A-Z FOR CARERS
A guide to organisations that can help carers in the Northern Health and Social Care Trust area, 2014 - 2015

CARERS Northern Ireland
the voice of carers
Carers provide unpaid care by looking after an ill, frail or disabled family member, friend or partner.

For more information on carers issues or any of the organisations included in this booklet please contact:

Carers Northern Ireland,
58 Howard Street,
Belfast BT1 6PJ
Tel: 028 9043 9843
Email: info@carersni.org
Website: www.carersni.org

Carers Co-ordinator
NHSCT,
Route Complex,
Ballymoney BT53 6BP
Tel: 028 2766 1392
Email: anne.cummings@northerntrust.hscni.net
www.northerntrust.hscni.net
Organisations providing support, training and advice services for carers.

**AGE NI**
3 Lower Crescent
Belfast BT71NR
Tel: 02890 245729
Emails: info@ageni.org
Website: ageuk.org.uk/northern-ireland

AGE NI provides an independent, confidential advice and advocacy service aimed at older people, their relatives and friends. The advice line provides direct access to advice, information and practical support on a wide range of issues including welfare benefits, community care, housing and health and welfare.

**Age Concern Causeway**
13 Waterside
Coleraine BT513DP
Tel: 02870357966

Age Concern Causeway provide benefits advice, befriending, an Active Age Programme and an Advocacy service.

**Barnardos Young Carers Scheme**
36a Westland Road,
Magherafelt BT45 5AY
Tel: 028 7963 1344
Email: Brendan.nellis@barnardos.org.uk
Website: youngcarers@barnardos.org.uk

Provides support to young people who have a caring role within their family. Provides social, emotional and educational support to young carers between 8 – 18 years old.

**Carers Northern Ireland**
58 Howard Street
Belfast BT1 6PJ
Tel: 028 9043 9843
Email: info@carersni.org
Website: www.carersni.org

Offers advice service, provides information and advises on carer’s assessments, benefits, community care and various other caring issues. Facilitates a number of carer support groups. Campaigns at national, regional and local levels on behalf of carers. Web page resource for carers in NI with links to many organisations, both statutory and voluntary.

**Carers Trust**
NI Office Base
7 Savages Terrace Newry BT35 6AT
Website: www.carers.org
NI Regional Programme Manager
Sean Caughey
Email: scaughey@carers.org
Tel: 07794 318 403

Works to improve the quality of life for older carers (age 60+) through better access to benefits and services. Addresses issues such as ill health and social isolation, and helps carers to manage their physical health and well being.'
Citizens Advice works against poverty and meets the information and advice needs of some 250,000 people each year across a wide range of advice categories. Advice is available to all communities from 28 main offices across Northern Ireland, and from over 120 other outlets. Also represent the public at approx. 1800 social security appeal tribunals a year.

Centre for Independent Living
Unit C9
The Business Centre,
80 – 82 Rainey Street,
Magherafelt, BT45 5AJ
Tel: 028 7963 4932
Email: northern@cilni.org
Website: www.cilbelfast.org

Provides information and support for people who are using or thinking about using Direct Payments.

Citizens Advice Bureau

Antrim CAB
Farranshane House
1 Ballygore Road
Antrim BT41 2NR
Tel: 028 9442 8176
antrimdistrictcab@citizensadvice.co.uk

Ballymena CAB
28 Mount Street
Ballymena BT43 6BW
Tel: 028 2564 4398
BallymenaU@citizensadvice.co.uk

Carrickfergus CAB
65 North Street
Carrickfergus BT38 7AE
Tel: 028 9335 1808
CarrickU@citizensadvice.co.uk

Larne CAB
Park Lodge
49 Victoria Road Larne BT40 1RT
Tel: 028 2826 0379
Email: elarne@citizensadvice.co.uk

Cookstown CAB
The Enterprise Centre
Derrylovan, Industrial Estate,
Sandholes
Cookstown BT80 9LU
Email: cookstowncab@citizensadvice.co.uk

Newtownabbey CAB
Dunanney Centre, Rathmullan Drive
Rathcoole Newtownabbey BT37 9DQ
Tel: 028 9085 2271 or 028 9085 2400
Email: erathcoole@citizensadvice.co.uk

Causeway CAB
24 Lodge Road
Coleraine BT52 1NB
Tel: 028 7034 4817
Email: causewaycab@citizensadvice.co.uk
Money Advice Line: 028 7032 9775

Money Advice Line: 028 7032 9775

Provides information and support for people who are using or thinking about using Direct Payments.
Debt Action NI
Advice NI, 1 Rushfield Avenue
Belfast BT7 3FP
Tel: 028 9064 5919
Fax: 028 9049 2313
Email: debt@advice-ni.net
Website: www.debtaction-ni.net
Freephone helpline: 0800 917 4607

Provides support to empower people to become more financially capable by taking control of their own finances and to help those who are struggling with finances because of illness or redundancy.

Extracare Family Training Programme
Lucas Exchange
1 Orchard Way,
Greystone Road,
Antrim BT412RU
Tel: 9448 2939
Fax: 028 9448 2950
Email: fct@extra-care.org
Website: www.extra-care.org

Provides a family carer training service which delivers tailor made training to support family carers in order to support them in their caring role.

Community Outreach Officers Department of Social Development.
Community Outreach Officers will provide benefits advice and help people to complete forms. Contact details:

<table>
<thead>
<tr>
<th>Area</th>
<th>Name</th>
<th>Telephone</th>
<th>E-mail</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Newtownabbey/Larne/Carrickfergus</td>
<td>Alison Beggs</td>
<td>028 90548166 07739793730</td>
<td><a href="mailto:Alison.beggs@nissa.gsi.gov.uk">Alison.beggs@nissa.gsi.gov.uk</a></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Ballymena</td>
<td>David Hunter</td>
<td>028 2563 7009 07739773725</td>
<td><a href="mailto:David.hunter1@nissa.gsi.gov.uk">David.hunter1@nissa.gsi.gov.uk</a></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Magherafelt</td>
<td>Frank Kearns</td>
<td>028 7939 6166 077 3977 3729</td>
<td><a href="mailto:Frank.kearns1@nissa.gsi.gov.uk">Frank.kearns1@nissa.gsi.gov.uk</a></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Antrim</td>
<td>Julie Bonar</td>
<td>028 9444 1015 077 3987 9394</td>
<td><a href="mailto:Julie.bonar@nissa.gsi.gov.uk">Julie.bonar@nissa.gsi.gov.uk</a></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Cookstown</td>
<td>Michael Gribbon</td>
<td>028 8674 6054 077 3987 9393</td>
<td><a href="mailto:Michael.gibbonn@nissa.gsi.gov.uk">Michael.gibbonn@nissa.gsi.gov.uk</a></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Coleraine/Ballymoney/Moyle</td>
<td>Sharon Anderson</td>
<td>028 7084 1015 077 3977 3715</td>
<td><a href="mailto:Sharon.anderson@nissa.gsi.gov.uk">Sharon.anderson@nissa.gsi.gov.uk</a></td>
</tr>
</tbody>
</table>
Carer Support Groups

Carers support groups are held in various locations throughout the Northern Trust area. The groups provide informal support, and social opportunities to carers from a range of caring situations.

ANTRIM CARERS SUPPORT GROUP
Antrim Civic Centre, 50 Stiles Way, Antrim, BT41 2UB,
Meets every 1st Wednesday of every month at 1.30pm
Contact: Lyn @ Carers Northern Ireland
Tel: 028 9043 9843
Email: lyn.campbell@carersni.org

BALLYMENA AND DISTRICT CARERS GROUP
He-Brews Café, Queen Street, Ballymena
Meets every second Wednesday of the month at 11am – 1pm
Contact: Mrs Roberta Whitbread, secretary
35 Herbison Park
Ballymena BT43 7DQ
Tel: 028 2564 3647

CARRICKFERGUS CARERS SUPPORT GROUP
Carrickfergus Community Forum
Miskimmon Suite, Old Town Hall, Antrim Street. Carrickfergus, BT38 7DG
Meets every 1st Tuesday of the month at 10am
Contact: Lyn @ Carers Northern Ireland
Tel: 028 9043 9843
Email: lyn.campbell@carersni.org

COLERAINE CARERS SUPPORT GROUP
Coleraine Blind Centre
37 Abbey Street, Coleraine, BT52 1EX
Meets on the last Thursday of each month at 2pm.
Contact: Lyn @ Carers Northern Ireland
Tel: 028 9043 9843
Email: lyn.campbell@carersni.org

LARNE CARERS GROUP
Meets on the 2nd Thursday of the month
The Elim Church, Larne at 11am
Contact: Mrs Ford 028 2827 2642/Mrs Peacock 028 2826 8186

MID-ULSTER CARERS GROUP
Magherafelt Day Centre
57 Hospital Road, Magherafelt, BT45 5EG
Meets on the 3rd Thursday of every month at 7pm
Contact: Lyn @ Carers Northern Ireland
Tel: 028 9043 9843
Email: lyn.campbell@carersni.org
Good Morning NI

Good Morning NI is a telephone service aimed at supporting older and vulnerable people who live on their own. Website: www.goodmorningni.org

Local Good Morning services are:

- Good Morning Antrim, Tel: 028 9446 4610
- Good Morning Ballycastle, Tel: 028 2076 8309
- Good Morning Ballymena, Tel: 028 2564 0720
- Good Morning Carrickfergus, Tel: 028 9332 6000
- Good Morning Coleraine, Tel: 028 7055 8005
- Good Morning Magherafelt, Tel: 028 7963 2170
- Good Morning Monkstown, Tel: 028 9086 6385
- Good Morning Newtownabbey, Tel: 028 9086 6385
- Good Morning North Belfast, Tel: 028 9086 6385

Good Morning Antrim
Good Morning Ballycastle
Good Morning Ballymena
Good Morning Carrickfergus
Good Morning Coleraine
Good Morning Magherafelt
Good Morning Monkstown
Good Morning Newtownabbey
Good Morning North Belfast

MOYLE CARER’S GROUP
Rathmoyle Resource Centre
6 Mary Street
Ballycastle BT54 6QH
Contact: Avril Gormley on 028 2076 69468 (after 6pm)

WHITEABBYEY CARERS GROUP
Day Rehabilitation Unit
Whiteabbey Hospital, Doagh Road,
Newtownabbey, BT37 9RH
Meets on the 3rd Wednesday of each month at 7pm.
Contact: Lyn @ Carers Northern Ireland Tel: 028 9043 9843
Email: lyn.campbell@carersni.org

Good Day Good Carer
Confederation of Community Groups
Ballybot House, 28 Cornmarket,
Newry, BT35 8BG
Tel: 028 3026 1022
Fax: 028 30260929
Email: info@ccgnewrycommunity.org
Website: www.ccgnewrycommunity.org

Provides weekly phone calls to carers as a listening ear and signposting service. Part of the ‘Good Morning’ service. Trust wide.
Organisations providing information and support to carers, listed by condition/illness.

Addiction

**Hope Centre**
Ballymena Family and Addicts Support Group,
7-11 Broughshane Street,
Ballymena Bt43 6EB
Tel: 028 25632726
Email: support@bfasg.org.uk
Website: wwwbfasg.org.uk

*Provides support, information and drug/addiction information.*

**Alcoholics Anonymous**
7 Donegal Place
Belfast, BT1 2FN
Tel: 028 9043 4848
Email: help@alcoholics-anonymous.org.uk
Website: www.alcoholics-anonymous.org.uk

*An organisation for men and women who share their experience with each other, hoping to solve their problems, and help others recover from alcoholism.*

**Addiction NI**
40 Elmwood Avenue,
Belfast BT9 6AZ
Tel: 028 9066 4434
Fax: 028 9044 4090
Email: enquiries@addictionni.com
Website: www.addictionni.com

*Provides support and treatment to people affected by drug or alcohol addiction. Also provides information and training for employers and other organisations.*

Aids

**Aids**
Positive Life,
The HIV Support Centre,
The Warehouse,
7 James Street South,
Belfast BT2 8DN
Tel: 028 9024 9268

*Provides information on issues around HIV and AIDS to the general public. Support services include group support, one-to-one support, complementary therapy, home support scheme and information. Provides counselling for people who are caring for and individuals living with HIV/AIDS.*
Arthritis

**Arthritis Care**
The McClune Building
1 Shore Road
Belfast BT15 3 PG
Tel: 028 9078 3634
Email: NIreland@arthritiscare.org.uk
Website: www.arthritisuk.org.uk
Helpline 0808 8004 050 -
From 10.00 am to 4.00 pm

**Autistic Spectrum Disorder/ ADHD/ Asperger Syndrome**

**Autism NI**
Donard,
Knockbracken Healthcare Park,
Saintfield Road,
Belfast BT88BH
Tel: 028 90401729
Email: info@autismni.org
Website: www.autismni.org

**National Autistic Society**
NAS Northern Ireland
59 Malone Road
Belfast BT9 6SA
Tel: 028 90 687 066
Fax: 028 90 688 518
Email: northern.ireland@nas.org.uk
Website: www.autism.org.uk

**Northern Adult Autism Service**
The Braid Ballymena Town Hall
1-29 Bridge Street, Ballymena
BT43 5EJ
Telephone: 028 2766 1335
Email: AdultAutismService@northerntrust.hscni.net

Provides people affected by Arthritis with support, local groups, courses, information and expertise so they can cope better with the impact of the condition and get the most out of life.

Helpline Service can advise, provide information and evidence to support carers, will advocate on behalf of carers where possible.

UK charity for people with autism (including Asperger syndrome) and their families. Provides information, support and pioneering services, and campaigns for a better world for people with autism.

Helps individuals (aged 16+) with autism to access a range of mainstream services such as employment, further education etc., offers one-to-one support with specific problems and post-diagnostic support.
Phoenix ADHD Project
1 Ballycastle Road
Coleraine BT52 2DY
Tel: 028 7000 2050
Email: info@phoenixadhdproject.org
Website: www.phoenixadhdproject.org

Supports children and young people with Attention Deficit Hyperactivity Disorder by equipping them with the skills which will enable them to manage the challenges they face and realize their full potential. Provides parenting programmes, information events, and general advice and support.

Brain Injury/Tumour

Brainwaves NI
68 Cable Road,
Whitehead BT389PZ
Tel: 028 93353995
Email: brainwaves@hotmail.com
Website: www.brainwaves-ni.org

Provides information and support for children and adults with brain tumours, their families and carers.

Brain Injury – See also Cedar Foundation (Page 19)

Cancer

Action Cancer
1 Marlborough Park,
Belfast, BT96XS
Tel: 028 90 803344
Email: info@actioncancer.org
Website: www.actioncancer.org

Provides the following services: Early detection services for the Northern Ireland community; Counselling and support services for cancer patients and their families; Cancer prevention.
Angels of Hope
17 Fitzwilliam Street
Belfast BT96AW
Email: Maureen@angelsofhope.org.uk
Website: www.angelsofhope.org.uk

Provides cancer patients (ovarian cancer) and their caregivers easy to understand and comprehensive information to make informed decisions and practical services and assistance to aid them in obtaining treatment.

Bowel Cancer UK
7 Rickett Street,
London SW61RU
Tel: 020 73819711
Email: admin@bowelcanceruk.org
Website: www.bowelcancer.org.uk

Aims to save lives by raising awareness of bowel cancer, campaigning for best treatment and care, and provides practical support and advice.

Cancer Choices
DunArd House,
85 Cunninghams Lane
Dungannon BT71 6BX
Tel: 02887729850
Email: office@cancerchoices.org.uk
Website: www.cancerchoices.org.uk
24 Hour support line: 07793937096

Aims to support people living with cancer and their caregivers. The organisation provides information, training, support, welfare rights, bra fitting service, 24 hour help line and complimentary therapies.

Cancer Focus Northern Ireland
40 – 44 Eglantine Avenue
Belfast BT9 6DX
Tel: 028 9066 3281
Fax: 028 9066 8715
Email: hello@cancerfocusni.org
Website: www.cancerfocusni.org

Provides a wide range of support for people living with cancer and their families/caregivers. Also runs a family support service offering one to one support within your own home and a telephone support service. This service also provides support for children, teenagers and parents.
Charis Integrated Cancer Care, 
163 Lough Fea Road, 
Ballybriest, 
Cookstown, BT80 9TU 
Tel: 028 8676 9217

CHARIS provides Integrated Cancer Care for the needs of people diagnosed with cancer, their family and supporters. The organisation provides complimentary therapies, and psychological and practical support to people living with cancer.

CLIC Sargent – for children with cancer
3rd Floor 
31 Bruce Street 
Belfast BT72JD 
Tel: 028 9072 5780 
Website:www.clicsargent.org.uk

Clic Sargent provides emotional and practical support, clinical and financial support to families of children who have had a cancer diagnoses. Also provides a wide range of information for families.

Leukaemia Care Society 
4 River Court 
Belfast BT17 9DY 
Tel: 028 90 603238 
Email: b.smith77@aol.com 
Website: www.leukaemia.org.uk

Leukaemia CARE exists to provide vital care and support to all those whose lives have been affected by blood or lymphatic cancer. Work extends to the welfare of families and carers, as well as that of patients themselves.

Macmillan Cancer Support 
Macmillan Northern Ireland Office 
82 Eglantine Avenue 
Belfast BT9 6EU 
Tel: 0808 808 0000 
Email: Belfast@macmillan.org.uk 
Website:www.macmillan.org.uk

Provides practical, medical and financial support and lobby for better cancer care. For carers we provide practical information, financial information advice on working and caring, and offer a range of free courses, workshops and e learning.
NI Cancer Fund for Children
Curlew Pavillion
Portside Business park
Airport Road west
Belfast BT3 9ED
Tel: 028 9080 5599
Email: info@nicfc.com
Website: www.nicfc.com

Offers practical and emotional support to children, teenagers and young adults aged 0-24 living with cancer as well as their parents, guardians and siblings. Offer support to children and young people whose parent or guardian has cancer. Runs activities and events and gives practical and psychological support/information to anyone who has been diagnosed with cancer and their family/carers.

Cerebral Palsy

Northern Ireland Cerebral Palsy Register
Room 1.36
Mulhouse Building
Queen’s University Belfast
Institute of Clinical Science
Grosvenor Road,
Belfast BT12 6BJ
Telephone: 028 9063 5045
Email: j.parkes@qub.ac.uk
Website: www.qub.ac.uk/research-centres/nicpr/

The Northern Ireland Cerebral palsy Register is confidential, and it is used to keep a record of how many people have CP in Northern Ireland, and if there are any changes to the prevalence. The register is also used to see how services can be improved.

See also Cedar Foundation (page 19)

The LightHouse Centre
Website: www.lighthousetrust.org
Email: info@lighthouse-trust.org

The Lighthouse Trust organises an eight week Summer School providing conductive education for children with cerebral palsy. The school is held in the Parish Centre, Donaghadee, Co. Down. Conductive education, which was developed by Andras Peto, in Budapest, aims to develop children’s potential; physically, socially and intellectually.
COPD

Chest Heart and Stroke Association
21 Dublin Road, Belfast BT 2 7HB
Tel: 028 90 320184
Fax: 028 9033 3487
Email: mail@nichs.org.uk
Website: www.nichs.org.uk
Tel: +44 (0)28 9032 01:
+44 (0)28 9033 87

Offers advice and support on respiratory conditions, stroke and heart conditions. Runs support groups and services, run health promotion activities, and lobby for better services for these conditions.

Dementia

Alzheimer’s Society
Unit 4 Balmoral Business Park,
Boucher Crescent, Belfast BT12 6HU
Tel: 028 9066 4100
Email: nir@alzheimers.org.uk
Website: www.alzheimers.org.uk

Provides information and local support services for people living with dementia and their carers.

Mid Ulster Dementia Support Group
Ann Cardwell,
5 Westland Road South,
Cookstown BT80 8DG
Tel: 07865681982
Email:ann55@live.co.uk

Offers advice, friendship, support and a listening ear to carers of those living with dementia within the Mid Ulster Area. Meet twice a month in the Annex at Westlands in Cookstown.

Diabetes

Diabetes UK Northern Ireland
8 Bridgewood House, Newforge Lane,
Belfast BT9 5NW
Tel: 028 9066 6646
Email: n.ireland@diabetes.org.uk
Website: www.diabetes.org.uk

Supports people living with diabetes; working professionals; general public and runs support groups. Runs annual holidays for young people with diabetes.

Downs Syndrome

Downs Syndrome Association
Unit 2 Marlborough House,
348 Lisburn Road,
Belfast BT9 6GH
Tel: 028 9066 5260
Email: info@downs-syndrome.org.uk
Website: www.downs-syndrome.org.uk

Offers training, support and advice on all aspects of living with Downs Syndrome. Also runs workshops for young people and adults with Downs Syndrome improving their self esteem and confidence. Offers information and support on living with Downs Syndrome for families and carers and also give benefits information.
Eating Disorder

**StampeED**
‘Stamping out Eating Disorders’, Eating Disorder Support Group
Phone: 028 9441 3307
Website: www.stamp-Ed.co.uk

Promotes awareness of the signs and symptoms of an eating disorder, and provides support and advice for adults with severe eating disorders and their families. Meetings held 1st Monday of month at ASDA training room, Junction 1, Antrim.

---

Epilepsy

**Epilepsy Action Northern Ireland**
Morina Clarke
Tel: 028 90634 942
Email: mclarke@epilepsy.org.uk

Provides information around diagnoses, living with epilepsy, medication and working/travelling.

---

Fibromyalgia

**Fibromyalgia Support Northern Ireland, FMSNI**
The Vine Centre
193 Crumlin Road
Belfast, BT14 7DX
Helpline: 08448269024
Website: www.fmsni.org.uk

Non-profit making organisation dedicated to providing help and support to Fibromyalgia sufferers and those who care for them. Runs two support groups in the Northern Trust area and provides up to date information and support to people with fibromyalgia and their carers.

---

Huntington’s Disease

**Huntington’s Disease Association Northern Ireland**
74 Lisburn Square,
Lisburn BT28 1TS
Tel: 028 2177 1812
Website: www.hdani.org.uk

Supports people with Huntington’s Disease and their families/carers by providing information, advice and local support groups. Also works to research the disease and to improve treatment.
Learning Disability

**Compass Advocacy Network**
20 Seymour Street
Ballymoney BT53 6JR
Tel: 028 2766 9030
Fax: 028 2766 8271
Email: info@compasspeople.org
Website: www.compasspeople.org

Compass Advocacy strives to enhance learning, social, education and training opportunities for people who have learning disability. Also runs a recycling scheme, Shadow Council, charity shop, ‘The Base’ programme, local laundry service, and sports/leisure programme for young people. Offer services throughout the Causeway area.

**Mencap**
Segal House
4 Annadale Avenue
Belfast BT7 3JH
Tel: 028 9069 1351
E-mail: helpline.ni@mencap.org.uk
Website: www.mencap.org.uk/northern-ireland

Offers independent information and advice for people with a learning disability and their carers, provides leisure and employment opportunities, and supports people to live more independently within their local community.

**MS**

**MS Society Northern Ireland**
34 Annadale Avenue
Belfast BT7 3JJ
County Antrim
Telephone: 02890 802 802
Email: nireception@mssociety.org.uk
Website: www.mssociety.org.uk

Provides support and services to people affected by MS including advice, counselling, physiotherapy and financial support. Raise awareness of MS and make MS a priority at political level. Provides emotional support, benefits guidance and information about health and social care.

**Action MS**
Knockbracken Healthcare Park
Saintfield Road
BELFAST BT8 8BH
Tel: 028 907 907 07
Fax: 028 90 40 20 10
Email: info@actionms.co.uk
Web: www.actionms.co.uk

Action MS offers practical and emotional support to people with a diagnoses of MS and their families/carers. Also runs holiday facilities, complimentary therapies, Medicare breaks, and a befriending service.
**Cookstown Multiple sclerosis**
Tel: Denise 07745588192
Tel: Elaine 07752464369

Provides support and advice to people with a diagnoses of MS and their carers in the Cookstown area.

---

**Muscular Dystrophy**

**Muscular Dystrophy Campaign**
61a Great Suffolk Street,
London SE1 0BU
Tel: 020 7803 4800
Email: info@muscular-dystrophy.org
Website: www.muscular-dystrophy.org

UK wide organisation that provides information, support and advice to people with Muscular Dystrophy and their carers; funds research into the condition; campaigns to bring about change in the treatment of the condition and give grants for equipment such as wheelchairs.

**Action Duchenne**
Epicentre,
41 West Street,
Duchenne Muscular Dystrophy.
Leytonstone,
London E11 4LJ
Phone: 020 85569955
Email: info@actionduchenne.org

Established to find a cure or more effective medicines to treat Duchenne Muscular Dystrophy. Promotes awareness of the condition and campaigns to improve care services. Runs information events and fundraising events in UK and NI.

**Motor Neurone Disease**

**Motor Neurone Disease Northern Ireland**
Stephen Thompson
14 Seskin Road
Straid, Ballyclare
BT39 9NG
Phone: 07711 967990
Email: wstephenthompson@btinternet.com
Website: www.mndassociation.org

Provides awareness raising about motor neurons disease, provides general information and runs a local members newsletter. There are also useful links on the website for families/carers.
**Parkinson’s Disease**

**Parkinson’s UK Northern Ireland**
Wellington Park Business Centre,
3 Wellington Park,
Malone Road,
Belfast BT9 6DJ
Tel: Tel: 028 9092 3370
Email: northernireland@parkinsons.org.uk
Website: www.parkinsons.org.uk

Provides a range of support and information services for people with Parkinson's, health and social care professionals and carers. Support workers run local support groups and also provide one-to-one information and support to people with Parkinson’s, their families and carers. This may include benefits advice, emotional support and links to local and other services.

**Progressive Supranuclear Palsy (PSP)**

**PSP Association**
PSP House,
167 Watling Street West, Towcaster,
Northamptonshire,
NN12 6BX
Tel: 01327 322410
Fax: 01327 322412
Email: psp@pspassociation.org.uk
Local contact: Doris Mason
Tel: 028 91 878916
Email: doris.mason@btinternet.com

Offers support and advice to people living with PSP and CBP. Also supports research into treatments and funding.

Runs NI support groups.

**Physical Disability**

**Disability Action**
Portside Business Park
189 Airport Road West,
Belfast BT3 9ED
Tel: 028 9029 9880
Textphone: 028 9029 9882
Fax: 028 9029 9881
Email: hq@disabilityaction.org
Website: www.disabilityaction.org

Provide specialist advice, information and advocacy on a range of disability issues including benefits access, aids/equipment, community care, disability discrimination and legislation.
Cedar Foundation
The Cedar Foundation
31 Ulsterville Avenue
Belfast BT9 7AS
Tel: 028 9066 6188
Fax: 028 9068 2400
Email: info@cedar-foundation.org
Website: www.cedar-foundation.org

Provides information and support around employment and learning, living accommodation, Brain Injury. Also has a ‘Kids and Teens’ section.

Contact a Family NI
Bridge Community Centre,
50 Railway Street,
Lisburn BT28 1XP
Tel: 028 9262 7552
Email: nireland@cafamily.org.uk
Website: www.cafamily.org.uk

Provides services to families caring for a child with a disability or illness. Runs local support groups and provides information and advice.

North Antrim Representative:
Virginia Maxwell
Tel: 07866 587635
Email: virginiamaxwell@cafamily.org.uk

Whizz Kids
Elliott House
10 – 12 Allington Stret,
London SW1E 5EH
Tel: 020 7233 6000
Email: info@whizz-kidz.org.uk
Website: www.shizz-kidz.org.uk

UK Charity that helps children and young people gain independence by providing powered wheelchairs and other mobility equipment.

Respiratory conditions

See Chest Heart and Stroke (page 14)

British Lung Foundation,
Suite 104
Baltic Chambers,
50 Wellington Street,
Glasgow, G2 6HJ
Email: northernireland@blf.org.uk
Website: www.blf.org.uk

Provides support and advice to those affected by lung conditions. Runs ‘Breathe Easy’ groups in Northern Ireland.
Renal Failure

**Northern Ireland Kidney Patients Association**  
NIKPA, P.O Box 85, Carrickfergus, BT38 OAT.  
Email: info@nikpa.org  
Website: www.nikpa.org

Provides support, advice and information to kidney patients, their families and carers. Also provides newsletter to members.

**National Kidney Federation**  
The National Kidney Federation  
The Point, Coach Road, Shireoaks, Worksop, Notts S81 8BW,  
Website: www.kidney.org.uk  
Local contact Tel: 01443 231525  
Email:Lynnecallow.nkf@btinternet.com

National organisation that works to support kidney patients and families/carers. Local support officer provides advice, guidance and support on issues such as benefits, diet, holiday dialysis, and grant assistance which may be available to them from the British Kidney Patients Association (BKPA).

Spina Bifida and Hydrocephalus

**Shine**  
PO Box 132, Cushendall BT44 0WA  
Tel: 017335555988  
Email: northernireland@shinecharity.org.uk

Runs local support groups, a members newsletter and general information and support on the condition. Also provide specialist support from before birth and throughout the life of anyone living with spina bifida and/or hydrocephalus, as well as to parents, families, carers and professional health and social care staff.
**Sensory Impairment**

**Action on Hearing Loss**
Harvestor House,  
4 - 8 Adelaide Street,  
Belfast BT1 6AR  
Tel: 028 9023 9619  
Textphone: 028 9024 9462  
Fax: 9031 2032  
Email: information.nireland@hearingloss.org.uk  
Website: www.actionhearingloss.org.uk

Support people who are deaf, have hearing loss or tinnitus. Offers a range of services including communication and advice, supply communication services and training, care and employment services and run a sensory Engagement Programme.

**Ballymena Club for the Hard of Hearing**
Tel: Martha 028 2564 4667  
Tel: Roberta 028 2564 1813

Affiliated to ‘Hearing Concern’, Club Meeting – 2nd Wednesday of each month – 7.30 – 9.30. Lip Reading classes: each Saturday 10.30am – 12.30am

**Guide Dogs for the Blind Association**
Unit 17,  
18 Heron Road,  
Belfast BT3 9 LE  
Tel: 0845 3727 402  
Fax: 0845 3727 473  
Email: nireland@guidedogs.org.uk  
Website: www.guidedogs.org.uk

Supports blind and partially sighted people. Offers services to young people and provides advice to parents and schools. Offers a guiding service and buddy dogs to help blind and partially sighted people become more independent.

**Northern Ireland Deaf Youth Association**
Wilton House,  
5-6 College Square North,  
Belfast BT1 6AR  
Tel: 028 9043 8566  
Textphone: 028 9043 6453  
Fax: 028 9043 8566  
Email: info@niyda.org.uk

Works to address isolation experienced by those who are deaf or hard of hearing.
For local community support groups/services contact:

Coleraine/causeway/Ballycastle area  
028 7032 0333  
Magherafelt/Cookstown area  
028 7936 5000  

Antrim/Ballymena area  
028 2586 3800  
Larne/Carrick/ Newtownabbey  
028 9032 9373

Provides a range of services for deaf blind children and adults. Includes advice on conditions, aids and adaptations. Also run training and awareness raising for organisations and an outreach service.

Mental Health

CAUSE  
Building 2,  
Lesley Office Park,  
393 Holywood Road,  
Belfast BT4 2LS  
Telephone: 028 90 650 650  
Helpline: 0845 60 30 291  
Website: www.cause.org.uk  

Regional charity offering services to families, partners and friends across Northern Ireland caring for a loved one who has experienced serious mental illness. CAUSE is run by carers for carers. We provide local support groups, respite for cares, one-to-one carer support and information/training for carers.
Mindwise
Wyndhurst, Knockbracken Healthcare Park, Saintfield Road, Belfast BT8 8BH
Tel: 028 90402323
Website: www.mindwisenv.org

Mindwise supports people affected by mental ill health and their carers. It provides information and support about housing, employment and training, home visits, assistance in accessing Carer Assessments, a carer support network, local carer support groups, advice and information for carers and education and training packages.

Action Mental Health
Central Office, 27 Jubilee Road, Newtownards BT23 4YH
Tel: 02891828494
Fax: 028 9182 8808
Website: www.amh.org.uk

Provides vocational training, personal development and employment support for people with mental ill health or a learning disability.

Northern Ireland Association for Mental Health
Beacon House, 80 University Street, Belfast BT7 1HE
Tel: 028 9032 8474
Email: info@niamhwellbeing.org
Website: www.niamhwellbeing.org

Provides services including day support, housing schemes, advocacy, information and support about a range of mental health issues.

Praxis Care
25-31 Lisburn Road, Belfast, BT9 7AA
Tel: 028 9023 4555
Email: info@praxiscare.org.uk
Website: www.praxiscare.com

Provides services for adults and children affected by mental ill health, learning disability, dementia, or brain injury. Services include accommodation and support, befriending, domiciliary care, counselling, floating support and carer advocacy.

Stroke

Stroke Association
Rushmere House 46 Cadogan Park, Belfast BT9 6HH
Tel: 02890508020
Email:northernireland@stroke.org.uk
Website: www.stroke.org

Provides information and support for stroke survivors and their families/carers. Also runs training and events for health and social care staff.

See also Chest Heart and Stroke Association (page 14)
Support from Northern Health and Social Care Trust

Social Services Teams

<table>
<thead>
<tr>
<th></th>
<th>Older People’s Services (65+)</th>
<th>Dementia</th>
<th>Adult Mental Health</th>
<th>Physical Disability</th>
<th>Learning Disability</th>
<th>Children with Disability</th>
</tr>
</thead>
<tbody>
<tr>
<td>Antrim</td>
<td>028 9442 6002</td>
<td>028 9441 3650</td>
<td>028 9441 3650</td>
<td>028 25863800</td>
<td>028 2566 7150</td>
<td>028 2563 5640</td>
</tr>
<tr>
<td>Ballymena</td>
<td>028 2565 6447 (north)</td>
<td>028 9441 3650</td>
<td>028 25647766</td>
<td>028 9442 6034</td>
<td>028 2566 7150</td>
<td>028 2563 5640</td>
</tr>
<tr>
<td></td>
<td>028 2563 5659 (south)</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Ballymoney</td>
<td>028 2766 1830</td>
<td>028 70343084</td>
<td>028 2766 0350</td>
<td>028 7034 7880</td>
<td>028 7034 7871</td>
<td>028 7035 8158</td>
</tr>
<tr>
<td>Carrick</td>
<td>028 9331 5942</td>
<td>028 9334 9797</td>
<td>028 9335 6400</td>
<td>028 9334 9797</td>
<td>028 9331 5100</td>
<td>028 9331 5114</td>
</tr>
<tr>
<td>Coleraine</td>
<td>028 70347864</td>
<td>028 70343084</td>
<td>028 7034 2721</td>
<td>028 7034 7880</td>
<td>028 7034 7871</td>
<td>028 7035 8158</td>
</tr>
<tr>
<td>Cookstown</td>
<td>028 86723862</td>
<td>028 9441 3650</td>
<td>028 86723847</td>
<td>028 8672 3800</td>
<td>028 8672 3800</td>
<td>028 7930 1700</td>
</tr>
<tr>
<td>Larne</td>
<td>028 2826 6142</td>
<td>028 9334 9797</td>
<td>028 9335 6400</td>
<td>028 9334 9797</td>
<td>028 9331 5100</td>
<td>028 9331 5114</td>
</tr>
<tr>
<td>Magherafelt</td>
<td>028 7936 5020</td>
<td>028 9441 3650</td>
<td>028 86723847</td>
<td>028 7936 5018</td>
<td>028 7935 5046</td>
<td>028 7930 1700</td>
</tr>
<tr>
<td>Moyle</td>
<td>028 70762651</td>
<td>028 70343084</td>
<td>028 2766 0350</td>
<td>028 7034 7880</td>
<td>028 7034 7871</td>
<td>028 7035 8158</td>
</tr>
<tr>
<td>Newtownabbey</td>
<td>028 9083 1496</td>
<td>028 9334 9797</td>
<td>028 9055 2648</td>
<td>028 9334 9797</td>
<td>028 9055 2562</td>
<td>028 9331 5114</td>
</tr>
</tbody>
</table>
### Hospitals/Rehabilitation Teams/Mental Health

<table>
<thead>
<tr>
<th></th>
<th>Hospitals</th>
<th>Community Rehabilitation and Stroke Teams</th>
<th>Respiratory and Pulmonary Rehabilitation Teams</th>
<th>Child and Adolescent Mental Health Service</th>
</tr>
</thead>
<tbody>
<tr>
<td>Antrim</td>
<td>028 9442 4000</td>
<td>028 9442 6107</td>
<td></td>
<td>028 9441 5700</td>
</tr>
<tr>
<td>Ballymena</td>
<td>028 2563 5200</td>
<td>028 2586 3940</td>
<td></td>
<td>028 9441 5700</td>
</tr>
<tr>
<td>Ballymoney</td>
<td></td>
<td>028 7034 7860</td>
<td></td>
<td>028 2766 7250</td>
</tr>
<tr>
<td>Carrickfergus</td>
<td></td>
<td></td>
<td></td>
<td>028 94424600</td>
</tr>
<tr>
<td>Coleraine</td>
<td>028 7032 7032</td>
<td>028 7034 7860</td>
<td>028 7034 7883</td>
<td>028 2766 7250</td>
</tr>
<tr>
<td>Cookstown</td>
<td></td>
<td></td>
<td>028 7965 9174</td>
<td>028 2766 7250</td>
</tr>
<tr>
<td>Larne</td>
<td>028 2827 5431</td>
<td></td>
<td></td>
<td>028 94424600</td>
</tr>
<tr>
<td>Magherafelt</td>
<td>028 7963 1031</td>
<td>028 7963 3255</td>
<td></td>
<td>028 2766 7250</td>
</tr>
<tr>
<td>Moyle</td>
<td>028 7076 2666</td>
<td></td>
<td></td>
<td>028 2766 7250</td>
</tr>
<tr>
<td>Newtownabbey</td>
<td>028 9086 5181</td>
<td>028 9055 2495</td>
<td>028 9055 2469</td>
<td>028 94424600</td>
</tr>
<tr>
<td>Service</td>
<td>Contact Number</td>
<td>Head of Service: 028 9442 4226</td>
<td>Lead Nurse 028 9442 4204</td>
<td>Psychological Team: 028 9442 4705</td>
</tr>
<tr>
<td>-------------------------------</td>
<td>------------------------</td>
<td>-------------------------------</td>
<td>--------------------------</td>
<td>-----------------------------------</td>
</tr>
<tr>
<td>Addiction Service</td>
<td>028 2565 8462/ 028 2563 1970</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Bereavement Service</td>
<td>028 7034 6313</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Brain Injury Service</td>
<td>028 2563 2035</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Continence service</td>
<td>028 2563 5278</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Cancer Service</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Children’s Services</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Diabetic Service</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Eating Disorder Service</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>district Nursing Service</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Psychological Service</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Psychological Team</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Service</th>
<th>Contact Number</th>
<th>Head of Service: 028 9442 4226</th>
<th>Lead Nurse 028 9442 4204</th>
<th>Psychological Team: 028 9442 4705</th>
</tr>
</thead>
<tbody>
<tr>
<td>Addiction Service</td>
<td>028 2565 8462/ 028 2563 1970</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Bereavement Service</td>
<td>028 7034 6313</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Brain Injury Service</td>
<td>028 2563 2035</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Continence service</td>
<td>028 2563 5278</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Cancer Service</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Children’s Services</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Diabetic Service</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Eating Disorder Service</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>district Nursing Service</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Psychological Service</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Psychological Team</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Service</th>
<th>Contact Number</th>
<th>Head of Service: 028 9442 4226</th>
<th>Lead Nurse 028 9442 4204</th>
<th>Psychological Team: 028 9442 4705</th>
</tr>
</thead>
<tbody>
<tr>
<td>Addiction Service</td>
<td>028 2565 8462/ 028 2563 1970</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Bereavement Service</td>
<td>028 7034 6313</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Brain Injury Service</td>
<td>028 2563 2035</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Continence service</td>
<td>028 2563 5278</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Cancer Service</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Children’s Services</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Diabetic Service</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Eating Disorder Service</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>district Nursing Service</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Psychological Service</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Psychological Team</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Service</th>
<th>Contact Number</th>
<th>Head of Service: 028 9442 4226</th>
<th>Lead Nurse 028 9442 4204</th>
<th>Psychological Team: 028 9442 4705</th>
</tr>
</thead>
<tbody>
<tr>
<td>Addiction Service</td>
<td>028 2565 8462/ 028 2563 1970</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Bereavement Service</td>
<td>028 7034 6313</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Brain Injury Service</td>
<td>028 2563 2035</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Continence service</td>
<td>028 2563 5278</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Cancer Service</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Children’s Services</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Diabetic Service</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Eating Disorder Service</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>district Nursing Service</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Psychological Service</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Psychological Team</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Service</td>
<td>Contact Details</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>--------------------------------------------------------</td>
<td>---------------------------------------------------------------------------------</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Emergency Out of Hours Home Care Service</td>
<td>028 2531 7171 (6pm – 11pm, mon-fri/9am – 11pm weekends and holidays)</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Emergency Out of Hours Social Work Service</td>
<td>028 9504 9999. 5pm-9am weekdays 24hrs at weekends and bank holidays</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Equipment Service</td>
<td>028 2563 3991</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Mental Health Crisis Resolution Home Treatment Service</td>
<td>028 9441 3277</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Occupational Therapy Service</td>
<td>Adult: 028 2563 5544  Children: 028 2563 6501</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Mental Health: 028 9441 3118  Conditions Management Programme: 028 9441 3118</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>