



Children & Young People's Strategic Partnership



Cost of Living Crisis Resource

A Guide to Locality Based Targeted Resources and Practical Support for Families and Children Struggling with the Current Cost of Living Crisis

This is a live document and will be updated on a regular basis
Updated December 2023

The information in this guide has been provided by services.
If you would like to include information about your service please
email: louise.dickson@hscni.net

Sections

[Regional Services](#)

[Belfast Area](#)

[Northern Area](#)

[South Eastern Area](#)

[Southern Area](#)

[Western Area](#)



Regional Services

Working Parents, You may be entitled to help with Childcare costs ... even if you both have full time jobs <http://bit.ly/3OqT5hH>



family support NI.gov.uk
Helping You Find the Services You Need

Did you know...
You may be entitled to help with childcare costs, even if you both have full time jobs.

Anyone using a Registered or Approved Childcare provider may be eligible.





With costs on the rise, check out some top budget friendly food shopping tips that will also help you make healthier selections 🛒

For more tips and advice on eating and drinking well, visit www.ChooseToLiveBetter.com or check out Shop Cook and Save series from the Public Health Dietitians Group at www.pha.site/public-health-dietitians-youtube

COMMUNITY LARDER

FOR PARENTS

We know that times are hard right now for parents and their families. We've set up this community larder to make life a little bit easier.

If you are registered with The Parent Rooms or attending any of our classes or drop-in activities, please help yourself to what you need. No questions asked.



What is the Parent Rooms Community Larder, you might wonder?

It's a pantry filled with care, generosity, and essential items right here in our parent room. Whether you want to contribute or need a helping hand, this is the space to connect.

How it Works:

Give: Have some extra baby supplies, snacks, or essentials? Share them in our larder for fellow parents. Let's create a nurturing environment together!

Take What You Need: If you find yourself running low on supplies or facing a challenging day, visit the larder to pick up some essentials. We're here to support each other without judgment.

Location & Access:

Our Parent Room Community Larder is conveniently located in the Houben Centre Parent Rooms main office. It's accessible 9:30am - 4:30pm, making it easy for you to use when it suits your schedule.

AWARE	
Service offered	Mental Health Support
What is available: (Food, Fuel, clothing, financial support etc.)	Free support groups for people experiencing low mood, depression, anxiety and bipolar Free mental health training programmes and workshops Mental health advice and signposting
How to access: (phone, email, referral process etc.)	Email info@aware-ni.org Or visit www.aware-ni.org
Further Information: (e.g. time frame of provision etc.)	Provided all year round
Area Covered	All of Northern Ireland

Get ready now for your 2023-24 application for Free School Meals and Uniform Allowance

If you are in receipt of one of the following:

Income Support;

Income Based Jobseeker's Allowance;

Income Related Employment and Support Allowance;

Guarantee Element of State Pension Credit;

you will need a Proof of Benefits letter when you apply for Free School Meals and Uniform for the 2023-24 school year.

Request one now via [Get a proof of benefit letter](#). It will take at least five days to be sent to you. Once you receive the letter keep it securely.

You must upload a copy of the letter when you apply. It must be dated no earlier than the beginning of the month before you submit your application.

If you receive Tax Credits or Universal Credit you do not require the above letter.

For more information

[Free School Meals / Uniform Grants | Education Authority Northern Ireland \(eani.org.uk\)](#)



Some primary and post-primary school pupils are eligible for grants to help buy their school uniform.

Find out more: <https://nidirect.gov.uk/articles/school-uniform-and-uniform-grants>



Your child could be eligible to get free lunches or milk at school. Including school holiday food grant

Find out more: <https://nidirect.gov.uk/articles/nutrition-and-school-lunches>

[McIlveen announces £5.5m school holiday food grant | Department of Education \(education-ni.gov.uk\)](#)

ADVISER DISCRETION FUND

What is the Adviser Discretion Fund?

If you are on benefits and moving into paid work, the Adviser Discretion Fund can help pay towards **upfront childcare costs, clothing, travel expenses** and help jobseekers who do not have **home broadband**. This grant is up to £1,500 (within a 12 month period).

How does this work in terms of childcare?

The Adviser Discretion Fund will remove barriers to employment for parents on low incomes, as this grant will help cover upfront childcare costs for the first month. The grant will be paid to a registered childcare provider.

Who can apply?

The grant can be accessed through a Work Coach at your local Jobs and Benefits office

For further information on the Adviser Discretion Fund and how to apply, visit:

<https://www.nidirect.gov.uk/adf>



UNIVERSAL CREDIT CONTINGENCY FUND

What is the Universal Credit Contingency Fund?

If you are waiting on your first full Universal Credit Award payment and are experiencing financial difficulty, you may be able to claim a short-term living expenses grants to help buy basic essentials.

Who can apply?

You must be in an **extreme/exceptional situation** or a **crisis** which puts you or your family's health, safety and well-being at significant risk.

To access this grant, your total annual household income after deductions must not be more than **£24,832.80**.

For further information on the Universal Credit Contingency Fund and how to apply, visit:

<https://www.nidirect.gov.uk/articles/universal-credit-contingency-fund-short-term-living-expenses-grant>





Family Benefits Advice Service

Providing free, impartial and confidential advice to parents, carers, childcare providers and employers

Employers For Childcare

Working For Parents

Our Family Benefits Advice Service provides free, impartial and confidential advice to parents and carers to help them maximise their income and inform them of their rights and entitlements. We operate a Freephone helpline 0800 028 3008 - Monday to Friday from 8am to 5pm

Many people don't realise that even if they are working, they may still be entitled to financial help. Whether it's a first-time parent wanting to know what support is available or someone considering altering their hours of work, our team of experts will be happy to work out what's best for each individual.

How we can help

We provide information and advice on a wide range of childcare and work related issues including:

- Tax-Free Childcare
- Universal Credit
- Tax Credits
- Childcare Vouchers
- Disability Benefits
- Social Security Benefits
- Maternity/Paternity Leave and Pay
- Shared Parental Leave
- Flexible Working
- School Uniform Allowance
- Free School Meals

Information we may need

To help us identify the support someone may be entitled to, it can be useful to have the following information to hand when calling:

- P60 income for previous tax year
- Estimated earnings and weekly working hours for this tax year
- Childcare costs
- Any disability or sickness benefits in payment
- Housing costs including rates
- Details of Maternity Leave and Pay
- Immigration status (if applicable)

Help towards childcare costs

If working and paying for registered childcare parents may be entitled to help through:

- Universal credit
- Tax Free Childcare
- Tax Credits

Parents currently using Childcare Vouchers can continue to do so, while they remain with their current employer and their youngest child is under 16 (17 if registered disabled)

Our advisors can calculate which form of support is best suited to each household's circumstances. We also work directly with employers and childcare providers, to give advice and guidance.

For further information please contact us:
hello@employersforchildcare.org

Freephone: 0800 028 3008

or visit our website:
employersforchildcare.org



Employers For Childcare is a registered charity.
Charity number 101176.

Free milk, fruit, vegetables and vitamins

The Healthy Start Scheme provides help for eligible families and those who are pregnant to buy healthy food and milk in local shops.

Healthy Start

The Healthy Start Scheme provides a pre-paid card to help eligible families and those who are pregnant to buy:

- plain liquid cow's milk
- infant formula milk based on cow's milk
- fresh, frozen or tinned fruit and vegetables
- fresh, dried or tinned pulses in local shops (such as beans, peas, or lentils)

You can also use your card to request free Healthy Start vitamins which support you during pregnancy and breastfeeding, and/ or vitamin drops for babies and young children (suitable from birth to four years old).

How to apply: <https://www.healthystart.nhs.uk/how-to-apply/>

Eligibility

You'll qualify for the Healthy Start scheme if you're at least 10 weeks pregnant or you have at least one child that's under four.

In addition, you must be receiving any of the following:

- Child Tax Credit (only if your family's annual income is £16,190 or less)
- Income Support
- Income-based Jobseeker's Allowance
- Pension Credit (which includes the child addition)
- Universal Credit (only if your family's take-home pay is £408 or less per month from employment)

You will also be eligible for Healthy Start if:

- you're under 18 and pregnant, even if you are not claiming any benefits
- you claim income-related Employment and Support Allowance (ESA) and are over 10 weeks pregnant
- you, your partner or your carer get Working Tax Credit run-on only after you have reported you're working 16 hours or less per week

To find out if your family earns £408 or less per month from employment whilst claiming Universal Credit, look at your 'take-home pay for this period' on your monthly Universal Credit award notice.

What you could be entitled to:

You'll get money added automatically onto your card every four weeks to spend on certain food and milk.

You'll get:

- £4.25 each week from the 10th week of your pregnancy
- £8.50 each week for children from birth to one
- £4.25 each week for children between one and four

This will stop when your child is four, or if you no longer receive benefits.

Get Healthy Start Vitamins

The process for getting vitamins changed from paper applications and vouchers to the Healthy Start card. The last paper vouchers were sent out in March 2022. You can still use any valid vouchers to get free vitamins.

[how to get vitamins\(external link opens in a new window / tab\)](#)

More useful links

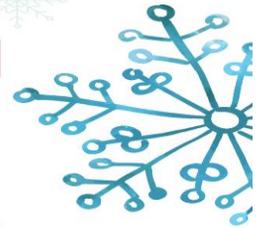
[Expecting or bringing up children](#)

[Work and families](#)

[Food and nutrition](#)



WINTERY FESTIVE FUN



go on a winter scavenger hunt

donate pocket money, an extra present or food

make a gingerbread house and people



send a handmade Christmas card to someone who might be feeling lonely

wish for snow and build a snowman



play snowman bingo



build a bird feeder or a hedgehog house



upcycle an old sweater and join Christmas Jumper Day

create paper chain bunting and paper snowflakes to decorate your bedroom

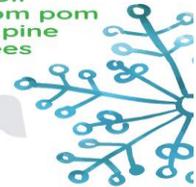


www.playboard.org



wrap up warm and set out on a frosty winter walk

try Christmas crafts - toilet roll Santa, handprint reindeer, pom pom penguins, lollipop stick stars, pine cone angels and mini twig trees



pin the nose on Rudolph



snuggle up with a hot chocolate and watch Christmas movies

enjoy a Nutella Christmas tree



fill squeezey bottles with water and food colouring and draw pictures in the snow



go sledding in the park



whip up cookies or shortbread



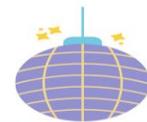
sing carols around a firepit, eat s'mores and gaze at the stars

design a Christmas wreath for your door



watch the sunrise or sunset on the winter solstice

organise a family games night, pamper night or disco



For ideas, recipes, and how-tos go to www.pinterest.co.uk/playboardni

PlayBoard NI is registered with the Charity Commission for NI NIC104724, company limited by guarantee no. NI30225, charity no. XR86639.



Family Fund

<p>Application deadline: Ongoing</p> <p>https://www.familyfund.org.uk/FAQs/how-do-we-apply</p>	<p>Emma McKeown Emma.McKeown@familyfund.org.uk Partner Engagement Manager – Northern Ireland Mobile +44 7818 456378</p> <p>We help families across the UK who are raising a disabled or seriously ill child or young person aged 17 or under. You can apply to Family Fund if:</p> <ul style="list-style-type: none">• You live in England, Northern Ireland, Scotland or Wales• You are the parent or carer of a disabled or seriously ill child or young person aged 0-17 who lives with you• You are currently living in the UK and done so for at least six months, or three months if your child is less than six months old.• You are eligible to work and apply for public funds• Your child is not in Local Authority care• You need to also have evidence of entitlement to any one of the following: * <ul style="list-style-type: none">▪ Universal Credit▪ Child Tax Credit▪ Working Tax Credit▪ Income-based Jobseeker's Allowance▪ Income Related Employment Support Allowance▪ Income Support▪ Housing Benefit▪ Pension Credit. • Your child or young person has a high level of additional support needs arising from a long-term disability or disabling condition or a serious or life limiting illness. By long term we mean lasting or likely to last 12 months or more. Please read our child and young person eligibility criteria. • Families in Northern Ireland can apply for a Family Fund grant every 24 months. <p>Here are a few quick links to areas of our website where you will find more detailed information.</p> <p>Main grants programme: Grants: Northern Ireland Family Fund Who do we help? Family Fund Child and young person eligibility criteria Family Fund Grant items Family Fund Apply for a grant Family Fund</p>
---	--

Your Opportunity supports disabled and seriously ill young adults, aged 18 to 24 years old, living at home. We offer grants for digital equipment, clubs and activities, transport and much more. The link to our Your Opportunity Programme can be accessed here [Your Opportunity: Help for 18-24 year-olds | Family Fund](#)

Information on the Children in Need Emergency Essentials Programme with link [BBC Children in Need Emergency Essentials Programme - Family Fund Business Services](#)
[Family Fund Business Services \(familyfundservices.co.uk\)](#)

The urgent application service

Is a dedicated service for [registered third party professionals](#). We provide help on behalf of the parent/main carer with a disabled child or young person where the disabled child or young person is going through an unexpected medical crisis or is at the end stages of life. The urgent service aims to deal with applications within 24 - 48 working hours of receipt.

When to use the urgent service

You can make an application via the urgent service where:

A child/young person is seriously ill in hospital or at home and is not expected to live for long.

A child/young person has been in hospital for over five days and there has been or is likely to be a significant financial impact on the family.

A disabled child is experiencing an unexpected medical crisis and the family need immediate assistance related to this medical crisis.

A child/young person is undergoing intensive treatment protocol and may be attending hospital throughout the week but not an inpatient.

How to register

To register, email your full work contact telephone number and address including your job title and department to:

urgents@familyfund.org.uk

We will contact you to confirm that you have been registered. You will then be able to start making applications. Please do not complete an application with a family before confirmation of your registration has been given. We must decline any urgent application that has been completed by someone not registered to use the urgent service.

Family Fund



Support to use technology

If you got a technology grant from us, or have a disabled child that uses a tablet, you can access our free workshops and digital support.

What's on offer

We're here to support parents and carers with using technology. Our Discover Digital support programme offers parents or carers, and children, free digital skills and creative workshops. We also link you up to digital resources and help you find out more about how to use digital devices.

Our Discover Digital workshops cover a variety of topics, from finding out how to make your device work for your child's individual needs, to learning how to stay safe online. We also offer fun, creative sessions, using a variety of free apps, available on iPads.

[Digital support we offer – Family Fund](#)



Family Fund

Helping disabled children



We provide
grants for your
essential items!



We help families raising disabled or seriously ill children and young people, across the UK.

www.familyfund.org.uk

Making life easier

Family Fund supports families raising disabled, or seriously ill, children and young people, on a low income, with grants for essential items. We give families choice and control over what will benefit them most. We provide grants for items such as kitchen appliances, clothing, bedding, sensory toys, play equipment, much-needed family breaks and computers and tablets.

We also give wider support, including information and resources on where to go for help with money and benefits, children's education and mental health and wellbeing; digital training and creative workshops.

Can we help you?

We help families on low incomes raising disabled, or seriously ill, children or young people aged 17 or under.

Families living in England, Wales and Northern Ireland can apply once every 24 months. Families living in Scotland can apply every 18 months.

Please visit our website for details on our eligibility criteria and how to apply today!

www.familyfund.org.uk



Get in touch

For any questions or queries, visit www.familyfund.org.uk and search 'Contact us' to find the help you're looking for. If you don't have access to the internet, you can call us on **01904 550055**.

Or write to us at:

Family Fund, 4 Alpha Court,
Monks Cross Drive,
York, YO32 9WN

Let us come to you

Are you part of a group or organisation who would like to hear more about us? Please get in touch with our team, who can arrange a meeting or online presentation to explain more about what we do, and how we help.

Email us at
events@familyfund.org.uk

Join our community

Family Fund has a growing online community for families, supporters and professionals. We'd love you to join us!



@FamilyFund



@Family_Fund

Tell someone about us

We help thousands of families across the UK, but there are many more people that need our support.

You can help us spread the word about our grants and services by telling other families raising disabled or seriously ill children, and young people about us.

Help us help others

There are many ways you can make a big difference. Please visit the 'Get involved' section of our website to see how you could help us deliver essential support to families raising disabled or seriously ill children, and young people.

"We can't afford a break on one salary, so the grants from Family Fund have given us the chance to get away together and have a change of scene. We can experience new things as a family and make new memories. It's really important to have something to look forward to, and Family Fund gives us that."



"The grant for sensory toys has made a massive difference to us, especially to Meghan's development. Specialised toys are so expensive and we would never be able to afford them. Meghan doesn't understand mainstream toys as her play ability is so limited, due to her condition, and they aren't made robustly enough for her as she chews everything."



"The grant for the new garden fencing means that the garden is now a safe environment. It means so much that I can sit in the garden and Leon can enjoy playing with his toys, rather than having to cut the time short because Leon is climbing over the short fence and into the garden next door."

How to Save Money on Your Food Shop

Top tips for meal planning, cooking & savvy shopping.

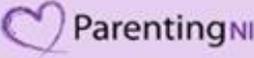


Subscribe to “Public Health Dietitians” on YouTube at www.youtube.com/channel/UC-f5E0ehqIR3z-cQdUvkCQ

Keeping active is essential for our emotional, mental, physical well-being. Parenting NI have teamed up with Sport NI to share their list of free and low-cost sport opportunities from across Northern Ireland. There are lots of activities available, and now that brighter nights and better weather is here there is no better time to get active! Find out details about all the activities listed and more at <https://bit.ly/LowCostNoCostSport>

Low & No Cost Sport across NI

Cricket  North Down Cricket Club – Youth Cricket Comber Cricket at Muckamore Antrim	Wheelchair Sports  Ulster GAA Wheelchair Sports Junior Club Belfast Wheelchair Basketball Craigavon				
Inline Hockey  Ballymena Norstar Inline Hockey Club Ballymena Inline Hockey Club Bangor	Trout Fishery & Angling  Shaws Trout Fishery & Angling Club Armagh				
Karate  Newcastle Karate Club Newcastle Raptr Martial Arts Dundonald	Hill Walking  Belfast Hills Walking Dynamos Belfast Magee Hill-Walking Club Derry-Londonderry				
American Football  Craigavon Cowboys American Football Club Craigavon Belfast City Lions Flag American Football Belfast	Taekwon-Do  Cathal Fegan Taekwon-Do Club Newry UKTCNI Multiple locations				
Water Polo  Junior Water Polo Lagan Valley, Andersonstown, Whiterock, Falls Leisure Centre	Para Athletics  Athletics Northern Ireland Mary Peters Track, Belfast				
Running  Park Run Multiple locations	Badminton  Ulster Badminton Multiple locations	Table Tennis  Table Tennis Ulster Multiple locations	Cycling  Community bike rides Multiple locations	Tug of War  Northern Ireland Tug Of War Association Multiple locations	Kayaking  Belfast Kayak Club Belfast






About Christians Against Poverty

Christians Against Poverty (CAP), while a UK wide charity, works right across Northern Ireland to help the most vulnerable out of poverty.

All our services are completely free and available to all, regardless of age, gender, faith or background. Through a network of CAP Debt Centres, we offer free face-to-face debt help, with local coaches providing practical and emotional support in tandem with advice and ongoing support from our head office.

In addition, we provide face-to-face adult financial education through the CAP Money Course and we also equip churches to tackle the causes of debt and poverty through our group services - CAP Job Clubs (to help people back into employment) and CAP Life Skills Courses (equipping people to live better on a budget).

Find out more at www.capuk.org or ring on **0800 328 0006**

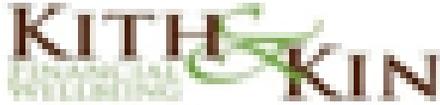
Low-Cost Playful Ideas



1. Visit parks, green spaces, beaches or forests
2. Play outside – get the wellies and raincoats on and jump in puddles
3. Paint the pavements, walls, fences, gates or drainpipes with water – all you need is a bucket and brushes
4. Have a family dance party or sing-a-long
5. Create a fort in your living room out of blankets or cardboard boxes
6. Go on a hike
7. Have a sunset picnic at a park or beach
8. Upcycle old toys using stickers, foam or paint
9. Try some sewing or knitting
10. Play a game of chess, dominoes, jacks or card games
11. Make a sensory bottle using old bottles, coloured water, glitter, beads, stones or anything you fancy!
12. Make slime. Pour 2 tbsp of shampoo into a bowl, add 2 tbsp of shaving foam and mix. Add 1 tsp of salt and mix everything together thoroughly. Put mixture into the freezer for approximately 15 minutes
13. Buy a cheap box of chunky chalk – children will have hours of fun
14. Make a mystery bag – fill a bag with random supplies and see what children will play or make
15. Make a mat to play hopscotch on. You can roll it out for play – an old sheet is perfect
16. Melt ice! Fill cups or containers with coloured water, freeze them, and watch the ice melt as you add salt to it
17. Make a collage with paper, glue and things to stick like pictures cut out of catalogues or magazines, scraps of paper, ribbon, fabric, dried pasta, natural materials etc.
18. Play x-o-x or eye-spy
19. Have a game of hide-and-peek
20. Street play – go outside and encourage other children to go 'out to play.' Play some football, frisbee, dodgeball, piggy in the middle or stick in the mud.

You'll be amazed at what fun can be enjoyed!





Cost of Living Advice

Staff are really struggling with their Financial at the moment

Our Social Enterprise can help them with areas such as:

Budget Planning

Cost of Living

Pensions

Savings

Debt

To contact us for more information
call

02890 877777

Or email info@kithandkinfinance.org

Make the Call



make the call

0800 232 1271*

Quick Call, Lasting Difference.

Talk to us about accessing benefits, supports and services you may be entitled to.



Text: ADVICE to 079 8440 5248*
Visit: indirect.gov.uk/makethecall
Email: makethecall@dfcni.gov.uk



Department for
Communities
www.communities-ni.gov.uk

An Roinn
Pobal

Department for
Commonities

* Network charges may apply

Don't rule yourself out...

Even if you already claim benefits, own your own home, work, claim a pension, or have some savings, you could be entitled to additional support

- Have you been diagnosed with an illness, condition or disability?
- Are you caring for someone?
- Have you reached retirement age?
- Are you confused about benefits?



Whatever your situation Don't miss out...find out!

Contact Make a Call for a free and confidential assessment.

A friend or relative can make the call on your behalf (with your consent), providing they are with you when you call. We also offer an outreach service where we can visit you in your home to help you complete application forms.

“I would never have been able to get the things me and my wife needed without the Make the Call Service. They are invaluable. Life would have been an awful lot harder and it would have taken a lot longer to get help.”

CALLER



make the call

0800 232 1271*

Quick Call, Lasting Difference.

*network charges may apply



WORKABLE (N.I.)

SES (Supported Employment Solutions) is contracted to deliver the Department for Communities **Workable (NI) Programme** across Northern Ireland. SES is a consortium consisting of 7 Disability Organisations – Action Mental Health, Cedar, Now Group, AdaptNI, RNIB, Orchardville Society & Mencap. Workable N.I. aims to provide support to employees who are in work (10+ hrs), suffering from a disability or mental health condition and who would benefit from support to sustain and retain employment. The programme also supports the employer / manager. It is a referral based programme, with individuals being able to self-refer, or be referred by another party. Employees are initially supported for a period of a year, with the caveat of extension at 11-month stage.

Workable (NI) can provide:

1:1 Support, specially tailored to employee needs
 Advice & Assistance – making reasonable adjustments in the workplace
 Pro-active corrective measures
 Enhanced morale

Benefits to employers include:

Long & short term absence reduced
 Reduced need for temporary staff
 Less HR time spent on follow up
 Increased productivity

For further information, please contact:

Patricia Kelly

Tel: 07976640226

E: pkelly@amh.org.uk

www.sesni.org.uk

Peter Wilson

07791 075921

p.wilson@cedar-foundation.org



ARE YOU WINTER READY?

Energy Efficiency in the Home

At National Energy Action (NEA NI) we are concerned that higher energy prices, reduced incomes and leaky, inefficient housing could put many households in Northern Ireland at increased risk of fuel poverty this coming winter. These increases come at a time when many household budgets are already stretched thin.

However, at NEA we know that some simple changes to day to day activities could make big differences to household bills.

To assist household, NEA are providing **FREE Energy Efficiency information sessions** online or face to face across Northern Ireland

The following topics are included:

- Impact of living in cold, damp home
- Taking control – understanding your heating system
- Energy efficiency low cost/no cost top tips
- Keeping the heat where it is needed - reducing heat loss
- Causes of and remedies for consideration
- Comparing and switching energy suppliers
- Advice and Support

For further information contact

Nichola MacDougall, NEA Training Officer

Email: Nichola.MagDougall@nea.org.uk

Keep up to date with our events on

Twitter @NEA_Nireland | Facebook: @NEANorthernireland



Energy Efficiency In The Home Keeping Warm and Well

At National Energy Action (NEA NI) we are concerned that higher energy prices, reduced incomes and leaky, inefficient housing could put many households in Northern Ireland at increased risk of fuel poverty this coming winter. These increases come at a time when many household budgets are already stretched thin.

However, simple changes to day-to-day activities could make big difference to household bills. Here are a variety of no cost/high low cost energy savings tips.

- You can save around £55 just by remembering to turn off electric appliances and not leave many of them on standby, e.g TV, laptops, mobile phones
- Room thermostats allow you to set the temperature your home heats up to and maintains. Turning it down by only 1 degree could save you around £80-100 per year.
- Only boil the water you need in your kettle. This can save you £12 per year.
- Effective insulation of your hot water cylinder is important. Increasing the insulation 80mm thick could save you £45 a year. Increasing loft insulation to 270mm can save between £350 -£300 per year.
- Only run the dishwasher when full. 1 less run per week could save £15 per year.
- Save an average of £65 on electricity a year by drying clothes on a clothesline instead of using a tumble dryer
- Spending one minute less in the shower every day will save up to £9 per person off your household energy bill each year.
- Washing clothes at 30 degrees and 1 less cycle per week can save around £15 a year on energy.
- Switch off lights when not in use. This could save you between £4-£13 per bulb per year
- Draughtproofing windows/doors can save around £40 per year. Chimney draught excluder can save an additional £20

Are you experiencing financial hardship?

Speak to your energy supplier if you are worried about your energy bills and to find out if you are eligible for additional services. To find out if you are claiming all of the benefits you are entitled to call Advice NI

Freephone Advice Helpline: 0800 925 4604 Email:

advice@adviceni.net

Make the Call Service

Freephone (network charges may apply) 0800 232 1271 Email:

makethecall@fdfcni.gov.uk

Check to see if you are getting the best deal for your energy. You could save hundreds of pounds a year on your bills by switching supplier or changing tariffs with your current supplier. Use a price comparison site.

Customer Council Tel 028 9025 1600

Email contact@consumercouncil.org.uk

Web: Consumer Council

Additional Support

NI Energy Advice offers free independent and impartial energy advice to domestic households in Northern Ireland – including advice about energy grants and other sources of help

Freephone: 0800 111 4455 Email: nienergyadvice@nihe.gov.uk

Website: NI Energy Advice | nidirect

Training and Advice

NEA are offering FREE Energy Efficiency training and advice sessions to organisations and households throughout Northern Ireland. These sessions can be delivered face to face or via Zoom.

For further information contact

Nichola MacDougall, NEA Training Officer

Email: Nichola.MagDougall@nea.org.uk

[Home - Buttle UK](#)

[Chances for Children Grants - Buttle UK](#)

Grants are made directly to children and young people who are facing a range of complex issues. They are tailored to their particular needs, in order to prevent them from falling further into crisis and help them to transform their lives.

The grants pay for a range of items and costs, many of which are those we would expect any child growing up in the UK to have, but which their parents or carers cannot afford. In a small number of cases, where home is not the best place for a child to be, the grant pays for them to attend boarding school.

What makes our Chances for Children grants different is that they offer a holistic funding package designed to meet the multiple needs of vulnerable children and young people.

The grants meet immediate practical needs by paying for household items, but also meet a child's longer-term educational and emotional needs. As such, we have found that they can have a disproportionately positive impact compared to their monetary value; in some cases, they are transformational. There is nothing else like them available within the social care sector.

<p>The Society of St. Vincent de Paul - Ireland - St Vincent De Paul (svp.ie)</p>	<h2>Society of St Vincent de Paul in the North</h2> <p>Each year in Northern Ireland, the Society spends almost £3m on those in need and most vulnerable in our communities. As well as expending this in direct financial assistance, other essential items such as food, fuel and household items are also given in support.</p> <p>We offer a confidential, person centred, non judgemental service to individuals and families, whoever or wherever they are. Home visitation is the cornerstone of our work. We are a member-led organisation and our pool of almost 1,800 volunteers work tirelessly to meet the needs of those seeking our help and support.</p> <p>The Society is also involved in many other activities, some of which are listed below:</p> <ul style="list-style-type: none">• Breakfast & Afterschool Clubs• Childcare facilities• New Furniture• 32 'Vincent's' Clothing Outlets• Hospital & Prison Visitation <p>Depending on their resources, local groups can offer help with befriending/visiting, clothing, food, furniture, debt counselling or transport. We do not normally provide financial help but this depends on the capacity of the local group. Not a grant giving organisation. However the local group, may be able to offer limited financial assistance for specific needs, depending on their local capacity.</p>
---	--

How do I ask for help?

To ask SVP for help, you can contact SVP by phone on tel 028 9035 1561 or via the website at www.svp.ie/requesthelp

When you contact SVP, a member of staff will take your contact details and someone will contact you to arrange for two members from your local Conference to visit you.

Members will try to arrange to visit as soon as possible, at a time that suits you. Usually they visit within 10 days of you contacting the Society.

What happens after I contact SVP?

1 Where possible, SVP will phone you to arrange for members to visit you. This phone call may be from a private number so the number might not appear on your phone.

2 Two SVP members will visit you to offer friendship and support. They will talk with you about your situation and they may take notes. These notes are private.

3 When your local SVP Conference next meets, the members who visited you will explain your situation. Conference members will decide the best way to support you.

4 The SVP members who visited you may phone you to arrange another visit. When they visit, they will explain if and how they can help you.

5 The SVP members may visit you a few times or more, if needed.

6 Every situation is different and SVP members will match assistance and visits to your own needs.

Your local SVP Conference may offer you one or more of the following types of help:

Friendship and support

Help with money problems

Information about other services you can use

Help with explaining your case to other organisations (advocating for you)

Help with coming to an arrangement (negotiating for you) with other organisations you might owe money to.

Confidentiality

SVP visits are confidential. This means that SVP does not share any information you provide without your permission. For information on GDPR/data protection, please visit www.svp.ie.

The members who visit you will talk about your situation with other members of their SVP Conference. They may also talk to other SVP members or staff but only if they need to do this to help you.

Members of SVP must help protect children, young people and vulnerable adults. This means that if a member believes that a child, young person or vulnerable adult is at risk or in danger, they must report it. This policy is part of the SVP Safeguarding Policy.

If a member of SVP has any safeguarding concern, they will try to talk to you about it before they report it.

Becoming a Member of SVP

If you would like to become a member of SVP, please email info@svpni.co.uk

Vincent's

If you would like to become a volunteer at one of SVP's Vincent's charity shops, please visit www.svp.ie

Libraries NI	
<p>Service offered to support families with cost of living</p>	<p>Libraries NI offers opportunities for all members of the community to access a range of free services.</p> <p>Whether you're looking to borrow books or need help to get online, a quiet place to study, a warm and safe place to relax or a place to chat and meet new people</p> <p>There are 96 branch libraries, two specialist libraries and multiple mobile stops across Northern Ireland. All of which provide a range of resources for people who live, work or study here.</p> <p>Branch libraries offer book borrowing, free Wi-Fi and computer use, printing and photocopying facilities as well as social activities and events. Some also have study space and access to special heritage collections.</p> <p>All branches are warm, welcoming places and have seated areas for study, reading and computer access. To avail of the services on offer, it is completely free to join up and use. There are weekly activities on in all branches such as rhythm and rhyme, tea and newspapers, knit and natter and monthly junior and adult book groups.</p>
<p>What is available: (Food, Fuel, clothing, financial support, uniforms, PE kits, warm place etc.)</p>	<p>Free wi-fi, free access to computers, books, ebooks, e-magazines, e-newspapers, audiobooks, free weekly and monthly groups and activities, homecall services, mobile libraries, IT assistance and lessons to improve your it skills, kids board games, lego, craft and storytime sessions.</p>
<p>How to access: (phone, email, referral process etc.)</p>	<p>Phone, email or come in person to the branch for details of what is available</p>
<p>is there a waiting list?</p>	<p>No</p>
<p>Is there an expected response time? How long is this?</p>	<p>No</p>
<p>Further Information: (e.g. time frame of provision/availability etc.)</p>	<p>Opening hours for all branches are available on the librariesni website and there are also 7 'Out- Of-Hours' libraries that can be accessed outside of normal opening hours.</p>
<p>Area Covered</p>	<p>All of northern Ireland</p>

Safe Food

For more information follow the link
<https://www.safefood.net/transform>

Tips for making a great shopping list

1. Keep a running “to-buy” list of items you regularly buy
2. Check what food you have in your cupboards, fridge and freezer
3. Do a meal plan for the week based on what food you have
4. Add extra ingredients you need to your “to buy list”

Tips for making a great shopping list

- 1** Keep a running “to-buy” list of items you regularly buy
- 2** Check what food you have in your cupboards, fridge, freezer
- 3** Do a meal plan for the week based on the food you have
- 4** Add extra ingredients you need to your “to-buy” list

Remember → **Stick to your list**

Northern Ireland Oil Buying Clubs

For more information go to:

[The Housing Executive - Oil Buying Clubs \(nihe.gov.uk\)](http://nihe.gov.uk)

What is an Oil Club?

Oil Buying Clubs are based on a simple idea - the more people that buy oil together, the lower the cost. You can buy as little as 200 litres of oil. When all club member orders are put together, the Club can get a better price.

The best way to negotiate a great price for your Club, is NI Oil Buying Network negotiating on the intended bulk order, on behalf of an area of clubs. Savings made are passed on to all members.

The more people that take part in the initial orders, the greater the savings.

We are open to new membership. We can help you set up a new club in an area of need.

For more information:

email: oilbuyingclubs@nihe.gov.uk or

Freephone: [0800 111 4455](tel:08001114455) to speak with an Energy Adviser

More about Oil Buying Clubs

For your benefit, Oil Buying Club processes have changed.

Easy as 1.2.3.

- We take your 'intended' order and negotiate with suppliers for the best price.
- We send you the best reduced price with an order discount code via text, email or phone call.
- You place your own order by the supplier deadline, in 1 to 3 days
(*Or, the selected supplier may choose to follow-up on your order by phone)

What are the Benefits?

You can buy as little as 200 litres without having to buy larger bulk orders.

It is free to join.

Ordering through an Oil Club means you can avoid having to buy 'emergency 20 litre oil drums', which can be much more per litre than a distributor might charge.

You avoid the risks with transporting oil in your car and transferring oil into the tank.

Save money - members benefit from a reduction in price per litre with the larger volume order.

Supplier saves on delivery costs.

Fewer vehicle movements equals a reduction in CO2 emissions - fewer deliveries reduces the number of tanker journeys – safer for the community and better for the environment.

Produces social cohesion and sense of community spirit.

Membership open to home owners, private renters, and NIHE/Housing Association tenants.

Scamwise NI

For more information
[ScamwiseNI | nidirect](#)

We're urging you to be on your guard against fraudsters operating cost of living scams such as falsely offering grants, or scam energy discount texts.

We want you to be

#ScamAware

You don't need to apply or provide your bank details to get the energy discount. If you are asked to apply, it's probably a scam

We are now officially in autumn and the clocks go back on the 30th of this month, meaning shorter days and colder weather. This can be a cosy time for many, but we understand the cost of living may make this a worrying time too. We in the Money Guiders NI Network want to support you and your colleagues, so that in turn we all are able to support ourselves and our service users. This month we encourage you to reach out and **#AskTheQuestion** – the Network is there to help! Read on to find out what's going on across the **Money Guiders Northern Ireland network** in October, what **free-to-access events** are coming up this month and read some useful **hints and tips** for saving money that you can share with your service users and colleagues.

We're here to help you support your customers & service users

The [Money and Pensions Service](#) set up the Money Guiders Northern Ireland Network in March 2021 as part of the wider [Money Guiders](#) programme, which aims to support their UK-wide [Strategy for Financial Wellbeing](#). Delivered by [Reed in Partnership](#), Money Guiders Network NI aims to support organisations that deliver non-accredited money advice throughout Northern Ireland, by creating a community of money guiders where learning and sharing about good practice is at the heart of the conversation.

Our [Network](#) provides a range of provisions to support this including free monthly events, webinars and peer-to-peer pathfinder clinics where you can connect with other organisations that can help you learn and support your end-users. Please feel free to forward this newsletter onto any colleagues who you feel might find it of interest!

Who is a 'Money Guider'?

Anyone who delivers non-accredited money guidance in their day-to-day duties. By this we mean those day-to-day money issues your end-users deal with. For example, how to manage on a low income, resolving credit card debt, affording a car, a house, how to save, lifestyle budgeting' etc.

Our Network includes a wide range of members in different roles including Youth Workers, Welfare Officers, Support Workers, Housing Officers, Employment Advisers, Consumer Rights Advisers, Skills Trainers, Project Officers amongst many others.

If you're not a member yet and you would like to join, click [here](#). Alternatively, if you would like more information, please send us an email to moneyguidersni@reed.com.

About the scheme, The Troubles Permanent Disablement Payment Scheme is being run by the Victims' Payments Board (VPB). It acknowledges the harm suffered by those injured in the NI Troubles/conflict and aims to promote reconciliation between people in connection with NI's troubled past. It also recognises the implications of living with a permanent disability caused by a Troubles-related injury, including the financial impact on individuals and their families. The scheme can provide payments to those who have suffered permanent disability (either physical or psychological) as a result of an injury caused, through no fault of their own, in an incident related to the troubles/conflict.

What evidence do I need to provide? When you have made an application VPB (victims payments board) will assess the extent of your permanent disability to make a decision on your entitlement to payments. You do not need to get any additional medical information before applying.

Who can apply? Your application will need to meet a number of criteria to be entitled to payments. For example, an injury caused by a Troubles-related incident must have resulted in a permanent disability level of at least 14%, as assessed by a suitably qualified healthcare professional. You can make an application on behalf of someone who has died if that person could have nominated you to receive payments from the scheme. What payments are available under the scheme? The level of payment will depend on the extent of your permanent disability resulting from a Troubles-related incident. Payments could range from about £2,000 to £10,000 per year. You may be able to nominate someone close to you to receive payments for up to 10 years after your death. You may also be entitled to a payment backdated to 23 December 2014, but you must apply by 31 August 2024 (or a later date if decided by the Secretary of State for NI). If you make an application on behalf of someone who has died, any payments you receive will depend on the extent of the permanent disability of the person who has died.

How to apply? The scheme is open for applications from 31 August 2021 to 31 August 2026 (or a later date if the Secretary of State for NI extends the scheme). You can apply online at www.victimspaymentsboard.org.uk or let one of our experienced Pension Officers help you with completing this application.

If you or someone you know needs any help, advice or assistance with this, please get in touch with Bridge of Hope, www.bridgeofhope.support Thomas or Ronan on Tel: (028) 90322289 or email thomas.ferguson@ashtoncentre.com or ronan.mccaffrey@ashtoncentre.com



Information and advice about support with the cost of living, including:

- help with energy costs
- help for families and children
- help with your income
- help for older people
- help with housing
- help with other costs

Find out more: <https://nidirect.gov.uk/cost-of-living>



Belfast Area

East Belfast Area

STARTING TUESDAY 15TH NOVEMBER

WARM WELCOME TUESDAY

Church open every
Tuesday from 10am to
7pm EVERYONE
WELCOME!

CLUB



Meet new friends
Free wifi
Free tea & coffee
Free heating



Lunch served @ 12.30pm Hot Dinner @ 5.30pm

Dundonald Presbyterian Church are opening on Tuesday from 10am to 7pm as a warm space for those in our community to come for heat and fellowship with others. Tea, coffee and other refreshments served all day with lunch served at 12.30pm and a hot dinner at 5.30pm. All welcome!

www.dundonaldpc.com

www.facebook.com/dundonaldpc

Walk INN Food Bank

27 Hollywood Road Belfast
BT4 3BA

Every Thursday from 11am – 2pm

Supporting the Homeless
And people at risk of homelessness through
poverty.

[Belfast And Lisburn Community Project - BALCProject](#)
[| Walk INN To Support The Homeless](#)

www.facebook.com/BALCProject/

WALK INN FOOD
BANK

FREE
FOOD

We Are Stronger Together

EVERY THURSDAY

11.00 am - 02.00 pm

HOMELESS

POVERTY

HUNGER

CRISIS

East Belfast Sure Start	
Service offered	SureStart service providing a range of play and learning, health and family and social support to families in the SureStart area, from antenatal to up to 4 years.
What is available: (Food, Fuel, clothing, financial support, uniforms, PE kits etc.)	Family Support to access community support including fuel and food support, clothing, uniforms, pe kits, baby products Keep Warm Packs Distributor of hygiene products Slow Cooker and Smoothie Programmes
How to access: (phone, email, referral process etc.)	Self referral, Community, Voluntary and Statutory referrals to:- admin@surestarteast.org.uk Or call 02890735686 or send a private message to our facebook page at East Belfast Sure Start Referrals for midwife, play programmes, speech and language support and additional needs
Further Information: (e.g. time frame of provision/availability etc.)	Referrals dealt with weekly – we are responsive to need.
Area Covered	East Belfast Wards:- Mount, Island, Woodstock, Ballymacarrett, Cregagh, Bloomfield 1 and 3, Ballybeen Housing Estate

Dundonald Salvation Army

Enler Park East, Ballybeen

Open Doors

Every Thursday 9.30am – 12pm

Our aim at Open doors is to provide a safe, friendly and positive environment for everyone

We do not charge for our refreshments but do ask for a donation if possible

Our minister is also available during this time if you need to chat or seek help and support

Why not drop in, we cant wait to welcome you
Find us on facebook @Dundonaldsalvationarmy

www.Dundonald@salvationarmy.org.uk



Dundonald Salvation Army
Enler park east, Ballybeen

Call us on
9048 6489

OPEN DOORS
Drop in

Dundonald@salvationarmy.org.uk

EVERY THURSDAY
9:30AM - 12PM

Free refreshments, cake and toast

always something fun to do

play area for young children

Our aim at Open doors is to provide a safe, friendly and positive environment for everyone.

We do not charge for our refreshments but do ask for a donation if possible.

Our minister is also available during this time if you need to chat or seek help and support.

Why not drop in, we can't wait to welcome you.

Find us on facebook @Dundonaldsalvationarmy

North Belfast Area

The Parent Rooms



coffee & play

*FRIDAYS 10AM-11.30AM @HOUBEN CENTRE
(INSIDE HOLY CROSS CHURCH), 432 CRUMLIN
ROAD, BELFAST*

Join us at our drop-in coffee mornings with or without your little one, whichever you prefer.

Grab yourself a cuppa and have a chat with other parents.

We have a range of sensory toys and play equipment for your little one to enjoy.

FREE drop in coffee morning – no pre booking required – if you want more info email carly@theparentrooms.co.uk

[The Parent Rooms – Creating a Circle of Support For Parents](#)

North Belfast Advice Partnership is now holding advice sessions in Grove Community Housing Association on Tuesdays, Wednesdays and Thursdays. Free advice on benefits, debt and housing, as well as crisis intervention food parcels across North Belfast.

To speak to an adviser, drop in Tuesday mornings between 9.30am and 12.30pm or make an appointment through the Vine Centre 028 9035 1020.

The Wolfhill Centre 148 Ligoniel Road Belfast BT14 8DT

Contact Details

advice@ligonielvillage.com

028 9039 1225

<https://twitter.com/nbapadvice/>

Do you need benefits advice?

Ashton is delighted to have an Advice Service available at the Ashton Centre each week.

If you would like an appointment for advice or support with completing forms.

Contact Christine McKeown or Fionnuala Black for an appointment.

Christine@ashtoncentre.com
Fionnuala@ashtoncentre.com

Or telephone: 028 9074 2255

Aston/Lower North Belfast Family Support Hub	
Service offered to support families with cost of living	Various forms of Support through Ashton/Lower North Belfast Family Support Hub
What is available: (Food, Fuel, clothing, financial support, uniforms, PE kits etc.)	Supermarket Vouchers (£50 or £100 depending on the size of the family) Uniform Drive (during summer)
How to access: (phone, email, referral process etc.)	Referral to the Family Support Hub
Is there a waiting list?	No
Is there an expected response time? How long is this?	If referral for finance as soon as it arrives from referrer
Further Information: (e.g. time frame of provision/availability etc.)	Limited amount of vouchers so available until all are allocated
Area Covered	Lower North Belfast

Ashton Launches Community Food Store – The Pantry

Ashton Community has just embarked on a new community project. The initiative is called “The Pantry”, a Community Food Store project based in the Ashton Centre.

Whole Service Approach

A community Food Store differs from Food Bank in that it doesn't just provide food but works to provide a “whole service” approach. This means the pantry operates on a membership basis where participants will be provided with support from trained volunteer mentors. This is aimed at helping members develop skills including things like budgeting, debt management, cooking, nutrition and help with advice

Membership

Once you join the Pantry, you pay a weekly membership fee of £5. This five pounds enables you to avail of a weekly shop of approximately £40 for a period of 12 weeks. Both food and hygiene products are available through the Pantry. Members purchase items based on their own preference. Items are colour according to their value.





Food Values Course

Are you interested in eating better, feeling better and having more money in your pocket? If so our Food Value Course is for you”



Learn how to cook on a budget, shop smart to make your money go further, understand the link between food and mood and how “fakeaway a takeaway”

Free course starting soon – limited places available

This programme is being delivered in partnership with New Lodge, Duncairn Community Health Partnership

Email: Eileen.oprey@ashtoncentre.com,
caroline.mcilwee@ashtoncentre.com,
alana.mckeown@ashtoncentre.com or call 028 90742255 and ask for any of the team

FREE FOOD FRIDAY

Partnering with the food waste charity FareShare, our free food table will be placed on Castleton Avenue each Friday from 9.30am, until the food has gone.

The table is unmanned, and you can simply come along and take what you need for yourself, a friend or neighbour - it is all completely free of charge.



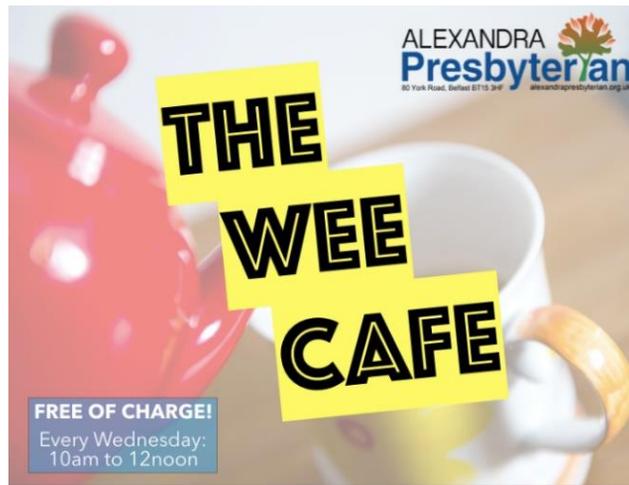
FREE FOOD FRIDAY

Partnering with the food waste charity FareShare. Our free food will be placed on Castleton Avenue each Friday from 9.30am until the food has gone

The table is unmanned, and you can simply come along and take what you need for yourself, a friend or neighbour – it is all completely free of charge

[Alexandra Presbyterian Church Belfast – Alexandra Presbyterian Church Belfast](#)

www.facebook.com/alexandrapresbyterianchurch/



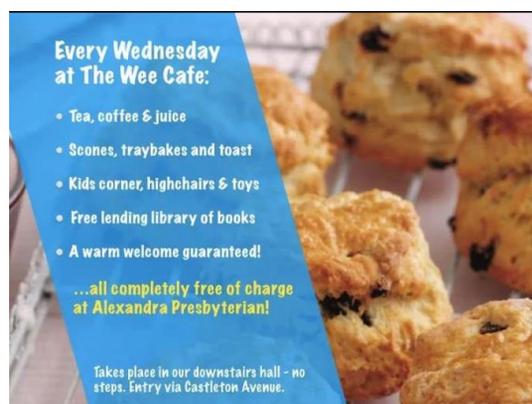
THE WEE CAFE at Alexandra Presbyterian Church
80 York Road, Belfast. BT15 3HF

The doors of the Wee Cafe will be open each Wednesday morning, from 10am until 12pm. There will be tea, coffee, sweet treats, toast and a toddler area in a warm and welcome space.

All of it will be **completely free of charge**. Come on in via the door on Castleton Avenue.

[Alexandra Presbyterian Church Belfast – Alexandra Presbyterian Church Belfast](#)

www.facebook.com/alexandrapresbyterianchurch/



Support and advice

Community Foodbank and advice at MCA
The **Community Foodbank** is now based at
Marrowbone Community House.

Opening hours are **Monday, Tuesday, Thursday
and Friday 10.30am to 1pm.**

Call in to request help and support, to donate or to
volunteer.

Or ring **07783613609**

Or you can make [online donations here](#)

Benefits advice clinic is Thursday 10am to 1pm.

Contact: Helpcommunityfoodbank@gmail.com

South Belfast Area



South Belfast Cost of Living Crisis Plan

A guide providing practical
support, resources and helplines
for South Belfast

Contact Strategic Health Officer, Emily Brown
emily.brown@forwardsouth.org /
07394569153



Forward South Partnership Health & Wellbeing recently launched the South Belfast Cost of Living Plan at South Belfast Health Forum. The guide provide practical support and resources to the cost of living crisis. Please view the plan at

<https://forwardsouth.sharepoint.com/:b:/g/EWufmMMiXYhMkanIV8NFobwB2u-Jyuluu86fdQLbRFH70>

[Forward South – Making a difference to South Belfast through partnerships & projects](#)

Ballynafeigh Cosy Clubs

Cosy Hubs are a simple way of coming together to ensure that on every weekday, at least one place on the road will be offering both warmth and an unconditional welcome to anyone who might appreciate it.

Monday – Ballynafeigh Methodist Church: 12.30 – 3pm

Tuesday – Annadale Community Centre: 10am – 12pm

Cooke Centenary Church: 12.30 – 2.30pm

Wednesday – St Jude’s Church: 12 – 1pm

Village Church (Haypark Ave): 2 – 4.30pm

Thursday – Good Shepherd Church: 10.30am – 12.30pm

Ballynafeigh Community Development Association: 5 – 8pm

Ballynafeigh Methodist Church: 6 – 7pm

Friday – St John’s Church: 10.30am – 12.30pm



[Ballynafeigh Community Development Association \(bcdanet\)](http://www.ballynafeighcommunitydevelopmentassociation.net)

www.facebook.com/ballynafeighcommunityhouse/

Ballynafeigh Methodist Church

Community Meal Every Thursday 6-7pm at
Ballynafeigh Methodist Church Hall.

All welcome, loads of craic, please come as you
are and join us.

No Charge

 **1-10 Florenceville Drive, Belfast, GB-
NIR**

West Belfast Area



WARM SPACES

A collection of organisations within your area that provide warm and welcoming spaces.

Belfast City Council - Our 26 community centres are opening their doors this winter with dedicated time for older people to drop in for company, chat and a cuppa! Contact your local centre for more information on drop-in session times.

Visit: www.belfastcity.gov.uk/communitycentres

Call: 028 9032 0202

GLL - If you are struggling to heat your home in winter, you will receive a warm welcome and some physical activity in dedicated spaces at these leisure centres:

Falls Leisure Centre - Friday 9am to 10.30am

Email falls@gll.org

Shankill - Tuesday, 10am to 11:30am

Email shankill@gll.org

Libraries NI

There are 17 libraries in Belfast offering welcoming, free and inclusive spaces, with a range of services, activities and resources for everyone.

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

Colin Glen - Unit 17, Colin Centre, Stewartstown Road,
Dunmurry, BT17 0AW

Falls Road - 49 Falls Road, BT12 4PD.

Suffolk - Stewartstown Road, BT11 9JP.

Whiterock - Whiterock Road, Whiterock Grove, BT12 7FW.

Colin Warm Spaces every Wednesday at Colin Partnership until March

These sessions are free of charge and include a hot lunch followed by a classic movie showing (funded through Community Foundation NI, ARN Foundation). Booking is essential through the Good Morning Colin office, contact Isabel or Aisling 02890627863.

The Heart Project

Our Bowl To Bowl will be starting on Tues 16th January 2024 @ 1.30pm in our upstairs hall. Come Into a warm space, have a game of indoor bowls and a bowl of hot soup.

Tel: 02890310346



COFFEE MORNINGS

Falls Residents Association

Falls Residents association hold Coffee Mornings - every Friday for their women's group.

Tel: 028 9031 3038

Email: fallsresidentsassociation@gmail.com

West Belfast Multi-Disciplinary Team – West Belfast

Hold a coffee morning every Tuesday morning from 10am – 11.30am in Loaf Café, Grosvenor Road.

Everyone who attends gets a £5 voucher to have both a drink and something to eat.

Contact: julie.annesley@belfasttrust.hscni.net



ADVICE

Organisations providing advice services within your area

The Falls residents Association

work with local residents to deal with issues that affect residents' daily lives. Between Falls Residents and Frank Gillen, we offer the following support and services:

Welfare Advice - all year (FRA)

Tel: 028 9031 3038

Email: fallsresidentsassociation@gmail.com

Neighbourhood Development Association

Advice services based in Greater Falls NR Area.

Contact: 028 90 584848

Email: nda@gmx.co.uk

Citizen's advice West Belfast

General Advice Services

Contact: 0300 123 3233

208 Andersonstown Road Belfast

77a Springfield Road Belfast

Falls Community Council

Falls Community Council provide Housing Advice, Benefits Support , Disability support, Addiction support, Event management, Community Development.

Tel: 028 9020 2030

Email: vicki@fallscouncil.com

Upper Springfield Advice Service

2b Springhill Drive, Belfast, BT12 7SH Phone: 02895908668



FOOD SUPPORT

Foodstock

Food Bank situated on the Andersonstown Road

Tel: 07794 304259

Email: Paul.Doherty@foodstockcharity.com

150F Andersonstown Road, Belfast

South-West Belfast Foodbank

South-West Belfast foodbank provides emergency food and support to local people in crisis.

The area covered includes the Colin area, Andersonstown, Falls, Ballymurphy, Whiterock, Turf Lodge, Springfield Road, the west side of the city centre, up to and including the Shankill Road, Dunmurry and Finaghy (as well as Seymour Hill).

Tel: 07938706552

info@southwestbelfast.foodbank.org.uk



SOCIAL SUPERMARKETS

Social supermarkets are set within a community organisation's premises to offer food, cleaning products and toiletries at discounted prices or via a membership charge.

Blackie River Community Group
provide social supermarket services

Contact: 02890319634

Email: info@blackieriver.ie

Upper Springfield Development Trust

Provide Social Supermarket facilities.

Call: 028 9023 6677

Footprints Women's Centre

Provide Social Supermarket services.

Contact: 02890 923444

Email: reception@footprintswomenscentre.com

Farset Hotel Belfast



1-4pm Monday to Friday anyone in the community who needs clothing support in these hard times pop into our clothing bank and let up help.

Farset, 466 Springfield Road,
Belfast

BT12 7DW

028 9089 9833 or

074 9531 6968

[Farset Hotel](#)

The team is ready to help
#communityengagement





Ardoyne Association has extended its opening hours to include Wednesdays from 5pm onwards and Saturday mornings, for those who are unable to attend their advice sessions during office hours. Advisers are urging everyone to get a Full Benefit Check, including those who are working and may have an entitlement.

To book an appointment, phone 028 9071 5165.

Donegall Road Methodist Church
45 Donegal Road, Belfast.

Cosy Club takes places on Tuesday 1-3pm (fortnightly)

Grab something to eat and enjoy socialising with others in
the heat and comfort of the church

Cost £1

www.facebook.com/pages/Donegall-Methodist-Church/583299535104464



Heat and eat scheme for people struggling during cost of living crisis launched in Belfast

A SCHEME to provide heat and a warm meal to people struggling amid the cost of living crisis has been launched in Belfast.

Available to anyone aged over 55, the 'Heat and Eat' scheme aims to help those in need during the continuing challenging times and the forthcoming winter months.

The initiative has been launched by the Springfield Charitable Association (SCA), which will provide dinner every Monday between 4pm and 6pm at its Cupar Street centre.

At the end of every four weeks those attending will receive a voucher for £20 to help with their energy bills.

The scheme, which aims to accommodate around 20 people, will last for 26 weeks and it is hoped that if additional support is received it could be extended further.

With the cost of living at its highest level in a decade, this winter could see some people forced to make the difficult decision between choosing to keep food on the table or heat their homes.

Gerard O'Neill from the SCA said they are "trying to make sure people have a little help over the next few months".

"The scheme is open to anyone over 55 to come in for a meal and we will also assist them with payment towards their energy costs," he said.

"We also hope that as the group gets together every week that they will support each other in the times ahead.

It comes at a time when there are real issues for people trying to manage their heating and food bills. We haven't got great resources ourselves, but we will do all we can to provide a meal and help with energy costs.

"It will also be a way of exploring other ways of supporting each other as a community, I think people will pull together.

"While it is set to run for 26 weeks, we hope that with further support, we could keep it going for longer."

For further information, please contact the SCA on 02890 235350.

Welfare benefits advice

We are here to help
Food stock are offering free confidential welfare and
benefits advice with an accredited advisor every Monday
at our hub between 11am and 1pm

Book your appointment today – 07794304259

Paul.Doherty@Foodstockcharity.com



FOODSTOCK
TACKLING POVERTY IN
OUR COMMUNITIES

**WELFARE
BENEFITS
ADVICE**

**WE ARE HERE
TO HELP**

Foodstock are offering free
confidential welfare and benefits
advice with an accredited advisor
every Monday at our hub between
11am and 1pm.

Book your appointment today:

📞 07794304259

✉️ Paul.Doherty@Foodstockcharity.com

📍 Foodstock
150 Andersonstown
Road, Belfast, BT11
9BY

Belfast Trust Wide Area

Christmas Day Dinners

The following will be open on Christmas Day to provide traditional Christmas Dinners



City Church Belfast

City Church Belfast are opening on Christmas Day to provide Free meal on **Christmas Day 12pm-2pm** for those who find themselves lonely and homeless over the Christmas period. The Christmas Dinner will be taking place in **Common Grounds 12-24 University Ave, Belfast**. There will be Halal & Veggie options available on the day. To book please contact Carlos Neto at neto@citychurchbelfast.org



Ballynafeigh Methodist Church

Ballynafeigh Methodist Church & Rosario Youth Centre are partnering to provide a Community Christmas Dinner on **Christmas Day 12-2pm**. The Christmas meal is taking place in **Ballynafeigh Methodist Church 338 Ormeau Road BT7 3GZ**



No booking is required to attend the Christmas Day Meal

Bengal Brasserie Belfast

The Bengal Brasserie Family will be opening it doors on Christmas Day to provide a free Christmas Dinner for those in need. You can join Bengal Brasserie in celebrating the festive season with others. To reserve a table please contact Bengal Brasserie on 028 906 92229 / www.bengalbelfast.co.uk
455 Ormeau Road BT7 3GQ



Belfast City Council

Our Stay Warm fuel stamp scheme helps households spread the cost of home heating oil. Our website lists retailers where you can pick up stamps or start a saving card, along with details of participating oil companies.

Lots more information is available on our website – www.belfastcity.gov.uk/staywarm





Warm Spaces

Warm Welcomes

Our community centres are opening their doors this winter to support older people in the community.

Our warm spaces warm welcomes campaign will see each community centre dedicate time each week for older people to drop into their local centre for company, chat and a hot cuppa

#BelfastTogether



www.belfastcity.gov.uk/warmspaces



**Belfast
City Council**

Centre	Day	Time	Contact
Ardoyne	Wednesday & Thursday	2-4pm	028 9074 8523
Braniel	Wednesday & Thursday	9.30-1.30pm	028 9040 1444
Clonduff	Friday	9.30-12.30pm	028 9040 1444
Concorde	Monday & Wednesday	1-4pm	028 9071 2450
Cregagh	Monday Tuesday & Wednesday	9.30-12.30pm 1-4pm	028 9040 1444
Dee Street	Wednesday & Friday	1-4pm	028 9045 8113
Divis	Monday & Tuesday	11-2pm	028 90458113
Donegall Pass	Wednesday & Friday	9.30-12.30pm	028 9032 7661
Duncairn	Tuesday	9.30-12.30pm	028 9074 0212
Finaghy	Monday & Friday	6.30-9.90pm	028 9062 0474
Glen Road	Monday Wednesday	10-12 noon 4pm	028 9062 7189
Highfield	Friday Tuesday & Wednesday	10-1pm 2-4pm	028 9039 1009
Glen Road	Monday	10-12 noon	028 9062 7189
Hammer	Wednesday	1.30-4pm	028 9033 2860
Highfield	Friday Tuesday & Wednesday	10-1pm 2-4pm	028 9039 1009
Inverary	Monday Tuesday	1-4pm 9.30-12.30pm	028 9047 1456
Knocknagoney	Friday	9.30am-12.30pm	028 9076 1432
Ligoniel	Monday, Tuesday & Thursday	10am-1pm	028 9071 9337
Markets	Wednesday	1-4pm	028 9023 5969
Morton	Tuesday & Thursday	9.30-12.30pm	028 9068 1874
North Queens Street	Monday, Wednesday, Friday	10-1pm	028 90323945
Sandy Row	Tuesday and Wednesday	1-4pm	028 9032 3945
Suffolk	Monday & Friday	9.30am-12 noon	028 9060 2564
Tullycarnet	Wednesday & Friday	2pm-4pm	028 9048 1816
White City	Tuesday Monday & Thursday	10-12 noon 2-4pm	028 9058 6180
Whiterock	Monday & Wednesday	2pm-4.30pm	028 9032 8623

For more information, email
community@belfastcity.gov.uk

www.belfastcity.gov.uk/warmspaces



Belfast
City Council



Belfast City Council

Cost of living

Cost of living support

[Cost of living support \(belfastcity.gov.uk\)](http://belfastcity.gov.uk)

- Fuel poverty hardship fund
- Help with food
- Help for families and children
- Volunteering opportunities
- Top ten tips to save energy from NEA
- Help with energy costs
- Warm and welcome spaces
- Help for older people
- Other support and advice



Northern Area

Antrim & Newtownabbey Area



Organisation/Service Name: Address:	Hill Croft School 3 Manse Way, Newtownabbey, BT365UW
Service offered to support families with cost of living	Hill Croft School caters for children and young people with severe learning difficulties and complex needs. We aim to provide support to the pupils, their parents and the local community.
What is available: (Food, Fuel, clothing, financial support, uniforms, PE kits, Warm spaces etc.)	Hill Croft holds a preloved uniform rail that families can avail of. Hill Croft can distribute Food Bank vouchers for Newtownabbey Foodbank. Hill Croft is also a Safe School for anyone suffering from domestic violence. Hill Croft runs Play Dates on Tuesdays (during term time) for children from 0-6 years with a potential learning difficulty from the local community.
How to access: (phone, email, referral process etc.)	Follow us on our Facebook page- Hill Croft School. Check out our website: www.hillcroftschool.co.uk Or contact our school office on: 02890837488 Play Dates is a drop in service- come along when you can.
is there a waiting list?	There is no waiting list for the services we provide.
Is there an expected response time? How long is this?	N/A
Further Information: (e.g. time frame of provision/availability etc.)	Hill Croft's provision of services for families runs during the school year (term time).
Area Covered	Newtownabbey (South East Antrim)



The Parent Rooms

Our drop-in Stay and Play coffee mornings happen every Friday. They are relaxed, informal, and a safe space for parents to drop in and chat with other parents while the wee ones play, or you can come along without your children if you would like some time to yourself.

They are non-judgmental spaces where you can also find out more about what we do, and get any additional support you may need.

Tracy looks forward to warmly welcoming you on Fridays 10am-11.30am, The HeartSpace, Antrim, Unit 5, Enterprise Park, 58 Greystone Road, BT41 1JZ



**Listening Ear Rathcoole
Dunanney Centre,
Rathmullan Drive, BT37 9DQ**

www.listeningear.co.uk

Wednesday 11am to 1pm: The Natter Group: a group for everyone and anyone to come along and meet your neighbours. Come along for a cup of tea, a chat, guest speakers and start to build a program of activities that you want.



Warm Welcome

Join us this winter for a 'Warm Welcome'. Enjoy FREE activities, hot refreshments and keep warm.

For further details in each DEA please follow the link below

[News - Antrim & Newtownabbey Borough Council
\(antrimandnewtownabbey.gov.uk\)](http://antrimandnewtownabbey.gov.uk)

Community Advice Antrim & Newtownabbey

<p>Service offered to support families with cost of living</p>	<p>CAAN (formerly Citizens Advice) is an independent charity, providing an advice service that is confidential and free.</p> <p>We provide advice and support on a wide range of matters, including</p> <ul style="list-style-type: none"> <input type="checkbox"/> Money matters such as benefit entitlement, debt and budgeting <input type="checkbox"/> Employment rights <input type="checkbox"/> Housing issues <input type="checkbox"/> Consumer rights <input type="checkbox"/> Challenging benefit decisions <input type="checkbox"/> Representation at appeal tribunals <input type="checkbox"/> Immigration <p>Last year we dealt with over 42,000 enquiries from people across the community, helping to generate over £8million income for individuals and families.</p>
<p>What is available: (Food, Fuel, clothing, financial support, uniforms, PE kits etc.)</p>	<p>In addition to providing advice that can increase income, CAAN's partnerships enables our clients to be provided with emergency support in times of crisis. This can include a wide range of support such as food, fuel, clothing, furniture, baby items, etc.</p>
<p>How to access: (phone, email, referral process etc.)</p>	<p>Phone 02895 906 505</p> <p>In Person at our main offices and outreaches (see website for details)</p> <p>Email advice@advicean.com</p> <p>Webchat – communityadvicean.co.uk</p>
<p>is there a waiting list?</p>	<p>No</p>
<p>Is there an expected response time? How long is this?</p>	<p>Initial contact within 1-3 days; same day for urgent enquiries.</p>
<p>Further Information: (e.g. time frame of provision/availability etc.)</p>	<p>Community Advice Antrim and Newtownabbey - Contact</p>
<p>Area Covered</p>	<p>Core service area is Antrim and Newtownabbey.</p> <p>Advice4Health Project covers Antrim, Ballymena, Larne, Carrickfergus and Newtownabbey</p> <p>Macmillan Project is NI wide.</p>

Causeway Coast & Glens Area

Community Food Cupboards/ Small Foodbanks

Some local community organisations provide food support for people living in the area or for their service users. Details of drop in times are listed below. These organisations are reliant on donations and are happy to also receive donations during their drop in times.

[Community Food Cupboards & Community Fridges - Causeway Coast & Glens Borough Council \(causewaycoastandglens.gov.uk\)](http://causewaycoastandglens.gov.uk)

COLERAINE

Building Ballysally Together (BBT)

101 Daneshill Road, Ballysally BT52 2QJ

Open Monday to Friday 9am to 2pm

Oasis, Ashes to Gold

35 Abbey Street, Coleraine BT52 1EX

Open Monday to Thursday 9am -4.30pm and Friday 9am – 2.30pm

PORTRUSH

Reach Portrush

Parochial Hall, Holy Trinity Church of Ireland, 62 Main Street, Portrush BT56 8BN

Telephone 07929369228

Drop in Tuesdays 1-3pm

LIMAVADY

Roe Valley Residents Association

13-14 Keady Way, Limavady, BT49 0AU

Available Tuesdays during daytime

The Glens Community Association (Limavady)

5 Glenlea Park, Limavady BT49 0RR

Open Tuesday 12.30 – 3pm (small fee applies per bag)

Community Fridges

Community fridges are spaces where local people can share fresh food to save it from going to waste. This can be food which is surplus from supermarkets, local food businesses, producers, households and gardens. There are a number of community fridges operating in Causeway Coast and Glens and details are listed below. Opening days and times will vary depending on what food is available.

[Community Food Cupboards & Community Fridges - Causeway Coast & Glens Borough Council \(causewaycoastandglens.gov.uk\)](http://causewaycoastandglens.gov.uk)

Ballycastle	BCW Training Ltd (Unit 18), Moyle Enterprise Centre, 61 Leyland Road, Ballycastle, BT54 6EZ.	d.smyth@bcwtrianing.co.uk	Facebook; Community Fridge Ballycastle
Bushmills	Bushmills Presbyterian Church, Main Street, Bushmills BT57 8QA		Facebook: Bushmills Co-Op Community Fridge
Cloughmills	Cloughmills Community Action Team, The Old Mill, 60 Main Street, Cloughmills BT44 9LF	climatesmartcloughmills@gmail.com	Facebook: Cloughmills Foodshare
Dungiven	Dungiven Regeneration Club, 136 Main Street, Dungiven, BT47 4LG	dungivencommunityfridge@gmail.com	Facebook: Dungiven Regeneration Club
Magilligan	Magilligan Community Centre, 394 Seacoast Road, Magilligan BT49 0LA	magilligancommunity@hotmail.com	Facebook: Magilligan Community Fridge

Where to Turn?

Where to Turn is a Causeway Coast and Glens Borough Council campaign which aims to make sure you are aware of available support services if you are facing difficulty. These organisations provide a range of wraparound services and will be able to provide you with further details of these when you contact them.

[Advice and Support - Causeway Coast & Glens Borough Council
\(causewaycoastandglens.gov.uk\)](http://causewaycoastandglens.gov.uk)

Advice Centres

In the Coleraine, Limavady, Ballymoney, Ballycastle and The Glens areas contact

Community Advice Causeway

T: 028 7034 4817

E: advice@advicecauseway.com

Food Banks

Ballycastle Foodbank

T: 075 3698 6448

E: info@Ballycastle.foodbank.org.uk

Ballymoney Foodbank

T: 075 6584 0571

E: info@Ballymoney.foodbank.org.uk

In the Dungiven area contact

Glenshane House

T: 028 7774 2494

Causeway Foodbank (Coleraine)

T: 028 7022 0005

E:

info@vinyardcompassion.co.uk

Roe Valley Community Foodbank

T: 028 7776 5438

E: manager@lcdi.co.uk

Fuel Support

If you need emergency fuel support your local advice centre can direct you to a local organisation who may be able to help you with emergency electric or gas top up, fuel stamps or other support

Organisation/Service Name	
Service offered to support families with cost of living	CAP Money and Debt Advice
What is available: (Food, Fuel, clothing, financial support, uniforms, PE kits etc.)	Debt counselling Debt Advice CAP Money management course 1:1 Budget support
How to access: (phone, email, referral process etc.)	CAP Debt: Freephone 0800 328 0006 CAP Money : Vineyard Compassion
Further Information: (e.g. time frame of provision/availability etc.)	<p>CAP Debt Counselling Debt Counselling - CAP is an award-winning UK wide charity offering hope & a solution to anyone in debt through confidential home visits. 'Hands on' expert advice & practical assistance will empower people to help themselves out of debt while teaching essential budgeting skills that will last a lifetime. Call 0800 328 0006 to book an appointment</p> <p>CAP Money Money management – Explains basic money skills and how to take control of personal finances, helping people gain a better knowledge of what they earn & spend, how to set up a manageable budget, get their accounts in order & learn to save. Call 7022 0005 to register for next course or for further information about the course</p> <p>CAP Money Matters 1:1 budgeting session: This is a 1:1 'learn how to budget' session which takes place during the Open Door sessions</p> <p>Call 7022 0005 to book an appointment</p>
Area Covered	Causeway Coast & Glens area



Solas Wellbeing	
Service offered to support families with cost of living	Support for the mental health impact of cost of living
What is available: (Food, Fuel, clothing, financial support, uniforms, PE kits etc.)	Warm Welcome drop in – food and warmth when visiting for lunch or tea Anxiety management – to help reduce stress & anxiety and improve sleep
How to access: (phone, email, referral process etc.)	Activities can be booked at www.bookwhen.com/solaswellbeing call 028 2024 8088 or email activities@solaswellbeing.org.uk to find out more or book a place
is there a waiting list?	None at present
Is there an expected response time? How long is this?	One week
Further Information: (e.g. time frame of provision/availability etc.)	Warm Welcome drop in available initially until end October to assess demand Anxiety Management and other wellbeing activities available until end of current programme in December
Area Covered	Causeway Coast & Glens

Mid & East Antrim Area

Carrickfergus Food Bank

Tel: 07515 559409

Email: info@carrickfergus.foodbank.org.uk

Web: <https://carrickfergus.foodbank.org.uk/>



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



GET HELP

**ANYONE CAN
REACH CRISIS POINT.
WE'RE HERE TO HELP.**

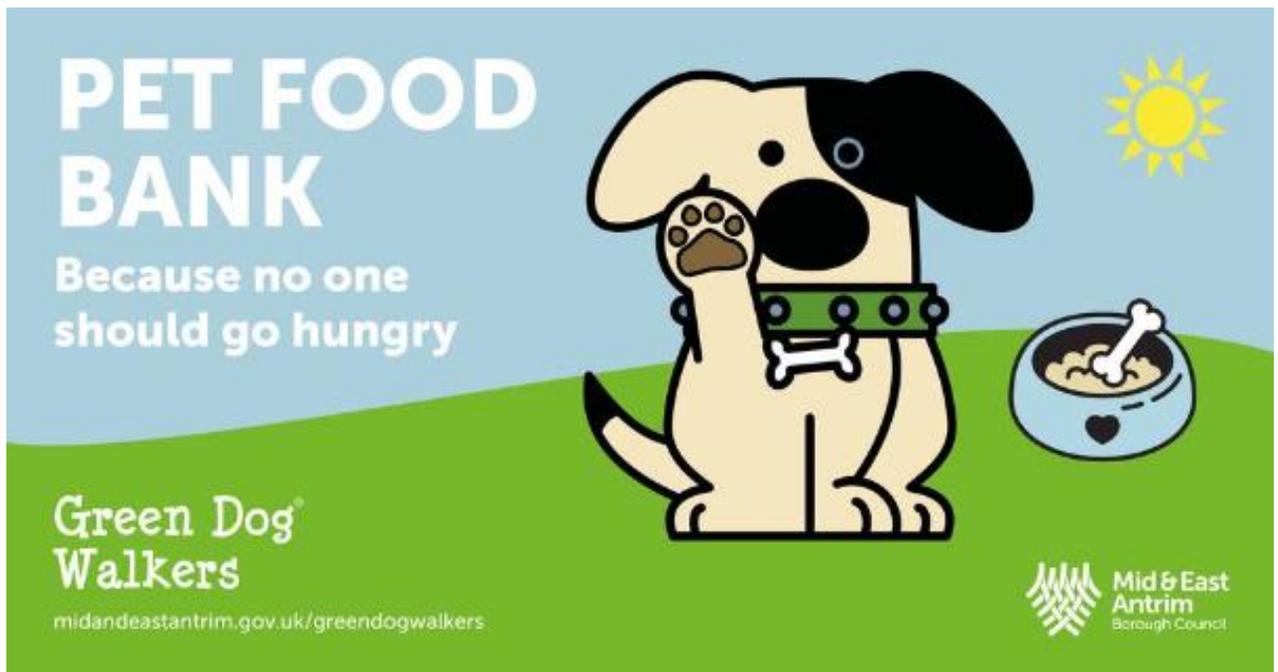
**Many issues such as
sudden job loss, illness,
homelessness or separation
can lead to crisis when
finding the next meal.**

The foodbank is a voucher referral system and provides 3 days Emergency Food to people in crisis. A list of referral agencies can be found on our website and facebook page.

For more details ask a member of staff or contact Carrickfergus Foodbank directly on:

Telephone: 07515 559409

Or find us on
facebook



[Green Dog Walkers | Mid and East Antrim Borough Council](https://www.midandeastantrim.gov.uk/greendogwalkers)



Green Dog Walkers – Pet Food Bank



As a Council we don't want any animal - or their owner - to go hungry and are here to help.

Sadly, the cost-of-living crisis means that more pet owners are struggling to afford to feed their pets.

A recent study suggests that 7 in 10 pet owners are worried about the cost of caring for their animals and a 1/5 are concerned about how they'll afford to feed them.

Anyone who wishes to donate dry or canned pet food can do so at any of our three 'drop off' locations:

- **Ardeevin, Galgorm Road, Ballymena**
- **Smiley, Victoria Road, Larne**
- **Civic Centre, Antrim Street, Carrickfergus**

If you are struggling to feed your pet and wish to avail of a donation, then please speak in confidence to a member of our team on

T: 028 25 633 394.

If you simply want to find out more about our Pet Food Bank then contact us on the number above

Mid and East Antrim Borough Council	
Service offered to support families with cost of living	<p>Community programmes:</p> <p>Cook Slow Eat Well – slow cooker programme offered to vulnerable groups. Short session on using a slow cooker to make nutritious meals on a budget.</p> <p>Sew Energy Efficient – sewing machine lending service to encourage community based groups to come together to learn a new skill and make a draught excluder.</p>
What is available: (Food, Fuel, clothing, financial support, uniforms, PE kits etc.)	<p>Cook Slow Eat Well – practical demonstration with attendees provided with our cookbook. For vulnerable groups slow cookers and bag of ingredients provided (subject to available funding) Cookbook available to download from Council website.</p> <p>Sew Energy Efficient – use of up to 10 sewing machines and equipment boxes. Material to make draught excluder.</p>
How to access: (phone, email, referral process etc.)	<p>T: 025 25633394 wellbeing@midandeastantrim.gov.uk</p>
is there a waiting list?	Normally no
Is there an expected response time? How long is this?	7-10 working days
Further Information: (e.g. time frame of provision/availability etc.)	
Area Covered	Mid and East Antrim Borough Council area

Mid and East Antrim Borough Council	
Service offered to support families with cost of living	<p>Energy Efficiency Service – provides bespoke advice and guidance to each household. The service can include home visits, onward referrals and signposting and access to insulation and heating grants and support services.</p> <p>Heater lending Scheme – Provides energy efficient electrical heaters as a temporary heating source to those with limited or no heating who are navigating the grant schemes. May also be extended to struggling households during the cost of living crisis.</p> <p>Home safety service – free Home safety check if you are over 65, are a vulnerable adult with mobility issues. A home safety officer will visit and carry out a quick, relaxed and informal risk assessment of your home. They will assess risk of slips, falls, burns, fire safety and carbon monoxide. We will provide small pieces of safety equipment and signpost onwards for additional support.</p>
What is available: (Food, Fuel, clothing, financial support, uniforms, PE kits etc.)	<p>Energy Efficiency service – practical advice and support individual to each household. Assessment of insulation and heating system. Support to access grant schemes, help changing energy providers, practical advice and equipment e.g. chimney balloons, radiator foils, draughtproofing, bleeding radiators etc. Keep warm packs where eligible</p> <p>Heater lending scheme – loan of 2000 watt energy efficient oil free room heaters, number of heaters and duration of loan time is individually assessed.</p> <p>Home safety service – small pieces of equipment, touch lamps, helping hands, sox on etc</p>
How to access: (phone, email, referral process etc.)	T: 025 25633394 wellbeing@midandeastantrim.gov.uk
is there a waiting list?	Yes (8 -10 weeks)
Is there an expected response time? How long is this?	No priority cases dealt with first, then processed by date received
Area Covered	Mid and East Antrim Borough Council area

SureStart – Ballymena and Little Steps	
Service offered to support families with cost of living	SureStart service providing a range of play and learning, health and family & social support to families in a SureStart area, from pregnancy up to 4 years old.
What is available: (Food, Fuel, clothing, financial support, uniforms, PE kits etc.)	<ul style="list-style-type: none"> • Practical support to access Food Banks, and local community supports such as SVP, Action for Children, Buttle Trust • Keep Warm Packs partner • Hygiene Bank partner • The service delivers Cook IT and Food Values (PHA) programmes to support families with economical and nutritious food preparation and budgeting • Slow Cooker programmes • Wide range of play and learning, health and family support services • Access to play resources-Toy & Book Library service
How to access: (phone, email, referral process etc.)	<p>Self Referral or Community, Voluntary, Statutory referrals to:-</p> <p>Ballymena.LittleStepsSS@actionforchildren.org.uk</p> <p>Or call 028 256 42883</p>
is there a waiting list?	Responsive to demand
Is there an expected response time? How long is this?	Referrals are allocated monthly
Further Information: (e.g. time frame of provision/availability etc.)	Services are responsive to local need and allocated as per available resource
Area Covered	<p>Ballymena:- Ballee, Ballykeel, Castle Demesne, Dunclug, Harryville, Moat, Summerfield</p> <p>Antrim:- Steeple, Farranshane, Ballycraigy</p>

Mid Ulster Area

Welcoming Places

Mid Ulster District Council operates at the heart of our community. In doing so, we're working with our local partners to promote a network of places where our residents can come together in a warm welcoming environment, somewhere where they can connect with others or simply read a newspaper and enjoy a cup of tea or coffee.

We've listed all the places available to our residents across the public, private, health and voluntary sectors across the district.

We'll add to this list as we become aware of more places that come up across our district. If you wish to add your organisation you can [email](#) our Community Development team.

[Welcoming Places | Mid Ulster District Council \(midulstercouncil.org\)](http://midulstercouncil.org)



MID ULSTER DISTRICT COUNCIL	
Service offered to support families with cost of living	Energy Efficiency Advice Service
What is available: (Food, Fuel, clothing, financial support, uniforms, PE kits etc.)	The Energy Efficiency Advice scheme is a Public Health Agency funded programme that offers a personal one to one approach to help manage the energy efficiency of people's homes. The Energy Efficiency Advisor can make onward referrals to support schemes and grants if applicable. With the cold winter months and with people expected to be in their homes more, now is the time to ensure that homes are as energy efficient as possible.
How to access: (phone, email, referral process etc.)	For further information please contact Mid Ulster District Council and ask to speak to the Energy Efficiency Advisor on 03000 132 132 or email health.wellbeing@midulstercouncil.org
is there a waiting list?	No
Is there an expected response time? How long is this?	3-5 days
Further Information: (e.g. time frame of provision/availability etc.)	Once referral is made or received we will be in touch asap
Area Covered	Mid Ulster District Council



MID ULSTER DISTRICT COUNCIL	
Service offered to support families with cost of living	Fuel Stamp Saving Scheme
What is available: (Food, Fuel, clothing, financial support, uniforms, PE kits etc.)	The fuel stamp scheme helps householders save for home heating oil, by spreading the cost of their fuel. You can buy oil stamps from participating retailers, collect them on a savings card and use the value of the stamps to pay for all or part of your oil when placing an order. At present we have approximately 80 Retailers and 60 Fuel Suppliers involved in the scheme. The scheme is available throughout Mid Ulster.
How to access: (phone, email, referral process etc.)	For further information please contact Mid Ulster District Council on 03000 132 132 or email health.wellbeing@midulstercouncil.org
is there a waiting list?	No
Is there an expected response time? How long is this?	ASAP
Further Information: (e.g. time frame of provision/availability etc.)	Stamps can be bought at local retailers. List can be found on the Mid Ulster Councils website.
Area Covered	Mid Ulster District Council



MID ULSTER DISTRICT COUNCIL	
Service offered to support families with cost of living	Home Safety Scheme
What is available: (Food, Fuel, clothing, financial support, uniforms, PE kits etc.)	<p>Mid Ulster Home Safety Scheme helps those over 65, families with children under 5 and vulnerable adults/children avoid serious accidents within the home.</p> <p>The scheme includes:</p> <ul style="list-style-type: none">• Free Home Safety visits• Home Safety equipment (where criteria is met)• Home Safety talks to groups (open to all age groups) <p>The Mid Ulster Home Safety Scheme aims to reduce the number of accidents which happen in the home by providing information and advice.</p>
How to access: (phone, email, referral process etc.)	For further information please contact Mid Ulster District Council and ask to speak to the Home Safety Officer on 03000 132 132 or email health.wellbeing@midulstercouncil.org
is there a waiting list?	Yes
Is there an expected response time? How long is this?	2-4 weeks
Further Information: (e.g. time frame of provision/availability etc.)	Once referral is made or received we will be in touch asap to organise visit.
Area Covered	Mid Ulster District Council



MID ULSTER DISTRICT COUNCIL	
Service offered to support families with cost of living	Make A Change
What is available: (Food, Fuel, clothing, financial support, uniforms, PE kits etc.)	<p>Make A Change offers one-to-one support to help you 'make a change'. This service is confidential and FREE of charge.</p> <p>Are you?</p> <ul style="list-style-type: none">• Aged 50 or over?• Do you live in the Mid Ulster area?• Are you interested in making a small change for your health and getting support to do so? <p>Whether you want to improve your diet or get more active, Make A Change could be for you. The dedicated Health and Wellbeing Officer will work closely with you over a period of weeks or months, to help you along the way. You don't have to do it alone!</p> <p>You decide what you want to change. We provide you with help and support to change it.</p>
How to access: (phone, email, referral process etc.)	For further information please contact Mid Ulster District Council on 03000 132 132 or email health.wellbeing@midulstercouncil.org
is there a waiting list?	No
Is there an expected response time? How long is this?	ASAP
Further Information: (e.g. time frame of provision/availability etc.)	Our Officers will contact you and work together with you to implement a specific plan for you to Make A Change.
Area Covered	Mid Ulster District Council

Belfast Central Mission	
Service offered	Housing support for young people 16-25 year olds
What is available: (Food, Fuel, clothing, financial support etc.)	Practical support, help with budgeting, accessing grants, food banks, donated items, help to maintain the tenancy whether it be private rented, social housing or sofa surfing. Help to increase their independent skills and manage their health needs
How to access: (phone, email, referral process etc.)	<p>tmiles@belfastcentralmission.org - 07917304841</p> <p>jmccourt@belfastcentralmission.org – 07789518785</p> <p>Referral can be made on the phone or on Belfast central mission's webpage, this can be from a professional or a self referral</p>
Further Information: (e.g. time frame of provision etc.)	We can work with young people for up to 2 years and they can refer back if needed
Area Covered	Armagh/Dungannon/Magherafelt

<p>COSTA Community Organisations of South Tyrone & Areas Ltd President Grants Homestead, 45 Dergenagh Road, Dungannon, BT70 1TW Tel: 028 855 56880 Email: info.costa@btconnect.com Web: www.costaruralsupportnetwork.org Facebook: www.facebook.com/costa.network</p>	
Service offered	Information, Signposting, Capacity Building and assistance.
What is available: (Food, Fuel, clothing, financial support etc.)	We will Signpost individuals to appropriate services, information, support and feedback and lobby on behalf of the community. We assist and build capacity of local Community Groups to access Funding, resources and facilitate them to assist their communities.
How to access: (phone, email, referral process etc.)	Lorraine Griffin – Manager Tel: 028 855 56880 info.costa@btconnect.com
Further Information: (e.g. time frame of provision etc.)	We will assist as soon as possible.
Area Covered	Dungannon & South Tyrone area of Mid Ulster District Council area.

Northern Trust Wide Area

Shop Cook Save!

Brand Swap and Save!

More people than ever are using supermarket own brand products. Often you won't notice the difference.

Swap and save up to 30% on your weekly food bill

Try swapping one item each week

Our Dietitians say supermarket own brand foods are...

Cheaper Equally nutritious Taste just as good Worth a try!

Created by NIHCY Nutrition & Dietetics and funded via PHA. © Northern Health and Social Care Trust 2022. All rights reserved. Not to be reproduced in whole or in part without the permission of the copyright owner.

Shop Cook Save!

Tips to Save Money on Your Food Shop

- Make a weekly meal plan
- Make a shopping list and stick to it!
- Try supermarket own brands
- Look for items with a yellow "reduced" sticker
- Check use by dates!
- Look for special offers on canned or dried food
- Shop after you have eaten

Created by NIHCY Nutrition & Dietetics and funded via PHA. © Northern Health and Social Care Trust 2022. All rights reserved. Not to be reproduced in whole or in part without the permission of the copyright owner.

Shop Cook Save!

The Budget-Friendly Way to 5 A Day

Top Tips from our Registered Dietitians

- Choose seasonal and shop local
- Use frozen Handy, healthy, cheaper and reduce waste!
- Choose loose and prepare yourself
- Tinned fruit & veg count! Cheaper than fresh (Choose fruit in own juice)
- Cook with pulses, beans and lentils
- Visit a local allotment or community garden

Created by NIHCY Nutrition & Dietetics and funded via PHA. © Northern Health and Social Care Trust 2022. All rights reserved. Not to be reproduced in whole or in part without the permission of the copyright owner.

Shop Cook Save!

Money-saving Tips for Cooking at Home

Top Tips from our Registered Dietitians

- Batch cook Cook once, eat twice
- Try a meat-free day
- Make meals go further Add beans, pulses or grated veg
- Fakeaway not takeaway!
- Use leftovers Great for lunch or freeze for again
- Use a slow cooker Uses less energy than the oven

Created by NIHCY Nutrition & Dietetics and funded via PHA. © Northern Health and Social Care Trust 2022. All rights reserved. Not to be reproduced in whole or in part without the permission of the copyright owner.

For further information click <https://www.bda.uk.com/resource/food-facts-eat-well-spend-less.html>

The Community Family Support Programme (Network Personnel)	
Service offered to support families with cost of living	Support to find work, upskill, check benefits, access specialist services,
What is available: (Food, Fuel, clothing, financial support, uniforms, PE kits etc.)	Support to find work, upskill, check benefits, access specialist services
How to access: (phone, email, referral process etc.)	<p>(Antrim & Newtownabbey Council Area) Jude - 07813 014093 jude.murphy@networkpersonnel.org.uk</p> <p>(Mid & East Antrim Council Area) Melanie – 07776 534784 Melaine.maxwellmcilroy@networkpersonnel.org.uk</p> <p>(Mid Ulster District Council Area) Jillian - 07736 350773 jillian.lennox@networkpersonnel.org.uk</p>
is there a waiting list?	Not currently
Is there an expected response time? How long is this?	Immediate
Further Information: (e.g. time frame of provision/availability etc.)	When engaged with the participant we offer, information and signposting to support a variety of Health or Social Care issues including, housing, debt, physical & mental health, social isolation etc. We encourage participation in some of our relevant workshops and training courses, as appropriate. These include Money Management, Understanding Anxiety and Managing Challenging Behaviour, Business Administration, Customer Service, Food Hygiene etc.
Area Covered	Mid Ulster, Mid & East Antrim And Antrim & Newtownabbey Council Areas

Northern Regional College



Enjoy toast or cereal plus a hot drink on us!

08:30 – 10:00am

Every Monday and Wednesday

[Northern Regional College \(nrc.ac.uk\)](http://nrc.ac.uk)



South-Eastern Area

Ards & North Down Area

North Down Community Network WELLBEING CENTRE 25-27 Main Street, Bangor, BT20 5AF	
Service offered	<ul style="list-style-type: none"> • Drop-in space • Wellbeing Activities & sessions • Signposting to other services & support • Advice & guidance • Urban Garden • Accessible social activities
What is available: (Food, Fuel, clothing, financial support etc.)	<ul style="list-style-type: none"> • Drop-in space offers free tea, coffee & fruit. • People are welcome to sit in the centre to enjoy the space, heat, company & refreshments. • Warm packs (clothing) are available to people who meet criteria. • Referrals can be made for people in need to foodbanks, clothing, gas/electric, social supermarket and furniture. • Thursdays 10am – 12pm Community Advice Bangor run a drop-in session. • Community Café 12-1pm on Thursdays. • When funding available we can provide small crisis vouchers for ASDA or hot food.
How to access: (phone, email, referral process etc.)	<ul style="list-style-type: none"> • Drop-in for everyone • Agency referral • Self referral • Tel: 02891 461386 • www.ndcn.co.uk • Email: manager@ndcn.co.uk
Further Information: (e.g. time frame of provision etc.)	<ul style="list-style-type: none"> • NDCN Wellbeing Centre • Monday – Thursday 9am – 5pm • Friday - 9am – 4pm
Area Covered	<p>We warmly welcome people from across Bangor and the wider Ards and North Down Borough Council. We also welcome people from further afield</p>



Store House

CAN WE HELP YOU?

We at shore Street Presbyterian Church are working in conjunction with Storehouse North Down to serve our local community in Donaghadee & beyond by distributing food parcels to those in need.

For more information please contact Nigel or Christine at:

Compassion@shorestreet.org



WELL FED

Eat Well. Spend Less.

Are you struggling financially, at risk of or currently experiencing food poverty, living in Ards and North Down & willing to focus on your wellbeing?

APPLY TO JOIN THE COMMUNITY SUPERMARKET REVOLUTION



Weekly Shop
£10 & under

Members Support

Scan the QR
code for more
info



Call Megan on 02891821721



www.thewarehousenewtownards.com



Shop Locality – 2 Glenford Way, Newtownards, Co Down BT23 4BX



Mobile Supermarket covering Ards & North Down – call for info



THE WAREHOUSE NEWTOWNARDS



www.facebook.com/thewarehouse
www.thewarehousenewtownards.com

3 Glenford Way, Newtownards, Co.Down, BT23 4BX (028 9182 1721)

What's On

**Stay warm
Fill your belly
Make new friends
Charge your devices**

Come in, get a cuppa, stay all day

For
courses
Only

OPEN Mondays

Courses – Freeze It, Cook It, Eat It – Slow Cooker
Recipes for the winter
Sign Up with Tracy & Megan

OPEN Tuesdays

9am –
8pm

Drop in all day, dinner served at 6pm
Wear 'N Share
Community Fridge
Funky Fashion (Sign up with Tracy & Megan)
Homework Club 2-4pm
Mental Health Support Drop in 5-7pm
Extended Table – Book Club

OPEN Wednesdays

9am-
2pm

Drop in all day, lunch served from 12pm
Wear'N Share donations accepted
Community Fridge
Book Club – 11am

OPEN Thursdays

9am-
2pm

Drop in All Day, lunch served from 12pm
Wear'N Share
Community Fridge
Parents Drop in 11-12pm

Open Fridays

9am –
1pm

Drop in till 1pm breakfast served from 10am
Community Advice – 11am-1pm
Get creative – arts & crafts – 11am-1pm
The Caravan – 11am-1pm – gardening, joinery, up
cycling etc.
Community Fridge
Wear'N Share

OPEN Sundays

10.30am
–
11.30pm

Drop In – Breakfast, discussions around faith,
prayer & Sunday school

3 Glenford Way, Newtownards, Co. Down, BT23 4BX (0289182 1721)



Bangor Sure Start - Sharing Larder is now open. At times we can all struggle, no more so with the cost of living increases at the minute. If you feel you need some help with the essentials please visit the Sharing Larder, this is free and open to families registered with Bangor Sure Start.

Opening hours:
Mondays -10am - 12noon
Wednesdays- 10am 12noon
Fridays 10am - 12noon



Colin & Lisburn Area

The Christmas Toy Shop is open!



The volunteer elves at [Habitat ReStore Lisburn](https://www.habitat.org.uk/re-store) have opened the doors of the Christmas Toy Shop for a second year, where a wide selection of pre-loved toys and games, generously donated through the Christmas Toy Scheme, are now available to buy, at low cost.

There will also be 3 pop-up shops in Ballyoran, Maghaberry and Carryduff.

Christmas Toy Shop(s)

Habitat ReStore Lisburn until 18th Dec (9.30am-5pm) Mon-Sat

Ballyoran Community Centre Wed 29th Nov (10am-2pm)

One Day Only

Maghaberry Community Centre Wed 6th Dec (10am-2pm)

One Day Only

Lough Moss Leisure Centre Tue 12th Dec (10am-2pm) One Day Only

Why not call down and grab yourself a bargain!

Find out how to donate toys at:

www.lisburncastlereagh.gov.uk/christmastoysscheme

Social Café



Each Monday*

*except bank holidays

Drop in from 11am-2pm

3D Youth Centre

65 Drumbeg Drive



Everyone Welcome



Welcome Project	
Service offered	Supporting pathways to services including Welfare, Housing, Education, Health and Employment for Minority Ethnic Groups, Asylum Seekers, Refugees and Others
What is available: (Food, Fuel, clothing, financial support etc.)	Advice, Guidance, Information and Signposting to services as above - Welfare, Housing, Education, Health and Employment. Links with Lisburn Foodbank; Churches Forum; Resurgam Trust (Community Development and Social Enterprise); Lisburn Castlereagh City Council and NIHE Good Relations Officers
How to access: (phone, email, referral process etc.)	welcomehouse@resurgamtrust.co.uk 02892664443 Welcome House, 28-30 Bridge Street, Lisburn, BT28 1XY
Further Information: (e.g. time frame of provision etc.)	9am-5pm, by appointment
Area Covered	Lisburn City – access to support in surrounding areas and Castlereagh

Organisation/Service Name: LCC Community Trust Address: 1-3 Graham Gardens, Lisburn. BT28 1XE	
Service offered to support families with cost of living	<p>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.</p> <p>‘Kickstart Social Supermarket’ at LCC Community Trust – is aimed at those struggling with Food Poverty and aims to support families and individuals with food and wraparound care.</p>
What is available: (Food, Fuel, clothing, financial support, uniforms, PE kits, Warm spaces etc.)	<ul style="list-style-type: none"> - Kickstart Social Supermarket (food support) - Volunteer benefits and debt advisors - Budgeting support - ESOL classes - Craft classes - WRAP - Wellness Recovery Action Plan courses
How to access: (phone, email, referral process etc.)	<ul style="list-style-type: none"> - Phone 07756965868 - General enquiries – hello@lcccommunitytrust.org - Kickstart Social Supermarket enquiries – kickstart@lcccommunitytrust.org
is there a waiting list?	<p>No</p>
Is there an expected response time? How long is this?	<p>48 hours</p>
Further Information: (e.g. time frame of provision/availability etc.)	<p>Varied depending on need.</p> <p>Opening times: Monday to Thursday – 9:30am – 4:30pm Friday – 9:30am – 3:30pm</p>
Area Covered	<p>Greater Lisburn area</p>

LISBURN FOODBANK	
Service offered	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. We are part of a nationwide network of foodbanks, supported by The Trussell Trust, working to combat poverty and hunger.
What is available: (Food, Fuel, clothing, financial support etc.)	<ul style="list-style-type: none"> - Emergency food support
How to access: (phone, email, referral process etc.)	<ul style="list-style-type: none"> - Phone (07756965868) - Email (team@lisburnfoodbank.org) - Referral - In order for people in need to access a food parcel they will need a food voucher. A food voucher can be obtained from any of our referral agencies (e.g local council offices, housing officers, social workers – please call the Lisburn Foodbank for a full list of referral agencies).
Further Information: (e.g. time frame of provision etc.)	<p>The Lisburn Foodbank provides 3 day emergency food parcels. Families / individuals can receive 3 food parcels in a 6 month period.</p> <p>The Lisburn Foodbank is open Monday, Tuesday, Thursday and Friday from 11am – 1pm.</p>
Area Covered	Lisburn & Castlereagh

Resurgam Healthy Living Centre (rhlc)

<p>Service offered</p>	<p>Support for children, young people, families and adults for a range of health, wellbeing and social supports through referral and self referral in eg SPRING social prescribing, SE Mind Matters (SEMM), Better Days Pain support & Community Fridge. Referrals via Primary Care, Mental health, social care, EWO, Schools links with CAMHS.</p>
<p>What is available: (Food, Fuel, clothing, financial support etc.)</p>	<ul style="list-style-type: none"> - Advice, Guidance, Information and Signposting to services as above including - Welfare, Housing, Education, Health and Employment. - Distribute warm packs (Nov-Dec) for adults as part of Public Health Agency Partnership - Access to talking & other therapies - Community Fridge – reduction of food waste in partnership with local supermarkets and other suppliers, not means tested and run by rhlc volunteers (also includes lending library) - Partner with hygiene bank – provision of sanitary and other hygiene products including nappies. - Community food programs for families - Holiday lunch programmes
<p>How to access: (phone, email, referral process etc.)</p>	<p>Gillian.lewis@resurgamtrust.co.uk 02892 528233/ 07710394983 Referral forms for SEMM & SPRING available</p>
<p>Further Information: (e.g. time frame of provision etc.)</p>	<p>9-5, by appointment Saturday 11-3pm (community fridge)</p>
<p>Area Covered</p>	<p>Lisburn City Referrals from GP practices within GP Federation area (Dunmurry/Stewartstown Rd, Dromara, Glenavy, Lisburn) Across SET area in partnership with HLCA</p>

Down Area

The Parent Rooms

Did you know our Parent Playdates are all hosted by Parent Volunteers? They are relaxed, informal, and a safe space for parents to Drop in and chat with other parents while the wee ones play.

The Parent Rooms – Creating a Circle of Support For Parents

Parent Playdates Feb '23

The Parent Rooms

COFFEE & PLAY

the lodge,
1 Dublin Road
Castlewellan
Down

Mon Mornings 10.00-11.30am

KINDLY HOSTED BY:

Jools & Carly



**Patrician Youth Centre
John Street
Downpatrick**

Providing Youth Services for children and young people age
4–11 and Year 8 plus, afternoons and evenings.

Food served at all sessions.

Further information available from
yvonne.maguire@patricianyc.com

Mourne SureStart	
Service offered to support families with cost of living	Family Support on a 1:1 basis and in our centre. Programmes for parents and children Cook IT programmes which focus on healthy eating on a budget
What is available: (Food, Fuel, clothing, financial support, uniforms, PE kits etc.)	Supporting families through advice, support and referrals to organisations such as Corner Stone food bank g Bolster Community, Home Start and SVP
How to access: (phone, email, referral process etc.)	Families must live in the Sure Start area and have children under 4 years. Tel: 02841764718 info@mournesurestart.com Any one can self refer, including referrals from Midwives, Health Visitors Home Start, Social Services. NIMATs
is there a waiting list?	There is no waiting list at present
Is there an expected response time? How long is this?	We aim to respond within 1 working week
Further Information: (e.g. time frame of provision/availability etc.)	Once registered with Mourne Sure Start, support will be provided until the youngest child reaches 4 years of age.
Area Covered	We cover Kilkeel Central 2, Kilkeel South 2 and Annalong 2

Newry, Mourne and Down District Council

Service offered	Affordable Warmth Scheme
What is available: (Food, Fuel, clothing, financial support etc.)	<p>The Affordable Warmth Scheme helps address the effects of fuel poverty and energy inefficiency. The scheme is directed at low income households.</p> <p>(It is not available for tenants living in social housing; you are not eligible if you are a Housing Executive or housing association tenant.)</p>
How to access: (phone, email, referral process etc.)	<p>affordablewarmth@nmandd.org 0330 137 4000</p>
Further Information: (e.g. time frame of provision etc.)	
Area Covered	Newry, Mourne and Down District Council area.

Clanrye Group	
Service offered to support families with cost of living	<p>Carer's First event in Banbridge - Clanrye Group and Action for Children are coming together to provide a 'one stop shop' event to offer vital support and information for Carer's in the community, to support them through the cost-of-living crisis. Care packages provided.</p> <p>Family Foundations Programme - Social Café's; Finance/Benefits advice; Parenting groups, Cooking on a budget; signposting to local food banks and SVDP for Fuel vouchers and electric/utilities costs; signposting to social supermarket; support for access to benefits and charities grants</p>
What is available: (Food, Fuel, clothing, financial support, uniforms, PE kits etc.)	<p>4-week programme during the month of November Available to anyone in the community.</p> <p>Support and advice on the following areas: Budgeting, Tips to help you heat your home Information session with Advice NI Cooking on a Budget Tips and Ideas for Christmas on a Budget Supporting your mental health</p> <p>The Family Foundations services above are opportunities for participants to get social support and advice. Tea/coffee and snacks are available at social cafes and parenting group support sessions which serve as 'chat and play' sessions. Where necessary signposting to other organisations is provided. Recipe booklets for cooking on a budget.</p>
How to access: (phone, email, referral process etc.)	<p>Phone, email and Drop in service. Telephone No: 028 3089 8119 info@clanryegroup.com</p>
is there a waiting list?	No
Is there an expected response time? How long is this?	Within 48 hours
Area Covered	<p>Newry & Mourne, Armagh & Dungannon Craigavon & Banbridge Downpatrick – Family Foundations programme only.</p>

**South Eastern Trust Wide
Area**



An employability programme to assist and support individuals aged 16+ to enter the work force or return to employment.



Funded by UK Government

Have you been out of work due to caring responsibilities?

Do you feel its almost time enter the workforce or make a successful return?

Employ Me will help you transform your passion, dedication, and caregiving experience into a rewarding and fulfilling career.

Qualifications

- Numeracy
- Literacy
- ICT
- Customer Service or
- Business Administration

Support

- Carer & Parenting Support
- Family Assessments
- Flexible Schedules
- Support Networking

Employability

- Assistance with Job Searching, CV, Applications & Interviews
- Assistance to source employment
- Transition and in-employment support

To find out more information contact:

🌐 clanryegroup.com

✉ nicola.o'loan@clanryegroup.com

☎ 028 3089 8119





An employability programme to assist and support individuals aged 16+ to enter the work force or return to employment.



Funded by UK Government

**Has your disability held you back from employment?
Do you feel its almost time to enter the workforce but not sure where to start?**

With Employ Me you will be provided with upskilling opportunities, alongside personal and employment support!

Qualifications

- Numeracy
- Literacy
- ICT
- Customer Service or
- Business Administration

Support

- Community Navigation
- Assistive Technology
- Disability Specialist Support
- DDA Legislation

Employability

- Assistance with Job Searching, CV, Applications & Interviews
- Assistance to source employment
- Transition and in-employment support

To find out more information contact:

clanryegroup.com

nicola.o'loan@clanryegroup.com

028 3089 8119





An employability programme to assist and support individuals aged 16+ to enter the work force or return to employment.



Funded by UK Government

Do you work with individuals at risk or involved with the justice system?

Employ Me can provide support to get them back into work through qualifications and upskilling.

Qualifications

Numeracy, Literacy, ICT, Customer Service or Business Administration

Support

Relationship Building, Partnership with External Agencies, Early Intervention, and Rehabilitation Support

Employability

Assistance with Job Searching, CV, Applications & Interviews. Assistance to source employment. Transition and in-employment support.



To find out more information contact:

clanryegroup.com

nicola.o'loan@clanryegroup.com

028 3089 8119





An employability programme to assist and support individuals aged 16+ to enter the work force or return to employment.



Funded by UK Government



Are you over 50 and left work due to the challenges posed by aging and lower energy levels?

Employ Me can help you get back to work in a sector that suits you best!

Qualifications

Numeracy, Literacy, ICT, Customer Service or Business Administration

Support

Accessible targeted support. Bespoke life and employment support. Employer commitment and recognition of skills set.

Employability

Assistance with Job Searching, CV, Applications & Interviews. Assistance to source employment. Transition and in-employment support.

To find out more information contact:

🌐 clanryegroup.com

✉ nicola.o'loan@clanryegroup.com

☎ 028 3089 8119





An employability programme to assist and support individuals aged 16+ to enter the work force or return to employment.



Funded by UK Government

Are you finished school for the summer and looking for a job? Let Employ Me help!

As the school year comes to an end, it's your opportunity to gain valuable experience, build new skills, and find the perfect summer job.

Whether you want to earn extra income or explore career options, Employ Me can help guide you towards exciting employment opportunities.



To find out more information contact:

 clanryegroup.com

 nicola.o'loan@clanryegroup.com

 028 3089 8119





An employability programme to assist and support individuals aged 16+ to enter the work force or return to employment.



Funded by UK Government

Are you a mum and thinking of going back to work?

Employ Me can help you!

What's involved?

Qualifications

Confidence with Numeracy, Literacy, ICT, Customer Service or Business Administration

Support

Personal Goal Setting, Support Networking, Flexible Learning, and Money Management

Employability

Assistance with Job Searching, CV, Applications, Interviews, Entrepreneurship
Assistance to source employment
Transition and in-employment support



To find out more information contact:

clanryegroup.com

nicola.o'loan@clanryegroup.com

028 3089 8119





An employability programme to assist and support individuals aged 16+ to enter the work force or return to employment.



Funded by UK Government

Unlock your potential, get ready for work!

Suitable for individuals aged 16+ who may want to (re)enter the world of work and need support to achieve this goal.

Including those who are:

- › Over 50
- › Women returning to work
- › Involved in justice system or at risk
- › Carers & Single Parents
- › Individuals with a disability



What's involved?

Qualifications

Numeracy, Literacy, ICT, Customer Service or Business Administration

Support

Personal Development, Health and Well-being, Community Engagement

Employability

Employability Support:
Job search, CV, Applications, Interviews, Entrepreneurship Assistance to source employment
Transition and in-employment support



To find out more information contact:

clanryegroup.com

nicola.o'loan@clanryegroup.com

028 3089 8119



Christians Against Poverty

Fresh Start can help you break free from life-controlling habits, through an eight-week course, community, and one-to-one sessions

This Fresh Start group is run in partnership with Lowe Memorial Presbyterian Church

Fresh Start Coach: Matthew Gault

Email: matthewgault@capfreshstart.org

CAP Debt Help

This is a charity that gives free help to anyone in debt. Thousands of people have already been given hope and a solution.

This CAP Debt Centre is run in partnership with Lisburn Cathedral

Paul Bailie

Debt Centre Manager

Tel: [0800 328 0006](tel:08003280006)

Website: <https://capuk.org/about-us>



Salvation Army

The Salvation Army has [22 debt advice centres](#) across the UK, regulated by the Financial Conduct Authority (FCA), providing practical advice and pastoral care to those facing financial hardship.

Debt advisors and volunteers work with people to develop debt repayment plans, negotiate with creditors and provide money education to change habits and minimise the chance of debt recurring in the future.

[13 Bridge St, Lisburn BT28 1XZ](#)

Tel: [020 7332 0101](tel:02073320101)

Rushmore Drive, Lisburn, BT28 2HN

Tel: [02892672212](tel:02892672212)

Website: <https://www.salvationarmy.org.uk/>

Money Advice

Website: <https://www.moneyadvice.service.org.uk>



Southern Area

Armagh City Area

ArKe Sure Start	
Service offered	Family Support and Signposting
What is available: (Food, Fuel, clothing, financial support etc.)	Food Bank Vouchers Keep Warm Packs via PHA 1-1 sessions with EfC Referrals to Vibe Church; SVP etc. SS Maternity Grant information Warm and Well Connected resources via ABC council
How to access: (phone, email, referral process etc.)	Registered families can request this support and or it is identified via FSW team Arke.surestart@southerntrust.hscni.net or 02837518569
Further Information: (e.g. time frame of provision etc.)	
Area Covered	Sure Start Members Arke SS area (details available on request)



N.H.T.H Armagh Outreach Team	
Service offered to support families with cost of living	Armagh Outreach Team NHTH
What is available: (Food, Fuel, clothing, financial support, uniforms, PE kits etc.)	Food stall on Friday evenings at 6:30-7:30pm outside Danske Bank. Serving hot meals, sandwiches, refreshments etc to anyone experiencing homelessness, food poverty or isolation.
How to access: (phone, email, referral process etc.)	Drop over to food stall or find us on facebook - (20+) Facebook
is there a waiting list?	No
Is there an expected response time? How long is this?	No
Further Information: (e.g. time frame of provision/availability etc.)	Every Friday evening
Area Covered	Open to anyone who can call to food stall



VIBE Community Hub 1 Little Barrack St, Armagh, BT61 9AH	
Service offered to support families with cost of living	VIBE Community Hyb
What is available: (Food, Fuel, clothing, financial support, uniforms, PE kits etc.)	A place for all the community to come, make strong relationships, and if applicable receive help and hope. Currently we're running free community lunches, storehouse (helping those in need with food, clothes and furniture), after school hangout and parents and tots weekly.
How to access: (phone, email, referral process etc.)	If you're in need or would like to find out more call Ian 07515571385 or email hello@vibeni.com
is there a waiting list?	No
Is there an expected response time? How long is this?	No
Further Information: (e.g. time frame of provision/availability etc.)	Why not come for a visit? Have a chat with our team and enjoy a free tea or coffee. Vibe Café opens every day Mon to Fri 9.30AM to 5.30PM which is all donation based!
Area Covered	Open to anyone

Armagh Foodbank 30 Barrack St, Armagh, BT60 1AD	
Service offered to support families with cost of living	Foodbank
What is available: (Food, Fuel, clothing, financial support, uniforms, PE kits etc.)	<p>Our foodbank provides three days of nutritionally balanced, non-perishable food.</p> <p>Our foodbank has specifically trained volunteers who can offer you additional help in the following areas:</p> <ul style="list-style-type: none"> • Money Life – providing tools and courses to tackle debt and budgeting.
How to access: (phone, email, referral process etc.)	<p>Our foodbank works using a voucher referral system https://armagh.foodbank.org.uk/get-help/foodbank-vouchers/</p> <p>Email us info@armagh.foodbank.org.uk</p> <p>Phone us 07752 680805</p>
is there a waiting list?	No
Is there an expected response time? How long is this?	No
Further Information: (e.g. time frame of provision/availability etc.)	<p>Opened Tuesday and Saturday 10.30am to 12.30 pm</p>
Area Covered	Armagh

Banbridge Area

The Parent Rooms

invite you to join them at their drop-in coffee mornings with or without your little one, whichever you prefer.

Grab yourself a hot drink and have an informal chat with other parents.

Every Monday

Time: 10.30 am - 12 pm

Where: Tesco Extra Outlet (Community Room),
Bridgewater Retail Park, Banbridge



Clanrye Group	
Service offered to support families with cost of living	<p>Carer's First event in Banbridge - Clanrye Group and Action for Children are coming together to provide a 'one stop shop' event to offer vital support and information for Carer's in the community, to support them through the cost-of-living crisis. Care packages provided.</p> <p>Family Foundations Programme - Social Café's; Finance/Benefits advice; Parenting groups, Cooking on a budget; signposting to local food banks and SVDP for Fuel vouchers and electric/utilities costs; signposting to social supermarket; support for access to benefits and charities grants</p>
What is available: (Food, Fuel, clothing, financial support, uniforms, PE kits etc.)	<p>4-week programme during the month of November Available to anyone in the community.</p> <p>Support and advice on the following areas: Budgeting, Tips to help you heat your home Information session with Advice NI Cooking on a Budget Tips and Ideas for Christmas on a Budget Supporting your mental health</p> <p>The Family Foundations services above are opportunities for participants to get social support and advice. Tea/coffee and snacks are available at social cafes and parenting group support sessions which serve as 'chat and play' sessions. Where necessary signposting to other organisations is provided. Recipe booklets for cooking on a budget.</p>
How to access: (phone, email, referral process etc.)	<p>Phone, email and Drop in service. Telephone No: 028 3089 8119 info@clanryegroup.com</p>
is there a waiting list?	No
Is there an expected response time? How long is this?	Within 48 hours
Area Covered	<p>Newry & Mourne, Armagh & Dungannon Craigavon & Banbridge Downpatrick – Family Foundations programme only.</p>



Organisation/Service Name: The Storehouse, Banbridge Community Foodbank Address: 19 – 21 Church Square, Banbridge	
Service offered to support families with cost of living	The Bridge Pantry – Social Supermarket Community Foodbank
What is available: (Food, Fuel, clothing, financial support, uniforms, PE kits, Warm spaces etc.)	Food
How to access: (phone, email, referral process etc.)	Email - foodbank@gracegeneration.co.uk Facebook Message - @StorehouseBanbridgeFoodbank
Is there a waiting list?	
Is there an expected response time? How long is this?	
Further Information: (e.g. time frame of provision/availability etc.)	https://www.gracegeneration.co.uk/foodbank The Bridge Pantry - Social Supermarket Opening hours Mondays & Thursdays 10.00am - 12noon The community Foodbank - Thursday evening 7pm -8pm & Tuesday 12pm- 1pm
Area Covered	Banbridge

Craigavon Area

WARM HUB

CHAT, CONNECT,
RELAX, AND
STAY WARM



Free Wi-Fi

Free Tea, coffee & biscuits

Free newspapers & advice packs

📍 Tommy Makem Arts
& Community Centre

📍 Portadown Town Hall

From **10.00am to 1.00pm** on

Tues 5 Dec

Thur 7 Dec

Tues 12 Dec

Thur 14 Dec

Tues 19 Dec

Thur 21 Dec

Tues 2 Jan

Thur 4 Jan

Tues 9 Jan

Thur 11 Jan

Tues 16 Jan

Thur 18 Jan

Tues 23 Jan

Thur 25 Jan

Tues 30 Jan

Tues 6 Feb

Thur 1 Feb

Tues 13 Feb

Thur 8 Feb

Tues 20 Feb

Thur 15 Feb

Tues 27 Feb

Thu 22 Feb

Thu 29 Feb

Everyone welcome



Emmanuel Church Lurgan

Call in for a cuppa and a chat at our **Connect Cafe every Wednesday**. Our amazing team will be on hand to make sure everyone is made welcome.



Freedom Foods Pantry



Welcome to Freedom Foods Pantry, our first in Northern Ireland!

Freedom Foods Pantry in Lurgan opened in March 2022!

For a small weekly subscription of £4.00 (or £6.00 for families), members of this pantry can access food including fresh fruit and vegetables and store cupboard favourites that will often value £15-20 or more!

Membership is open to the community and local families are strongly encouraged to join.

You can find the pantry at:

Emmanuel Church
23a Castle Lane
Lurgan
Craigavon
BT67 9BD

Opening times:

Tuesday: 7.00pm - 9.00pm

Wednesday: 11.00am -1.00pm

Have a question about the pantry?

Contact Nicola on compassion@emmanuel-church.co.uk

or call **0333 050 3223**.

Portadown Freedom Foods Pantry



Welcome to Freedom Foods Pantry, Portadown!

For a small weekly subscription of £4.00 (or £6.00 for families), members of this pantry can access food including fresh fruit and vegetables and store cupboard favourites that will often value £15-20 or more!

Membership is open to the community and local families are strongly encouraged to join.

You can find the pantry at:

Emmanuel Church
32 Meadow Lane
Portadown
BT62 3NH

Opening times:

Thursday: 6:30 - 8:30 pm

Have a question about the pantry?

Contact Nicola on freedomfoodsportadown@emmanuel-church.co.uk
or call 0333 050 3223.

Craigavon Area Foodbank	
Service offered to support families with cost of living	Emergency Food Parcels
What is available: (Food, Fuel, clothing, financial support, uniforms, PE kits, Warm Places etc.)	Food, toiletries, pet food, nappies
How to access: (phone, email, referral process etc.)	Referral process (more info on website) https://craigavonarea.foodbank.org.uk/contact-us/ Phone us 0333 050 7702 Email us contact@craigavonfoodbank.org.uk
is there a waiting list?	No
Is there an expected response time? How long is this?	24-48 hours
Area Covered	Lurgan, Portadown and Craigavon



Home Start Craigavon	
Service offered to support families with cost of living	Home-visited support by parent volunteers. Online counselling. Walking group with free refreshments.
What is available: (Food, Fuel, clothing, financial support, uniforms, PE kits, Warm Places etc.)	Support in the home re budgeting, cooking on a budget, accessing free services. Advice, signposting & accompanying to services eg foodbanks. Referral to services eg slow cooker programme. 4 free online counselling sessions for parents struggling to cope. Weekly walking group.
How to access: (phone, email, referral process etc.)	028 38 345 357 Homestart.Craigavon@btopenworld.com Facebook/Instagram message Referral or self referral
is there a waiting list?	None for counselling or walks. Short for home-visiting volunteer.
Is there an expected response time? How long is this?	Within a week.
Further Information: (e.g. time frame of provision/availability etc.)	6-12 months volunteer home-visited support. 4 free weeks of online counselling. Up to one year for walks.
Area Covered	Lurgan, Brownlow, Portadown, and general Craigavon area

Jethro Centre	
Service offered to support families with cost of living	Jethro Centre The Living Room
What is available: (Food, Fuel, clothing, financial support, uniforms, PE kits, Warm Places etc.)	High backed chairs, newspapers, Mags, Jigsaws, Tea & Coffee with TV
How to access: (phone, email, referral process etc.)	Facebook https://www.facebook.com/JethroLurgan or phone 028 38 325673
is there a waiting list?	Not at the minute
Is there an expected response time? How long is this?	n/a
Further Information: (e.g. time frame of provision/availability etc.)	Monday afternoon 1pm – 5pm
Area Covered	Lurgan, Craigavon

The Living Room

A warm space

Open to the public every Monday

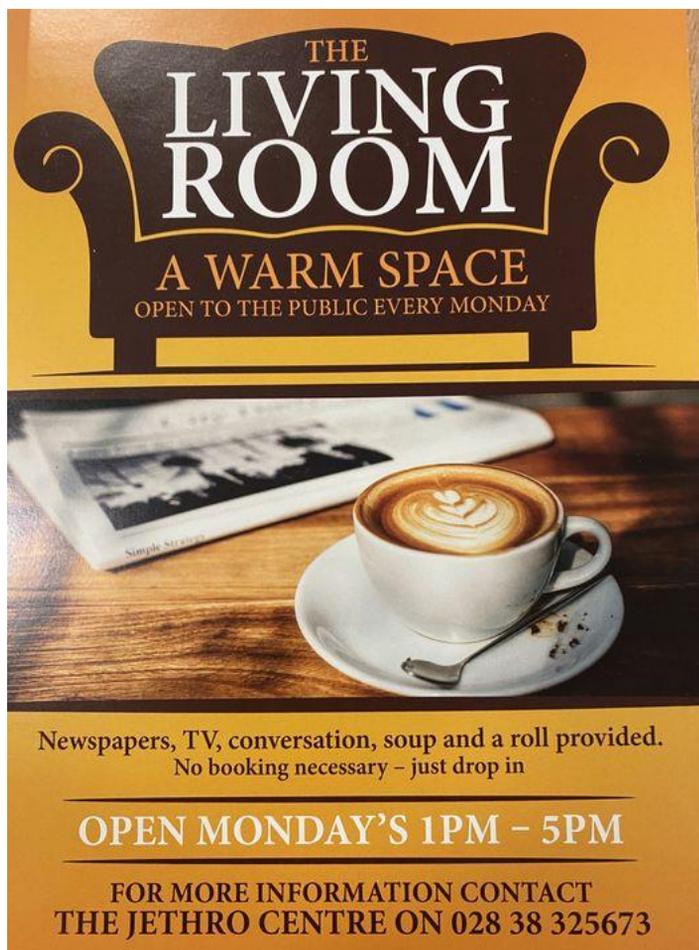
Newspapers, TV, conversation, soup and a roll provided.

No booking necessary – just drop in

Open Monday's 1pm -5pm

For more information contact

The Jethro Centre on 028 3832 5673



THE
LIVING
ROOM
A WARM SPACE
OPEN TO THE PUBLIC EVERY MONDAY

Newspapers, TV, conversation, soup and a roll provided.
No booking necessary – just drop in

OPEN MONDAY'S 1PM – 5PM

FOR MORE INFORMATION CONTACT
THE JETHRO CENTRE ON 028 38 325673



Chrysalis Women's Centre – Warm Well Hub	
Service offered to support families with cost of living	Centre will be open to older ladies throughout the winter commencing 21 October, every Friday 10am-1pm (in partnership with Verve) Cooking on a budget for young mums
What is available: (Food, Fuel, clothing, financial support, uniforms, PE kits etc.)	Safe Warm Space, tea/coffee/buns throughout the morning. Lots of activities, e.g. jigsaws and puzzles. Tutor on hand to teach them about keeping in touch safely online. Intergenerational cooking on a budget. Younger women will cook a hot meal with the more mature ladies, sharing ideas whilst keeping warm Food items to take home provided by M&S
How to access: (phone, email, referral process etc.)	Email: Chrysaliscentre93@outlook.com Tel 02838341846 9am till 4pm Mon-Thurs, 9am till 1pm Friday. 520-523 Burnside, Brownlow, Legahory, Craigavon BT65 4BD Self referral
is there a waiting list?	No
Is there an expected response time? How long is this?	Response within 2 days if not sooner
Further Information: (e.g. time frame of provision/availability etc.)	Warm well space will run from Oct till early March. Cooking on a budget October till December approx. 8 weeks
Area Covered	Armagh, Craigavon ,Banbridge [we will never turn anyone away from other areas if they need our help]

THE FITZONE FOUNDATION	
Service offered to support families with cost of living	Warm place and meal for men of all ages
What is available: (Food, Fuel, clothing, financial support, uniforms, PE kits, Warm Places etc.)	Food which could include breakfast and lunch. Warm place Also cooking opportunity
How to access: (phone, email, referral process etc.)	Contact Sean Collins on 07780812312 or Facebook The Fitzone Foundation
is there a waiting list?	No
Is there an expected response time? How long is this?	Within 2 days
Further Information: (e.g. time frame of provision/availability etc.)	The Warm place will be Mondays from 11am-1pm and will start in November and last until February 2023
Area Covered	Craigavon



Richmount Rural Community Association

2 Derrylettiff Road, Portadown, Co Armagh. BT62 41QU Tel: 07934186635
 Email : joegar@hotmail.co.uk www.richmountruralcommunityassoc.chessck.co.uk

Working together for all in our community

<https://www.facebook.com/groups/359392197497621>

Service offered	Community Shop Some food at 20p per item (Token priced food) Fresh fruit and vegetables and some groceries at market prices
What is available: (Food, Fuel, clothing, financial support etc.)	Prepacked ready to cook fresh vegetables (ex Gilfresh) all within date Potatoes (local grower)– small and large Various foods from Tesco short sell by dated (any perishable food will be frozen) We all sell fresh fruit and vegetables at competitive and some general groceries.
How to access: (phone, email, referral process etc.)	Come along to community centre Open Wednesday, Thursday, Friday 5.00 pm to 7.30pm and Saturday 9.00am to 12.30pm To check availability of goods text or email or Facebook message. See Facebook page: https://www.facebook.com/groups/359392197497621
Further Information: (e.g. time frame of provision etc.)	Prepacked vegetables are available every Wednesday evening through to Saturday. Food ex Tesco will be available from Thursday Preference for token priced food for elderly and families with young children
Area Covered	Within 5 miles of the village of Scotch Street (2.5 miles from Portadown on Moy Road

Dungannon Area

THE JUNCTION WARM BANK

- Call in for a cuppa
- Read a paper
- Meet friends
- Stay warm

Monday – Friday 10am – 4pm
Everyone Welcome

The Junction, 12 Beechvalley Way, Dungannon – Beside Tesco



<p>COSTA Community Organisations of South Tyrone & Areas Ltd President Grants Homestead, 45 Dergenagh Road, Dungannon, BT70 1TW Tel: 028 855 56880 Email: info.costa@btconnect.com Web: www.costaruralsupportnetwork.org Facebook: www.facebook.com/costa.network</p>	
Service offered	Information, Signposting, Capacity Building and assistance.
What is available: (Food, Fuel, clothing, financial support etc.)	<p>We will Signpost individuals to appropriate services, information, support and feedback and lobby on behalf of the community.</p> <p>We assist and build capacity of local Community Groups to access Funding, resources and facilitate them to assist their communities.</p>
How to access: (phone, email, referral process etc.)	<p>Lorraine Griffin – Manager Tel: 028 855 56880 info.costa@btconnect.com</p>
Further Information: (e.g. time frame of provision etc.)	We will assist as soon as possible.
Area Covered	Dungannon & South Tyrone area of Mid Ulster District Council area.

Welcoming Places

Mid Ulster District Council operates at the heart of our community. In doing so, we're working with our local partners to promote a network of places where our residents can come together in a warm welcoming environment, somewhere where they can connect with others or simply read a newspaper and enjoy a cup of tea or coffee.

We've listed all the places available to our residents across the public, private, health and voluntary sectors across the district.

We'll add to this list as we become aware of more places that come up across our district. If you wish to add your organisation you can [email](#) our Community Development team.

[Welcoming Places | Mid Ulster District Council
\(midulstercouncil.org\)](http://midulstercouncil.org)



MID ULSTER DISTRICT COUNCIL	
Service offered to support families with cost of living	Energy Efficiency Advice Service
What is available: (Food, Fuel, clothing, financial support, uniforms, PE kits etc.)	The Energy Efficiency Advice scheme is a Public Health Agency funded programme that offers a personal one to one approach to help manage the energy efficiency of people's homes. The Energy Efficiency Advisor can make onward referrals to support schemes and grants if applicable. With the cold winter months and with people expected to be in their homes more, now is the time to ensure that homes are as energy efficient as possible.
How to access: (phone, email, referral process etc.)	For further information please contact Mid Ulster District Council and ask to speak to the Energy Efficiency Advisor on 03000 132 132 or email health.wellbeing@midulstercouncil.org
is there a waiting list?	No
Is there an expected response time? How long is this?	3-5 days
Further Information: (e.g. time frame of provision/availability etc.)	Once referral is made or received we will be in touch asap
Area Covered	Mid Ulster District Council



MID ULSTER DISTRICT COUNCIL	
Service offered to support families with cost of living	Fuel Stamp Saving Scheme
What is available: (Food, Fuel, clothing, financial support, uniforms, PE kits etc.)	The fuel stamp scheme helps householders save for home heating oil, by spreading the cost of their fuel. You can buy oil stamps from participating retailers, collect them on a savings card and use the value of the stamps to pay for all or part of your oil when placing an order. At present we have approximately 80 Retailers and 60 Fuel Suppliers involved in the scheme. The scheme is available throughout Mid Ulster.
How to access: (phone, email, referral process etc.)	For further information please contact Mid Ulster District Council on 03000 132 132 or email health.wellbeing@midulstercouncil.org
is there a waiting list?	No
Is there an expected response time? How long is this?	ASAP
Further Information: (e.g. time frame of provision/availability etc.)	Stamps can be bought at local retailers. List can be found on the Mid Ulster Councils website.
Area Covered	Mid Ulster District Council



MID ULSTER DISTRICT COUNCIL	
Service offered to support families with cost of living	Home Safety Scheme
What is available: (Food, Fuel, clothing, financial support, uniforms, PE kits etc.)	<p>Mid Ulster Home Safety Scheme helps those over 65, families with children under 5 and vulnerable adults/children avoid serious accidents within the home.</p> <p>The scheme includes:</p> <ul style="list-style-type: none">• Free Home Safety visits• Home Safety equipment (where criteria is met)• Home Safety talks to groups (open to all age groups) <p>The Mid Ulster Home Safety Scheme aims to reduce the number of accidents which happen in the home by providing information and advice.</p>
How to access: (phone, email, referral process etc.)	For further information please contact Mid Ulster District Council and ask to speak to the Home Safety Officer on 03000 132 132 or email health.wellbeing@midulstercouncil.org
is there a waiting list?	Yes
Is there an expected response time? How long is this?	2-4 weeks
Further Information: (e.g. time frame of provision/availability etc.)	Once referral is made or received we will be in touch asap to organise visit.
Area Covered	Mid Ulster District Council



MID ULSTER DISTRICT COUNCIL	
Service offered to support families with cost of living	Make A Change
What is available: (Food, Fuel, clothing, financial support, uniforms, PE kits etc.)	<p>Make A Change offers one-to-one support to help you 'make a change'. This service is confidential and FREE of charge.</p> <p>Are you?</p> <ul style="list-style-type: none">• Aged 50 or over?• Do you live in the Mid Ulster area?• Are you interested in making a small change for your health and getting support to do so? <p>Whether you want to improve your diet or get more active, Make A Change could be for you. The dedicated Health and Wellbeing Officer will work closely with you over a period of weeks or months, to help you along the way. You don't have to do it alone!</p> <p>You decide what you want to change. We provide you with help and support to change it.</p>
How to access: (phone, email, referral process etc.)	For further information please contact Mid Ulster District Council on 03000 132 132 or email health.wellbeing@midulstercouncil.org
is there a waiting list?	No
Is there an expected response time? How long is this?	ASAP
Further Information: (e.g. time frame of provision/availability etc.)	Our Officers will contact you and work together with you to implement a specific plan for you to Make A Change.
Area Covered	Mid Ulster District Council

The Community Family Support Programme (Network Personnel)	
Service offered to support families with cost of living	Support to find work, upskill, check benefits, access specialist services,
What is available: (Food, Fuel, clothing, financial support, uniforms, PE kits etc.)	Support to find work, upskill, check benefits, access specialist services
How to access: (phone, email, referral process etc.)	<p>(Antrim & Newtownabbey Council Area) Jude - 07813 014093 jude.murphy@networkpersonnel.org.uk</p> <p>(Mid & East Antrim Council Area) Melanie – 07776 534784 Melaine.maxwellmcilroy@networkpersonnel.org.uk</p> <p>(Mid Ulster District Council Area) Jillian - 07736 350773 jillian.lennox@networkpersonnel.org.uk</p>
is there a waiting list?	Not currently
Is there an expected response time? How long is this?	Immediate
Further Information: (e.g. time frame of provision/availability etc.)	When engaged with the participant we offer, information and signposting to support a variety of Health or Social Care issues including, housing, debt, physical & mental health, social isolation etc. We encourage participation in some of our relevant workshops and training courses, as appropriate. These include Money Management, Understanding Anxiety and Managing Challenging Behaviour, Business Administration, Customer Service, Food Hygiene etc.
Area Covered	Mid Ulster, Mid & East Antrim And Antrim & Newtownabbey Council Areas

Newry & Mourne Area

NEWRY DEA PRESENTS AN

open house



Community Centre
an tSúil Mhúrn
agus an Dúin
Newry, Mourne
and Down
District Council



MONDAY'S 
**NEWRY LEISURE
CENTRE CAFE**
9.30AM - 12.30PM

STARTING MON 20TH NOV 2023
ENDING MON 25TH MARCH 2024

each monday 

FREE TEA & COFFEE  **FREE WIFI**  **FREE SPACE**



Southern Health
and Social Care Trust



Department for
Communities
www.communities.gov.uk



Department for
Communities

Minorities Welcome Centre

Our Minorities Welcome Centre Meets at Newry Leisure Centre on the First Tuesday of the month starting on the 1st August 2023 @ 10am to 1pm.



Social care staff & Service providers aim to create an informal and positive space where People of different cultural backgrounds can get together over a tea or coffee to share information and seek additional support through signposting or referral to appropriate services where necessary.

If you would like more information on how your agency can support this program or know of anyone who would benefit from attending

Please Contact:

John Flett on 07503937693

John.flett@southerntrust.hscni.net

Or

Sinead Baillie on 07909004157

Sinead.baillie@nmandd.org

LOCAL
CHURCHES
WORKING IN
PARTNERSHIP

IN THE
HEART OF
NEWRY



NEWRY FOOD INITIATIVE

Updated Opening Hours

Monday 10am to 1pm

Friday 10am to 1pm

All donations gratefully received

Please contact the e-mail below to request a **referral voucher** for any individual/family in need

✉ newryfoodinitiative@gmail.com

 Find us on
Facebook

Newry Food Initiative - YMCI



Located in the ground floor
premises underneath the
Magnet Centre, Hill Street



The **Newry Food Initiative** offers food and support in the local Newry area, in response to the current cost of living crisis

Several local churches manage the foodbank, supported by volunteers

Referrals are accepted through organisations currently working with local individuals & families, but anyone in genuine need of help can get support

The Newry Food Initiative operates from:

YMCI Building, Ground Floor, 81 Hill Street, Newry, BT34 1DG

Donations of any non-perishable food are welcome, especially the following:

- Tinned Food (Vegetables, Meats, Fish, Fruit, Spaghetti, Soups, etc.)
- Long Life/ UHT Milk
- Tea/Coffee
- Cereal
- Sauces (Ketchup, Brown Sauce, Cooking Sauces, e.g. Ragu, Curry)
- Pasta, Rice, Noodles
- Packets of Mash or Tinned Potatoes
- Rice Pudding/Custard
- Biscuits & Sweet Treats

We also take donations of toiletries, household/cleaning items and baby products

Food past its sell by date and homemade goods cannot be donated

You can make a donation to the foodbank during our opening hours or at many of the local churches in Newry

NEED HELP?

The food and support which we have available is here for anyone who is genuinely struggling with food or household bills

If you would like to receive a food parcel, please contact us or speak to any of the local organisations who are currently operating in the Newry area in support of individuals & families who may be in need

For further information:



Newry Food Initiative - YMCI



newryfoodinitiative@gmail.com



Social
Byte's



Social Byte's Cafe

EVERY
WEDNESDAY
FROM 4PM

ENJOY A YOUTH ONLY SPACE AND
COMPLIMENTARY FOOD

Food Craic & DigiSpace

FREE USE OF LAPTOPS PRINTER/SCANNER & WIFI

FOR AGED 13-18YRS

Bolster Community

Our Social Kitchen is open! ☕

Meet others and of course we have tea and snacks!

Our staff are available to help with any form filling, booking appointments or signposting to support organisations.

Contact Joanne 028 3083 5764



Crisis Drop in Café, Newry

Drop In Cafe Mondays 3.30-6.30pm.

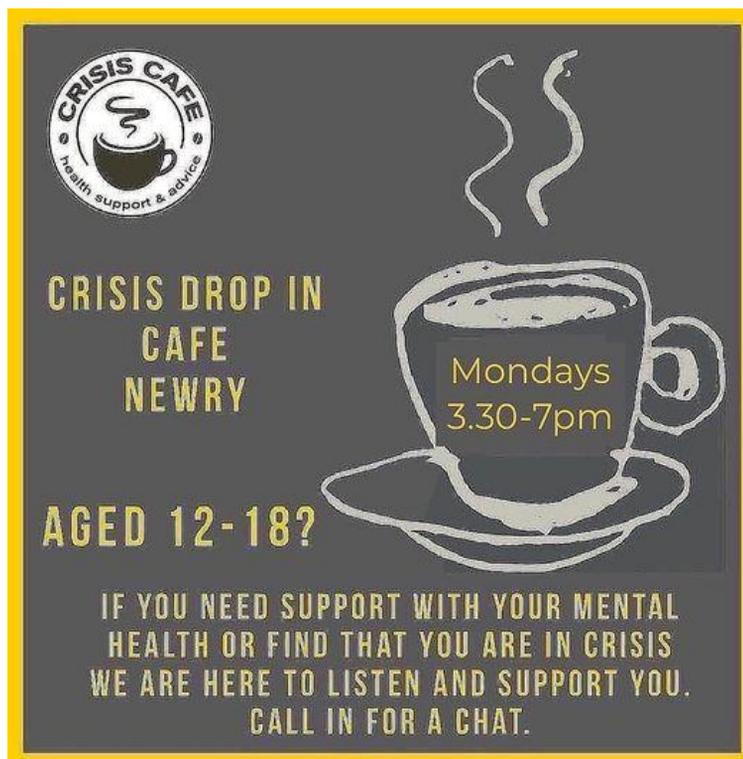
Feeling flat, down, overwhelmed, anxious or a sense of hopelessness? We are here to listen and support you. Call in and connect with us in a relaxed friendly space.

You can avail of 1 to 1 support from one of the practitioners. Or you can relax in the warm friendly safe cafe space and have time to switch off from the stressors of the outside world.

We are located in The Sticky Fingers Arts building 10 Upper Edward Street , Newry, BT35 6AX.

Call in and Connect with Us.

No appointment or referral necessary.





**EVERY
WEDNESDAY**

In



**Warrenpoint Town
Hall**

10AM-1PM

**A drop in space for
everyone to enjoy**



Comhairle Ceantair
an Iúir, Mhúrn
agus an Dúin

**Newry, Mourne
and Down**
District Council

Newry SureStart	
Service offered to support families with cost of living	Eco Boutique
What is available: (Food, Fuel, clothing, financial support, uniforms, PE kits etc.)	Pre-loved clothing and books. 1. You can exchange some of yours with the boutiques OR 2. You can make a donation of preloved items OR 3. You can just take what you need
How to access: (phone, email, referral process etc.)	Users of Newry SureStart Services
is there a waiting list?	No – drop in service
Is there an expected response time? How long is this?	N/A
Further Information: (e.g. time frame of provision/availability etc.)	Open Monday to Friday 9.30 to 4.30.
Area Covered	Newry City (SureStart catchment area)

Strategy	Supporting families experiencing financial hardship
Background	<p>Northern Ireland will face a number of significant challenges in the economy over the coming months. The conflict in Ukraine and associated economic sanctions on Russia, coupled with China's continuing lockdown policy is not only causing disruption to supply chains, but is also increasing costs of commodities and energy. This means it costs more to heat homes, fuel cars and feed families. UK inflation rates currently sit at a 40-year high, with the immediate impact being sharply felt by households and families.</p> <p>The project intends to take a co-ordinated approach to support local families in the short, medium and longer term. While the project will give immediate help to those in need the longer-term objective will focus on a continued investment in skills, innovation, sustainability and resilience building within families.</p> <p>As with all SureStart services a non-stigmatising a sensitive approach will be taken especially with targeted services.</p>
Short Term: Within one month	<p>For those in immediate need:</p> <ul style="list-style-type: none"> • A breakfast club will be introduced before services begin for parents and children (starting Monday 12th September 2022). Breakfast cereal, breakfast bars/pastries, fresh fruit, yogurts and tea/coffee will be provided. • A snack rack will be set up for parents dropping children off at the DP2-3YO's (starting Monday 12th September 2022). Grab snacks such as breakfast bars, instant porridge, fruit will be provided. • More substantial snacks will be provided at the DP2-3YO's and creche with immediate effect. Buffet basket available throughout for children to eat fruit etc. • Sanitary products, nappies and wipes will be made available in all toilets in the centre and outreach venues. <p>Immediate referrals will be made to:</p> <ol style="list-style-type: none"> 1) Community Advice Newry, Mourne and Down for benefit checks and advice. 2) Clanrye Group Community Health Trainers for support in relation to mental health, stress management, diet, smoking cessation etc. 3) Employers for Childcare for support with childcare costs 4) St Vincent De Paul for support with oil and household items. 5) Children in Need for support with white goods. 6) Womens Aid when domestic abuse is identified (statistics show a rise in DV rates at present) 7) Newry Food Bank <ul style="list-style-type: none"> • The project will no longer use food items for play in services and other items will be used to provide sensory experiences. • The project has registered with the Fare Share Scheme in order to keep food costs down.

Medium Term: 2-7 months

Universal:

- An **Eco-Boutique** will be set up in the centre with clothes, toys, books and other non-electrical items, Families can take what they need, and leave something in return, however this is optional.
- Two **Information days** will be held in the centre, in partnership with other organisations, to provide families with information in relation to the following:
 - 1) Benefit advice
 - 2) Support with childcare costs
 - 3) Employment opportunities
 - 4) Training for employment
 - 5) Budgeting advice
 - 6) Ways to reduce your electric/gas bills
 - 7) Ways to embrace the pre-loved and recycled ethos
 - 8) Stress management support and advice
 - 9) Healthy living advice
 - 10) Assistance available from a variety of other sources (Contact a family, Bolster, Family fund etc)
- An **A-Z booklet** of advice and support available for families will be finalised and distributed.
- The **low cost/no cost play** theme will continue to be promoted in services showing parents ways to provide play and development opportunities for children with little or no cost.
- **Basic skills videos** such as sewing and making repairs to clothing will be posted on the project's website and Facebook pages.
- **Cooking on a budget programme** will be provided.
- **Using a slow cooker workshops** will be provided.
- **Cookery demonstration videos** will be made and posted on the projects Facebook and website.
- Ongoing **referrals** will be made to support families (as outlined in short term strategies).
- **Christmas crafts workshops** – make your own presents will be offered to reduce pressures for families.
- **Toy Exchange Programme** – for the Christmas period

Targeted:

- **Store cupboard starter packs** and a cookbook will be distributed to include spices, herbs, tinned tomatoes/puree etc.
- **Slow cookers** will be distributed.
- **Keep warm packs** will be distributed.
- **Hospital packs** will be distributed to expectant mothers.
- During the **Christmas** period the project will work with local charities and businesses to support families with gifts from Santa and Christmas food hampers.

Longer Term: within one year	<ul style="list-style-type: none">• All short and medium term strategies will continue.• A consultation will take place with families to identify their needs.• A new annual plan will be devised taking into account the needs identified by families.
------------------------------	---

<https://wetransfer.com/downloads/b5c768ceec78336ef74909dd756af00f20221011085504/1dd33f7f19a58bfc9d5d4a1b506de9e20221011085526/c1b9cd>

Mourne SureStart	
Service offered to support families with cost of living	Family Support on a 1:1 basis and in our centre. Programmes for parents and children Cook IT programmes which focus on healthy eating on a budget
What is available: (Food, Fuel, clothing, financial support, uniforms, PE kits etc.)	Supporting families through advice, support and referrals to organisations such as Corner Stone food bank g Bolster Community, Home Start and SVP
How to access: (phone, email, referral process etc.)	Families must live in the Sure Start area and have children under 4 years. Tel: 02841764718 info@mournesurestart.com Any one can self refer, including referrals from Midwives, Health Visitors Home Start, Social Services. NIMATs
is there a waiting list?	There is no waiting list at present
Is there an expected response time? How long is this?	We aim to respond within 1 working week
Further Information: (e.g. time frame of provision/availability etc.)	Once registered with Mourne Sure Start, support will be provided until the youngest child reaches 4 years of age.
Area Covered	We cover Kilkeel Central 2, Kilkeel South 2 and Annalong 2

Bolster Community	
Service offered to support families with cost of living	<ul style="list-style-type: none"> • Newry and Mourne Family Support Hub • Star Bites 57 Community Kitchen • Early Intervention and Prevention Family Support Services • Kilkeel SureStart • Markethill Parent Support Group
What is available: (Food, Fuel, clothing, financial support, uniforms, PE kits etc.)	Bolster Community offers practical support to families. We can provide advice on budgeting, supporting grant applications, accessing small grants and emergency funds, access to food banks, hot meals through our sustaining tenancies project; signposting, 2 nd hand equipment plus a wide range of resilience and capacity building programmes and activities
How to access: (phone, email, referral process etc.)	info@bolstercommunity.org
is there a waiting list?	No
Is there an expected response time? How long is this?	We respond to all requests for help within 48 hours.
Further Information: (e.g. time frame of provision/availability etc.)	We can offer a minimum of 8 weeks support.
Area Covered	Newry, Mourne and South Armagh

Newry, Mourne and Down District Council

Newry, Mourne and Down District Council	
Service offered	Affordable Warmth Scheme
What is available: (Food, Fuel, clothing, financial support etc.)	<p>The Affordable Warmth Scheme helps address the effects of fuel poverty and energy inefficiency. The scheme is directed at low income households.</p> <p>(It is not available for tenants living in social housing; you are not eligible if you are a Housing Executive or housing association tenant.)</p>
How to access: (phone, email, referral process etc.)	<p>affordablewarmth@nmandd.org 0330 137 4000</p>
Further Information: (e.g. time frame of provision etc.)	
Area Covered	Newry, Mourne and Down District Council area.

Southern Trust Wide Area



An employability programme to assist and support individuals aged 16+ to enter the work force or return to employment.



Funded by UK Government

Have you been out of work due to caring responsibilities?

Do you feel its almost time enter the workforce or make a successful return?

Employ Me will help you transform your passion, dedication, and caregiving experience into a rewarding and fulfilling career.

Qualifications

- Numeracy
- Literacy
- ICT
- Customer Service or Business Administration

Support

- Carer & Parenting Support
- Family Assessments
- Flexible Schedules
- Support Networking

Employability

- Assistance with Job Searching, CV, Applications & Interviews
- Assistance to source employment
- Transition and in-employment support

To find out more information contact:

🌐 clanryegroup.com

✉ nicola.o'loan@clanryegroup.com

☎ 028 3089 8119





An employability programme to assist and support individuals aged 16+ to enter the work force or return to employment.



Funded by UK Government

**Has your disability held you back from employment?
Do you feel its almost time to enter the workforce but not sure where to start?**

With Employ Me you will be provided with upskilling opportunities, alongside personal and employment support!

Qualifications

- Numeracy
- Literacy
- ICT
- Customer Service or
- Business Administration

Support

- Community Navigation
- Assistive Technology
- Disability Specialist Support
- DDA Legislation

Employability

- Assistance with Job Searching, CV, Applications & Interviews
- Assistance to source employment
- Transition and in-employment support

To find out more information contact:

🌐 clanryegroup.com

✉ nicola.o'loan@clanryegroup.com

☎ 028 3089 8119





An employability programme to assist and support individuals aged 16+ to enter the work force or return to employment.



Funded by UK Government

Do you work with individuals at risk or involved with the justice system?

Employ Me can provide support to get them back into work through qualifications and upskilling.

Qualifications

Numeracy, Literacy, ICT, Customer Service or Business Administration

Support

Relationship Building, Partnership with External Agencies, Early Intervention, and Rehabilitation Support

Employability

Assistance with Job Searching, CV, Applications & Interviews. Assistance to source employment. Transition and in-employment support.



To find out more information contact:

clanryegroup.com

nicola.o'loan@clanryegroup.com

028 3089 8119





An employability programme to assist and support individuals aged 16+ to enter the work force or return to employment.



Funded by UK Government



Are you over 50 and left work due to the challenges posed by aging and lower energy levels?

Employ Me can help you get back to work in a sector that suits you best!

Qualifications

Numeracy, Literacy, ICT, Customer Service or Business Administration

Support

Accessible targeted support. Bespoke life and employment support. Employer commitment and recognition of skills set.

Employability

Assistance with Job Searching, CV, Applications & Interviews. Assistance to source employment. Transition and in-employment support.

To find out more information contact:

clanryegroup.com

nicola.o'loan@clanryegroup.com

028 3089 8119





An employability programme to assist and support individuals aged 16+ to enter the work force or return to employment.



Funded by UK Government

**Are you finished school for the summer and looking for a job?
Let Employ Me help!**

As the school year comes to an end, it's your opportunity to gain valuable experience, build new skills, and find the perfect summer job.

Whether you want to earn extra income or explore career options, Employ Me can help guide you towards exciting employment opportunities.



To find out more information contact:

 clanryegroup.com

 nicola.o'loan@clanryegroup.com

 028 3089 8119





An employability programme to assist and support individuals aged 16+ to enter the work force or return to employment.



Funded by UK Government

Are you a mum and thinking of going back to work?

Employ Me can help you!

What's involved?

Qualifications

Confidence with Numeracy, Literacy, ICT, Customer Service or Business Administration

Support

Personal Goal Setting, Support Networking, Flexible Learning, and Money Management

Employability

Assistance with Job Searching, CV, Applications, Interviews, Entrepreneurship
Assistance to source employment
Transition and in-employment support



To find out more information contact:

clanryegroup.com

nicola.o'loan@clanryegroup.com

028 3089 8119





An employability programme to assist and support individuals aged 16+ to enter the work force or return to employment.



Funded by UK Government

Unlock your potential, get ready for work!

Suitable for individuals aged 16+ who may want to (re)enter the world of work and need support to achieve this goal.

Including those who are:

- › Over 50
- › Women returning to work
- › Involved in justice system or at risk
- › Carers & Single Parents
- › Individuals with a disability



What's involved?

Qualifications

Numeracy, Literacy, ICT, Customer Service or Business Administration

Support

Personal Development, Health and Well-being, Community Engagement

Employability

Employability Support:
Job search, CV, Applications, Interviews, Entrepreneurship Assistance to source employment
Transition and in-employment support



To find out more information contact:

clanryegroup.com

nicola.o'loan@clanryegroup.com

028 3089 8119



New Warm Spaces Scheme and Online Cost of Living Support Hub Launched in Armagh City, Banbridge and Craigavon Borough Council

Warm Spaces Scheme: Eligible community groups can now make up to five **free** bookings across a network of local warm spaces to deliver their programmes this autumn and winter.

With an offering of 18 council community centres, town halls and recreation centres (subject to availability), the scheme will help groups save on costs such as heating, electric and room hire charges. To be eligible to apply you must be:

- a constituted community group based in the borough of Armagh City, Banbridge and Craigavon
- delivering a programme or project aimed at supporting borough residents through the cost of living crisis.

Online Cost of Living Support Hub: Local residents can find out what assistance and support is out there to help individuals and families during the current cost of living pressures. The online hub features information on local food banks, details on help with managing finances and energy bills, as well as signposting to key support organisations, charities, and helplines.

i For full details on the Warm Spaces Scheme, visit:

<https://bit.ly/3Dy7cfL> or

to access the online Cost of Living Support Hub, visit:

<https://bit.ly/3NqV0BK>

Children's Disability Service Southern Health and Social Care Trust	
Service offered to support families with cost of living	Article 18 Payments. Letters of support/advocacy to local charities/business. Carers Cash Grant. Family Support Hubs.
What is Available?	One off payments for essential items. Charities can provide oil stamps, food banks. A Cash Grant may be provided as an outcome of a Carers Assessment Family Support Hubs can assist with budgeting, signposting and referring to other agencies that can offer assistance.
How to access.	Via social worker, local Family Support Hub and Family Support Forum (walk-in or phone/email).
Is there a waiting list?	Families in critical need are fast-tracked and Family Support Forum cases are considered on a monthly basis.
Is there an expected response time?	Most requests are responded to within 4 working weeks.
Further Information.	Provision/availability varies but critical need is prioritised in line with significant harm criteria within legislation.
Area Covered.	Southern Health and Social Care Trust wide. Family Support Hub (Disability Specific worker) is Armagh and Dungannon only but families can access generic hubs in other localities.

Belfast Central Mission	
Service offered	Housing support for young people 16-25 year olds
What is available: (Food, Fuel, clothing, financial support etc.)	Practical support, help with budgeting, accessing grants, food banks, donated items, help to maintain the tenancy whether it be private rented, social housing or sofa surfing. Help to increase their independent skills and manage their health needs
How to access: (phone, email, referral process etc.)	<p>tmiles@belfastcentralmission.org - 07917304841</p> <p>jmccourt@belfastcentralmission.org – 07789518785</p> <p>Referral can be made on the phone or on Belfast central mission's webpage, this can be from a professional or a self referral</p>
Further Information: (e.g. time frame of provision etc.)	We can work with young people for up to 2 years and they can refer back if needed
Area Covered	Armagh/Dungannon/Magherafelt



Western Area

Derry/Strabane Area

Dove House Community Trust 'Know It Change It Live It'	
Service offered to support families with cost of living	We provide Budgeting advice, that helps build better financial capacity and confidence. We run a cooking on a budget programme over a four week period this helps families to maximise their income and expenditure.
What is available: (Food, Fuel, clothing, financial support, uniforms, PE kits etc.)	Budgeting Advice General Debt Advice Cooking Programmes Sign posting
How to access: (phone, email, referral process etc.)	Contact Alex- by phone 02871269327 Or email: kcl Dovehouse@gmail.com
is there a waiting list?	No waiting list when you phone in will book you appointment or help over the phone if needed.
Is there an expected response time? How long is this?	Usual response time within a day if you call on Friday will respond by end of day Monday
Further Information: (e.g. time frame of provision/availability etc.)	Available Monday to Thursday 9am-5pm Friday 9am-2pm
Area Covered	Citywide



Dove House Community Trust	
Service offered to support families with cost of living	Dove House Community Trust Advocacy Project- Supporting woman and men survivors of domestic abuse
What is available: (Food, Fuel, clothing, financial support, uniforms, PE kits etc.)	One to one support for the impact of domestic and sexual abuse. Group activities/ programmes Coffee mornings Referral agent for the foodbank Signpost to NIHE And other services
How to access: (phone, email, referral process etc.)	Call Cathy Sweeney on 02871269327 to arrange and appointment or email advocacy@dovehousecommunitytrust.org
is there a waiting list?	Appointments arranged by phone where clients will be given a timeslot asap. Allocated time can be managed for emergencies.
Is there an expected response time? How long is this?	Usual response between 1 – 2 days
Further Information: (e.g. time frame of provision/availability etc.)	Monday to Thursday 9-5 Friday 9-2
Area Covered	Primarily covers the Triax area and other areas of DCSDC will be considered

Derry City and Strabane District Council



<p>Derry City & Strabane - Advice Services (derrystrabane.com)</p>	<p>Extended Advice Services</p> <p>More people than ever are facing debt and money worries, this has increased because of Covid-19. Many households have experienced unexpected changes in circumstance such as redundancy, sickness, reduction of income or insecure income.</p> <p>Advice North West, Dove House and the Resource Centre have come together to offer a tailored provision to meet the immediate financial and debt needs of the citizens of Derry and Strabane. The advice centres will operate “out of hours” and in addition to current advice service provision. Services offered will include benefit maximisation, debt advice, financial health checks, advice on setting up a bank account, budgeting advice.</p> <p>The advice centres can:</p> <ul style="list-style-type: none"> • help make sure you are getting all • benefits that you are entitled to • offer debt advice
<p>Disability Living Allowance (DLA)</p>	<p>for children may help with the extra costs of looking after a child who:</p> <ul style="list-style-type: none"> • is under 16 • has difficulties walking or needs much more looking after than a child of the same age who does not have a disability <p>They will need to meet all the eligibility requirements.</p> <p>The DLA rate depends on the level of help the child needs.</p>
<p>Discretionary support</p>	<p>If the family are housing executive or housing association tenants they may be able to contact the Housing Body for discretionary support</p>

SureStart Shantallow	
Service offered to support families with cost of living	SureStart Shantallow provides range of Family Support services including emotional support/listening ear.
What is available: (Food, Fuel, clothing, financial support, uniforms, PE kits etc.)	<p>The Project delivers the Cook it Programme which supports families to cook healthy meals on a budget, ingredients are provided to participants.</p> <p>The Project can support families to access appropriate support through signposting to foodbanks, welfare advisers or seek practical support/grants from relevant agencies on behalf of a family.</p>
How to access: (phone, email, referral process etc.)	<p>Contact Number: 028 71352522 or 028 71356110</p> <p>Self Referrals and/or referrals from professionals are accepted via telephone</p>
Further Information: (e.g. time frame of provision/availability etc.)	Immediate support
Area Covered	<p>SureStart Shantallow covers the following ward areas:</p> <p>Carnhill, Shantallow East, Shantallow West, Ballynashallog, Super Output Areas 2 and 3 of the Culmore Ward</p>

AMH New Horizons Foyle	
Service offered	We provide life skills training, information & support to adults 18+ diagnosed with mental ill-health.
What is available: (Food, Fuel, clothing, financial support etc.)	<p>Practical Life Skills Training in the following;</p> <ul style="list-style-type: none"> • Cooking on a Budget; • Basic Food Hygiene; • Learn to Grow your own; • Budgeting; • Benefit Checks; • Living Frugality in 2022; • How to stay mentally well & build your resilience through the 5 ways to wellbeing, • Diet & Nutrition • Physical Wellbeing • Addiction support • Recycle, Reuse, Repurpose
How to access: (phone, email, referral process etc.)	Referrals through GP's, Community Mental Health Teams, GP Federation Multidisciplinary teams, Addiction Support Organisations, & Jobs & Benefits.
Further Information: (e.g. time frame of provision etc.)	<p>Once accepted on to our project, support will be provided virtually or face to face up to a maximum of 2 years.</p> <p>We provide free transport to the Service. We are based in Unit 13 Springtown Industrial Estate Derry/Londonderry BT48 0LY</p>
Area Covered	All of County L'Derry

Limavady Area

Reduced income?
In crisis? Need help?



Where to Turn?

Where to Turn is a Causeway Coast and Glens Borough Council campaign which aims to make sure you are aware of available support services if you are facing difficulty. These organisations provide a range of wraparound services and will be able to provide you with further details of these when you contact them

Advice Centres

In the Coleraine, Limavady, Ballymoney, Ballycastle and The Glens areas contact

Community Advice Causeway

T: 028 7034 4817

E: advice@advicecauseway.com

Food Banks

Ballycastle Foodbank

T: 075 3698 6448

E: info@Ballycastle.foodbank.org.uk

Ballymoney Foodbank

T: 075 6584 0571

E: info@Ballymoney.foodbank.org.uk

Fuel Support

If you need emergency fuel support your local advice centre can direct you to a local organisation who may be able to help you with emergency electric or gas top up, fuel stamps or other support

In the Dungiven area contact

Glenshane House

T: 028 7774 2494

[Advice and Support - Causeway
Coast & Glens Borough Council
\(causewaycoastandglens.gov.uk\)](http://causewaycoastandglens.gov.uk)

Causeway Foodbank (Coleraine)

T: 028 7022 0005

E: info@vinyardcompassion.co.uk

Roe Valley Community Foodbank

T: 028 7776 5438

E: manager@lcdi.co.uk

Fermanagh/Omagh Area



Action for Children Sperrin & Lakeland Floating Support Service	
Service offered to support families with cost of living	We support young people aged 16-25 years old who are homeless or at risk of homelessness, to help tackle the underlying issues that can lead to homelessness.
What is available: (Food, Fuel, clothing, financial support, uniforms, PE kits etc.)	<p>We provide support and signposting services to help with:</p> <ul style="list-style-type: none"> • Practical life skills • Maintaining a tenancy • Budgeting • Benefit support • Access to Food Bank • Access support from St. Vincent de Paul • Rent Deposit scheme • Physical and emotional well being
How to access: (phone, email, referral process etc.)	<p>Contact number: 028 822 59495 Manager: Alison Kettle Email: alison.kettle@actionforchildren.org.uk</p> <p>Self referrals or professionals can refer over the phone or via email.</p>
is there a waiting list?	Short waiting list – 2 weeks. This can change at any time.
Is there an expected response time? How long is this?	Referrers should get a response within 24 hours of referral. This will indicate how long it will be before case is allocated and support can be given.
Further Information: (e.g. time frame of provision/availability etc.)	<p>The service can offer support to a young person for a maximum of 2 years.</p> <p>We can support young people within our office or out in the community and in their own homes.</p>
Area Covered	Fermanagh and Omagh area.

Women's Aid - Omagh	
Service offered to support families with cost of living	<p>Range of practical support and advice available to Omagh Women's Aid service users.</p> <p>One to one holistic needs assessment and support planning for women and children experiencing domestic abuse in the Omagh area that includes Benefit Entitlement check, basic budgeting skills, support to access independent back account and referral to specialist welfare rights and debt advice.</p> <p>Access to practical support e.g. food, sanitary products, toiletries, nappies, etc...</p>
What is available: (Food, Fuel, clothing, financial support, uniforms, PE kits etc.)	<p>Access to food, emergency clothing, sanitary products, toiletries.</p> <p>One to one personal budgeting advice and support</p> <p>Referral to practical support e.g. emergency furniture, fuel, etc... from community charity partners</p> <p>Support to apply for grants, as relevant</p>
How to access: (phone, email, referral process etc.)	<p>Contact key worker who will support woman to assess her needs and access timely and appropriate support</p> <p>028 8224 1414</p>
is there a waiting list?	<p>There is a waiting list for ongoing community-based support.</p> <p>Initial Triage Needs Assessment completed within 5 working days of receipt of referral</p>
Is there an expected response time? How long is this?	<p>Community based - Monday to Friday 9am – 5pm</p>
Further Information: (e.g. time frame of provision/availability etc.)	<p>Provision of or referral to practical support as part of a holistic domestic violence support service.</p>
Area Covered	<p>Omagh area</p>

ARC HLC Ltd - Cherish SureStart	
Service offered	<p>Family Support</p> <p>Access to advice through Employers for Childcare on a 1:1 basis in our centre</p> <p>Access to food banks</p> <p>Referrals to organisations such as SVP/ Programmes such as HENRY, Cook IT Solid Start which focus on healthy eating on a budget</p>
What is available: (Food, Fuel, clothing, financial support etc.)	<p>Advice, support and referrals to organisations that support with fuel, food and offer advice through services mentioned above.</p>
How to access: (phone, email, referral process etc.)	<p>Families must live in the Sure Start area and have children under 4 years.</p> <p>Tel: 028 68621970</p> <p>Email: Cherish@archlc.com</p> <p>Self-referral, Midwives, Health Visitors and Social Services are main referrers. However, anyone can refer into services. NIMATs</p>
Further Information: (e.g. time frame of provision etc.)	<p>Mon-Fri 9am-5pm</p>
Area Covered	<p>Irvinestown; Newtownbutler; Roslea</p> <p>Kesh, Ederney & Lack</p> <p>Lisnarick; Ballinamallard</p> <p>Trillick; Devenish</p> <p>Portora; Lisnaskea</p> <p>Erne</p>

Home-Start Lakeland	
Service offered	Support for families with young children in Co Fermanagh.
What is available: (Food, Fuel, clothing, financial support etc.)	<p>Children's clothes Baby/Children equipment School shoes Referral to Foodbank Referral for fuel (oil, electricity) Forwarding items donated into the office Referral for home safety equipment through Council Slow Cooker Programme with equipment & food provided</p>
How to access: (phone, email, referral process etc.)	<p>Phone – 028 6634 6818 Email – info@homestartlakeland.com Message Facebook page 'Home-Start Lakeland' Items are primarily for referred families but happy to support all families in any way we can. Families can be referred from Health professional or self refer. Use contact details above.</p>
Further Information: (e.g. time frame of provision etc.)	No set time frame.
Area Covered	Co Fermanagh (Other Home-Starts in other areas)

L.A.S.T SureStart	
Service offered	<p>Antenatal – 4 Years.</p> <p>Sure Start aims to improve the health and well-being of families and children before and from birth, so children are ready to flourish when they go to school.</p> <p>- Programmes for parents and children/Allocated Family Support Worker/ Creche/ Workshops – Hypnobirthing, Breastfeeding, Potty Training, Baby Massage & Reflexology / Antenatal Event/Home Safety/Events/ Dads programmes/</p>
What is available: (Food, Fuel, clothing, financial support etc.)	<p>Support with signposting to support services for food/fuel/clothing.</p> <p>Allocated Family Support Worker to help and assist families with various barriers. Programmes and workshops in parenting and child's development. Support from health Visitor and Speech and Language.</p>
How to access: (phone, email, referral process etc.)	<p>Self Referral, Referral from external organisation (midwife/health visitor/ support services),</p> <p>Telephone – 02882252936</p> <p>Email – winniekelly@lastsurestart.co.uk</p> <p>Online- www.lastsurestart.co.uk</p>
Further Information: (e.g. time frame of provision etc.)	<p>To involve parents;</p> <p>To avoid stigma;</p> <p>To ensure lasting support;</p> <p>To be sensitive to local families' needs and</p> <p>To promote participation of all local families</p>
Area Covered	<p>Services are publicised and made accessible to all children and families within our four wards areas Fintona, Termon, Killyclogher, Strule, Gortrush, Camowen, Drumragh and Lisanelly</p>

Home-Start Omagh District	
Service offered to support families with cost of living	Support got families with young children living in Omagh District
What is available: (Food, Fuel, clothing, financial support, uniforms, PE kits etc.)	Forwarding of clothes and baby equipment donated to Home-Start Omagh District Referral to foodbanks, SVP Referral to Council for home safety equipment and Keep Warm pack Referral for food and fuel vouchers (depending on availability and funding)
How to access: (phone, email, referral process etc.)	Email info@homestartomaghdistrict.org.uk Phone 028 8224 0902 (9am to 4pm Monday to Thursday) Phone or text 078 4374 9852 Families who have been referred are prioritised. However, we can support or signpost families throughout Omagh District
is there a waiting list?	Waiting list for home-visiting volunteer support No set waiting list for families seeking support with cost of living
Is there an expected response time? How long is this?	Response time is dependent on availability of staff and resources.
Further Information: (e.g. time frame of provision/availability etc.)	No set time frame
Area Covered	All of Omagh District area including Omagh ton, Drumquin, Dromore, Trillick, Fintona, Seskinore, Beragh, Sixmilecross, Carrickmore, Loughmacrory, Mountfield, Greencastle, and Gortin

Western Trust Wide Area

Family Nurse Partnership

<https://westerntrust.hscni.net/service/family-nurse-partnership/>

<p>Service offered to support families with cost of living</p>	<p>Support for young mothers to access food banks, Family Nurses often seek clarity in relation to benefits to ensure clients are getting what they are entitled to.</p>
<p>What is available: (Food, Fuel, clothing, financial support, uniforms, PE kits etc.)</p>	<p>Food bank St Vincent's Salvation army</p>
<p>How to access: (phone, email, referral process etc.)</p>	<p>The Family Nurse Partnership programme was first introduced in the Derry, Strabane and Limavady district council areas in 2010. The Western Trust was the first Trust in Northern Ireland to introduce the programme, which offers young mothers aged 19 years old and younger the opportunity to avail of professional one to one support throughout the duration of their pregnancy and up until their baby is two years old.</p>
<p>Further Information: (e.g. time frame of provision/availability etc.)</p>	<p>The above are all very responsive to our clients needs, they frequently provide help within one-two days.</p>
<p>Area Covered</p>	<p>The services above will address need for all FNP clients across the trust area.</p>