: 0808 808 0123 Helpline or call 0734 299 4453 liaison officer

Email: [contact@rnid.org.uk](mailto:contact@rnid.org.uk)

### **Rosie's Trust**

Helps look after pets if the owner is indisposed through illness or circumstance and they have no other avenues of support. Pet walking and fostering services (dependent on availability).

Telephone: 028 9164 1340 or call 0772 120 4061

Email: [mail@rosiestrust.org](mailto:mail@rosiestrust.org)

### **SAIL (Transgender support)**

The support organisation for the families of transgender and gender variant people in Northern Ireland. They organise meetings and directly support families through family support NI.

Telephone: 028 9532 0023 or call 0751 022 8411 family support 028 3057 0075

Email: [info@familysupportni.gov.uk](mailto:info@familysupportni.gov.uk)

### **Samaritans**

Emergency 24hr telephone emotional support.

Telephone: 116 123

### **SEH&SC Trust Brain Injury Service**

Telephone: 028 9263 3189

### **SEH&SC Trust Children's Disability Service**

Telephone: 028 4451 3938 and follow the options relevant to your area.

### **SEH&SC Trust Dementia Navigators**

Telephone: 028 4461 3811 Downpatrick

### **SEH&SC Trust Gateway Services**

Telephone: 0300 1000 300

### **SEH&SC Trust Adult Learning Disability Service**

Telephone 028 4461 6915 Downpatrick

### **SEH&SC Trust Mental Health Service**

Telephone: 028 4451 3924 (option 3) Downpatrick and Newcastle

### **SEH&SC Trust Older People's Services**

Telephone: 028 9598 8098 and follow the options relevant to your area.

### **SEH&SC Trust Physical Disability Service**

Telephone: 028 4461 6915

### **SEH&SC Trust Sensory Support Team**

Telephone: 028 4461 6915

Text: 028 4461 4744

Mobile: 0773 987 9556

### **SERC Support for Student Carers**

Provides information, advice and support to student carers studying or hoping to study at any of the South Eastern regional colleges.

Telephone: 0345 600 7555

Email: [studentcarers@serc.ac.uk](mailto:studentcarers@serc.ac.uk)

### **Shine**

Supporting individuals with Spina Bifida or Hydrocephalus and their carers. Shine offers support groups and training and can offer guidance, friendship and support.

Telephone: 0173 355 5988

Email: [firstcontact@shinecharity.org.uk](mailto:firstcontact@shinecharity.org.uk)

### **Slieve Croob Community First Responders**

25 local trained and equipped volunteers who respond to certain NIAS 999 calls made within our community, to

provide support for those awaiting an ambulance. Visit: <https://slievecroobcfr.webador.co.uk/> for more information.

Always Call 999 for emergency support.

### **Special Educational Needs Advice Centre (SENAC)**

Advises on the NI statutory SEN system. Provides information and advice on getting help and support in school for children with learning difficulties and special educational needs.

Telephone: 028 9070 5654 or call 028 9079 5779 Advice Line

Email: [info@senac.co.uk](mailto:info@senac.co.uk)

Visit: <https://senac.co.uk/advice-useful-reading/>

### **Stroke Association**

Emotional and post stroke support to individuals and their families, self-referral forms found online.

Telephone: 028 9050 8020

Email: [northernireland@stroke.org.uk](mailto:northernireland@stroke.org.uk)

### **The Pantry - Newcastle Foodbank**

The Pantry Foodbank developed in 2014 as a nondenominational response to a growing awareness of the real financial issues surrounding the Newcastle community.

Telephone: 0751 776 6006

Email: [thepantryfoodbank@gmail.com](mailto:thepantryfoodbank@gmail.com)

Visit: <https://www.facebook.com/Pantry14/> for more information.

### **Tide**

A network of present and former carers of people with dementia. Offer a handbook for anyone caring for someone with dementia and carer development programmes.

Telephone: 0784 142 1158

Email: [carers@tide.uk.net](mailto:carers@tide.uk.net)

### **Versus Arthritis**

Various support services and activities for people with arthritis. Local branches and groups meet monthly and offer a welcoming space for chat, support and hear from invited speakers.

Telephone: 02890 782940 or call 0800 520 0520 Helpline

Email: [l.heatley@versusarthritis.org](mailto:l.heatley@versusarthritis.org)

### **Victim Support**

Victim Support is an independent charity dedicated to supporting victims of crime and traumatic incidents in Northern Ireland by offering advice and support. Support can be offered to any person of any age and of any group or orientation.

Telephone: 0808 168 9111

Visit: <https://www.victimsupport.org.uk/> for 24/7 online live chat and the link to their relay app.  
<https://www.victimsupport.org.uk/accessibility/contact-victim-support-using-british-sign-language-bsl/> link for support through BSL.

### **Women's Aid**

Support to women and children affected by domestic and sexual violence.

Telephone: 028 9066 6049 or call 0808 802 1414 helpline

Email: [support@belfastwomensaid.org.uk](mailto:support@belfastwomensaid.org.uk)

### **Young Minds**

Providing support to children and young people up to the age of 25, parents and carers who are concerned about their child's mental health.

Telephone: 0808 802 5544 parent's Helpline

Visit: <https://www.youngminds.org.uk/>

## Managing at Home

### **Ability Net NI**

Assist elderly and disabled people across NI to use computer technology at home, work and in education. They provide free independent advice and support on technology matters. Volunteers can support people face to face in the person's home.

Telephone: 0800 048 7642 free Helpline

Email: [enquiries@abilitynet.org.uk](mailto:enquiries@abilitynet.org.uk).

Visit: <https://abilitynet.org.uk/at-home/request-free-it-support-home>

### **Blue Badge Scheme**

A service for people with severe mobility problems. It allows badge holders to park close to where they need to go. There is a criteria and £10 charge.

Telephone: 0300 200 7818

Email: [bluebadges@infrastructure-ni.gov.uk](mailto:bluebadges@infrastructure-ni.gov.uk)

### **British Red Cross**

Helps people in crisis. Can provide short term wheelchair loans, transport etc.

Telephone: 028 9073 5350

Email: [contactus@redcross.org.uk](mailto:contactus@redcross.org.uk)

### **Bryson Charitable Group**

Bryson Charitable Group develops and delivers sustainable responses to social needs across Northern Ireland and beyond. Visit: <https://www.brysongroup.org/who-we-are/our-group-companies/> for more information on their group companies such as Bryson care, Bryson energy and Bryson Recycling.

Telephone: 028 9032 5835

Email: [info@brysongroup.org](mailto:info@brysongroup.org)Caring

### **Caring Communities Safe and Well**

Support service for people over 65yrs who feel lonely and socially isolated. The service helps people to meet others, get out and about, keep active and healthy and access information and advice.

Telephone: 028 9756 6934

Email: [safeandwell@setrust.hscni.net](mailto:safeandwell@setrust.hscni.net)

### **Community NI**

A website developed to connect people to the voluntary and community sector by council area.

Visit: <https://www.communityni.org/services>

### **Crossroads Caring for Carers**

In your prime is a befriending service for older people provided by crossroad care at a cost.

Telephone: 028 9181 4363

Email: [iyp@crossroadscare.co.uk](mailto:iyp@crossroadscare.co.uk)

Young carers provide social support to those under the age of 23 who have a significant caring role through peer support outings and workshops aimed at equipping them with different skills.

Telephone: 028 9180 0661

Email: [ycarer@crossroadscare.co.uk](mailto:ycarer@crossroadscare.co.uk)

### **Family Support Hub (Down and Greater Lisburn area)**

Provide early intervention (emotional and behavioural support) family support services to vulnerable families and children aged 0-18yrs. This is a home based service running for 6-12 weeks.

Email: [familysupporthubs@setrust.hscni.net](mailto:familysupporthubs@setrust.hscni.net)

### **Go On NI**

Highlights the benefits of being online and provides free internet training.

Telephone: 0808 808 7575 free telephone advice service

Email: [future@finance-ni.gov.uk](mailto:future@finance-ni.gov.uk)

### **Home Start**

Newcastle and Downpatrick supports families with young children who are experiencing challenges including poor mental or physical health, bereavement or post-natal depression, financial worries. May be able to help by offering volunteer home visiting support or you may wish to attend one of the family groups. This is self-referral or referral through professional organisations.

Telephone: 028 4461 5727

Email: [newcastle@homestartdd.org](mailto:newcastle@homestartdd.org)

### **Main Stay DRP**

Mainstay DRP was formed in 1990 when a group of parents and carers of adults with learning disabilities and autism came together to create a local service to provide high quality care and support for their loved ones. Offering supports in: Day opportunities, short break, residential support and supporting housing facilities. Charges may apply for services.

Telephone: 028 4461 7184

Visit: [www.mainstaydrp.org](http://www.mainstaydrp.org)

### **Newry, Mourne and Down District Council**

Offers home safety supports:

**Home safety Checks** for those over 65yrs or families with children under the age of 5yrs.

**Blind Cord Safety** people can request blind cord safety devices.

**Down home accident prevention group** working to prevent accidents by providing educational talks to inform children and adults of everyday health and safety risks and how to best avoid them.

Telephone: 0330 137 4024

Email: [ehealth@nmandd.org](mailto:ehealth@nmandd.org)

Visit: [www.nidirect.gov.uk/campaigns/cost-living](http://www.nidirect.gov.uk/campaigns/cost-living)

### **Silverline- Age NI**

Free confidential helpline for older people offering friendship, conversation and support 24/7. Funded through Age NI.

Telephone: 0800 4708 090

Email: [info@thesilverline.org.uk](mailto:info@thesilverline.org.uk)

### **Sure Start Down**

DOWN SureStart provides services for children under 4yrs and their families who live in the following areas: Downpatrick, Ardglass, Strangford, Killough, Ballykinlar and Murlough area, Newcastle.

Telephone: 028 44 613 630

Email: [down.surestart@setrust.hscni.net](mailto:down.surestart@setrust.hscni.net)

### **Tools For Solidarity**

Tools For Solidarity is a not-for-profit organisation in Belfast with outreach in Downpatrick. The work is fully run by international, local and supported volunteers. They provide volunteer placements for all but have a particular emphasis on providing sheltered placements for people with extra support needs and for international volunteers.

Telephone: 028 4461 6171 Downpatrick

Email: [tfs.downpatrick@myphone.coop](mailto:tfs.downpatrick@myphone.coop)

## Counselling and Wellbeing

### Accord NI Catholic Marriage Care

Offers marriage and relationships counselling. £40.00 min donation per session.

Telephone: 028 9023 3002

Email: [info@accordni.com](mailto:info@accordni.com)

### Aware NI

The depression charity for NI. They run a support group in Bridge Street Community Centre. Contact the charity for more details.

Telephone: 028 9035 7820

Email: [info@aware-ni.org](mailto:info@aware-ni.org)

### Ballynahinch Counselling Services

Established in 2011 by local churches who identified a need within the local community for a service that supports positive mental health and wellbeing.

Telephone: 028 9756 1100

Email: [centremanager@ballynahinchcounselling.com](mailto:centremanager@ballynahinchcounselling.com)

### Better Help

Offers an online counselling service, by registering for support on their website. Charges may apply for this service.

Visit: <https://www.betterhelp.com/login/>

### Counselling directory

An online service to help people find the right counsellor to suit them for face to face sessions or online and telephone sessions. Charges may apply.

Visit: <https://www.counselling-directory.org.uk/>

### Cruse Bereavement Care

Provides support to individuals who are dealing with bereavement.

Telephone: 0808 808 1677 Helpline or 028 9043 4600 local line

Email: [northern.ireland@cruse.org.uk](mailto:northern.ireland@cruse.org.uk)

### Down Counselling

A private practice in Ballynahinch offering face to face counselling support for those over the age of 18yrs. Charges may apply.

Telephone: 0784 213 5456

Email: [paulardies@downcounselling.org](mailto:paulardies@downcounselling.org)

### Inspire Wellbeing

Provides a range of services and offers support or information about mental health.

[hello@inspirewellbeing.org](mailto:hello@inspirewellbeing.org)

0808 189 0036

028 4273 9021

### Life Change, Change Lives

Life Change Changes Lives is a not for profit registered Charity in Downpatrick supporting people affected by mental ill health and addiction. Supports offered are: creative therapy, counselling and by building self-esteem through selling finished, upcycled products through the operation of a social enterprise shop.

Telephone : 0773 158 2332 or 028 4461 6166

Email: [lifechangechangeslives@gmail.com](mailto:lifechangechangeslives@gmail.com)

Visit:

<https://lifechangechangeslives.com/counselling/referral-form/> to self-refer.

### MYMY (Mind Your Mate and Yourself)

MYMY is an organisation focused on helping people raise their awareness of self-care through wellness with free counselling services available to 16+, 19 Dundrum Road Newcastle.

Telephone: 028 4372 7549

Visit: <https://mymy.org.uk/counselling/>

### Relate

Offers face to face counselling services.

Telephone: 028 9032 3454

Email: [relateni.org](mailto:relateni.org)

### Wellness Recovery Network

Provide creative and group sessions focusing on mental health and wellbeing offering support and understanding in talking about mental health and sharing strategies for wellbeing.

Telephone: 028 9041 3872 or 0797 132 9525

Email: [wellnessrecoverynetwork@setrust.hscni.net](mailto:wellnessrecoverynetwork@setrust.hscni.net)

## Social Activities

### ADHD Hub

The ADHD hub hosts a coffee shop offering peer support and provides an information point for parents/carers of children who have ADHD, 2 Savoy Lane, Newcastle. Visit: <https://www.facebook.com/adhdhubinnewcastle/>.

Telephone: 028 4321 8081

Email: [adhdhubnewcastle@gmail.com](mailto:adhdhubnewcastle@gmail.com)

### Ardglass Festival Association

A committee made up local residents from the Ardglass Community.

Visit: <https://www.facebook.com/ardglassfestival/> for more information.

### Ark Community Gardens

Ark Community Gardens, Newcastle is a local charity aimed at helping people of all ages throughout the community to grow their friendships, knowledge and skills across a wide range of subjects and activities such as gardening, crafts, woodworking, food & nutrition, etc.

Telephone: 028 4321 8118

Email: [info@arkcommunitygardens.org](mailto:info@arkcommunitygardens.org)

### Autism NI

Organise support groups for parent carers

Telephone: 028 9040 1729

Email: [info@autismni.org](mailto:info@autismni.org)

Visit: [www.autismni.org](http://www.autismni.org)

### Aware NI support group

Offers peer-led support groups across Northern Ireland welcoming people living with depression, bi-polar and anxiety, as well as their family members or carers.

**Downpatrick** Runs every Tuesday at 7.30pm in the Ballymote Centre.

Telephone: 028 9035 7820

**Newcastle** Runs every Thursday at 7.30pm in the Newcastle centre.

Telephone: 028 4372 5034

Email: [info@aware-ni.org](mailto:info@aware-ni.org)

### Ballykinlar and Tyrella Cross Community Association

Providing a community facility for social activities for the Ballykinlar and Tyrella cross community.

Telephone: 0782 474 0488

Email: [clanmaghera@hotmail.com](mailto:clanmaghera@hotmail.com)

### Ballynahinch Community Centre

Providing a community facility for social activities for the Ballynahinch community. Play park and MUGA available. Information on charges available via:

Telephone: 0330 137 4321

Email: [ccbookings@nmandd.org](mailto:ccbookings@nmandd.org)

### Ballynahinch Community Collective

Ballynahinch Community Collective is an umbrella community group working to promote & empower the local residents of Ballynahinch, by sharing information, hosting events and activities.

Telephone: 0749 402 7122

Email: [ballynahinchcollective@gmail.com](mailto:ballynahinchcollective@gmail.com)

Visit: <http://ballynahinchcc.weebly.com/> or <https://www.facebook.com/BCCollective/>

### Bridge Community Centre, Killyleagh

Providing a community facility for social activities for the Killyleagh community. Gym also Available: Information on charges available via:

Telephone: 0330 137 4008

Email: [ccbookings@nmandd.org](mailto:ccbookings@nmandd.org)

### Castlewellan Community Partnership

Providing information on local news and events happening in the Castlewellan area.

Visit:

<https://www.facebook.com/castlewellancommunitypartnership/> for more information.

### Castlewellan Community Centre

Providing a community facility for social activities for the Castlewellan community.

Email: [castlewellancentre@gmail.com](mailto:castlewellancentre@gmail.com)

### Community Cinema and Community Events Hub- Open Arts Take Away Theatre

Arts and disability organisation who supports the creativity and artistic development of disabled people through weekly classes and projects. A free interactive theatre performance takes place in your own home for you and your family, for people who find accessing typical theatre a challenge. This is a free service.

Telephone: 028 9024 0765



Email: [eileen@openartsni.org](mailto:eileen@openartsni.org)

### **Community Dementia Care (NI) Group**

Meets 2<sup>nd</sup> Wednesday of every month in Ballynahinch Parish Centre 1-3pm (£3 to cover lunch)

Telephone: 0775 214 9913

Email: [unacdcni@gmail.com](mailto:unacdcni@gmail.com)

### **Crossgar Area Community Association**

Providing information on local news and events happening in the Crossgar area.

Visit: <https://www.facebook.com/people/Crossgar-Area-Community-Association/100078079886927/>

### **Dan Rice Hall, Drumaness**

Providing a community facility for social activities for the Drumaness community. Play park and football facilities available. Information on charges available via:

Telephone: 0330 137 4008

Email: [ccbookings@nmandd.org](mailto:ccbookings@nmandd.org)

### **DisAbility Hub**

Information and support sessions organised for adults living with physical disabilities, sensory loss and brain injury and their carers in the Down area.

Telephone: 0781 247 8897

Email: [kelly.benson@setrust.hscni.net](mailto:kelly.benson@setrust.hscni.net)

### **Down Dementia Group for People with Disabilities and their Carers**

Meets in Down Leisure Centre 3<sup>rd</sup> Wednesday of every month 12.30-2.30pm.

Contact your local GP surgery for details.

### **Down's Syndrome Association**

Parent led groups for families of people with Down's Syndrome. There are arranged monthly meetings and activities and the organisation can provide details of local groups.

Telephone: 028 9077 6176

Email: [enquiriesni@downs-syndrome.org.uk](mailto:enquiriesni@downs-syndrome.org.uk)

### **Drumaness & District Community Association**

Sharing local news and promoting Community events in Drumaness village. Visit:

<https://www.facebook.com/people/Drumaness-District-Community-Association/100081490489166/> for more information.

### **Down Arts Centre**

Offering educational programmes, workshops, classes, exhibitions and performances. Charges may apply visit <https://www.visitmournemountains.co.uk/down-arts-centre> for more information on event prices.

Down Arts Centre: 0330 137 4014

E mail: [downartscentre@nmandd.org](mailto:downartscentre@nmandd.org)

### **Down County Museum**

Located in the restored buildings of the 18th century County Gaol of Down, Down County Museum was established in 1981 and collects, documents, conserves and exhibits artefacts relating to the archaeology, history and culture of County Down from earliest times until today. The Museum holds 12,000 objects and 50,000 photographs relating to County Down. The Museum is free entry and open from 10am- 4.30pm Tuesday to Saturday.

Telephone: 0330 137 4049

Email: [museums@nmandd.org](mailto:museums@nmandd.org)

### **Downpatrick Autism Family Support Group**

Parent led group who meet monthly in Ballymote, Downpatrick.

Email: [downpatrickautism@hotmail.com](mailto:downpatrickautism@hotmail.com)

Visit: [www.downpatrickautismsupport.org](http://www.downpatrickautismsupport.org)

### **Downpatrick Community Collective**

Downpatrick Community Collective is Downpatrick's biggest community organisation with members from Stream Street, Marian Park, knocknashinna and the Flying Horse Ward working to support the people of Downpatrick by sharing news and events.

Email: [dpkcomcollective@gmail.com](mailto:dpkcomcollective@gmail.com)

visit:

<https://www.facebook.com/DownpatrickCommunityCollective>

### **Dromara Community Group**

Providing information on local news and events happening in the Dromara area. Visit:

<https://www.facebook.com/people/Dromara-Community/100069192167638/> for more information.

### **Dromara Thursday Club**

Meet every Thursday 2-4pm. £2 for refreshments. Meet at the Lagan Centre, Hillsborough Road Dromara.

Phone: 028 9753 2959

Email: [wilbysadie@hotmail.com](mailto:wilbysadie@hotmail.com)

### **Go On NI**

Highlights the benefits of being online and provides free internet training.

Telephone: 0808 808 7575 free telephone advice service

Email: [future@finance-ni.gov.uk](mailto:future@finance-ni.gov.uk)

### **Hen's Sheds**

**Saintfield**- every Thurs at 2pm, membership fee of £5.00 at Rowallane community Hub.

Telephone: 07483 239 231

### **Killough Community Association**

Providing information on local news and events happening in the Killough area. Visit:

<https://www.facebook.com/killough.community.association/> for more information.

Email: [killough\\_communityassociation@hotmail.com](mailto:killough_communityassociation@hotmail.com)

### **Killough Youth & Community Hall**

Providing space for community activities such a coffee and connect mornings, bingo and youth support. Visit:

<https://www.facebook.com/profile.php?id=100087955504685> for more information.

Telephone: 028 4484 3078

Email: [killoughyouthhall1999@hotmail.com](mailto:killoughyouthhall1999@hotmail.com)

Youth night every Tuesday 7pm- 9pm, providing a youth programme for children in secondary school years 8 and 10.

Email: [Kerry.oconnell@eani.org.uk](mailto:Kerry.oconnell@eani.org.uk)

### **Killyleagh Army Cadets**

Based in Killyleagh, this youth organisation is open to anyone aged 12-17yrs promoting fun, friendship, action and adventure.

Telephone: 0749 036 0363

Visit: <https://www.facebook.com/people/Killyleagh-Army-Cadets/61551495117671/>

### **Killyleagh Community Association**

The KCA was set up in February 2017. They are a group of volunteers who develop initiatives within the Killyleagh area.

Visit:

<https://www.facebook.com/killyleaghcommunityassociation>

### **Killyleagh Clean Team**

Part of the Killyleagh community association they welcome volunteers every Sunday morning at 10.00am meeting at the Smugglers table to have some craic, make new friends and exercise while helping the local community.

Visit:

<https://www.facebook.com/killyleaghcommunityassociation>

### **Killyleagh Presbyterian Church**

Providing spiritual and social supports within the community, Killyleagh tots: Mondays 9.30-11am in Irish Street halls. Girls Brigade: Monday evenings from 6.30pm. Youth Fellowship: Sunday evenings from 6.30pm. Visit their Facebook page for more information.

Visit:

<https://www.facebook.com/KillyleaghPresbyterians>

### **Killyleagh Youth Group**

Supporting young people from the age of 8-11yrs. Mondays nights 6-8pm at the Hans Sloane Centre. Free entry.

Email: [Danielle.logan@eani.org.uk](mailto:Danielle.logan@eani.org.uk)

Visit: <https://www.facebook.com/sirhanssloanecentre>

### **Libraries NI**

Free IT training and many activities run in local libraries.

Telephone: 028 9039 5989

Visit: <https://www.librariesni.org.uk/> for more information.

**Ballynahinch**- Rhythm & Rhyme every Mon at 11.00am for children ages 0-4yrs old. Lego Club- every Mon from 3.30pm for children 6-11yrs old. Tea and newspapers every Wed from 10.15am providing opportunities for adults to socialise. Knit and Natter every Thurs from 11.00am. Contact local library for information on availability.

Telephone: 028 9756 4282

Email: [ballynahinch.library@librariesni.org.uk](mailto:ballynahinch.library@librariesni.org.uk)

**Castlewellan**- Rhythm & Rhyme every Sat at 10.30am for children ages 0-4yrs. Lego Club- every Fri at 3pm for children aged 6-10yrs and older. Knit and Natter every Tues at 12.30pm. Irish language reading group every Tues at 11.00am. Tea and newspapers every Fri at 2pm providing opportunities for adults to socialise.

Telephone: 028 4377 8433

Email: [castlewellan.library@librariesni.org.uk](mailto:castlewellan.library@librariesni.org.uk)

**Comber-** Rhythm & Rhyme every Wed at 10.30am for children ages 0-4yrs old. Lego Club- alternate Saturdays from 10.30am contact the library for dates. Tea and newspapers every Mon at 10.30am providing opportunities for adults to socialise. Knit and Natter every Mon at 10.30am. Contact local library for information on availability.

Telephone: 028 9187 2610

Email: [comber.library@librariesni.org.uk](mailto:comber.library@librariesni.org.uk)

**Downpatrick-** Got IT- contact the library for session information. Rhythm & Rhyme every Sat at 11.00am for children ages 0-4yrs. Story time every Sat at 2pm for children ages 4-8yrs. Knit and Natter every Thurs at 11.00am. Adult reading group every last Tues of the month at 4.30pm for over 16's. Duplo club every Tues at 2.30pm for children ages 0-8yrs. Lego club every Mon at 3.30pm for children ages 0-8yrs.

Telephone: - 028 4461 2895

Email: [downpatrick.library@librariesni.org.uk](mailto:downpatrick.library@librariesni.org.uk)

**Newcastle-** Rhythm & Rhyme every Fri at 10.45am for children ages 0-4yrs old. Knit and Natter every Thurs from 11.00am. Contact local library for information on availability.

Telephone: 028 4372 2710

#### **Newcastle Carers Hub**

Meets 1<sup>st</sup> Thursday of every month in Newcastle Parish Hall 1-3pm. Contact your local GP Surgery for further details.

Email: [newcastle.library@librariesni.org.uk](mailto:newcastle.library@librariesni.org.uk)

**Killyleagh-** Rhythm & Rhyme every Fri at 11.15am for children ages 0-4yrs old. Mindful colouring contact the library for more information. Cryptic corner every Sat at 12noon crosswords and Sudoku's. Tea and newspapers every Tues from 11.00am providing opportunities for adults to socialise. Knit and Natter every Tues at 11.00am. Greenfingers Gardening Group meets fortnightly on Wednesday's from 2:00pm. BOGOF Adult Reading Group third Wednesday of the month from 5:00pm. Lego Club second Wednesday of the month from 3.30pm for children ages 8+.

Telephone: - 028 4482 8407

Email: [killyleagh.library@librariesni.org.uk](mailto:killyleagh.library@librariesni.org.uk)

**Saintfield-** Rhythm & Rhyme every Thurs at 10.15am for children ages 0-4yrs old. Lego Club- every Thurs at 3.30pm for children ages 6+. Tea and newspapers every Sat at 10.00am providing opportunities for adults to socialise. Knit and Natter every Fri at 11.00am. Story time every Tues at 3.30pm for children ages 4-8yrs. Adult reading group every second Tues of the month at

2.00pm. Contact local library for information on availability.

Telephone: 028 9751 0550

Email: [saintfield.library@librariesni.org.uk](mailto:saintfield.library@librariesni.org.uk)

#### **Market House, Ballynahinch**

Providing a community facility for social activities for the Ballynahinch community.

Telephone: 0330 137 4008

Email: [ccbookings@nmandd.org](mailto:ccbookings@nmandd.org)

#### **Men's Sheds**

Community spaces for men to connect, converse and create. Helps to reduce loneliness and isolation. Access through self-referral.

**AMH Downpatrick** contact for more information on meeting times and locations.

Telephone: 0788 540 7094

Email: [menssheddownpatrick@gmail.com](mailto:menssheddownpatrick@gmail.com)

**East Down-** Loughinisland Road, Downpatrick telephone: 0780 944 1950 for more information.

**Rowallane Saintfield Men's Shed-** Tuesday's 10am to 4pm, Wednesday 7pm to 9pm and Saturday 10am to 2pm.

Telephone: 0793 577 7931

Email: [tfrew@btinternet.com](mailto:tfrew@btinternet.com)

#### **Mindwise Down**

Carer support group for carers caring for someone with a mental health difficult. Meets 2<sup>nd</sup> Thursday of every month in Mindwise Resource Centre, Ballydougan Road Downpatrick from 7-9pm

Telephone: 028 4461 7964

#### **Newcastle Community Cinema**

Newcastle Community Cinema is a multi-award winning voluntary run non-profit cinema. NCC specialise in providing the greater community with a varied programme of quality cinematic entertainment, showing movies for adults and children alike on a monthly basis. Located 54 Main Street, Newcastle.

Telephone: 0757 763 5104

Visit: <https://www.facebook.com/NewcastleCinema/>

#### **Recharge CIC**

A community interest company which organises and runs wellbeing events and activities which are open to

carers. Recharge may offer free or subsidised places for carers but many have a charge. Check their website for their programme and events and any associated costs.

Telephone: 0779 131 3106

Email: [enquirerecharge@gmail.com](mailto:enquirerecharge@gmail.com)

### **Rowallane Community Hub (RCH)**

Rowallane Community Hub (RCH) will provide modern, accessible multi-use community space, available to all members of Saintfield and the surrounding areas. Located on the Main Street of Saintfield providing access to a local handyman to serve the Saintfield community, Allotments and The Barn to host community events.

Visit: <http://discoversaintfield.com/rowallane-community-hub/> for more information.

### **Saintfield Carers Group**

Meets last Friday of every month in 2<sup>nd</sup> Saintfield Presbyterian Church 10-12noon.

Contact your local GP Surgery Social Worker for further details.

### **1<sup>st</sup> Saintfield Presbyterian Church**

Providing spiritual and social supports within the community, such as their parent toddler group on a Wednesday morning at 10.30am, youth groups and badminton club. Visit: <https://www.1stsaintfield.org.uk/whats-on/> for more information.

Telephone: 02897 519883

Email: [office@1stsaintfield.org.uk](mailto:office@1stsaintfield.org.uk)

### **2<sup>nd</sup> Saintfield Presbyterian Church**

Providing spiritual and social supports within the community, such as parent and toddlers group, adult recreational groups such as badminton and youth groups.

Telephone: 0756 181 7155

Visit: <https://www.secondsaintfield.org.uk/activities> for more information.

### **Saintfield Community Association**

Providing information on local news and events happening in the Saintfield area.

Visit: <https://www.facebook.com/discoversaintfield/> for more information.

### **Saintfield Community Centre**

Providing a community facility for social activities for the Saintfield community such as the U3A group and youth club which runs on a Saturday night from 7-8pm.

Telephone: 0756 826 8986

Email: [booking.saintfieldcc@gmail.com](mailto:booking.saintfieldcc@gmail.com)

### **Sensed (Special Education Needs Support East Down)**

Parent led group for those caring for someone who has special education needs. Meets monthly at Cedar Integrated Primary School, Crossgar 7-8.30pm.

Email: [nicolaellison78@gmail.com](mailto:nicolaellison78@gmail.com)

### **SERC Downpatrick**

The McNeill room restaurant provides sandwiches, scones and hot food at a relatively low cost for our staff and students and is open to the public. Due to safeguarding, the only areas open to the general public are between the Downpatrick Campus reception and McNeill room restaurant. However, students and staff can utilise campus facilities during all normal opening times, even if they do not have timetabled classes.

Opening time(s) of WARM Space

Mon- Fri 8.45am to 1.45pm. Bistro open on a Wed evening term time only, booking required.

Telephone: 0345 600 7555

### **Sir Hans Sloane Centre Killyleagh**

An exhibition space providing education and awareness of the history of Sir Hans Sloane and his connection to the Killyleagh area. Also hosts other visiting exhibitions.

Telephone: 0789 625 4153

Email: [info@sirhanssloanecentre.co.uk](mailto:info@sirhanssloanecentre.co.uk)

### **Unit T**

Unit T developed in 2013 to improve social, educational and health issues in the community and aims to improve health and wellbeing in the Newcastle area, they also operate a community fridge.

Telephone: 0755 550 5217

Visit: <https://www.facebook.com/Unitthub/>

### **Walk NI**

Website providing information regarding walking groups in your area.

Telephone: 028 9030 3930

Email: [info@walkni.com](mailto:info@walkni.com)

### **Women's Institute**

Ardglass – The Old School Hall, Hill Street, 1st Wed @ 7.45pm.

Artana – 1st Dromara Presbyterian Church, Minor Hall, 1st Mon @ 8pm.

Boardmills – Temple Golf & Country Club, 1st Thurs @ 7.30pm.

Crossgar – The Masonic Hall, Crossgar, 2nd Mon @ 7.30pm.

Downpatrick – Downpatrick Presbyterian Church Hall, 2nd Wed @ 7.30pm.

Saintfield – Parish Church Hall, 2nd Wed @ 7.45pm.

Seaforde – Millennium Hall, Castlewellan Road, Clough, 2nd Mon @ 7.30pm.

Spa – Spa Community Hall, 1st Wed @ 8pm.

Visit: <http://www.wini.org.uk/> for more information on the above listed club nights.

### **YMCA Newcastle**

YMCA Newcastle is a provision supporting young people and community through a range of programs, Emotional or social support (e.g. befriending) for those aged 4-25yrs.

Telephone: 028 4372 3147 or 0790 764 6302

Email: [denise.malone@ymca-ireland.net](mailto:denise.malone@ymca-ireland.net)

## **Safe and Warm Spaces**

### **2<sup>nd</sup> Saintfield Presbyterian Church**

Provides a soup lunch on the 1<sup>st</sup> Tuesday of the month at 12noon in the church hall, small charge may apply. Visit: <https://www.secondsaintfield.org.uk/activities> for more information.

Telephone: 0756 181 7155

### **The Open House initiative**

The 'Open House' initiative began its roll out in December, with Newry and Killeel Leisure Centres, Down Arts Centre, the Market House in Ballynahinch and Warrenpoint Town Hall running weekly sessions, offering a free hot drink and an opportunity for people to meet with old friends or new people.

**Dan Rice Hall**, Drumanness  
Every Friday from 10am-1pm

**Down Arts Centre**, Downpatrick  
Every Monday from 9.30am-12.30pm

**Market House**, Ballynahinch  
Every Thursday from 9am-1pm

### **Donard Methodist Church, Newcastle**

Winter warmer lunch returns from Fri 27<sup>th</sup> Oct 2023 from 12-2pm, contact the church for more information, and visit: <https://www.facebook.com/donardmethodist>.

Telephone: 0770 2090 486

### **Libraries NI**

**Ballynahinch**- Main Street operates during library opening times. Please see library website for more information.

<https://www.librariesni.org.uk/>

Telephone: 028 9756 4282

**Castlewellan**- Main Street operates during library opening times. Please see library website for more information.

<https://www.librariesni.org.uk/>

Telephone: 028 4377 8433

**Comber**- Newtonards Road operates during library opening times. Please see library website for more information.

<https://www.librariesni.org.uk/>

Telephone: 028 9187 2610

**Downpatrick-** Market Street operates during library opening times. Please see library website for more information.

<https://www.librariesni.org.uk/>

Telephone: 028 4461 2895

**Newcastle-** Main Street operates during library opening times. Please see library website for more information.

<https://www.librariesni.org.uk/>

Telephone: 028 4372 2710

**Saintfield-** Ballynahinch Road operates during library opening times. Please see library website for more information.

<https://www.librariesni.org.uk/>

Telephone: - 028 9751 0550

#### **Killyleagh-**

High Street warm space operates during library opening times.

Telephone: 028 4482 8407

#### **Taste and See Community Café Castlewellan**

Open every Tuesday from 10am until 3pm providing a warm welcome for all, 37 Main Street Castlewellan.

Visit: <https://www.facebook.com/people/Taste-See/100090751149302/> for more information.

Telephone: 0751 368 4821

Email: [adowney@presbyterianireland.org](mailto:adowney@presbyterianireland.org)

#### **Warm Spaces**

A website that can provide the locations to safe and warm spaces registered with them.

Visit: <https://warmspaces.org/spaces> for their location map.