



A-Z FOR CARERS

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



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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
NHST,
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.'

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

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.

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

Newtownabbey CAB

Dunanney Centre, Rathmullan Drive

Rathcoole Newtownabbey BT37 9DQ

Tel: 028 9085 2271 or 028 9085 2400

Email: erathcoole@citizensadvice.co.uk

Larne CAB

Park Lodge

49 Victoria Road Larne BT40 1RT

Tel : 028 2826 0379

Email : elarne@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

Cookstown CAB

The Enterprise Centre

Derrylovan, Industrial Estate,
Sandholes

Cookstown BT80 9LU

Email: cookstowncab@citizensadvice.co.uk

Debt Action NI

Advice NI, 1 Rushfield Avenue
 Belfast BT7 3FP
 Tel: 028 9064 5919
 Fax: 028 9049 2313
 Email: debt@adviceni.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:

Area	Name	Telephone	E-mail
Newtownabbey/ Larne/ Carrickfergus	Alison Beggs	028 90548166 07739793730	Alison.beggs@nissa.gsi.gov.uk
Ballymena	David Hunter	028 2563 7009 07739773725	David.hunter1@nissa.gsi.gov.uk
Magherafelt	Frank Kearns	028 7939 6166 077 3977 3729	Frank.kearns1@nissa.gsi.gov.uk
Antrim	Julie Bonar	028 9444 1015 077 3987 9394	Julie.bonar@nissa.gsi.gov.uk
Cookstown	Michael Gribbon	028 8674 6054 077 3987 9393	Michael.gribbon@nissa.gsi.gov.uk
Coleraine/Ballymoney/Moyle	Sharon Anderson	028 7084 1015 077 3977 3715	Sharon.anderson@nissa.gsi.gov.uk

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

MOYLE CARER'S GROUP

Rathmoyle Resource Centre
 6 Mary Street
 Ballycastle BT54 6QH
 Contact: Avril Gormley on 028 207
 69468 (after 6pm)

WHITEABBEY 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 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 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: www.bfasg.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

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.arthritiscare.org.uk
Helpline 0808 8004 050 -
From 10.00 am to 4.00 pm

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.

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

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

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

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.

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

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@angellofhope.org.uk
Website: www.angellofhope.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.lighthouse-trust.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

StampeD

'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

fundraising events in UK and NI.

Local contact: Dean Widd

Phone: 01786 814 563

Email: dean@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:

wstephentompson@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,
Northhamptonshire,
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: Lynneallow.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.

RNIB

40 Linenhall Street
Belfast BT2 8BA
Tel: 028 9032 9373
Email: info@rnib.org
Website: www.rnib.org.uk

Supports children and adults with sight loss to live independent lives. Services include: benefits/employment/technology advice; transcription and accessible media services; eye care services and community services (including local support groups).

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

Sense

The Manor House,
15 Mallusk Road,
Newtownabbey BT36 4RU
Tel: 028 90833 430
Textphone: 02890 833430
Fax: 028 90844232
Email: nienquiries@sense.org.uk
Website: www.sense.org.uk

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**

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

Hospitals/Rehabilitation Teams/Mental Health

	Hospitals	Community Rehabilitation and Stroke Teams	Respiratory and Pulmonary Rehabilitation Teams	Child and Adolescent Mental Health Service
Antrim	028 9442 4000	028 9442 6107		028 9441 5700
Ballymena	028 2563 5200	028 2586 3940		028 9441 5700
Ballymoney		028 7034 7860		028 2766 7250
Carrickfergus				028 94424600
Coleraine	028 7032 7032	028 7034 7860	028 7034 7883	028 2766 7250
Cookstown			028 7965 9174	028 2766 7250
Larne	028 2827 5431			028 94424600
Magherafelt	028 7963 1031	028 7963 3255		028 2766 7250
Moyle	028 7076 2666			028 2766 7250
Newtownabbey	028 9086 5181	028 9055 2495	028 9055 2469	028 94424600

Trust Wide Services

Service	Contact Number	
Addiction Service	028 2565 8462/ 028 2563 1970	
Angina Service	028 7034 6313	
Bereavement Service	028 9442 4992	
Brain Injury Service	028 2563 2035	
Continence service	028 2563 5278	
Cancer Service	Head of Service: 028 9442 4226	Lead Nurse 028 9442 4204
Carers service (family carers)	028 2766 1392	Psychological Team: 028 9442 4705
Cardiac Rehabilitation Service	028 7965 9174	
Children's Services	028 2563 6500	
Diabetic Service	028 9055 2228	
District Nursing Service	0845 6003 111 Mon – Fri/ 9am – 5pm	028 2566 3500 Out of Hours/Urgent
Eating Disorder Service	Children and Adolescent 028 9442 4600	Adult 028 9441 3307

Emergency Out of Hours Home Care Service	028 2531 7171 (6pm – 11pm, mon-fri/9am – 11pm weekends and holidays)	
Emergency Out of Hours Social Work Service	028 9504 9999. 5pm-9am weekdays 24hrs at weekends and bank holidays	
Equipment Service	028 2563 3991	
Mental Health Crisis Resolution Home Treatment Service	028 9441 3277	
Occupational Therapy Service	Adult: 028 2563 5544 Children: 028 2563 6501	Mental Health: 028 9441 3118 Conditions Management Programme: 028 9441 3118

Carers UK
Registered Charity Number: 246329

24 Great Dover Street
London SE1 4LB



This document is available, on request, in accessible formats, including Braille, disk, audio cassette and minority languages.
email: equality.unit@northerntrust.hscni.net

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