



Get in touch

To join Senior Well Ageing Network, to sign up to our mailing list, or to raise concerns about an issue in your local area, contact:

County Down Rural Community Network
Email: frances@countydownrcn.com T: 028 9182 8884
(during current Coronavirus Pandemic email is best form of communication).



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ARDS & NORTH DOWN

*Making our community
a great place to age well*

Making our community a great place to age well

SENIOR WELL AGEING NETWORK Ards and North Down was developed in 2019 and involves community, statutory and voluntary partners working together to improve later life for people across the Ards & North Down area. It is actively involved with Age NI, South Eastern Health and Social Care Trust, Ards and North Down Borough Council and other older people's networks across Northern Ireland.

Are you aged over 50?

Is your group working with people aged over 50 in the local community?

If so, by joining the Network you will be working together to:

- Share information and best practice – improve communication and engagement with older peoples' groups
- Identify training needs of groups – hold workshops
- Identify older peoples' issues and concerns – influence decision makers, build relationships with AGEnda, Older People's Council, Age Friendly, Political Parties and the Council.
- Identify service gaps in the local health trust areas - develop further partnership and collaboration work
- Help with funding

WE HAVE 3 NETWORK MEETINGS AND ADDITIONAL WORKSHOPS, EVENTS AND BEST PRACTICE VISITS EACH YEAR

We are keen to listen to you and hear your concerns.



AGE SECTOR SUPPORT USEFUL TELEPHONE NUMBERS

ADVICE AND SERVICES

- Age NI Advice Service – Freephone **0808 808 7575**
Free independent and confidential support for older people, their families and carers.
- Age NI Independent Living Products – **028 9024 5729**
Bathroom aids & adaptations, mobility products and stair/through the floor lifts.
- Age NI First Connect Officer – George Smith – **07436 581 437**
- AGE North Down and Ards (AGEnda) – **028 9127 1968**
Provides direct support and signposting to improve the quality of life of older people in the Ards & North Down area.

GROUP SUPPORT – Capacity Building

- SEHSCT, Wendy McDowell - T: **028 9268 0852** M: **078 3492 9106**
Email: **Wendy.McDowell2@setrust.hscni.net**
- Ards Development Bureau & Community Network – **028 9181 4625**
- County Down Rural Community Network – **028 9182 8884**
- North Down Community Network – **028 9146 1386**
- Ards and North Down Borough Council, Community Development Dept – **0300 013 3333**

GROUP SUPPORT – Funding

- Community Foundation Northern Ireland – **www.communityfoundationfund.org**
- National Lottery Community Fund – **028 9055 1455**

USEFUL CONTACTS

- Action Fraud – **0300 123 2040**
- Ards and North Down Borough Council Offices – **0300 013 3333**
- Ards and North Down Community Safety Team – **028 9182 4044**
- Community Advice Ards and North Down Advice Line – **0300 123 9287**
- Crimestoppers – **0800 555 111**
- Emergency Services – **999**
- Helplines NI – **www.helplinesni.com**
- Kilcooley & Ards North Down Women's Centre – **028 9147 8292**
- Libraries NI – **07912 296 801**
- Lifeline (For those in distress or despair) – **0808 808 8000**
- Mental Health Information and Support – **www.mindingyourhead.info/services**
- NI Water – **0345 744 0088**
- NI Direct – **0300 200 7899**
- NI Electricity – **03457 643 643**
- North Down and Ards Women's Aid – **028 9127 3196**
- Peninsula Healthy Living Partnership – **028 4273 9021**
- Police Non-Emergency – **101**
- Regional Emergency Social Work Service – **028 9504 9999**
- SET Safe and Well Caring Communities – **028 9756 6934**

GP OUT OF HOURS

- North Down & Ards Doc – **028 9182 2344**