

Useful Contacts for Carers

Family and Childcare

Action for Children Young Carers Projects Belfast Head Office Southern area office Banbridge	028 9046 0500 028 4062 6516
NEWRY Family Resource (Barnardos)	028 3026 0668
ARMAGH Family Resource Centre (Barnardos) Barnardos Willowgrove	028 3752 2380 028 4062 6109
A&D Young Peoples Partnership	028 3752 2380
A&D Family Support Hub	028 3752 2380
Care in Crisis	028 3832 9900
Contact a Family	028 9262 7552
Gateway Child and Family Services SHSCT	0800 7837 745
Homestart	
Banbridge	028 4062 6234
Clogher Valley	028 8554 9898
Craigavon	028 3834 5357
Kilkeel	028 4176 4120
Armagh & Dungannon	028 8778 9489
Newry and Mourne	028 3026 6139
Portadown (Blossom)	028 3833 7455
Newry Early Years Children & Family Centre	028 3026 5714
Start 360 Lurgan	028 3832 2714
Sure Start	
Arke (Keady)	028 3751 8569
Blossom (Portadown)	028 3833 7455
Clogher Valley	028 8554 9898
Dungannon	028 8772 9695
Newry City	028 3083 3780
Splash (Lurgan)	028 3831 3360
South Armagh	028 3083 0022
Star (Banbridge)	028 4062 2475
SPACE Family support	028 3083 5764
Polish Family Community (Ballybot House Newry)	07713 133 615
Clanrye Family Foundations	028 3084 9220

Mental Health

Action Mental Health-New Horizons Newry Lifeline (Crisis Telephone)	028 3026 6117 0808 808 8000
AWARE	028 9035 7820
WALD Centre Cullyhanna (1-1 support for those experiencing mental health difficulties)	028 3086 1220
Breakthru (Drug & Alcohol awareness)	028 8775 3228
CAUSE Helpline	0845 603 0291 Belfast Office 028 9065 0650 Trasna House 028 3834 7537 Ferns Resource Centre (Bluestones Unit) 028 3836 6789
Mindwise	Banbridge (all areas) 028 4066 9402
Mental Health Forum	028 3025 2423
Niamh Louise Foundation Suicide Support Group	028 8775 3327
Inspire Mental Health	028 8772 3321
PIPS Hope & Support (Public Initiative for the Prevention of Suicide and Self-harm) Suicide Support Group	028 3026 6195

Bereavement Care

Barnardo's Child Bereavement Service	028 9066 8333
Cruse Bereavement Care	Armagh & Dungannon 028 8778 4004 Newry 028 3025 2322
St John's House (Providing Bereavement counselling)	028 3026 7711

Cancer Services

Action Cancer	028 9080 3344
Bowel Cancer UK	020 8973 0011
Cancer Choices	028 8776 9251 24hr helpline 07793 937 096
Cancer Research	0808 800 4040
Macmillan Information Centre based in:-	
Craigavon Area Hospital (CAH)	028 3836 0531
Palliative Care (Hospital based, CAH)	028 3756 0754
Palliative Care (Hospital, DHH & Community Service)	
Newry & Mourne	028 3083 5000 (Ext. 2313)
Palliative Care (Community Service)	
Armagh & Dungannon	028 8771 3684
Craigavon & Banbridge	028 3861 3110
LILAC (Life is for Living after Cancer) Support Centre	028 8676 6866
Southern Area Hospice Services Donaldson Centre	028 3026 7711
Support to people living with cancer, their families and friends.	
Stoma/Coloproctological Nurse Specialists	028 3756 1845
Cancer Focus NI	028 9066 3281

Children with disabilities

Armagh and Dungannon - HI Five Deaf Children Society	028 3756 8396
Lurgan Junior Gateway Club	07786 361 550
Autism Advisory and Intervention Service EA	028 3831 4471
Autism NI	028 9040 1729
Cedar Foundation (Brain Injury)	028 3752 6221
Children with Disabilities Teams	
Armagh	028 3756 5270
Craigavon	028 3834 8248
Newry	028 3082 5000
Contact a Family	028 9262 7552
Disability Action	028 8775 2372
Down's Syndrome Association Down Right Brilliant N&M	028 9066 5260 07904 629 160

Learning Disability

Arbour House (Respite)	028 4177 4181 Ann 07734 330 336
Armagh Disabled Christian Fellowship	028 3887 1131
Autism NI	028 9040 1729
Disability Action	028 8775 2372
Down's Syndrome Association	028 9066 5260
incredABLE	028 3887 2111
Gateway Club (Social and Recreational Activities for adults with Learning Disabilities)	
Armagh	07803 1238 08
Banbridge	028 4062 4714
Lurgan and Portadown	028 3887 1489
Newry	028 3026 8777
Mencap	028 9069 1351
TAG - The Active Group (Social and recreational activities for people with Learning Disability)	078 1841 8486

Miscellaneous

Community Transport	
Armagh Rural Transport	028 3751 8151
Down Armagh Rural Transport Partnership	028 3831 7810
CDM Community Transport	
(Cookstown/ Dungannon)	028 8772 9714
Newry & Mourne	028 3026 5635
Land and Property Services	0800 587 7477
St Vincent De Paul Helplines	
Armagh	07733 482 604
Banbridge	028 4066 2047
Dromore	07738 838 137
Keady	07738 838 078
Portadown	028 3833 9639
Warrenpoint	028 4175 3355
NI Direct - Affordable Warmth Scheme	0300 200 7847

Older People



Age NI (Main office)	028 9024 5729
Age NI (Advice Service)	0808 808 7575
Alzheimer's Society	
Armagh and Dungannon	028 8775 3812
Newry and Mourne	028 3025 6057
Portadown	028 3839 4440
Arthritis Care	028 9078 2940
Chest Heart and Stroke Main Office	028 9032 0184
Armagh and Dungannon	07764 211 536
Banbridge and Craigavon	079 8957 3173
Bessbrook & Kilkeel	07712 877 746
Kilkeel	07912 046 174
Age NI (Refer to First Connect Service)	0808 808 7575
Good Morning/Handyman Service (Mid-Ulster Age Well) Including:	
Dungannon	028 7963 2170
Good Morning/Good Neighbour	
Newry & Mourne	028 3026 1022
Manor Court (Fold Group) Day Care and Residential Unit	028 3832 9586
Meadows Day Centre Portadown (Falls, Stroke, Dementia)	028 3833 8145
Older people's social groups	028 3756 4495
Telephone Promoting Wellbeing	028 3831 1491
Teams for more information	028 3083 4325
Parkinson's UK (Helpline)	0808 800 0303
Senior Citizen's Consortium	
Newry & Mourne	028 3026 6024

Sensory & Visual Impairment



Armagh and Dungannon HI Five Deaf Children Society	028 3756 8396
Cherrytrees Resource Centre	028 3839 4088
Mourne Resource Centre	028 3025 0800
Sensory Impairment Team	
Craigavon, Banbridge & BT34	028 3839 4088
Armagh, Dungannon & BT35	028 3756 4444
P.I.T.C.H (Parents Initiative Toward Children with Hearing Impairment)	028 3832 3481 After 5pm

Young People



Action for Children Young Carers Projects (Referrals)	028 9046 0500
Barnardo's Child Bereavement Service	028 9066 8333
Cruse Young Person's Helpline	0808 808 1677
Mount Zion House Lurgan	028 3832 4680
Domiciliary Care Advice	
Start 360 Lurgan	028 3832 2714
Reflections Youth Centre	028 9269 3473
Recreational Activities for Young people with a Physical Disability	
Youth Action NI	028 9024 0551

Volunteering



Volunteering Trust wide	http://www.volunteernow.co.uk/
Volunteering Newry & Mourne	http://www.ccgnewrycommunity.org/
Volunteering Craigavon/Banbridge	https://en-gb.facebook.com/Craigavon-Banbridge-Volunteer-Bureau-133739080010774/
Volunteering Armagh and Dungannon	http://www.youcanhelp.org/

The information on this poster is correct at time of issue. If there are any changes required please notify:

Carers.coordinator@southerntrust.hscni.net

Physical Disability



Action MS	028 9079 0707
Newry, Mourne & Armagh MS Society	028 3083 5657
Armagh Disabled Christian Fellowship	028 3752 5106
Area Brain Injury Team P'down	028 3839 8350
Arthritis Care	028 9078 2940
Brainwaves NI	028 9335 3995
Binnian Lodge Day Care Kilkeel	028 4176 5473
Cedar Foundation	
Newry	028 9066 6188
Armagh	028 3026 3791 028 3752 6221
Chest Heart and Stroke	
Armagh and Dungannon	07764 211 536
Newry and Mourne	07712 877 746
Craigavon	07989 573 173
Copperfields Resource Centre Day Care Banbridge	028 4066 2349
Diabetes UK	028 9066 6646
Disability Action (Regional Office)	028 8775 2372
Epilepsy Action	0808 800 5050
Head Injury Support	028 3083 3728
The Brain Injury Foundation	028 3083 9943
After hours	07740 823 713
24 hour helpline service	07596 639 487
Leonard Cheshire Supported Living, Southern Trust Area	028 3832 1843
Manor Day Centre Lurgan	028 3832 8896
Millview Resource Centre Bessbrook (Day Care)	028 3083 0347
MS Society, Newry	
Helpline	028 3083 5657 0808 800 8000
Muscular Dystrophy Helpline	0800 652 6352
Parkinson's UK Helpline	0808 800 0303
Reflections Youth Centre – Recreational activities for young people	028 9269 3473
Shopmobility	
Dungannon Office	028 8775 1700
Cookstown Office	028 8676 9656
Newry Office	028 3025 6062
Station Road Resource Centre Armagh	028 3741 2415
Southern Area Hospice Services Donaldson Centre	028 3026 7711
Support for people living with Multiple Sclerosis and Motor neurones disease, their family and friends.	
Willowbank Resource Centre	028 8771 3053
For Adults with Physical Disability and Sensory Impairment	

Carer's Support Advice



Carer's Coordinator SHSCT	028 3083 4252 028 3083 4325
Carers Trust	
Manager	07826 930 508
Armagh & Dungannon	07702 819 112
Newry & Mourne	07702 819 109
Good Day Good Carer	028 3026 1022
Carers NI	028 9043 9843
Centre for Independent Living (Direct Payments)	028 3752 2282
Citizens Advice Bureau	
Armagh	028 3752 4041
Banbridge	028 4062 2201
Craigavon, Portadown & Lurgan	028 3836 1181
(Additional No. for all areas above)	0300 123 3233
Newry, Mourne & Down	028 3026 9224 & 0300 30 30 306
Mid Ulster	028 8676 6126
Clogher Carer's Group	028 8554 9778

SHSCT Facilities



Access and Information – referrals for those aged 65+	028 37564300
Adult Safeguarding	028 3756 4423
Area Brain Injury Team Portadown	028 3839 8350
CAMHS (Child and Adolescent Mental Health Services)	028 3083 5400
Carer's Coordinator	028 3083 4252
Gateway Family and Child Services	0800 7837 745
Emergency Regional Emergency Social Work Service GP Out of Hours	028 9504 9999 028 3839 9201
Promoting Wellbeing Division	
Armagh and Dungannon	028 3756 4485
Craigavon and Banbridge	028 3834 4973
Newry and Mourne	028 3083 4325
Self Directed Support	028 3831 2852
Station Road Resource Centre Armagh	028 3741 2415
Social Work Teams Care Home Support Team for:	
Armagh & Dungannon	028 3834 3846
Craigavon & Banbridge	028 3834 3846
Newry	028 3834 3846
Children with Disabilities Team	
Armagh	028 3752 0547
Craigavon	028 3834 8248
Newry	028 3082 5020
Family Intervention Teams	
Armagh urban	028 3756 4035
Armagh rural	028 3756 4057
Banbridge	028 4062 0097
Lurgan	028 3831 1035
Portadown	028 3839 3328
Dungannon	028 3756 5353
Newry	028 3082 5000
Craigavon	028 3756 1040
Adult Learning Disability Team	
Armagh	028 3756 4688
Craigavon	028 3834 8811
Newry	028 3025 6780
Memory Services	
Armagh & Dungannon	028 3756 4957
Craigavon & Banbridge	028 3833 3332
Newry	028 3083 6970
Mental Health Team Support and Recovery	
Armagh	028 3756 5009
Dungannon,	028 3756 5581
Newry, Daisy Hill Hospital	028 3083 5000
Craigavon and Banbridge,	028 3833 4444
Craigavon area hospital	028 3833 4444
Integrated Care Team for Older People & Primary Care	
Armagh	028 3756 4986
Banbridge	028 4062 0045
Dungannon	028 3756 5510
Newry (Social Workers)	028 3026 6026
Portadown	028 3835 1177
Adult Physical Disability Team	
Armagh	028 3756 4421
or	
028 3756 4425	
Newry	028 3025 6790
Portadown	028 3839 4088
Sensory Impairment Team	
Craigavon, Banbridge & BT34	028 3839 4088
Armagh, Dungannon & BT35	028 3756 4444