



SUPPORTING FAMILIES

DIRECTORY OF SERVICES FOR LISBURN

updated
version
July 2021



The
ResurgamTrust
*Connecting Individuals
Transforming Communities*



Welcome to the Early Intervention Lisburn Directory of Services. This booklet has a wide range of family support contacts and has been designed for young people, parents, carers, families and professionals.



A partnership of community, voluntary and statutory agencies who collectively plan to improve outcomes for children, young people and families in Lisburn.

What does it look like?

Working together

Listening and engaging children, young people, parents and families on their views and needs and responding meaningfully.

Delivering community wide early intervention support through:

Help Kids Talk - an initiative that supports the development of speech, language and communication for children 0-10 years old

Connected Minds - A strength based mental health and wellbeing project for children and young people aged 5-24 years and their families.



Early Intervention Lisburn

Laganview Enterprise Centre, 69 Drumbeg Drive, Lisburn BT28 1QJ

Email: Lisa.McMahon@resurgamtrust.co.uk

Tel: 028 9267 5172

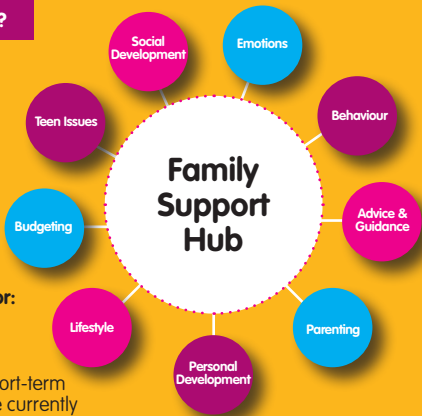
Family Support Hub

The Family Support Hub brings together representatives from community, voluntary and statutory organisations who deliver services for children and families. The members of the Family Support Hub are from local services and can connect families to services when needed.

Support is provided for families for up to 12 weeks. Some of the areas where support can be provided are:

Who can make a referral?

- GP or other health professional
- Teacher
- Health Visitor
- Someone working on your behalf
- Local Community Groups
- Gateway



A referral can be made for:

- Families with children aged 0-17 years' old
- Support required is short-term
- No social work service currently involved with the family
- Referral must be signed by the parent/carer or young people if they are over 16 years' old

There are some programmes and services listed in this directory that are also available through the Family Support Hub.

familysupporthubs@setrust.hscni.net

Tel: 028 9250 1357

CONTENTS

Community Safety 02

Drug and Alcohol Services 05

Family Support Programmes/services 08

Foodbank 32

Helplines 33

Mental Health and Wellbeing 37

Parent and Toddler Groups 58

Services for Young People not in Education, Employment & Training 60

Volunteering Opportunities 63

Disclaimer: This directory doesn't include all services/programmes in the Lisburn area, but covers most of the main providers and services for children, young people and families.



CAN LISBURN SAFE ASSIST YOU?



Lisburn SAFE deliver a community safety volunteer service responsive to the needs of community to reduce crime and antisocial behaviour while increasing a feeling of safety in connected communities free from tensions. Lisburn SAFE works with statutory partners to improve service delivery including health, wellbeing, and housing. Lisburn SAFE has delivered a volunteer response during COVID-19 which has led to emerging needs being met, for example, food poverty, social isolation.

Trained volunteers provide interventions including mediation and befriending, visible presence, event management, youth outreach support.

If we, Lisburn SAFE, can be of any assistance to either yourself or an elderly neighbour please

CALL YOUR LOCAL CO-ORDINATOR

HILLHALL AREA:

07562 014 184

MAZE AREA:

07851 094 413

LOW ROAD AREAS:

07851 094 419

OLD WARREN AREA:

07562 014 189 OR

OLD WARREN AREA:

07562 014 198

Please follow Lisburn SAFE on [facebook.com/lisburnsafe](https://www.facebook.com/lisburnsafe) to keep up to date with current initiatives or to report any issues of concern.



Organisation:	Police Service Northern Ireland (PSNI)
Services offered:	<p>Neighbourhood Policing Team – Lisburn and Castlereagh City Policing and Community Safety Partnership work to reduce:</p> <p>Road Safety - undertake activities to make our roads safer.</p> <p>Anti-social behaviour - take steps to reduce & address ASB.</p> <p>Drugs - Tackle the harm caused by drugs.</p> <p>Burglary - Undertake activities to reduce burglaries and support victims.</p> <p>Domestic Violence - Encourage the reporting of domestic violence, supporting victims and prosecuting offenders</p> <p>Repeat offending - Take measures to reduce repeat offending</p> <p>Collaborative Community policing.</p>
Tel No	Lisburn PSNI – 101
Website	www.PSNI.police.uk
Geographical areas covered:	Lisburn and Castlereagh



Public Health
Agency

Public Health Agency links to
other useful websites and information:

<http://www.publichealth.hscni.net/links>



Organisation:	Premier Taxi Company
Services offered:	<p>Premier Taxi Company office is an official Safe Zone in Lisburn City. This is designed to act as a safe haven for anyone who feels threatened with a situation, feels vulnerable or unwell.</p> <p>Office staff has been trained to use a defibrillator. This is a portable device that checks the heart rhythm and can send an electric shock to the heart to try to restore a normal rhythm. Defibrillators are used to treat someone whose heart has suddenly and unexpectedly stopped beating. Emergency services will be contacted and a member of staff will stay with the person until the emergency services arrive.</p> <p>Premier Taxi Company is one of the Resurgam Trust's social enterprise businesses and offers a range of services some of these include:</p> <p>School runs, Airport runs 6, 7 and 8 seater taxi buses Executive cars Contract/Account work</p>
Tel No	028 9266 6666
Website	www.taxi66.co.uk
Geographical areas covered:	All of Lisburn



PREMIER TAXI COMPANY NEW BOOKING APP TAXI BOOKING MADE EASY



FREE TO DOWNLOAD





WHERE ARE YOU AT - WHAT MIGHT HELP AND WHERE CAN YOU GO





SUPPORT IS ONLY A CALL AWAY

Information and advice, brief intervention and self-help material

- Your GP
- Your community staff or hospital liaison staff
- Self-help for alcohol
www.alcoholandyouni.com
- **SE Connections** for information about alcohol/other drugs and the services available **0800 254 5123**
drugsandalcoholni.info

Adult community counselling program (Step 2)

- Dunlewey Addiction Services
028 9039 2547

More intensive support (Adult Step 3)

- The South Eastern Trust's Community Addiction Team (CAT) is accessed through your GP.
- Admission to residential treatment is through CAT

Self-help fellowships

- Alcoholics Anonymous
028 9043 4848
- Narcotic Anonymous **07810 172991**
- Smart Recovery
www.smartrecovery.org.uk
- Al Anon **028 9068 2368**

Low threshold service

- The Simon Community
02890741222 / 07595067688

Criminal Justice

- AD:EPT providing a range of services to people in custody **028 9043 5810**

For a complete directory of services and resources

see <https://drugsandalcoholni.info/>

Support for family members affected by someone's substance misuse.

- Dunlewey Addiction Services
028 9039 2547
- Family Support Meeting every Tuesday night in Downshire hospital
- Steps to Cope for 11- 18 year olds affected by their parents drinking: support on-line at
www.stepstocope.co.uk
- Barnardo's Pharos Project. Intensive Support for Children and Families affected by parental substance misuse. Referrals are from children's and addiction services.
028 9066 3470

Young people's services

- Daisy Youth Treatment age eleven to twenty five year olds **028 9043 5810**
- Children and Adolescents Mental Health Services (referrals from your G.P. or health professionals).

Prevention

- Targeted prevention Lisburn YMCA
028 9267 0918
- School Health Alcohol Harm Reduction
SHARP **028 9267 0918**
- ASCERT **028 9260 4422**

Other contact details

- Addiction NI **028 9033 0499**
- AMH New Colin Counselling
028 9060 4347
- Recovery college **028 9041 3872**
- Connections Service: Linking Communities Services and organisations: **0800 254 5123**

For more information on training available check this website
www.ascert.biz.

RESURGAM HEALTHY LIVING CENTRE

69 DRUMBEG DRIVE, LISBURN, BT28 1NY



We're a partner in the RAPID Initiative.



RAPID (Remove All Prescription and Illegal Drugs) is a community-led initiative supported regionally by the PSNI and Public Health Agency, and locally by Drug and Alcohol Coordination Teams and Policing and Community Safety Partnerships.

RAPID raises awareness of the risks and harms to individuals, to families and to communities of using and misusing drugs.

In support of this initiative we have agreed that a RAPID drug disposal bin can be sited in this establishment. This allows for members of the public to dispose of unwanted drugs (prescribed and/or illegal/illicit) safely.



For more information on RAPID please visit www.drugsandalcoholni.info/rapid

Together, making our community a **safer place to live.**





Organisation:	Action For Children
Service offered:	<p>NI Fostering Service - Providing foster placements for children and young people 0-18 years old. This includes planned break, short and long term and emergency placements. Therapeutic focus on placements for harder to place children and young people. Parent and child placements are available and placements for children and young people with disabilities.</p> <p>Young Adult Carers Providing tailored support to young adults aged 18-25 with caring responsibilities. Offering 1:1 meetings, group activities, and personal development groups</p> <p>Young Carers Service - Providing tailored support to children and young people aged 8-18 years old who have caring responsibilities. This includes 1:1 support, fun group activities, and personal development groups.</p> <p>Steps to Cope - supports young carers who are supporting someone with an addiction.</p>
Tel No	028 9046 0500
Website	www.actionforchildren.org.uk
Geographical areas covered:	SE Trust area & Lisburn

familysupport NI.gov.uk

Helping You Find the Services You Need

This website is a database of family support and childcare services for everyone across Northern Ireland to access. It includes services for all help and advice.

Tel: 0845 600 6483
Email: info@familysupportni.gov.uk
www.familysupportni.gov.uk



Organisation:	Atlas
<p>Services/ Programmes available:</p>	<p>Adult training courses – Parenting for life, Confidence, Mindfulness, Stress Management, Behaviour Management, Dealing with Anxiety, I.C.T for Beginners, Art Therapy, History and Basic English.</p> <p>Accredited/Certificated Courses – I.C.T, English, Maths, Safeguarding Children, First Aid, Personal & Professional Development, and Enjoy your Baby..</p> <p>Active Learning Courses – Art, Craft & Painting Clubs, Jewellery Making, Cook IT healthy options, Laughter Therapy, Flower Arranging and Dance</p> <p>Crèche Facilities – Atlas crèche is a learning and development centre in your local community for 0-5 year olds. A registered service that provides stimulating and enjoyable activities by qualified experienced childcare workers & enthusiastic volunteers. While you learn your child learns and develops new skills too.</p> <p>Incredible Years – 5 & 14 week evidence based parenting programme covering child directed play, promoting toddler’s language, social and emotional coaching, praise and encouragement. For all parents with children 3-6 years old</p> <p>Befriending calls, online learning and support and gardening activities.</p>
<p>Tel No</p>	<p>028 9260 5806 / 07927 970847</p>
<p>Website</p>	<p>www.atlaswomenscentre.co.uk</p>
<p>Geographical areas covered:</p>	<p>All of Lisburn</p>



Organisation:	Barnardo's NI
Service offered:	<p>Family Support Service – Offers a range of support for parents and children aged 0-17. The support is primarily undertaken within the family home. Families will be offered up to 12 sessions. Family Support and Therapeutic Interventions can be provided depending on the family/ child's individual needs. Evidence informed programmes help to build upon existing resources / strengths within the family. Referral pathway is via the Family Support Hub.</p> <p>Parent & Infant Project (PIP) – For parents with children aged 0-3 year olds. Helps parents understand their child's temperament, individual needs and stage of development, it includes practical play based activities which parents can replicate within the home.</p> <p>Early Intervention Family Support – This is a community based service that offers support to families of children 8-13 years old who are in need. The service will promote children's safety and wellbeing by providing direct support to children; their parents and by linking the family into wider community supports.</p>
Tel No	<p>Family Support Service/Parent & Infant Project (PIP) 028 9260 7537</p> <p>Early Intervention Family Support - 028 9064 4335</p>
Website	www.barnardos.org.uk
Geographical areas covered:	South Eastern Trust Area

24 HOUR

Domestic & Sexual Violence Helpline

FREEPHONE

0808 802 1414

Open to *all women and men* affected by domestic & sexual violence

☎ text support to 07797 805 839 ✉ 24hrsupport@dvhelpline.org

CONFIDENTIAL, CARING SERVICE 24/7, 365 DAYS A YEAR



Organisation:	Belfast and Lisburn Women's Aid
Services offered:	<p>Outreach Support – Provides a range of emotional and practical support and information which can be accessed in the family home, a safe community setting or at the women's aid resource centre.</p> <p>Refuge Services – Temporary, safe accommodation provision in Lisburn. A safe place where women, children and young people can come to escape domestic violence. It is a space where women can have time and space to make decisions free from fear or pressure. Children and young people will be involved in group work and personal development programmes. Children will also receive one to one support with a child worker.</p> <p>Children services and floating support – Involves helping hands & transformers groups, art workshops, family work and one to one support for young people in both refuge and community setting. The service addresses issues and helps the child and young person to cope.</p>
Tel No	028 9066 6049
Website	www.belfastwomensaid.org.uk
Geographical areas covered:	All of Lisburn
Organisation:	Bryson Care Children & Young People's Service
Service offered:	Home visiting Family Support Service to provide families with practical and emotional support during difficult periods in their lives. The overall aim is to enhance parenting skills and strengthen families. Advice and guidance can be given around parenting, routines, home management, behaviour support etc. Referrals are accepted from Social Work Family Intervention Teams.
Tel No	028 9061 4433
Email	fsdunmurry@brysongroup.org
Website	www.brysongroup.org
Geographical areas covered:	All of Lisburn



Organisation:	Cara-Friend
Service offered:	<p>Cara-Friend is a voluntary organisation that supports and empowers the LGBTQ+ community. Providing information, support and training to all.</p> <p>LGBT Switchboard – Confidential listening ear service for all who need to talk about anything LGBTQ related. Enquiries, information, support, referrals and more.</p> <p>Mentoring – Provide LGBTQ people with someone to chat with through peer learning, support and exploring new opportunities.</p> <p>Supporting families – Help immediate family members understand and come to terms with a lesbian, gay, bisexual, trans or questioning young person as well as helping members of the LGBTQ+ to start a family.</p> <p>LGBTQ Youth Groups – Cara-Friend run a youth club for all LGBT young people ages 12-25 in Lisburn YMCA.</p>
Tel No	028 9089 0202
Switchboard No	0808 8000 390
Website	www.cara-friend.org.uk
Geographical areas covered:	All of Lisburn



Organisation:	Extern
Service offered:	<p>Time Out (Social worker referral only) – A responsive and effective service which aims to avert a crisis and prevent young people aged 10-17 entering into residential care. It is a short term intervention providing a 3-4 day (2-3 nights) social, educational, cultural and recreational break at one of Extern's youth facilities. Staff will engage the child or young person in a range of activities which can help him or her to examine lifestyle issues.</p> <p>Janus Project (Social Worker referral only) – The Janus programme works intensively on a one-to-one basis with young people aged 10-17 years, who are living in the community or within the care system, and whose behaviour is challenging, posing risk to themselves or to others. Extern provides an individually-tailored support programme in response to the needs of these young people to support them to remain at home or at the lowest level within the care system. The project is aimed at improving young people's social functioning, community inclusion and family relationships.</p> <p>LINX Project (Social Worker referral only) – Provides intensive support to young people (and their families) who are at risk of entering a care placement, vulnerable on leaving care, and / or who need help re-integrating into the family and community.</p>
Tel No	Time Out/Janus Project - 07876 758576 LINX project - 028 9266 2081
Website	www.extern.org
Geographical areas covered:	All of Lisburn



Organisation:	Education Authority Youth Services
Service offered:	<p>The EA Youth Service offers a range of opportunities for young people to participate in programmes which enhance their personal and social development and contribute to improved educational outcomes.</p> <p>Key areas of our work includes:</p> <ul style="list-style-type: none"> - Confidence building - Developmental Group Work - Citizenship - School Based Youth Work - Residential Experience - Outdoor Education - Specific Interventions during holiday periods - Outreach and Detached work <p>In addition to this we offer support to a range of full time and part time projects in the voluntary sector through our sponsorship scheme.</p> <p>We operate full time youth centres and projects in the areas listed below.</p>
Tel No	Lisburn Youth Office 028 9056 6878
Geographical areas covered:	Colin Area, Dunmurry, Lisburn Central, Rural Lisburn



South Eastern Health
and Social Care Trust

**ARE YOU CONCERNED ABOUT THE SAFETY OR
WELFARE OF A CHILD?
IF SO, PLEASE CONTACT:**

**SOUTH EASTERN HSC TRUST
CHILDREN'S SERVICES GATEWAY TEAM**

TEL: **0300 1000 300**

9.00am - 5.00pm Monday - Friday

RESWS

TEL: **(028) 9504 9999**

9.00am - 5.00pm Monday - Friday
(24hrs Saturday/Sunday/Bank Holidays)



Organisation:	Help Kids Talk
Service offered:	<p>Help Kids Talk is a community wide initiative involving community, voluntary and statutory partners led by Early Intervention Lisburn and the South Eastern HSC Trust. The project prioritises speech, language and communication skills with children.</p> <p>The Project includes: Monthly key messages that support speech, language and communication development through the HKT social media pages. Free basic awareness training webinars - suitable for parents and practitioners. Targeted support programmes in nurseries and primary schools across Lisburn to deliver ICAN Early Talk, Early Talkboost and Talkboost interventions.</p>
Tel No	028 9267 5172
Email	helpkidstalk@resurgamtrust.co.uk
Social Media	Help Kids Talk - Facebook, Twitter and Instagram
Geographical areas covered:	Monthly key message support and basic awareness training – available regionally Targeted support - Lisburn area only



Talk and sing to your child during everyday activities like bath time, changing time and the walk to school.



Play is an important brain building activity for children.



When a parent/caregiver relaxes this helps a baby or child to relax.



Cuddles and loving touch are important for healthy brain development.



When a parent/caregiver responds to a child it builds a secure attachment.



Help Kids Talk



Our vision: "Everyone in our community working together to help kids talk".

We are a community wide initiative involving community, voluntary and statutory partners and managed by Early Intervention Lisburn and the South Eastern HSC Trust.

- We deliver key messages every month through our social media pages
- We run free Basic Awareness webinars.
- In our webinars we discuss infant mental health, baby brain development and top tips for supporting speech, language and communication development in children
- Suitable for both parents and practitioners
- Available across all Northern Ireland

Register to join a webinar via the QR code or the following link:

<https://view.pagetiger.com/basic-awareness-webinar-training-dates>



For further information, please contact us.
email: helpkidstalk@resurgamtrust.co.uk
phone no: **028 92675172**





Organisation:	Home-Start
Service offered:	<p>Offers volunteer support to families with young children and families who are going through a difficult time for a variety of reasons, services offered:</p> <p>Home-visiting - Weekly support in the home by a volunteer and Family Support Worker. Supporting children's development through play activities, stories and music. Emotional support and encouragement for parents and help for families to access other services. Support is for 12 weeks.</p> <p>Family group - Small group for parents to have a morning with their child/children in a safe and stimulating environment. Activities in the group support children's speech and language skills and social skills. Play activities, craft, music, action songs and stories. Emotional support and encouragement for parents and help to build confidence for parents and children.</p>
Tel No	028 9262 8585
Website	www.homestartlisburn.org.uk
Geographical areas covered:	All of Lisburn



Act Early

Support Parents

Achieve More



Organisation:	Lisburn Sure Start (Bryson Care)
Service/ Programmes offered:	<p>Lisburn Sure Start provides services for 0 - 3 year olds within areas mentioned below:</p> <p>Home visiting support - for families with a child aged 0 - 3. Providing support to Parents based on a Family's individual needs. Areas of support include: Routines, boundaries and stimulation, maintaining a home, social isolation, behaviour management, emotional support, budgeting and money advice and Parenting programmes (See page 29).</p> <p>Antenatal and postnatal home visiting - Our Child Health Workers can provide support in the following areas: Breastfeeding, Weaning and Feeding support, Antenatal support (Preparing for labour and birth), Postnatal support (Practical advice on having a newborn baby and self care), dental health, advice on nutrition and promoting a healthy lifestyle. We also have weekly Bumps and Babies Clinics (see website for more details).</p> <p>Speech and Language therapy - Speech and Language Therapy - Sure Start Speech and Language Therapist who provides interactive programmes to help the children progress with their speech, language and communication. Programmes include Sing, Talk, Play and Rhythm, Rhyme and Storytime. Programmes include Chatterbox and Rhythm, Rhyme and Story Time. Lisburn Sure Start provides programmes for 0 - 3 year olds within the areas mentioned below.</p> <p>Little Adventurers - For Parents, Carers and children aged 0 - 3 years old. This weekly programme involves interactive activities and stimulating play.</p>



Organisation:	Lisburn Sure Start (Bryson Care) <i>continued</i>
Service/ Programmes offered:	<p>Programme for Two - Three Year Olds and Little Stars - For children aged 2 - 3 years old. These play based sessions provide a range of age appropriate activities to enhance learning, development and creativity.</p> <p>Cook it! Programme - A 6 week programme promoting the importance of healthy eating and providing a practical approach to learning how to cook.</p> <p>Bumps and Babies Clinic - For antenatal Mum's and Parents with babies under the age of 1. Parents can avail of getting their baby weighed by one of our Child Health Workers and also enjoy some baby arts and crafts.</p> <p>Infant Massage - For babies up to 1 year, this helps Parents bond with baby through massage.</p> <p>Parent Programmes - To include Incredible Babies (for babies 0 - 6 months old), Incredible Toddlers (for Parents who have toddlers aged 1 - 3 years old), First Aid for Parents, Walkers and Talkers and Mellow Bumps.</p>
Tel No	Lisburn Sure Start - 028 9267 2292 Speech and Language - 028 9266 6987
Website	www.lisburnsurestart.org find us on Facebook – Lisburn Sure Start
Geographical areas covered:	Old Warren Estate, Tonagh, Knockmore Estate and Hillhall Estate.



My Mummy chose a
smoke-free womb

 South Eastern Health
and Social Care Trust



www.facebook.com/smokefreewombs

Tel: 07715 044886



Organisation:	MACS
Service offered:	<p>MACS in supporting children and young people 11-25 with different complex or multiple needs; this could be mental health, education, substance misuse or homelessness and supporting them in different ways.</p> <p>Supported Housing Service – For young people aged 16-21 who are leaving care or are homeless to make the transition to independence and their own tenancy.</p> <p>Floating Support Service - Providing housing support to young people aged 16-25 to enable them to establish and maintain interdependent living in the community.</p>
Tel No	028 9264 6329
Website	www.macsni.org
Geographical areas covered:	All of Lisburn



South Eastern Health
and Social Care Trust

South Eastern Trust provide a number of Childrens services...

information on Fostering, Midwifery, Bereavement, Health Visiting, Speech and Language and many more

for more details on all services available please visit our website or follow us on facebook

www.setrust.hscni.net





Organisation:	Parenting NI
Service offered:	<p>Parents Support Line – a freephone service based in Northern Ireland, available Mon – Thurs 9.30am – 3.30pm and Fri 9.30am – 12.30pm. The Freephone support line provides a gateway into Parenting NI and supports parents and families by discussing issues or concerns on the telephone, email or via ‘Web Chat’. The support line can be accessed directly on our free phone 0808 8010 722.</p> <p>Parenting NI provides a diverse range of family support services to parents based on the needs of individual parents and families, focusing on improving the lives and well-being of children, young people, their parents and their wider family.</p> <p>Services include: Programmes/workshops to support and educate parents, schools based support, Freephone Support line / Webchat, Dads Project, Home Visiting, Employee Wellbeing, Parental Participation, Online resources including Parent Support App, podcasts and website, Training for practitioners.</p> <p>Parenting NI deliver evidence based and evidence informed programmes in a range of settings including schools, community groups, Sure Starts, women’s centres, healthy living centres and contact centres to ensure we best meet the needs of parents in their own communities. We regularly respond to complex issues involving safeguarding concerns such as suicide and self-harm, child protection and domestic abuse.</p> <p>Parental Participation – Parents can have their say on the issues which are important to them through consultation in order to influence policy, planning and service delivery.</p>
Tel No	0808 8010 722
Website	www.parentingni.org
Geographical areas covered:	All of Northern Ireland



Organisation:	Police Service Northern Ireland (PSNI)
Service offered:	CASE – Enhances relationships between the PSNI, young people, parents and teachers. It encourages young people to be mindful of personal safety. CASE promotes positive citizenship through a mutual understanding and learning for life and work and allows young people to contribute to their communities and be role models through responsible actions.
Tel No	101
Website	www.PSNI.police.uk
Geographical areas covered:	Lisburn primary & post primary schools



Organisation:	Resurgam Community Development Trust
Service offered:	<p>Youth Provision - Resurgam Youth Initiative runs different programmes and projects, these are initiated by the community for young people aged 5 to 25 years old, some of the projects look at areas around health, education, community relations, equality & diversity, citizenship, community action and political awareness, in Hillhall, Old Warren, Hilden, Ballymacash and the Maze.</p> <p>Resurgam Women's Network - is formed by women who are local and live in Lisburn. The Network is supported by a committee which seeks funding, plans events and organises programmes. In addition the committee is supported by individuals and groups who come together to connect, learn, socialise and develop new skills and interests. New members are always welcome.</p> <p>The Welcome House - Offers a wide range of advice and practical help to support ethnic minorities, migrant workers and local population. Its primary aim is to create a truly inclusive and safe community which welcomes all regardless of religion, culture or race.</p>
Tel No	028 9267 0755
Website	www.resurgamtrust.co.uk
Geographical areas covered:	All of Lisburn



SPRING is for adults aged 18+ SPRING Social prescribing helps people to address their health and wellbeing by connecting to support in their communities.

People can be referred to SPRING social prescribing through a health professional in their community or for more information contact

Nichola Smyth Resurgam Healthy Living Centre
69 Drumbeg Drive BT28 1QJ
email: nichola.smyth@resurgamtrust.co.uk telephone: 028 9252 8233



Resurgam Healthy
Living Centre

We provide free advice, support, information and programmes to help you with your health and wellbeing needs. **This includes connecting you into support in the local community.**

Programmes include:

Living with pain and self-management

Healthy Eating and practical cooking for the whole family

Stop smoking support

Mental health and wellbeing

Information on a wide range of health conditions including local support group, services and organisations

We host information days, health events and social cafes open to everyone. We can come to you by bringing rhlc to your event, group or service. Please contact us if you would like to know more.

028 9252 8233 healthylivingcentre@resurgamtrust.co.uk

Resurgam Healthy Living Centre,
69 Drumbeg Drive Lisburn Co. Antrim BT28 1QJ.

 @ResurgamHLC



rhlc is a programme of
The Resurgam Trust



We are members of the
Healthy Living Centre
Alliance



We deliver the SPRING social prescribing
project across Lisburn and with partners
across the South Eastern Trust area.





Organisation:	SERC Health (you do not need to be a student at SERC to attend).
Service offered:	<p>Youth Health Advice Service: 16-25 years old. The service is by appointment only and includes: Testing for sexually transmitted diseases (not involving any intimate examination) Pregnancy test Emergency hormonal contraception (morning after pill) Condom distribution Advice on contraception</p> <p>Sign posting (professionals, parents and carers can also avail of this support): Drugs & alcohol, smoking cessation, and emotional health & wellbeing issues.</p>
Tel No	077 5331 0352
Appointments made:	yhas@setrust.hscni.net
Geographical areas covered:	Lisburn Campus – Monday 9.00 – 5.00 N'Ard's Campus – Tuesday 9.00 – 5.00 D'Patrick Campus – Wednesday 9.00 – 5.00 Bangor Campus – Friday 9.00 – 3.30

make the call

To ensure you're getting all the money and supports you are entitled to



0800 232 1271



Organisation:	South Eastern Health & Social Care Trust
Programmes available:	Family Nurse Partnership – A home visiting programme for young mums aged 19 and under which helps to improve health, wellbeing and self-sufficiency of first time young parents and their children.
Tel No	Family Nurse Partnership - 028 9060 2705
Website:	www.setrust@hscni.net
Geographical areas covered:	All of Lisburn

Five to Thrive

Your child's body grows better when you give the child good food.

Your child's brain grows better when you do five simple things...


Copyright © The Charities Association 2015 - May 2017



Organisation:	Stepping Stones
Service offered:	<p>Youth Service provides young people aged 16 – 24 with learning disabilities / learning difficulties with the support they need to realise their full potential.</p> <p>Group engagement (three times per week) One-to-one mentoring Access to accredited and bespoke training Work tasters and work placements Community and volunteering projects Residential trips</p>
Tel No	028 9266 6404
Website	steppingstonesni.com/
Geographical areas covered:	All of Lisburn

Organisation:	Usel. (Ulster Supported Employment & Learning)
Service offered:	<p>All young people aged 16+ and living with a disability or health-related condition can avail of a range of services offering training courses, qualifications and pre-employment support as well as support once in work.</p> <ul style="list-style-type: none"> • STRIDE project (pre-employment) • Workable (NI) (In work) <p>We can help with: Job Searching and applications, CV Completion, Interview Skills, including Mock Interviews, Qualifications for Work including Essential Skills (if applicable), Work Experience, Getting a Job, Support In Work, Health & Wellbeing Support, Meeting New People</p>
Tel No	028 9035 6600
Website	www.usel.co.uk
Geographical areas covered:	Lisburn & Castlereagh



Organisation:	YMCA
Service offered:	<p>Family Support and Young Person Service Provides a different range of interventions which are tailored to help promote welfare of families and young person 10-18 years old.</p> <p>Family Support Core Services - Individual support or tailor made packages of support for individuals or families experiencing stress or in crisis. All referrals must be through a social worker for a young person between 10-18 years old.</p> <p>Mentoring for Achievement – is a two year school based mentoring programme for 10-16 year olds. This programme builds upon existing school attendance, behaviour and achievement records. The mentor provides strategies for young people for improving academic and behaviour outcomes. This programme can assist primary school children transitioning from primary to post primary school.</p> <p>Building Solutions – A purposely designed to support vulnerable young people aged 10-18 who are at risk of experiencing difficulties due to the impact of the Covid-19 pandemic. The programme offers young people up to 6 one-to-one sessions, each session can last up to one hour in duration. Building Solutions is based on Solution Focused practice. It is a change-focused approach, centred around strengthening hope and building agency. Young people will be empowered to utilise their own repertoire of skills and resources. As well as notice what they are already doing which supports the life they envision for themselves. ></p>



Organisation:	YMCA
Service offered:	<p>Y's Girls' mentoring programme – A community led Mentoring initiative based on Early and Effective Intervention principles. The programme will provide support to young people identified at risk of developing mild to moderate mental health issues and match them with a trained community-based volunteer mentor. The focus of the programme is working with young people on a voluntary basis aged 9-14 for the duration of a year.</p> <p>Healthy Happy Teens A 4 session parenting programme for all parents with young people 10-14 years old. It is based on developing parental self-efficacy to engage in communication about risk taking behaviour and identification of risk and protective strategies</p>
Tel No	028 9267 0918
Website	www.lisburnymca.com
Geographical areas covered:	All of Lisburn
Organisation:	YMCA M-Power
Service offered:	M-Power is a 24 week programme of up to 18 hours per week for young people aged 14–24 years old. It is a needs based approach to learning and development. The aim is to build good relations, personal development and citizenship. Incentive payments available.
Tel No	07391 417183
Website	Ymcampower.net
Geographical areas covered:	Lisburn



Welcome to RISE NI Parent Website



What is RISE NI?

I need advice ...
RISE NI Advice leaflets &
resources

I want to contact my local
RISE NI team ...

I want to access parent
training ...

**Please give us your
feedback**

It will take less than 1 min!

Useful
Contacts

Links to
useful
resources

For more information
for parents search

<https://view.pagetiger.com/RISENI/parents>



LCC Community Trust

1-3 Graham Gardens, Lisburn, BT28 1XE

LCC Community Trust aims to serve the local community through projects which help people physically, mentally, emotionally, financially, spiritually and relationally.



Open: Mon, Tues, Thurs, Fri
11am - 1pm

We don't think anyone in our community should have to face going hungry. That's why we provide three days' nutritionally balanced emergency food and support to local people who are referred to us in crisis.
Contact: team@lisburnfoodbank.org / 07756 965 868



lcc community trust
KICKSTART

'Kickstart Social Supermarket' at LCC Community Trust is aimed at those struggling with Food Poverty and needing longer term support with both food and wraparound care.

Contact: hello@lcccommunitytrust.org / 07860 578 409
(appointment only)



Our 'More than Food' initiative encompasses all of our volunteer and community based projects. All of our programmes are totally FREE, and aim to empower positive change.

Contact: 07756 965 868



WELLNESS RECOVERY ACTION PLAN
Renewing Your Wellness Your Way

We have adopted WRAP® (Wellness Recovery Action Plan) as our key method of supporting individuals to maintain positive mental health. WRAP® is a personalised wellness and recovery system born out of and rooted in the principle of self-determination.

Contact: janette@lcccommunitytrust.org / 07860 578 409

Useful Helplines

Hourglass NI



080 8808 8141

Monday to Friday
9am - 5pm

<https://wearehourglass.org/ni>

Providing advice to
those who need it



0800 915 4604

Monday to Friday
9am - 5pm

advice@adviceni.net
www.adviceni.net

Advice and
Advocacy Service



0808 808 7575

9am - 5pm
Monday to Friday except
Bank and Public Holidays

www.ageni.org.uk/advice

Child Bereavement Service



028 9066 8333

Monday, Tuesday and
Friday 10am - 1pm

Mobile: 07867372711
www.barnardos.org.uk

ChildLine

childline

0800 1111

24/7
365 days a year

Online 1-2-1 &
Email Service Available at
www.childline.org.uk

Christians Against Poverty Debt Help



0800 328 0006

Monday to Friday
9am - 5pm

www.capuk.org

HIV & Sexual Health Helpline NI



0800 137 437

Monday to Friday
10am - 4pm

www.positivelifeni.com

Housing Rights

**Housing
Rights**

when everyone has a *home*

028 9024 5640

Monday to Friday
9.30am - 4.30pm

www.housingadviceni.org

Informing Choices NI



028 9031 6100

Monday to Friday
9am - 5pm

www.informingchoicesni.org

Useful Helplines

Alzheimer's Society Support Line



0333 150 3456

Monday to Wednesday
9am - 8pm,
Thursday & Friday
9am - 5pm,
Saturday & Sunday
10am - 4pm
www.alzheimers.org.uk

Autism NI



028 9040 1729

Monday to Friday
9am - 5pm
www.autismni.org

Cancer Focus NI



0800 783 3339

Monday to Friday
9am - 1pm
www.cancerfocusni.org

The Compassionate Friends



The
Compassionate
Friends
Supporting bereaved parents and their families

0345 123 2304

10am - 4pm
& 7pm - 10pm
365 days per year
www.tcf.org.uk

The Consumer Council for Northern Ireland



0800 121 6022

Monday to Friday
9am - 5pm
(028) 902 51600
contact@consumercouncil.org.uk
www.consumercouncil.org.uk

Domestic and Sexual Abuse Helpline



Nexus

0808 802 1414

24/7
365 days a year
help@dsahelpline.org
Live online chat via website:
www.dsahelpline.org

Kinship Care NI



0800 022 3129

Monday to Friday
9am - 5pm
www.kinshipcareni.com

Law Centre NI



028 9024 4401

Monday to Friday
9am - 5pm
www.lawcentreni.org

LGB&T Switchboard Cara-Friend



0808 8000 390

Monday to Friday
1pm - 4pm
Wednesday
6pm-9pm
Live online chat via Website
www.cara-friend.org.uk

Useful Helplines

Carers NI



028 9043 9843

Monday to Thursday
10am - 4pm

[www.carersuk.org/
northernireland](http://www.carersuk.org/northernireland)

**CAUSE:
Helpline**



0800 103 2833

Monday, Wednesday &
Friday: 10am - 4pm
Tuesday & Thursday:
12pm - 8pm

www.cause.org.uk

NSPCC Helpline

NSPCC

0808 800 5000

8am - 11pm weekdays
9am - 6pm weekends
365 days a year

help@nspcc.org.uk
www.nspcc.org.uk

**Eating Disorders
Association NI**



028 9023 5959

24/7
365 days a year

www.eatingdisordersni.co.uk

**Family Benefits
Advice Service**

**Employers
For
Childcare**

0800 028 3008

Monday to Friday
8am - 5pm

[www.
employersforchildcare.org](http://www.employersforchildcare.org)

Parent Support Line



ParentingNI

0808 8010 722

Monday to Thursday
9:30am - 3:30pm
Friday 9:30am - 12:30pm

Live online chat via Website
www.parentingni.org

**Crisis Telephone &
Counselling Service**

Lifeline

0808 808 8000

24/7
365 days a year

www.lifelinehelpline.info

Make the Call

make the call

0800 232 1271

Monday to Friday
9am - 5pm

Text **ADVICE** to 67300
makethecall@dfcn.gov.uk

www.nidirect.gov.uk/makethecall

Rural Support



Rural
Support

0800 138 1678

Monday to Friday
9am - 9pm
(voicemail and support
options available at
all other times).

www.ruralsupport.org.uk

Useful Helplines

Parentline NI CiNI



0808 8020 400

Monday to Thursday
9am - 9pm
Friday 9am - 5pm
Saturday 9am - 1pm

Live online chat via Website
www.ci-ni.org.uk

SandsNI Helpline



077 4099 3450

Monday to Friday
9am - 5pm

www.sandsni.org

Simon Community



0800 171 2222

24/7
365 days a year

www.simoncommunity.org

RNID

RN
I:D

028 9023 9619

Monday to Friday
9am - 5pm

Text: 07587 130 502
information.nireland@rnid.org.uk
www.rnid.org.uk

www.helplinesni.com

A SINGLE POINT OF ACCESS TO
NORTHERN IRELAND HELPLINE
NUMBERS AND WEBSITES

OVER 30 NORTHERN IRELAND
HELPLINE ORGANISATIONS

EASY TO NAVIGATE

FIND THE RIGHT HELPLINE
TO SUIT YOUR NEEDS

Samaritans

SAMARITANS

116 123

24/7
365 days a year

Jo@samaritans.org
www.samaritans.org

LISTEN.
SUPPORT.
INFORM.

[@HelplinesNI](https://twitter.com/HelplinesNI)



Organisation:	AMH New Colin Counselling
Service offered:	Offers a range of services for everyone aged 16 years old and older, Conflict related trauma Childhood trauma Abuse issues Anxiety Depression Low self esteem Bereavement and loss Self-harm, suicidal thoughts and feelings Domestic violence
Tel No:	028 9060 4347
Geographical areas covered:	Old Warren and Hillhall

Organisation:	Action Mental Health- New Horizons
Service offered:	Supporting the recovery of adults experiencing mental ill health who are interested in progressing towards further education/training or employment. Our "Working it Out" project provides a comprehensive programme of specialist training in: <ul style="list-style-type: none"> • Personal Development • Vocational Skills • Employability Our staff will work with individuals to enable them to identify personal development and employability goals. Specialist staff deliver accredited training and support work based training placements, enabling individuals to progress towards voluntary work, further training/education, and employment. Thursday 8.30am – 4.30pm & Friday 8.30am – 3.15pm.
Tel No:	028 9062 9759
Website:	www.amh.org.uk/services/new-horizons
Email:	emcanuff@amh.org.uk
Geographical areas covered:	All of Lisburn



Organisation:	AS Art Psychotherapy
Service offered:	<p>Creativity, Choice and Change; Art Therapy is an effective person-centred mental health treatment; it gives the client an opportunity to see things from a different perspective, when words are difficult. Through artistic expression clients can communicate thoughts, feelings and beliefs that can be difficult to do in talking therapy.</p> <p>Children: Art therapy sessions benefit children's mental wellbeing, aid in self-discovery, promote personal fulfilment and develop a sense of empowerment. Art Psychotherapy can benefit issues such as:</p> <ul style="list-style-type: none"> • Anxiety • Depression • Chronic Illness • Pain management • Behaviour • Stress • Childhood trauma • Bereavement and Loss • Family separation • Parenting • Confidence building <p>1:1, Groups, Family, Face to Face, Zoom</p> <p>HCPC REGISTERED Also offering:</p> <ul style="list-style-type: none"> • Art Therapy for Parents • Perinatal Art Therapy Groups • Family Art Therapy • Art Therapy in Schools
Tel No	0770 353 5515
Email	Aislingsherry_arttherapy@outlook.com



Organisation:	Atlas
Services/ Programmes available:	<p>Adult training courses – Parenting for life, Confidence, Mindfulness, Stress Management, Behaviour Management, Dealing with Anxiety, I.C.T for Beginners, Art Therapy, History and Basic English.</p> <p>Adult Support – One to one counselling, motivational group sessions and relaxation group sessions.</p> <p>Active Learning Courses – Art, Craft & Painting Clubs, Jewellery Making, Cook IT healthy options, Laughter Therapy, Flower Arranging and Dance</p> <p>Incredible Years – 5 & 14 week evidence based parenting programme covering child directed play, promoting toddler's language, social and emotional coaching, praise and encouragement. For all parents with children 3-6 years old</p>
Tel No:	028 9260 5806 / 07927 970847
Website:	www.atlaswomenscentre.co.uk
Geographical areas covered:	All of Lisburn

Organisation:	AWARE NI
Services/ Programmes available:	<p>Peer Support Groups welcoming people living with depression, anxiety and bipolar.</p> <p>Free mental health awareness courses for all age groups including mindfulness for primary children and 'Mood Matters' programmes for teenagers.</p> <p>Email and telephone services offering mental health support and information.</p> <p>An interactive website offering support and mental health resources.</p>
Tel No:	028 9035 7820
Email:	info@aware-ni.org
Social Media:	Search 'AWARE NI'
Geographical areas covered:	All of Northern Ireland

AWARE

**OVERCOMING DEPRESSION.
CHANGING LIVES.**

Feelings of hopelessness?

Low energy?

Difficulty sleeping?

Loss of interest in daily activities?

Tearful and emotional?



Depression can affect anyone at any stage in their life. Contact AWARE for information and support.

www.aware-ni.org

Belfast office: 028 9035 7820

Derry office: 028 7126 0602

aware-ni.org



Registered charity NIC100561

**We're the depression charity for
Northern Ireland**



Organisation:	Barnardo's and South Eastern Trust
Services/ Programmes available:	ABC PiP Service – is a therapeutic intervention delivered in the antenatal period and also for parents/carers with children 0-24 months. The aim is to strengthen relationships in the early years and to promote attachment, bonding and communication. It can be delivered as a 1:1 home visiting service or in a group setting.
Tel No:	028 9598 8056
Website:	ABCPIP@setrust.hscni.net
Geographical areas covered:	South Eastern Trust Area

Organisation:	Barnardo's and South Eastern Trust
Programmes available:	<p>Incredible Years – 5 & 14 week evidence based parenting programme covering child directed play, promoting toddler's language, social and emotional coaching, praise and encouragement. For all parents with children 3-6 years old</p> <p>Strengthening Families – A family intervention for young people aged 10-14. A family skills training programme designed to increase resilience by focusing on building upon strengths within the family and reducing family-related risk factors for adolescent problem behaviour and substance misuse.</p>
Tel No:	028 9260 7537
Website:	www.barnardos.org.uk/northernireland
Geographical areas covered:	All of Lisburn



Organisation:	Barnardo's NI
Programmes available:	Time for Me – School-Based Counselling Service - Individual sessions for children 4-18 years old and wrap around support for parents and school staff. A range of counselling interventions, including creative methods, provided by a trained counsellor to help children, families and schools cope better with adverse life experiences which affect a child's learning and development.
Tel No:	Time for me: 07784 225583
Website:	www.barnardos.org.uk/northernireland
Geographical areas covered:	All of Lisburn

Organisation:	Belfast Samaritans
Services offered:	Emotional health workshops for post primary school's years 8 to 14. Emotional health assembly talks to post primary school's. Primary School - year 7 - emotional health - Little Bag of Worries
Tel No:	07834 665095
Email:	kenbamford@btinternet.com
Social Media:	Twitter @belfastsams
Geographical areas covered:	All of Lisburn Greater Belfast Ballyclare to Ballynahinch and Dundrod to Dundonald 7 other branches in Northern Ireland



Organisation:	Betterlife Counselling
Programmes available:	<p>Counselling provided using a wide range of interventions to support client needs such as: self-harm, low moods, low self-worth / esteem, anxiety, grief and relationships, the approach used empowers clients through understanding, personalised support and resourcefulness.</p> <p>Support is delivered with a person-centred approach to relationships. Online / Telephone Counselling is offered when required and backed up by a range of materials provided to clients.</p> <p>Andrew Kennedy MBACP, NCS accredited</p>
Tel No:	07730 982345
Email:	betterlifecounselling@outlook.com / betterlifeni@outlook.com
Geographical areas covered:	All of Lisburn

**Call Lifeline on:
0808 808 8000**

**Deaf and hard of hearing
Text phone users:
18001 0808 808 8000**

Take5

for your emotional wellbeing



**Making life better,
together**
Belfast Strategic Partnership

GIVE



BE ACTIVE



CONNECT



KEEP LEARNING



TAKE NOTICE





Organisation:	CAMHS (Child and Adult Mental Health Service)
Service offered:	<p>Aims to promote emotional well-being and deliver care, treatment and preventative mental health services to children and young people aged 0–18 years of age who experience significant mental health difficulties. This service helps children and young people when they are feeling sad, anxious, scared or distressed that it begins to affect their day to day lives.</p> <p>Provide therapeutic help for children/ young people experiencing mental health difficulties. Promote the psychological, emotional and social development of children and young people within their family and wider community.</p>
Tel No	028 9250 1265
Website	www.belfasttrust.hscni.net/CAMHS.htm
Geographical areas covered:	All of Lisburn



LCC Community Trust

1-3 Graham Gardens, Lisburn, BT28 1XE

LCC Community Trust aims to serve the local community through projects which help people physically, mentally, emotionally, financially, spiritually and relationally.



We have adopted WRAP® (Wellness Recovery Action Plan) as our key method of supporting individuals to maintain positive mental health. WRAP® is a personalised wellness and recovery system born out of and rooted in the principle of self-determination.

Contact: jnette@lcccommunitytrust.org / 07860 578 409



Organisation:	Common Wellbeing and Mental Health
<p>Service offered:</p>	<p>Provides a range of one to one psychological therapies for a range of mental health difficulties including stress, depression, anxiety, trauma/ PTSD, bereavement , low self esteem, body image issues and relational issues. Provides a range of wellbeing and resilience groups to support mental health and develop skills.</p> <p>Wellbeing services for adults 18+ - includes Cognitive Behavioural Therapy, Eye Movement Desensitisation & Reprocessing, and art therapy</p> <p>Wellbeing services for children and young people aged 6yrs-18yrs – includes Cognitive Behavioural Therapy, Eye Movement Desensitisation & Reprocessing, and art therapy</p> <p>Wellbeing and resilience groups for adults - helps to equip adults facing challenges in mental health with skills and support.</p> <p>Wellbeing and resilience groups for children and young people - helps develop skills that support mental health and build resilience.</p>
<p>Tel No:</p>	<p>028 9279 3300</p>
<p>Email:</p>	<p>hello@lisburncommon.com</p>
<p>Website:</p>	<p>www.lisburncommon.com</p>
<p>Geographical areas covered:</p>	<p>All of Lisburn</p>



Organisation:	Connected Minds Lisburn
Service offered:	<p>Connected Minds Lisburn is a mental health and wellbeing project led by Early Intervention Lisburn. It is aimed at children, young people (5 – 24 years old) and their parents. The project is driven by the Connected Minds Lisburn Youth Committee who inform the project on what is important for children and young people to maintain mental health and wellbeing.</p> <p>The project includes:</p> <p>Connected Minds Youth Committee – recruits up to 20 young people annually</p> <p>Trauma informed and responsive training</p> <p>Parenting support (awareness training and target support programmes)</p> <p>Children and young people support (mindfulness, art therapy, counselling)</p> <p>Champions for mental health and wellbeing – providing brief intervention for children and young people.</p>
Tel No:	028 9267 5172
Email:	connectedmindslisburn@resurgamtrust.co.uk
Geographical areas covered:	All of Lisburn



CONNECTED MINDS LISBURN

Connected Minds Lisburn is a mental health and wellbeing project led by Early Intervention Lisburn.

The Connected Minds Lisburn Youth Committee of 20 young people, aged between 14-24 years of age aim to inspire, motivate, and empower their peers, make positive changes within the local area, and use their voices and experience in mental health and wellbeing to inform and shape future planning for children, and young people.

Recruitment for the Youth Committee is held in October annually.

If you are interested in:

- Mental health & wellbeing
- Having YOUR voice heard
- Planning & hosting awareness raising events
- Accessing training opportunities
- Making positive changes in your community
- Working with your peers to promote change
- Joining a team of likeminded young people
- Having Fun!**

Contact: carris.holdsworth@resurgamtrust.co.uk

07922 426186





Organisation:	Cruse Bereavement Care
<p>Service offered:</p>	<p>The death of someone we love is likely to be one of the most distressing experiences we will ever face. The Cruse mission is to offer support, advice and information to children, young people and adults when someone dies. Cruse offers specialist support through our local branches in Northern Ireland. This support is via telephone, online and in person when it is safe to do so. Cruse have specialist Children and Young People Bereavement Volunteers who support children from the age of 4.</p> <p>The Somewhere For Us project provides group support to children and young people from the age of 8 – 24.</p>
<p>Tel No:</p>	<p>National Cruse Helpline free on 0808 808 1677 Lines are open 9.30 – 17.00 Monday and Friday and 09.30 – 20.00 Tuesday to Thursday or Cruse Chat – online support available through www.cruse.org.uk 9.00am to 9.00pm Monday – Friday</p> <p>Somewhere for Us project coordinator: Eleanor Ellerslie 07950 531813</p>
<p>Website/s:</p>	<p>www.cruse.org.uk</p> <p>https://www.cruse.org.uk/get-help/local-services/northern-ireland/northern-ireland</p> <p>www.hopeagain.org.uk – for young people support</p>
<p>Geographical areas covered:</p>	<p>Northern Ireland</p>



Parenthood..

The most rewarding job in the world

And also the toughest

Need some advice about your child's behaviour?

Contact YoungMinds
Parents Helpline
0808 802 5544
www.youngminds.org.uk/parents

YOUNGMINDS

Having a mental health crisis?

Text **YM** to **85258**

YOUNGMINDS
Crisis Messenger

powered by
shout
85258

CRISIS HEAT LINE





Organisation:	Emerge Counselling Services
Service offered:	<p>Suicide and self-harm prevention Centre. Counselling for all mental health issues.</p> <p>Open Monday – Friday</p> <ul style="list-style-type: none"> • One-to-one Counselling • Befriending • A crisis walk-in facility • A crisis telephone hotline • Suicide awareness training
Tel No:	028 9244 5060
Website:	www.emergecs.co.uk
Email:	info@emergecs.co.uk
Geographical areas covered:	Lisburn & Castlereagh Area
Organisation:	Homestart
Service offered:	<p>Incredible Years – 14 week evidence-based parenting programme covering child directed play, promoting toddler’s language, social and emotional coaching, praise and encouragement. For all parents with children 3-6 years old</p>
Tel No:	028 9262 8585
Website:	www.homestartlisburn.org.uk
Geographical areas covered:	All of Lisburn



Organisation:	Inspire Wellbeing
Service offered:	<p>Inspire is an all-island charity and social enterprise working together with people living with mental ill health, intellectual disability, autism, and addictions across Ireland, to ensure they live with dignity and realise their full potential.</p> <p>Floating Support Providing support and advice for people living in their own homes.</p> <p>Hope House Community Wellbeing Scheme Providing community-based recovery focused wellbeing support for people living with mental ill health.</p>
Tel No:	028 9032 8474
Social media:	@InspireWBGroup
Email:	hello@inspirewellbeing.org
Geographical areas covered:	Floating Support – SE Trust Area Hope House- Lisburn and surrounding areas



CYPSP's Resource Pack for Children and Young People includes resources and activities on disability, mental health, education plus indoor and outdoor activities see check out the website link:

<http://www.cypsp.hscni.net/download/392/covid-19/26838/cypsp-resource-pack-2021.pdf>

covidwellbeing

ni.info



Visit the Covid Wellbeing NI website to find out about the positive steps you can take to look after your mental health & wellbeing.

The website offers you:

Mental Health Information

A range of factsheets on topics including stress, anxiety, rest and sleep, money worries, alcohol, gambling and drugs.

Guided Self-Help Resources

A number of toolkits and guided programmes, helping you take steps to build resilience and support your wellbeing.

'Take 5 Steps to Wellbeing'

A quick list of ideas and suggestions to get you thinking creatively about how to build the five steps to wellbeing into your daily life.

Helplines and Support Services

Information on services that are accessible across Northern Ireland. A range of these are ready and willing to help.

*To visit the Covid Wellbeing NI website today scan the **QR code** or visit **www.covidwellbeingni.info***



SCAN ME





Organisation:	Links Counselling Service
Service offered:	Service offered: 1-to-1 therapeutic services for children, young people, adults and couples Links offers a wide range of therapies for children aged 5+, including Art and Play therapies. Therapists are qualified and accredited to work with a wide variety of issues within step 2 of the stepped care model of mental health care. Services are offered within a community setting and can also be available within schools. Self-referrals and referrals from professionals can be made via our website or by contacting our head office. A small donation is encouraged but not mandatory.
Tel No:	028 3834 2825
Website:	www.links counselling.com
Geographical areas covered:	Lisburn area

Organisation:	Lisburn Downtown Centre
Service offered:	Downtown provides a range of free support services for adults of all ages and abilities, from all backgrounds. Welcome club- Mondays, 10.30am-12.30 for those with a mild learning disability. Sunshine club- Fridays, 10.30am-12.30 for those suffering a mental health problem. Drop-ins- Tuesdays & Thursdays, 2-4pm for those seeking a place to belong and gain support. CYU- 1st & 3rd Wednesday 2-3.45pm for senior citizens. Contact group- 2nd & 4th Tuesday 10.30am-12.15 supporting parents of a child with a learning disability.
Tel No:	028 9267 2052
Website:	www.downtowncentre.org
Email:	info@downtowncentre.org
Geographical areas covered:	All of Lisburn



Organisation:	MACS
Service offered:	MACS supports children and young people 11-25 with different complex or multiple needs. Wellbeing Service – providing support for 11- 25 years old who recognise issues in their mental health and wellbeing and would benefit from one-to-one support, group work or mentoring to help reach their goals.
Tel No:	028 9264 6329
Website:	www.macsni.org
Geographical areas covered:	All of Lisburn

Do you want to be a mental health and wellbeing ambassador?



Join the Connected Minds Lisburn network of mental health ambassadors established by Early Intervention Lisburn to:

1. raise awareness of mental health & wellbeing
2. promote positive mental health
3. challenge the way people think and act about mental health to reduce stigma
4. promote support available to those experiencing mental health problems.

Who can become an Ambassador?

- Anybody who is a current employee or volunteer working in an organisation in Lisburn that has a responsibility for children and young people, (statutory agencies e.g SEHSCT or LCCC, schools, churches, community leaders, youth services, childminders etc..). You can be working or volunteering within any role, at any level within your organisation.
- It is a voluntary role and open to anyone who is willing to commit any amount of time to become an ambassador.

Being part of this network will provide shared learning, training, and support for awareness raising events.

If you are interested, please contact: mabel.scullion@barnardos.org.uk



Organisation:	MindWise New Vision
Service offered:	<p>MindWise provides Talking Therapies for adults 18+, providing CBT, counselling and coaching, which supports recovery journeys and initiates personal discovery. We provide this service to clients in the SEHSCT and BHSCT, and referrals are received through a GP to Well-being Hub pathway. We also accept privately funded self-referrals. We offer generally 6 one to one sessions. The main aim of the sessions is to identify and meet your individual needs and subsequently support you to achieve your full life's potential.</p> <p>Advocacy: MindWise provide advocacy for Adult Mental Health Clients within the hospital and community setting. e.g. Assisting with welfare reform / Independent advocacy / Housing rights / Sign-posting to appropriate services. Bloom Resilience programme supports young people's mental health resilience. Delivered in schools and colleges to students aged 14-18 years, Bloom equips young people with the tools and knowledge to maintain their mental health through life's transitions, both now and in the future. Topics covered include resilience, exam stress, social pressures and making decisions about the future. Bloom is co-delivered by Training Associates free of charge over an 8-week period, including teacher training, planning and evaluation sessions. All resources are provided.</p>
Tel No:	Talking therapies: 02890 402323 / Advocacy provision: 07918626432 / Bloom: 02890 402323 / 07736969481
Website:	www.mindwisenv.org/what-we-do/mindwise-services
Geographical areas covered:	Some areas of the South-Eastern Trust Area and Belfast Trust Area



Organisation:	South Eastern Health & Social Care Trust
Service offered:	Mellow parenting – A series of parenting and relationship programmes that supports parents and their children in developing good relationships. Programmes involve participation, modelling, group discussions, video feedback, personal reflection, lunchtime activities and home practice for parents of 0-5 year olds. See page 27 for contact details.
Tel No:	028 9250 1373
Website:	www.setrust@hscni.net
Geographical areas covered:	All of Lisburn

Parent & Toddler Groups



Day	Where	Time	Contact
Mon	Little Adventurers, Lisburn Sure Start, Laganview Enterprise Centre, 69 Drumbeg Drive, Lisburn, BT28 1QJ	9.15am-10.45am	Lisburn Sure Start 028 9267 2292 lisburnreception@brysonsurestart.org
	Hillhall Presbyterian Church, 49 Market Square, Lisburn, BT28 1AG	10am-12pm	07595 163068 hello@hillhallchurch.com
Tues	Little Adventurers, Lisburn Sure Start, 161 - 162 Longstone Street, Lisburn, BT28 1TT	9.15am-10.45am	Lisburn Sure Start 028 9267 2292 lisburnreception@brysonsurestart.org
	Lisburn Free Presbyterian Church 1 Windemere Road, Lisburn, BT28 2GY	10am-11.30am	028 9266 0786 07740 084807
	St Columba's Church of Ireland, 21 Belsize Road, Lisburn, BT27 4DP	10am-12pm	028 9258 3634
	St. Patricks Pastoral Centre, Chapel Hill, Lisburn, BT28 1EP	10am-12pm	07860 7888527
	Bumps and Babies Clinic, Lisburn Sure Start, Laganview Enterprise Centre, 69 Drumbeg Drive, Lisburn, BT28 1QJ	9.15am-10.45am	Lisburn Sure Start 028 9267 2292 lisburnreception@brysonsurestart.org
Wed	Lisburn Congregational Church, Saintfield Road, Lisburn	10.30am-12pm	028 9267 7088
	Seymour Street Methodist Church Seymour Street Lisburn BT27 4XG	10am-11.45am	028 9266 3684 07773 983981 secretary@seymour-street.org
	Elmwood Presbyterian Church 105 Ballymacash Rd, Lisburn	10am-12pm	07710 789694

Parent & Toddler Groups



Day	Where	Time	Contact
Wed	Mount Zion Free Methodist Church, Gregg Street, Lisburn	10.30am-12pm	028 9266 5647
	Lisburn Cathedral 24 Castle Street, Lisburn, BT274XD	10am-12pm	028 9260 2400
	Journey Tots Laganview Enterprise Centre, 69 Drumbeg Drive, Old Warren, BT28 1NY	10am-11.30am	07749 419594
	Christ Church Lisburn Hillsborough Road, Lisburn, BT28 1JL	10am-12pm	028 9267 0524 028 9267 3271
Thurs	Bumps and Babies Clinic, Lisburn Sure Start, 14 - 16 Hillhall Road, Lisburn, BT27 5BU	9.15am-10.45am	Lisburn Sure Start 028 9267 2292 lisburnreception@ brysonsurestart.org
	Sloan Street Presbyterian Church, Lisburn, BT27 5AF	10.30am-12pm	028 9266 3837 info@sloanstreet.org
	Lisburn Baptist Church Longstone Street, Lisburn, BT28 1TR	10am-11.45am	info@lisburnbaptist. com 07907 220626
	Trinity Methodist Church, Ballymacoss Ave, Lisburn, BT28 2GX	10.00am-12pm	07543 817228 028 9260 5335
	Hillsborough Elim Pentecostal Church, M6ira Road, Hillsborough	10am-11.30am	028 9268 2751
Fri	Bumps and Babies Clinic, Lisburn Sure Start, 161 - 162 Longstone Street, Lisburn, BT28 1TT	9.15am-10.45am	Lisburn Sure Start 028 9267 2292 lisburnreception@ brysonsurestart.org
	Little Adventurers, Lisburn Sure Start, 14 - 16 Hillhall Road, Lisburn, BT27 5BU	9.15am-10.45am	Lisburn Sure Start 028 9267 2292 lisburnreception@ brysonsurestart.org
	Emmanuel Baptist Church, Glenavy Road, Lisburn, BT28 3QW	10am-11.30am	ebclisburn@gmail.com 028 9263 4311
	Legacurry Presbyterian Church, Upper Ballynahinch Road, Lisburn BT27 6XG (during term time)	10am-12pm	07739 840935

Services for Young People not in Education, Employment & Training



Organisation:	Jobs and Benefit Office
Services offered:	The Careers Service provides an impartial, all-age careers information, advice and guidance service, to help young people and adults make informed choices about their future career paths. Find out below how you can contact one of the Careers Service's professionally qualified careers advisers.
Tel No	0300 200 7820 Mon - Wed 9am - 4.30pm Th 10 - 4.30pm Fri 9 - 4.30pm
Website	www.nidirect.gov.uk
Geographical areas covered:	71 Bow Street, Lisburn BT28 1BJ

Organisation:	People 1st
Services offered:	Not in Education, Employment or Training (NEET) Services – All young people ages 16+ can avail of training and qualifications offered in a range of courses, e.g. Training for Success and Skills to Succeed.
Tel No	028 9266 5100 & 07436 535388
Website	www.people-1st.co.uk
Geographical areas covered:	All of Lisburn



Organisation:	South Eastern Regional College (SERC)
Services offered:	<p>Professionally qualified Careers Advisors provide a service that is accessible, impartial, confidential, and focused on needs. Careers advice is given to anyone not just SERC students. Learn about work and education opportunities:</p> <ul style="list-style-type: none">Explore career options with one-to-one advice and guidance serviceComplete job applications and CVsPrepare for job and Higher Education course interviewsMake applications for further studyPlan career developmentExplore opportunities, develop key skills
Tel No	028 9267 7225 ext: 1600
Website	www.serc.ac.uk/support/careers-service
Geographical areas covered:	All of Lisburn

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Everyone who lives, works or studies within a seven-mile radius
of our registered office at 126 Grand Street Lisburn and family
living within the same household as a member

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**New Horizons Credit Union Limited
Lisburn Branch**

126 Grand Street, Lisburn, BT27 4UE, Telephone: 028 9266 7744
Opening Hours Thursday from 10.30 - 2.30pm

Dunmurry Branch

Upper Dunmurry Lane, Dunmurry Belfast BT17 0AA, Telephone: 028 9099 6248
Opening Hours Friday from 10.30 - 2.30pm



Volunteering Opportunities



Organisation:	Atlas Women's Centre
	Volunteer in the crèche, café or help out with DIY jobs in the centre, volunteer as a group facilitator sharing skills with others.
Tel No	028 9260 5806 / 07927 970847
Website	www.atlaswomenscentre.co.uk
Organisation:	Barnardo's NI
	Barnardo's offers a range of volunteering opportunities including working with children and young people, volunteering within retail outlets and supporting Barnardos to raise vital funds.
Tel No	028 9067 2366
Website	www.barnardos.org.uk ni-volunteering@barnardos.org.uk
Organisation:	Bryson Care
	There are a number of volunteering opportunities available including working with children and young people.
Tel No	028 9032 5835
Website	www.brysongroup.org
Organisation:	Cara-Friend
	Offers a range of volunteer opportunities for people ages 16+ from administration, fundraising, LGBT Switchboard, facilitation & mentoring. More detail on www.cara-friend.org.uk
Tel No	028 9089 0202
Website	www.cara-friend.org.uk

Volunteering Opportunities



Organisation:	Home-Start Lisburn/Colin
	<p>Home visiting family support volunteers - Supporting families in their own homes on a weekly basis. Providing emotional support and encouragement for parents help to become more involved in the local community, support children's development through play and stories.</p> <p>Family group support volunteers - support parents and young children at Family Group on Tuesday or Thursday morning.</p> <p>Trustees - to contribute to the governance, leadership and direction of the scheme. Meetings every six weeks.</p>
Tel No	028 9262 8585
Website	homestartlisburn@btconnect.com
Organisation:	Lisburn Sure Start (Bryson Care)
	<p>Volunteering – Provides volunteer opportunities in service provision for young children and families and for those who would like to gain experience in an administration/office environment.</p>
Tel No	028 9267 2292
Website	find us on Facebook – Lisburn Sure Start

Volunteering Opportunities



Organisation:	Lisburn YMCA
	Provides volunteering opportunities for anyone aged 18+ who is interested in gaining experience or a qualification in youth work.
Tel No	028 9267 0918
Website	www.lisburnymca.com
Organisation:	MACS
	Provides volunteers as a 1-2-1 mentor for young people, help in driving young people to groups, volunteer as a group facilitator sharing skills and supporting young people or even help in fundraising for MACs itself.
Tel No	028 9264 6329
Website	www.macsni.org
Organisation:	People 1st
	Young people aged 16+ can gain experience in a range of areas, help develop skills and test out different careers.
Tel No	028 9266 5100 & 07436 535388
Website	www.people-1st.co.uk
Organisation:	Resurgam Community Development Trust
	There are a range of opportunities for all ages in one of Resurgam's six social enterprises, youth work or Lisburn Safe.
Tel No	028 9267 0755
Website	www.resurgamtrust.co.uk

Volunteering Opportunities



Organisation:	South Eastern Health & Social Care Trust
	<p>We welcome volunteers from the age of 16 years. Experience is not always essential. Training and support is provided. Where possible we endeavour to adapt tasks to suit the needs, abilities and interests of individual volunteers.</p> <p>Volunteers aged between 16 and 24 years can register for the Millennium Volunteer Award Scheme. Providing recognition for volunteering hours achieved in the form of a certificate that can be presented to universities or prospective employers.</p>
Tel No	028 9056 4817
Email	volunteer@setrust.hscni.net
Website	www.setrust@hscni.net

Organisation:	Volunteer Now
	<p>Volunteer Now works to promote, enhance and support volunteering - connecting with individuals and organisations to build healthy communities and create positive change.</p> <p>Volunteering can give you the opportunity to try something new, gain valuable experience, share your knowledge & skills, build confidence, help others and meet new people. Whatever your goals and interests are, there is a volunteering opportunity for you.</p>
Tel No	028 9023 2020
Website	www.volunteernow.co.uk



COMMUNITY FAMILY SUPPORT PROGRAMME



We're here to help!

A dedicated programme to support individuals
and their families achieve their goals!

cfsp@people-1st.co.uk



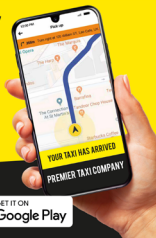
This project is part funded through the Northern Ireland European Social Fund Programme 2014 – 2020 and the Department for the Economy

Premier Taxi Company office is an official Safe Zone in Lisburn city. This provides a safe haven for anyone who feels threatened with a situation, feels vulnerable or unwell, the office is open 24 hours. Staff at the premises have been trained in the use of a defibrillator machine.



PREMIER TAXI COMPANY NEW BOOKING APP

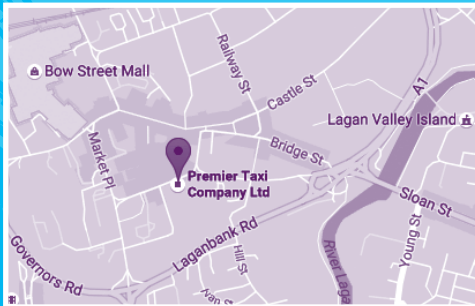
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