



Carer Resource Directory

Lisburn and surrounding areas

(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

Visit: 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.

Confidential workplace advice line: 03300 555 300

Main advice line: 0330 055 2220

Visit: 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

British Legion

A charity providing care and support to serving members of the Armed Forces, veterans of all ages and their families. The organisation helps 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

Lisburn branch: 028 9266 5530

Email: info@britishlegion.org.uk

Visit: www.britishlegion.org.uk

Christians against Poverty

Offers debt advice and counselling, job clubs, life skills, money coaching. Hosted in Lisburn Cathedral.

Telephone: 0800 328 0006

Local Number: 0774 684 3355

Email: info@capuk.org

Community Advice Lisburn and Castlereagh

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

50 Railway Street
Lisburn
BT28 1XP

Telephone: 028 9266 2251

Email: calc@calcni.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

Credit Union

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

Telephone: 028 9266 7744 Grand Street branch

Telephone: 028 9099 6248 Dunmurry branch

Telephone: 028 9267 0194 Bachelors walk Lisburn branch

Visit: www.newhorizonscreditunion.co.uk

Damask Community Outreach

Provides a free advice service Tues, Thurs, Fri and Sat 9-2pm, runs as a part of Seymour Street Methodist church.

Telephone: 0778 495 5698

Email: info@damasklisburn.org

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

Find Help NI

Online community resource finder related to mental health conditions.

Email: info@findhelpni.com

Telephone: 028 988 8448

Here2Help App

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

Jobs & Benefits

Bow Street 71, Lisburn BT28 1BJ

Telephone: 0800 022 4250

Inspire Regional Advocacy Service

One to one support to resolve advocacy issues available to every person with mild to moderate mental health issues.

Telephone: 0808 189 0036

Email: 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

Law Centre

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

Telephone: 028 9024 4401

admin@lawcentreni.org (general enquiries)

LCC Community trust

LCC Community Trust aims to serve the local community through Projects which help people physically, mentally, emotionally, financially, spiritually and relationally especially in areas of need and short term crisis such as community money advice, foodbank, social supermarket, peer support.

Telephone: 0786 057 8409

Email: admin@lcccommunitytrust.org

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 9264 6329

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

Visit: 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 or 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 to the Belfast South area.

Telephone: 0800 304 7159 or 028 9023 9909

Email: northern.ireland@nea.org.uk

NI Direct Cost of Living Information and Advice

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

Email: 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

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

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

Resurgam Trust Lisburn

The Resurgam Trust provide regeneration, social enterprise and social supports to the Lisburn community to help them and develop and grow. Working alongside other charities and organisations they aim to meet the desired outcomes of local Lisburn communities to make a difference to residents in the Lisburn area. Can provide financial advice and signposting.

Telephone: 028 9267 0755

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

Simon Community Low Threshold Service for people who use drugs and alcohol

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

Email: info@simoncommunity.org or help@simoncommunity.org

Telephone: 028 9260 3059

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

Visit: 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

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 or ask.us@actionforchildren.org.uk for any enquires.

Visit: www.actionforchildren.org.uk

Action Mental Health Lisburn

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

Telephone: 028 9062 9759

Age NI Advice Service

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Advice line: 0808 808 7575

Main Office: 028 9024 5729

Email: advice@ageni.org

Atlas Women's Centre

Provides a Crèche facility for those in receipt of certain benefits, and meet listed criteria. Mon – Fri 9-1pm.

Telephone: 028 9260 5806

Visit: <http://www.atlaswomenscentre.co.uk/atlas-creche/> or Atlas Women's Facebook page for more information.

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. The organisation also has a dedicated Helpline for those over 50 dealing with addiction issues.

Telephone: 028 9066 4434

Email: enquiries@addictionni.com

Over 50's alcohol Helpline: 0808 801 0750

AGE NI

Befriending, Advice and Advocacy services for the older generation.

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

Email: advice@ageni.org

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

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

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

Based in Moira, 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

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

Alternatively, contact 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

ASCERT

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

Telephone: 0800 254 5123

Email: 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

Atlas Women's Centre

The centre delivers training, learning, support, childcare, advice and guidance to vulnerable, disadvantaged and isolated individuals and families.

Telephone: 028 9260 5806 or 0751 467 0618

Email: info@atlaswomenscentre.co.uk

Visit: www.atlaswomenscentre.co.uk

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

Visit: 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

Belfast and Lisburn Community Project (BALC)

Supporting those at risk from becoming homeless or who are already homeless within the Lisburn and surrounding areas.

Telephone: 028 9593 3232

Email: admin@balcproject.org.uk

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

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

Beyond the Battlefield

Looks after the ex-service men and women in Northern Ireland and Ireland. The organisation offers a range of

services including information, counselling, advocacy, homeless support and other services.

Telephone: 028 9122 8389

Email: info@beyondthebattlefield.org

Visit: 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

Visit: 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 or 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

Visit: www.cancerlifeline.info

Carers NI

A part of carers UK, this organisation provides 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

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

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

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

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

Email: 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 offers a Listening Ear service.

Telephone: 0808 888 3555

Email: nireland.office@contact.org.uk

Visit: www.contact.org.uk

Contact Northern Ireland

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

Telephone: 0808 808 3555

Email: nireland.office@contact.org.uk

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

BSL video relay:

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

Dementia Carers Support Group Lisburn

Carer support group for those caring for a person with Dementia. Meet on the 1st Wednesday of the month in Lisburn Library 1st floor.

Linda Dornan or Francis McConnell, Dementia Navigators (SEHSCT): 028 9598 8098 (option 1, Option 2)

Dementia NI

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

Telephone: 028 9693 1555

Email: info@dementiani.org

Diabetes UK

Provides information sessions to raise awareness, understanding and promotes care of those with diabetes.

Telephone: 028 9066 6646 or Helpline 028 9536 0600

Email: n.ireland@diabetes.org.uk

Disability Action

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

Telephone: 028 9029 7880

Email: marketing@disabilityaction.org

Down's Syndrome Association

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

Telephone: 028 9077 6176 or Helpline 0333 121 2300

Email: info@downs-syndrome.org.uk

Dunlewey Addiction Services

A free and confidential "one on one" counselling service for anyone aged 18 and over. The service is provided in a quiet and safe setting, the organisation prides themselves on the warm and professional welcome that awaits those who require help when drugs or alcohol are causing problems in their lives. People can self-refer to this service.

Telephone: 028 9039 2547

Email: admin@dunlewey.org

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 9504 9999

Falls Prevention Service

Trust service set up to help prevent falls for people over 65yrs. Can self-refer if over 65yrs, 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

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 (11-18) 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

Email: YoungPeopleService@gamcare.org.uk

GP Out of Hours

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

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

Huntington's Disease Association

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

Telephone: 0773 393 5863

Email: info@hdani.org.uk

Inspire Regional Advocacy Service

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

Telephone: 0808 189 0036

Email: infoline@inspirewellbeing.org

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

Lisburn SAFE

The aim of the initiative is to create a community environment which is safe, free from criminality, anti-social behaviour and a connected community. The project addresses issues of low level crime such as anti-social behaviour, reporting of crime and acting as a signposting service.

The organisation has a large number of trained community safety volunteers across areas of Old Warren, Hillhall, Hilden and the Maze.

Old Warren Area – 0756 201 4189 or 0756 201 4198

Hilden / Low Road Area – 0785 109 4419

Hillhall Area – 0756 201 4184

Maze Area – 0785 109 4413

Lisburn foodbank

Lisburn Foodbank provides emergency food and support to people in crisis, through their referral agents. The organisation listens, and arranges for other professional help and advice including counselling, advocacy, debt advice, budgeting, and housing support.

Telephone: 07756 965 868

Email: team@lisburnfoodbank.org

Macmillan Health and Wellbeing Service

Provides information and confidential support to people living with cancer and the carers. Offers benefits advice, counselling and complementary therapies as well as advising on practical issues. There is a free driving service, however 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

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

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

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

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 9040 2323

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

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

Visit: 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

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

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

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

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

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

Parenting NI

Provides free support, training and information to parents.

Telephone: 028 9031 0891 or call 0808 8010 722 Helpline

Email: help@parentingni.org or info@parentingni.org

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 or hello@parkinsons.org.uk

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

SPRING Social prescribing service

Helps people aged 18+ to address social, emotional and practical needs by connecting them to sources of support within their community to improve their health and well-being. Referral is through the GP or Primary Health Care professional contact Nichola at:

Telephone: 028 9252 8233

Email: nichola.smyth@resurgamtrust.co.uk

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 or 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

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

SAIL (Transgender support)

The support organisation for the families of transgender and gender variant people in Northern Ireland. The organisation organises 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

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 9250 1325 Lisburn

SEH&SC Trust Gateway Services

Telephone: 0300 1000 300

SEH&SC Trust Adult Learning Disability Service

Telephone: 028 9263 3190 Lisburn area

SEH&SC Trust Mental Health Service

Telephone: 028 9266 5181 Lisburn

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 9260 4031

SEH&SC Trust Sensory Support Team

Telephone: 028 9260 7746

Text: 028 9262 8646

Mobile: 0773 987 9554

Sensibility NI

A not for profit constituted community group supporting adults with severe learning difficulties. Meetings in LARC Lisburn

Visit: <https://www.facebook.com/sensabilityni> for more information on events and carer support meetings as days and times may be subject to change.

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

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

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

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

Stepping Stones

Provides a range of services and social enterprises that support people with learning disabilities and learning difficulties. Some services can be accessed directly while others need to be accessed through a referring agent.

Telephone: 028 9266 7124

Email: info@stepping-stones.org.uk

Stroke Association

Emotional and post stroke support to individuals and their families, self-referral forms found online. A support group is offered at Lagan view enterprise centre, Lisburn.

Telephone: 028 9050 8020

Email: northernireland@stroke.org.uk

Tide

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

Telephone: 0784 142 1158

Email: carers@tide.uk.net

The Welcome House

Offers a wide range of advice and practical help to support ethnic minorities. Supported by the Resurgam Trust, located Bridge Street Lisburn.

Telephone: 028 9266 4443

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: 028 9078 2940 or call 0800 520 0520 Helpline

Email: 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

Young Minds

Provides 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. The organisation provides 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.

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

British Red Cross

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

Telephone: 028 9073 5350

Email: 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.orgCaring

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

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 Crossroads Care. There is a cost to this service.

Telephone: 028 9181 4363

Email: ivp@crossroadscare.co.uk

'Young Carers' provides 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

Family Support Hub (Greater Lisburn area)

Provides 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.

Telephone: 028 9250 1357

Email: 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

Good Morning Colin

Daily telephone support for older and vulnerable residents in the local community.

Telephone: 028 9062 7863

Email: isabel@newcolin.com

Home Start

Supports families with young children under the age of 5yrs who are experiencing challenges including poor mental or physical health, bereavement or post-natal depression, financial worries. Has a volunteer home visiting support and parents can attend one of the family groups. This is self-referral or referral through professional organisations.

Telephone: 028 9262 8585

Email: hello@homestartacapa.org.uk

Lagan Valley Rural Transport

Telephone: 028 9267 2292 Market Place

Provides a transport service for people living in a rural location who cannot drive. Registration is essential for this service.

Telephone: 028 9262 2030

Email: admin@lvrt.co.uk

Shop Mobility Lisburn

Shop mobility Lisburn is a registered charity, which can provide a mobility scooter or wheelchair - helping people get around Lisburn area. The service is open to everyone who finds access around the city centre difficult. This includes people with disabilities, older people or those who, due to accident or illness, find themselves with temporary mobility difficulties. People do not have to be registered disabled to use the service. They have 3 locations, Bow St Mall, Sprucefield and Lisburn Square. Before using the equipment, there is a requirement that people register as a member.

Telephone: 028 9260 1357

Email: shopmobilitylisburn@hotmail.co.uk

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

Sure Start Colin

Works with children under 4 to promote physical, intellectual, social and emotional development. Provides social support to parents by offering workshops and classes and peer support through walking groups. People can self-refer. The services are post code dependent so contact the team to check eligibility.

Telephone: 028 9060 1417

Email: info@colinsurestart.com

Sure Start Lisburn

Works with children under 4 to promote physical, intellectual, social and emotional development. Provides social support to parents by offering workshops and classes and peer support through walking groups. People can self-refer. The services are postcode dependent so contact the team to check eligibility.

Telephone: 028 9267 2292 Laganview (Old Warren)

Telephone: 028 9266 6987 Avonmore (Old Warren)

Telephone: 0797 673 5931 Hillhall

Counselling and Wellbeing

Accord NI Catholic Marriage Care

Offers marriage and relationships counselling. £40 min donation per session.

Telephone: 028 9023 3002

Email: info@accordni.com

AMH New Horizons Lisburn

Offer a range of person centred programmes for people recovering from mental illness. Referrals through local mental health services, addiction services or the job centres.

Telephone: 0781 383 8265

Email: comms@amh.org.uk

AMH New Life Counselling

Provides free counselling services. Online self-referral.

Telephone: 028 9039 1630

Visit: www.amh.org.uk/new-life-counselling

Atlas Women's Centre Listening Ear

Counselling service provided by student counsellors, offering free sessions focused on stress, anxiety, low mood, self-esteem and isolation.

Telephone: 028 9260 5806 or call 0751 467 0627

Email: info@atlaswomenscentre.co.uk

Visit: <http://www.atlaswomenscentre.co.uk/new-new-new/whats-on/> or visit Atlas women's centre Facebook page for more information.

Aware NI

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

Telephone: 028 9035 7820

Email: info@aware-ni.org

Better Help

Offers an online counselling service. Charges may apply. Register for support on their website.

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

Common Wellbeing and Mental Health

Supporting people through a range of therapies, catering to all ages. Charges may apply.

Telephone: 028 9279 3300

Email: hello@lisburncommon.com

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

Emerge Counselling Services

Emerge Counselling Services is a suicide and self-harm prevention centre based in Lisburn, Co. Antrim, Northern Ireland. The service offers 1 to 1 counselling to all members of the community who may be struggling with their mental health.

Telephone: 028 9244 5060

Email: emergecounsellingservices@outlook.com

Fall up

FALLUP NI provides a bespoke form of mental health support within the community and facilitates a variety of awareness sessions, individual interventions, motivational talks, and support groups. Charges may apply.

Telephone: 0793 644 1875

Email: info@fallupni.com

Visit: <https://fallupni.com/>

Inspire Wellbeing

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

hello@inspirewellbeing.org

Telephone: 0808 189 0036 or 028 4273 9021

Links Counselling services

Links Counselling Service is a charity that exists to make counselling accessible to everyone within the community. The organisation offers professional counselling for children, young people, adults and couples. Self-referrals can be made online. Charges may apply.

Telephone: 028 9521 1441

Visit: <https://www.links counselling.com/>

Relate

Provides relationship, family, kids, teen, adult couple and single adult counselling services as well as relationship MOT and therapies around sensitive subjects such as sex. Self-referral available. Charges may apply.

Telephone: 028 9032 3454

Visit: www.Relateni.org

Stars Lisburn

Mental health awareness and suicide prevention group linking into other groups within the Lisburn area.

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

Stroke Association

Emotional and post stroke support to individuals and their families, self-referral forms found online. A support group is offered at Lagan view enterprise centre, Lisburn. A counselling service is also available.

Telephone: 028 9050 8020

Email: northernireland@stroke.org.uk

That's Mental

A blog developed by a local Lisburn man to raise awareness and support around men's mental health.

Visit: <https://www.facebook.com/ThatsMENTal.NI/>

Time for You Counselling

Providing telephone or zoom counselling appointments, their 5-person team can provide counselling for youth, adults, couples and also Christian counselling. Charges may apply.

Telephone: 0773 684 9586

Visit: <https://www.timeforyoucounsellingni.co.uk/>

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 call 0797 132 9525

Email: wellnessrecoverynetwork@setrust.hscni.net

Social Activities

Age Friendly Alliance

An initiative run by the Lisburn and Castlereagh council in conjunction with other government and voluntary organisations to support people as they grow older to have a positive experience through social activities aimed at health and wellness within the Lisburn Castlereagh area.

Telephone: 028 9244 7327

Email: agefriendly@lisburncastlereagh.gov.uk

Aghalee Village Hall

Run a number of events and activities for the local community.

Telephone: 028 9265 1825

Email: aghalee.vhall@btinternet.com

Annahilt and Magheraconluce Community Association

Provides community development by facilitating and hosting a range of activities and groups within the area working alongside other organisations.

Email: annahiltmagheraconluceca@gmail.com

Atlas Women's Centre

Craft class every Friday 10-12 noon.

Men's mental health support Wednesdays 6-8pm

Line dancing, photography, wellness and health classes run periodically visit the website or Facebook page for more information.

Telephone: 028 9260 5806 or 0751 467 0627

Email: info@atlaswomenscentre.co.uk

Ballinderry Upper & Lower Residents Association

Providing information and support to the residents of the Culcavey area, information on community events and informational sessions.

Visit: <https://www.facebook.com/people/Ballinderry-Residents-Association/100064362566935/>

Ballymacash Regeneration Network

Developed by residents for residents, voluntary lead, providing a meal on wheels' programme, A Breakfast roll- Tuesdays 9.30am- 11.00am. Information drop in sessions and social activities for the local community. Supported by the Resurgam Trust.

Telephone: 028 9252 8067

Visit:

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

Chat and Chill Café, Lisburn

An independent coffee shop developed to provide links to the local Lisburn community through social initiatives and providing support through groups such as: mental health nights, weight loss nights, bring your own nights to help local people be able afford nights out, and also allow our locals to pay if and when they can. Located Antrim Street Lisburn.

Visit: <https://www.facebook.com/people/Chat-Chill-Cafe/100083048601147/>

Colin Neighbourhood Partnership

Run a large number of groups, activities and training sessions for people in the community.

Telephone: 028 9062 3813

Email: info@newcolin.com

C-SAW

C-SAW offers a range of physical activity programmes for over 60's, people with disabilities and mums and babies.

Email: csaw@lisburncastlereagh.gov.uk

Culcavey Village

Providing information and support to the residents of the Culcavey area, information on community events and informational sessions.

Visit:

<https://www.facebook.com/groups/425807001994405/>

Downtown Centre Lisburn

Cheer you up Club- Meets on the 1st Wednesday of each month in 1st Lisburn Presbyterian Church 2-3.45pm and is for senior citizens. Refreshments available for £1.

Carer support Group – for those caring for someone with a learning disability. 2nd Tuesday of the month and 4th Thursday of every month 10.30am- 12 noon. 1st Lisburn Presbyterian church.

Telephone: 028 9267 2052

Email: info@downtowncentre.org

Damask Community Outreach

Provides after school and evening groups and a health and wellbeing programme. Meets at Seymour Street Methodist Church premises.

Email: info@damasklisburn.org

Derriaghy Village Community Association

Provides local and social supports to the people living in Derriaghy Village.

Telephone: 028 9060 0317

Email: dvca@live.co.uk

Dig Deep Initiative

Developed by the Resurgam Trust with the aim of promoting positive relationships across inter-generational groups within the community and stimulate a sense of ownership that encourages individuals to become involved in working in an outdoor environment. Meets every Thursday morning.

Telephone: 07936 009 515

Email: swainandrew31@gmail.com

Drumbo Area Action Committee

Providing information and support to the residents of the Drumbo area, information on community events and informational sessions.

Email: drumboaac@gmail.com

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

Drumlough VIP Club

Senior citizen's club meets 3rd Thursday of every month. 2.30pm -4pm, £3 for afternoon tea. Meets at Drumlough Presbyterian Church, Hillsborough.

Telephone: 028 9753 3427

Dunmurry Community Association

Run a number of events and activities for the community.

Telephone: 028 9062 9054

Email: dunmurryca@gmail.com

Early Intervention Lisburn

Early Intervention Lisburn Partnership is led by the Resurgam Trust and includes representatives from the community, statutory and voluntary agencies. It is a locality planning group with the aim of developing a collective plan to improve outcomes for children, young people and families in Lisburn.

Email: mabel.scullion@barnardos.org.uk

Elmwood Presbyterian Church

Run a community café Thursdays 10-2pm and Young at Heart group for seniors on the 2nd and 4th Monday of the month at 12.30pm.

Telephone: 028 9260 4010

Email: info@elmwoodpresbyterian.com

Footprints Woman's Group

Provide women's groups and programmes of activity. Meets at Colinmill, Dunmurry.

Telephone: 028 9092 3444

Email: www.footprintswomenscentre.org

Glenavy Community Partnership

Sharing information on events, projects and informational sessions for Glenavy residents.

Visit:

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

Glenavy Parish Group

Glenavy Parish Open Door Club- Senior Citizen's group

Telephone: 028 9442 2361

E-mail: vicar@glenavyparish.org

Glencare Friendship Group

Senior Citizen's Group Wednesday mornings 10.30am-12.30pm, St Claire's community hall, Glenavy

Telephone: 0774 525 4467

Email: stclareshall@hotmail.com

Halftown Residents Association

Managed by Resurgam Trust, Halftown Residents Association aims to maintain and manage a community hall for use by all the community, make available information and advice on relevant issues, organise, or assist in organising meeting with statutory and voluntary authorities, assist in promoting and carrying out research, surveys and investigations and address inequalities in education, health and social exclusion.

Telephone: 028 9267 0755

Visit: <https://www.facebook.com/people/Halftown-Residents-Association/100066928368337/>

Harmony Hill Presbyterian Church

Provides social supports and activities such as knitting and craft group, bowling, badminton. Parent and toddler mornings. Contact the church for more information.

Telephone: 028 9545 0046

Email: enquiry@harmonyhillchurch.org.uk

Hen's Sheds

Women's social groups to help women learn more about themselves as individuals and to encourage growth through peer support, engaging in a range of activities and outings. Lisnagarvey Hen shed supported by Resurgam Trust.

Telephone: 028 9267 0755

Visit:

<https://www.facebook.com/groups/530040949035908/>

Hilden Community Association

This Association is part of the Resurgam Trust and have a wide range of services available in the area including workshops.

Telephone: 028 9264 1280

Email: hildenca@outlook.com

Hillhall Regeneration Network

Hillhall Regeneration Group offers support to improve educational and unemployment issues. The network are committed to the development of the youth in the area and are the only providers of structured youth provision in the area. Supported by Resurgam Trust.

Telephone: 028 9267 0755

Visit: <https://www.facebook.com/people/Hillhall-Regeneration-Group/100079502060452/>

Hillsborough Village Centre

Providing a local hub within the Hillsborough area to connect residents through health and wellbeing, informational sessions and room hire.

Telephone: 028 9268 3015

Email: info@hillsboroughvillagecentre.com

Hillsborough Presbyterian Evergreens

Bowl and Bap Lunch Club Tuesdays 12 – 2pm. No charge.

Telephone: 028 9268 3502

Email: dawnburnside@btinternet.com

Hilltop Friends

An over 50's group providing a variety of activities, talks and outings to stimulate the body mentally, physically and spiritually. Meets 3rd Thursday of every month from 1.30-4pm (Magheragall church hall)

Email: info.magheragallpresbyterian@gmail.com

Knockmore Community Association

Drop in facilities for the local community. Their activities include a weekly pensioner's breakfast/luncheon club, young people's art projects, trips and bingo.

Telephone: 028 9267 4789

Email: knockmoreca@gmail.com

Irish Linen Museum

The museum service actively engages with our visitors and communities, to deliver a varied programme of exhibitions, activities and events to present opportunities for 'education, enjoyment, reflection and knowledge sharing'. Free Entry, some events may incur a charge.

Telephone: 028 9266 3377

Email: ilc.reception@lisburncastlereagh.gov.uk

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

Lagan Valley Regional Park

The Lagan Valley Regional Park is located between Stranmillis, Belfast and Union locks, Lisburn. They provide events for the community engaging in the heritage through walks, informational sessions, cycle groups etc.

Telephone: 028 9049 1922

E-mail: admin@laganvalley.co.uk

Visit: <https://www.laganvalley.co.uk/contact-us>

Libraries NI

Free IT training and many activities run in local libraries. Contact Lisburn City Library for more information.

Telephone: 028 9039 5989

Lisburn and Castlereagh Borough Council Buddy Scheme

The aim of the Buddy Card Scheme is to make it easier for disabled persons to use Lisburn & Castlereagh City Council leisure, arts and community facilities. When paying for an activity or visiting a facility the disabled person would make the relevant payment and their Buddy would have free access. The disabled person does not have to bring the same Buddy on each visit. The Buddy Card Scheme is available to any adult or child with a disability, the card costs £5.00.

Visit:

https://www.lisburncastlereagh.gov.uk/uploads/general/Buddy_Card_Application_Form_Oct_2016.pdf for an application form.

Email: enquiries@lisburncastlereagh.gov.uk

Old Warren Community Association

Run a number of events and activities for the community. Supported by the Resurgam Trust.

Telephone: 028 9260 4924

Visit: <https://www.facebook.com/people/Old-Warren-Community-Association/100095263090022/>

Maghaberry Community Association

Providing support to residents within the Maghaberry area, information, events and fundraising activities.

Visit: <https://en-gb.facebook.com/groups/101531666557818/>

Magheragall Parish Church

Provides spiritual and social supports within the community. Clubs include badminton, bowling, knitting circle, music and more.

Telephone: 028 9262 1273

Email: info.magheragallpresbyterian@gmail.com

Men's Sheds

Community spaces for men to connect, converse and create. Helps to reduce loneliness and isolation.

Lisnagarvey Lisburn: Telephone: 028 9267 0755

Drumbo and District Men's Shed Association

Telephone: 0774 098 3480

Email: drumbomenssheds@gmail.com

Colin Community Allotment

Meets every Tuesday @10am

Telephone: 028 9062 3813

Email: Scap@newcolin.com

Moria Community

The association works to improve education and social welfare by providing fun, recreational activities and facilities. They manage the local Community Centre.

Visit: <https://www.facebook.com/groups/moiracommunity>

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.

eileen@openartsni.org

028 9024 0765

Poleglass Community Association @ Sally Gardens

Sally Gardens Community Centre delivers a range of inclusive community-based services to all groups/individuals. Issues targeted include economic development, the environment, community development, youth work, providing community facilities, facilitating disability inclusion, campaigning and much more.

Telephone: 028 9062 7250

Ravarnet Community Network

Providing support to residents within the Ravarnet area, information, events and fundraising activities.

Visit: <https://www.facebook.com/groups/1536636976552307/>

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.

Email: enquirerecharge@gmail.com

Phone: 0779 131 3106

Resurgam Youth Initiative

Developed to provide a community in Lisburn where all young people can flourish and thrive. To create opportunities for all young people to develop and connect socially and emotionally providing a safe space for all young people.

Telephone: 028 9267 6361

Email: francie.ferris@resurgamtrust.co.uk

Seymour Hill & Conway Residents Association and Youth Council

Run a number of events and activities for the community. Supporting residents within signposting and advice.

Email: Seymourhillconway2015@hotmail.com

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

Seymour Street Methodist Church

Provides a range of social activities aimed at the community, from Bowling to craft club, The A team

men's group, MWI, Luncheon club, youth support. Visit their website for more information.

Telephone: 028 9266 2303

Visit: <https://www.seymourstreet.org/calendar/> for more information on class and group dates and times.

St Columba's Derryvolgie Open Door

Anyone is welcome to drop in and stay for a cuppa and a chat.

Tuesday 10.30 – 12.30pm

Telephone: 028 9252 8242

Visit: www.derryvolgie.com – info@derryvolgie.com

Stoneyford Community and Youth Association

Providing support to residents within the Stoneyford area, information, events and fundraising activities.

Email: SCYA@gmail.com

Visit:

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

St Patricks Pastoral Centre Lisburn

Based in Chapel Hill, Lisburn, the pastoral centre runs a range of groups and activities aimed at all ages, from parent and toddler sessions to yoga, to Forever Young group, knitting pals, bowling club and a youth club.

Telephone: 028 9260 7110

Email: stpatricksparishcentre@hotmail.co.uk

Visit:

https://parishoflisburn.org/category/pastoral_centre/

Strive Walking and Wellness Group

Established in June 2021 with the aim of promoting health and wellbeing and reducing social isolation.

Email: Strivelwgg@gmail.com

Visit: <https://www.facebook.com/people/Strive-Lisburn-Walking-Wellness-Group/100081105203999/>

Walk NI

Website providing information regarding walking groups in your area.

info@walkni.com

028 9030 393

Women's Institute

Drumbeg – Drumbeg Orange Hall, Ballyskeagh Road, 3rd Thurs @ 7.45pm

Drumbo – Drumbo Village Hall, 1st Mon @ 8pm

Hillhall – Braniel Hall, Hillhall Road, Lisburn, 3rd Tues @ 8pm

Hillsborough – Hillsborough Village Centre, Ballynahinch Road, 3rd Wed @ 7.30pm

Crumlin – Crumlin Masonic Hall, 1st Wed @ 7.30pm

Derriaghy – Christ Church Parish Hall, 1st Mon @ 7.45pm

Glenavy – St Aidan's Parish Church Hall, 4th Tues @ 7.30pm

Killultagh – Magheragall Orange Hall, Glenavy Road, Lisburn, 1st Thurs @ 8pm

Maghaberry – Maghaberry Primary School, 2nd Thurs @ 7.45pm

Maze – Maze Orange Hall, Kesh Road, Maze, Lisburn, 2nd Mon @ 8pm

Upper Finaghy – Federation House, Upper Lisburn Road, 1st Mon @ 7.45pm

Ravarnet – Lower Maze Community Hall, 1st Tues @ 7.45pm

YMCA Lisburn

Lisburn YMCA works closely with young people, families and vulnerable groups, in partnership with statutory and other voluntary organisations. The youth work team offer a number of structured and informal activities that centre on personal and social development. Health promotion is an integral feature of its work and programmes are offered in areas such as alcohol misuse, emotional health, relationships and sexuality. It also provides vocational training through the START programme, helping unemployed young people acquire qualifications and work experience.

Telephone: 028 9267 0918

Visit: www.lisburnymca.com

Safe and Warm Spaces

First Lisburn Presbyterian Church

Market Square Lisburn, Free Food/Drink, Free Wi-Fi, Space to work, Wheelchair Accessible, Toilets, Accessible Toilet, Child Friendly.

Friday 9.30am-12.30pm

Maghaberry Heat Hub

Maghaberry Community Centre, Free Food/Drink, Free Wi-Fi, Device Charging, People to chat to, Wheelchair Accessible, Toilets, Accessible Toilet, Parking, Child Friendly.

Opening hours 10am- 12pm.

Libraries NI

Lisburn City Library safe and warm space operates during library opening times. Please see library website for more information.

Telephone: 028 9266 9345

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

SERC Lisburn

Offers a safe and warm space to all students. The general public can avail from the Linen Room Restaurant 1st Floor, and Zest Café Ground Floor, food and drinks are at a cost.

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.