



Get in Touch

To join Down Senior Forum, to sign up to our mailing list or to raise concerns about an issue in your local area, please contact:

Lise Curran or Heather Holland at County Down Rural Community Network

Lise@countydowntnrcn.com - **07511 070895**

Heather@countydowntnrcn.com - **07511 069072**



**Down
Senior
Forum**

CONNECT • SUPPORT • EMPOWER

***Making our community
a great place to age well***

Making our community a great place to age well

DOWN SENIOR FORUM was developed in 2003 and involves community, statutory and voluntary partners working together to improve later life for people across the legacy Down area. It is actively involved with the Public Health Agency, South Eastern Health & Social Care Trust, Council and other older people's networks across NI.

Are you Aged Over 50?

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

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

- Share information and best practice
- Identify training needs of groups
- Identify older people's issues and concerns, influence decision makers, build relationships with Council, Age Friendly and Political Parties
- Identify service gaps in the local area, develop further partnership and collaboration work
- Assist with funding

**WE HOLD 4 QUARTERLY FORUM MEETINGS,
1 NETWORK MEETING & A POSTIVE AGEING EVENT PER YEAR**



Age Sector Support - Useful Telephone Numbers

GROUP SUPPORT

County Down Rural Community Network - **028 4461 2311**
Wendy McDowell, Community Health Development Practitioner SEHSCT
07834 929 106 - Wendy.McDowell2@setrust.hscni.net
Age Friendly Co-ordinator NMDDC - **0330 137 4024**
Volunteer Now NMD - Clara O'Callaghan - **07999 118 485**
NICVA - **028 9087 7777**

NMDDC District Electoral Area Coordinators:

Downpatrick, Rowallane, Slieve Croob & Mournes - **0330 137 4000**

USEFUL CONTACTS

Age NI Advice Service - **Freephone 0808 808 7575**
AGE NI Independent Living Products - **028 9024 5729**
Community Advice NI **0300 3030 306** - email: advice@advicenmd.com
Fountain Foodbank, Downpatrick - **07444 015 883**
Pantry Foodbank, Greater Newcastle - **07517 766 006**
Ballynahinch Foodbank, Ballynahinch Area - **0333 050 1167**
Killmore Foodbank, Crossgar Area - **07507 719 054**
Make the Call - **0800 232 1271**
Caring Communities Safe & Well - **028 9756 6934**
Good Morning Down - **028 4461 3434**
Council Offices - **0330 137 4000**
Police Emergency - **999**
Police Non-Emergency - **101**
Action Fraud - **0300 123 2040**
Welfare Changes Helpline - **0800 915 4604**
NI Water - **0345 744 0088**
NI Electricity - **03457 643 643**
Flooding Incident Line - **0300 2000 100**
Lifeline - **0808 808 8000**

GP OUT OF HOURS

The GP Out of Hours (Downedoc) service operates overnight from 6.00pm to 8.00am weekdays, and 24 hours on week-ends and public holidays. The service is accessed by telephone: **028 9260 2204**

Urgent Care Centre / Minor Injury Unit at Downe Hospital 028 4483 8091

PHONE FIRST. The Urgent Care Centre is Consultant led and currently operates 8am-6pm, Monday-Friday. This centre is NOT equipped to treat cardiac pain, strokes or major accidents. The Minor Injury Unit is Nurse led and currently operates 9am-5pm, Saturday-Sunday.

New 24/7 Emergency Department at Ulster Hospital

Minor Injury Unit (Consultant Led) also at the Ulster Hospital runs 7 days a week 8am to 6pm. This is a WALK IN SERVICE.