



Carers Support Groups in the Southern Health and Social Care Trust area

Contact Names & Numbers



Introduction

During 2017 / 2018 the Southern Trust through its Carer Support Team asked carers about their knowledge and experiences of short breaks, their needs and what they thought would support them in their caring role.

One of the issues identified by carers was their lack of knowledge on where or how to access local carer support groups.

As a result of this feedback the Trust undertook to develop a booklet outlining existing carer and other relevant support groups, across the Southern Trust area, when and where they meet and who to contact should you wish to join.

If you would like further information on support services and resources for carers living in or caring for someone who lives in either Armagh, Dungannon, Craigavon, Banbridge or Newry and Mourne, please visit the Carers Section of the Southern Trust website at:

<http://www.southerntrust.hscni.net/services/1581.htm>

Or contact the Carers Coordinator at:

Tel: 028 3756 6284

Email: carers.coordinator@southerntrust.hscni.net

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Armagh Area

Name of Group	<u>Armagh Breast Cancer Support Group</u>
Who is it for	Those living with breast cancer
Date / Day	Bi - monthly 2nd Wednesday of each month
Time	8pm
Venue	Dobbin St. Community Centre, Main Hall
Contact Name	Lauren Swain
Contact No.	Tel: 028 9066 3281
Email	laurenswain@cancerfocusni.org

Name of Group	<u>Armagh Carers</u>
Who is it for	All Carers
Date / Day	1st Friday (every month)
Time	2pm - 3pm
Venue	Armagh City Hotel
Contact Name	Mary McClelland
Contact Number	Mob: 07872 693621
Email	mmcClellandfox@hotmail.co.uk

Armagh Area

Name of Group **Alzheimer's Support Group**

Who is it for Carers of those with Dementia

Date / Day 1st Monday (every month)

Time 11.30am -1pm

Venue Armagh City Hotel

Contact Name Kelly Meeke

Contact No. Mob: 07918 706096

Email kelly.meeke@alzheimers.org.uk

Name of Group **Armagh Men's Shed**

Who is it for Men 50 years +

Date / Day Monday - Friday

Time 10am - 4pm

Venue 77 - 79 Lower English Street, Armagh BT61 7LJ

Contact Name Stephen McCleary

Contact Number Tel: 028 3752 8997 Mob: 07763 818393

Email armaghmensshed@yahoo.co.uk
smccleary@btinternet.com

Armagh Area

Name of Group	<u>Arthritis Care</u>
Who is it for	Carer of those with arthritis
Date / Day	1st Wednesday (every month)
Time	11am
Venue	St. Vincent de Paul Centre, Armagh
Contact Name	Dierdri Connolly
Contact No.	Tel: 028 3751 0673
Email	

Name of Group	<u>Head Injury Support</u>
Who is it for	Survivors and Carers of Head Injury
Date / Day & Time	Mondays - Outreach Support 10.30am - 1pm Massage / Reflexology for Carers 1pm - 2pm Tuesdays - Home Visits available or any afternoon after 2.30pm
Venue	Dobbin Street
Contact Name	Sinead Bradley, Family Support Worker
Contact Number	Mob: 07718 489807 or 07718 489833
Email	Sinead@headinjurysupport.org.uk

Armagh Area

Name of Group	<u>Keady Men's Shed</u>
Who is it for	Men 50 years +
Date / Day & Time	Wednesday
Venue	10am - 2pm
Contact Name	Annavale Enterprise Centre, Keady
Contact No.	Jimmy Hughes
Email	Mob: 07745 118028

Name of Group	<u>Knit and Natter Group</u>
Who is it for	Everyone
Date / Day	Friday
Time	10.30am -12.30pm
Venue	Armagh City Library
Contact Name	c/o Armagh City Library
Contact Number	028 3752 4072
Email	

Dungannon Area

Name of Group	<u>Arthritis Care</u>
Who is it for	Carers of those with arthritis
Date / Day	3rd Thursday (every month)
Time	7.30pm
Venue	British Legion, Dungannon
Contact Name	Robert Hall
Contact No.	028 8772 4981
Email	

Name of Group	<u>Alzheimer's Singing for the Brain</u>
Who is it for	Person with Dementia and their Carer
Date / Day	Friday
Time	10.30am - 12.30pm
Venue	Corrick House, Clogher
Contact Name	Geoff Hatt
Contact Number	028 8775 3812
Email	Geoff.Hatt@alzheimers.org.uk

Dungannon Area

Name of Group	<u>Alzheimer's Support Group</u>
Who is it for	Carers of those with dementia
Date / Day	Last Thursday (every month)
Time	11.30 –1pm
Venue	The Junction, Dungannon
Contact Name	Kelly Meeke
Contact No.	07918 706096
Email	kelly.meeke@alzheimers.org.uk

Name of Group	<u>CAUSE (must be referred initially)</u>
Who is it for	Carers of those with a Mental Health diagnosis
Date / Day	2nd Monday (every month)
Time	7.30pm - 9.30pm
Venue	The Junction, Dungannon
Contact Name	Arlene Wilson
Contact Number	028 9065 0650 / 07730 623867
Email	arlene@cause.org.uk

Dungannon Area

Name of Group	<u>Chest, Heart & Stroke</u>
Who is it for	Carers of those recovering from chest, heart, stroke
Date / Day	2nd Tuesday (every month)
Time	7pm - 9pm
Venue	Former Library, Moy
Contact Name	Beth Vance
Contact No.	07813 160376
Email	bvance@nichs.org.uk

Name of Group	<u>Clogher Carers</u>
Who is it for	All Carers
Date / Day	3rd Thursday (every month)
Time	8pm -10pm
Venue	Rathmor, Clogher
Contact Name	Breda McKenna
Contact Number	07866 111311
Email	

Dungannon Area

Name of Group	<u>First Steps Women's Centre</u>
Who is it for	All Carers
Date / Day	Varies
Time	Varies
Venue	William Street, Dungannon
Contact Name	Michael McGoldrick
Contact No.	07898 8888531
Email	fswc.enquiries@gmail.com

Name of Group	<u>Head Injury Support</u>
Who is it for	Survivors and Carers of Head Injury
Date / Day & Time	Thursdays - Outreach Support 10.30am - 1pm Massage / Reflexology for Carers 1pm - 2pm Tuesdays - Home Visits available or any afternoon after 2.30pm
Venue	The Junction, Dungannon
Contact Name	Sinead Bradley, Family Support Worker
Contact Number	07718 489833
Email	Sinead@headinjurysupport.org.uk

Dungannon Area

Name of Group	<u>South Tyrone Men's Shed</u>
Who is it for	Men 25yrs +
Date / Day	Wednesday, Thursday & Friday
Time	10am - 4pm
Venue	9 Northland Row, Dungannon BT71 6AY
Contact Name	Kevin Murphy
Contact No.	07873 210940
Email	<u>stms.dungannon@gmail.com</u>

Name of Group

Who is it for

Date / Day

Time

Venue

Contact Name

Contact Number

Email

Craigavon Area

Name of Group	<u>Alzheimer's Support Group</u>
Who is it for	Carers of those with dementia
Date / Day	1st Thursday (every month)
Time	11am – 12. 30pm
Venue	Laurel Room, Seagoe Hotel, Portadown
Contact Name	Carole Murray Also carries out 1-1 family support visits providing information, advice and support from diagnosis to end of life.
Contact No.	028 3839 4440 Helpline 03002221122
Email	Carole.Murray@alzheimers.org.uk

Name of Group	<u>CAUSE</u>
Who is it for	Carers of those with a Mental Health diagnosis
Date / Day	1st Wednesday (every month)
Time	7.30pm - 9.30pm
Venue	Jethro Centre, Lurgan
Contact Name	Therese Connolly
Contact Number	Tel: 028 9065 0650 / 07738 210628
Email	therese@cause.org.uk

Craigavon Area

Name of Group	<u>Knit & Natter</u>
Who is it for	Open to all
Date / Day	Wednesday
Time	2.00—4.00pm
Venue	Lurgan Library, Lurgan
Contact Name	Moya O'Neill
Contact No.	028 3832 3912
Email	Moya.oneill@librariesni.org.uk

Name of Group	<u>Ozanam Men's Shed</u>
Who is it for	All men
Date / Day	Tuesday , Wednesday & Thursday
Time	10.00 – 2.00pm
Venue	14 - 16 William Street
Contact Name	Michael Cairns, Ceira Hall
Contact Number	028 3832 5725
Email	ozanamcenter@yahoo.co.uk (mark for the attention of Mick Cairns)

Banbridge Area

Name of Group	<u>Alzheimer's Support Group</u>
Who is it for	Carers of those with dementia
Date / Day	1 st Friday of each month
Time	10.30am – 12 noon
Venue	Belmont Hotel, Banbridge
Contact Name	Carole Murray Also carries out 1-1 family support visits providing information, advice and support from diagnosis to end of life.
Contact No.	028 3839 4440
Email	Carole.Murray@alzheimers.org.uk

Name of Group	<u>Ballydown Carers Group</u>
Who is it for	All Carers
Date / Day	3rd Thursday (every month)
Time	7.30 pm
Venue	Ballydown Church Hall
Contact Name	Liz Armstrong
Contact Number	07720098647
Email	elmerarmstrong@btinternet.com

Banbridge Area

Name of Group	<u>Ballyward Carers Group</u>
Who is it for	Female carers and ex carers
Date / Day	3rd Tuesday (every month)
Time	11.00am —1.00pm
Venue	Ballyward Church Hall
Contact Name	Shirley Burrows
Contact No.	028 4067 1742 Mob: 07759095458
Email	

Name of Group	<u>Men's Carers Group</u>
Who is it for	Male Carers
Date / Day	2nd Monday (every month)
Time	10.30am - 12.30pm
Venue	Tesco Outlet Community Room, Banbridge
Contact Name	Michelle Moul
Contact Number	07702 819111
Email	mmoult@carers.org

Banbridge Area

Name of Group	<u>Weaver's Support Group</u>
Who is it for	Those living with cancer and their carers
Date / Day	Bi - monthly 1st Monday of each month
Time	7pm
Venue	Eden Coffee House, 61b Main St, Waringstown
Contact Name	Barbara Bailie
Contact No.	07808 705732
Email	barbarabailie@btconnect.com

Name of Group

Who is it for

Date / Day

Time

Venue

Contact Name

Contact Number

Email

Newry & Mourne

Name of Group	<u>Alzheimer's Carers Support Group</u>
Who is it for	Carers of those with dementia
Date / Day	2nd Monday each month
Time	7.00pm – 8.30pm
Venue	Nautilus Centre, Kilkeel
Contact Name	Pauline Murphy
Contact No.	028 302 56057
Email	<u>Pauline.murphy@alzheimers.org.uk</u>

Name of Group	<u>Alzheimer's Carers Support Group</u>
Who is it for	Carers of those with dementia
Date / Day	1 st Tuesday of every month
Time	7.30 – 9pm
Venue	Ballybot House, Newry
Contact Name	Ann Ward
Contact Number	028 30256057 07484089170
Email	<u>Ann.Ward@alzheimers.org.uk</u>

Newry & Mourne

Name of Group	<u>Brain Injury Foundation</u>
Who is it for	Carers of those with brain injury
Date / Day	Varies
Time	Varies
Venue	Our House, Camlough
Contact Name	Frank Dolaghan
Contact No.	07740 832713
Email	frank.dolaghan@btclick.com

Name of Group	<u>CAUSE (must be referred initially)</u>
Who is it for	Carers of those with a Mental Health diagnosis
Date / Day	4th Thursday (every month)
Time	7.30pm - 9.30pm
Venue	Ballybot House, Newry
Contact Name	Therese Connolly
Contact Number	Tel: 028 9065 0650 / 07738 210628
Email	therese@cause.org.uk

Newry & Mourne

Name of Group	<u>Carer's Trust - Carers Coffee Morning</u>
Who is it for	All family carers
Date / Day	Last Wednesday of every month
Time	10.00 am—12.00 noon
Venue	Slieve Roe House, Kilkeel
Contact Name	Lorraine Murphy
Contact No.	07702 819109
Email	lmurphy@carers.org

Name of Group	<u>Eating Disorders (Action Mental Health)</u>
Who is it for	Families and Carers of people with an eating disorder
Date / Day	Wednesday
Time	7pm - 9pm
Venue	AMH New Horizons, Newry - Ballybot House (An Storas building), 28 Cornmarket, Newry BT35 8BG
Contact Name	Deborah McCready
Contact Number	Tel: 028 3839 2314 Mobile: 07790 885438
Email	dmccready@amh.org.uk

Newry & Mourne

Name of Group	<u>Head Injury Support</u>
Who is it for	Survivors and Carers of Head Injury
Date / Day & Time	Monday - Friday Centre open for drop in support Tuesdays - Home Visits available or any afternoon after 2.30pm
Venue	Kildare Street, Newry
Contact Name	Sinead Bradley, Family Support Worker
Contact No.	07718 489833
Email	Sinead@headinjurysupport.org.uk

Name of Group	<u>Kingdom Men's Shed</u>
Who is it for	All men
Date / Day	Monday, Wednesday & Friday
Time	11.00 am –1.00pm
Venue	10 Dunavil Road, Kilkeel
Contact Name	Joseph Donnan
Contact Number	028 4176 3681
Email	kingdom@anriocht.com

Newry & Mourne

Name of Group	<u>Kinship Care</u>
Who is it for	Carers of family members
Date / Day	2nd Tuesday (every month)
Time	10.30—11.30 am
Venue	Newry Library, Newry
Contact Name	Chris Pollock
Contact No.	028 713 77373731
Email	chris@kinshipcareni.com

Name of Group	<u>Knit & Natter Group</u>
Who is it for	Everyone
Date / Day	Monday
Time	2.00– 4.00pm
Venue	Newry Library, Newry
Contact Name	Lilian Russell
Contact Number	028 302 64683
Email	Lilian.Russell@librariesni.org.uk

Newry & Mourne

Name of Group	<u>Macular Support Group</u>
Who is it for	People diagnosed with macular degeneration and their carers
Date / Day	Last Friday of the month
Time	10.00 am—12.30 pm
Venue	Newry Library, Newry
Contact Name	Lilian Russell
Contact No.	028 302 64683
Email	Lilian.Russell@librariesni.org.uk

Name of Group	<u>Memory Services Support Group (SHSCT)</u>
Who is it for	People with dementia and their carers
Date / Day	2nd Thursday (every month)
Time	2.00 - 3.30pm
Venue	Newry Library, Newry
Contact Name	Veronica Kerr
Contact Number	028 308 36970
Email	Veronica.kerr@southerntrust.hscni.net

Newry & Mourne

Name of Group	<u>Parkinson's Support Group</u>
Who is it for	People with Parkinson's and their carers
Date / Day	Varies
Time	Varies
Venue	Local Advisor
Contact Name	Sharon McGinn
Contact No.	07776 466115
Email	smcginn@parkinsons.org.uk

Name of Group	<u>Southern Area Hospice, Bereavement Support Group</u>
Who is it for	People who have been bereaved through physical ill health
Date / Day	1st Wednesday each month
Time	6.00 pm—8.00pm
Venue	St. John's House, Newry
Contact Name	Contact the Social Workers or Chaplains Office
Contact Number	028 3026 7711
Email	info@southernareahospiceservices.org

Newry & Mourne

Name of Group	<u>Southern Area Hospice - Carers Support Group</u>
Who is it for	Carers of people with a life limiting condition
Date / Day	Last Friday each month
Time	11.00 am—1.00 pm
Venue	Day Care Room, St. John's House, Newry
Contact Name	Rosy Adams
Contact No.	028 3026 7711
Email	adamsr@southernareahospiceservices.org

Name of Group	<u>Warrenpoint, Burren & Rostrevor- Cancer Support Group</u>
Who is it for	Anyone impacted by cancer and their carers
Date / Day	Varies
Time	7.30 pm
Venue	The Whistledown Hotel, Warrenpoint
Contact Name	Doreen Smith
Contact Number	07960 092503
Email	dn@dsmith107.co.uk

Please help us to keep the information in this booklet up-to-date

The Southern Trust would like to thank all those who provided information to assist in the development of this booklet.

If the details of your support group or contact have changed or you would like to add a new group to the booklet, please forward the details below to :

Email: Carers.coordinator@southerntrust.hscni.net

Post: Carers Coordinator
Promoting Wellbeing Team
John Mitchel Place
Newry
BT34 2BU



Name of Group

Who is it for

Date / Day

Time

Venue

Contact Name

Contact Number

Email

Copies of this booklet can be obtained by contacting the Carers Coordinator:

Email: carers.coordinator@southerntrust.hscni.net

If you require this information in a more accessible form or in another language please contact the Carers Coordinator.