

SUPPORT SERVICES & INFORMATION SUMMARY 2023

USEFUL INFORMATION FOR RESIDENTS

COUNCIL : Get involved in local decision making by attending the Council & Committee meetings or viewing live online. For dates, times and information go to:

<https://www.ardsandnorthdown.gov.uk/about-the-council/committee-and-council-meetings>

COUNCILLORS : To engage with the councillors who represent and serve you at a local level:

<https://www.ardsandnorthdown.gov.uk/about-the-council/find-my-councillor/view-all>

MLA's : To engage with your elected MLA's who have the power and responsibility to make laws in a wide range of areas including housing, employment, education, health, agriculture and the environment find out more at: <https://www.nidirect.gov.uk/articles/northern-ireland-assembly>

MP's : Members of Parliament (MPs) to represent their interests/concerns in the House of Commons. MPs consider and can propose new laws as well as raising issues that matter to you, for more information go to:

<https://members.parliament.uk>



In response to the needs of residents from across Bangor and beyond, and also of our member groups, North Down Community Network has compiled this short booklet outlining many of the support services available. The aim of the booklet is to help people, young and older, to access useful information and know where they can turn to for practical support, information and help. This is not an exhaustive list, so please call NDCN if there is a particular need you have that is not covered in this summary and we will do our best to help. Hard copies are available from the NDCN Wellbeing Centre on Main Street Bangor and the booklet can also be viewed on our website: www.ndcn.co.uk



02891 461386



manager@ndcn.co.uk



www.ndcn.co.uk



NDCNWellbeingcentre

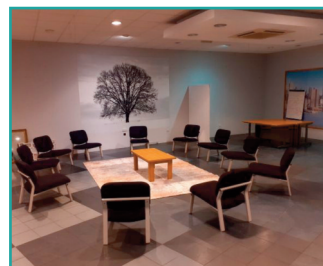
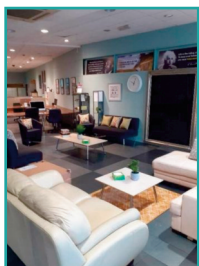


@NDCN_Bangor

Dear Bangor resident,

I am writing on behalf of North Down Community Network, we are a small charity based in Bangor since 1999. We operate from the Wellbeing Centre on Main Street in Bangor and our role is to respond to the needs of the member groups we serve, and also to do practical things to help and support the residents of Bangor and the wider North Down area. We do this by getting alongside groups, individuals and families to understand what their needs are, and how we can best support them; either by responding directly to meet their needs or by signposting them on to the many services available to help. In these very testing times of the cost-of-living crisis, political uncertainty and increased mental health issues, we thought that a straightforward and user-friendly booklet like this, would help individuals, families and local groups to find a clear and simple path to the support and help they need. We hope it helps in these challenging and uncertain times. We tried to include as much information as we could, but unfortunately not everything would fit in, so please feel free to contact us directly if there is something you would like help with that isn't included in this booklet.

Take care and please know that you are in our thoughts in coming months ahead, wishing you well.
best wishes from Louise & all the NDCN team.



GP - contacting your GP is a vital part of accessing help and support with mental health.

ACTION MENTAL HEALTH NEW HORIZONS - provide support services and programmes to help change the lives of those living with mental ill health and promotes resilience and wellbeing. For more information go to: <https://www.amh.org.uk> or call: **028 9182 2410**

RECOVERY COLLEGE - offers free educational courses about mental health and recovery which are designed to increase knowledge and skills and promote self-management. Go to: <https://setrust.hscni.net/service/recovery-college/> or call: **028 9141 3872**

AWARE NI - are providing a free support line and email on weekdays 11am-3pm for anyone wanting support or information about issues relating to depression, anxiety, and bipolar disorder. You can call them on **07548530931/07340488254** or email: info@aware-ni.org

UHUB - are providing a range of support including online and telephone counselling for adults, check-ins for children, a befriender scheme and online group sessions for under 18s to help them manage their anxiety and other mental health issues. You can contact them on **02891 888448** or at info@uhub.org.uk, or get in touch via their Facebook page UHub.

SAMARITANS - If you are having a difficult time and would like someone to speak to, call **116 123** or email: jo@samaritans.org

LIFELINE - to speak to someone in confidence please call **0808 808 8000** and counsellors are available 24hrs a day 7 days a week.

CHRISTIAN GUIDELINES - is a counselling agency based in Bangor, which seeks to come alongside adult individuals and couples who are experiencing distress in their lives and/or relationships. To arrange telephone support or online counselling, please call: **028 9146 8846**, email: admin@cguidelines.org.uk or go to: www.christianguidelines.org

DIABETES UK - to learn more about the condition, support services and other useful information go to: <https://www.diabetes.org.uk> or call: **0345 123 2399**

CANCER FOCUS NI - provide care and support services for cancer patients and their families, for more information go to: <https://cancerfocusni.org> or call: **028 9066 3281**. They also have a Cancer Nurseline for information and support call: **0800 783 3339**

ALZHEIMERS UK - information including cost of living support for people living with Dementia go to: <https://www.alzheimers.org.uk> or call: **0333 150 3456**

DEMENTIA NI - to get information on living well with Dementia please go to: <https://www.dementiani.org> or call: **028 9693 1555**

CHEST, HEART & STROKE - for help, support and information please go to: <https://nichs.org.uk/our-support-services> or call: **028 9032 0184**

SUPPORT FOR OLDER PEOPLE, BUSINESSES & EMPLOYEES

SUPPORT FOR OLDER PEOPLE

AGE NI - are offering a 'check in and chat' call to anyone over 60. You can register by contacting **0808 808 7575** or **info@ageni.org**
AGE north down & ards (AGenda) - aims to improve the quality of life of older people throughout Ards and North Down by providing support and signposting. For more information please telephone **02891 271 968** (24 hr answering machine) or email: **agenda@agenorthdownards.co.uk**

SUPPORT WITH SCAMS - scams are when criminals use lies and deceit to persuade people into parting with their money and unfortunately even in the midst of the cost of living crisis, scammers are at work. **Please note that new scams include older people being contacted by texts or calls from people they don't know and being tricked and/or threatened into buying Asda, Amazon and other vouchers for criminals. Please check in with older people you know and tell them about these methods.** If in doubt, stop, do not share personal information or send money, seek advice and report: Dial **999** if in immediate danger or at risk of harm. Otherwise scams should be reported: to Action Fraud on: **0300 123 2040** / online at **actionfraud.police.uk** or ring Police on **101**. For more information and guidance go to: **<https://www.nidirect.gov.uk/campaigns/scamwiseni>**

SUPPORT FOR EMPLOYEES & BUSINESSES

BANGOR CHAMBER OF COMMERCE - for the most up to date information about what is happening in Bangor and useful information for local businesses please email: **office@bangorchamber.co.uk** go to: The Old Market Place, Main Street, Bangor, BT20 5AP

LABOUR RELATIONS AGENCYS - The Labour Relations Agency provides free, impartial and confidential services to employers, employer bodies, employees and workers in Northern Ireland. Call: **03300 555 300** or go to: **<https://www.lra.org.uk>**

NORTH DOWN DEVELOPMENT ORGANISATION - exists to to develop, and retain, enterprise in the local area and assist in the creation of jobs through working in partnership. For information about start up advice and training, through to professional business consultancy or property rental service, contact them on: **028 9127 1525** or email: **mail@nddo.co.uk** or go to: **<https://www.nddo.co.uk>**

ARDS & NORTH DOWN BOROUGH COUNCILS ECONOMIC DEVELOPMENT DEPARTMENT - focus on business success through economic growth in the Ards and North Down Borough by providing a range of services. For more information go to: **<https://www.andbusiness.co.uk>** or call: **0300 013 3333 (ext 40956)**



EMERGENCY & ESSENTIAL CONTACTS

HEALTH & WELLBEING SUPPORT

GP OUT-OF-HOURS - Ards & North Down **028 9182 2344**

CARING COMMUNITIES SAFE & WELL SERVICE - **028 9756 6934** or email: **safeandwell@setrust.hscni.net**

LIFELINE - **0808 808 8000**

CHILDLINE - **0800 1111**

SAMARITANS - **116 123** or email: **jo@samaritians.org**

DOMESTIC VIOLENCE & SEXUAL ABUSE HELPLINE INFO - **0808 802 1414**

WOMENS AID - are providing support to women and children affected by domestic and sexual violence, please contact **028 9127 3196** or **0808 802 1414**

MENS ADVISORY PROJECT (MAP) - exists to provide counselling services for men experiencing domestic abuse, please contact **02890 241929** or email: **info@mapni.co.uk**

ALCOHOLICS ANONYMOUS (AA) are providing support to anyone struggling with alcoholism, please contact **028 9035 1222**

DRUG MISUSE for help with Support Services and Alcohol Counselling Services within the South Eastern Trust please contact the Dunlewey Substance Advice **02890 392 547** email: **admin@dunlewey.org**

GAMBLERS ANONYMOUS - help and support for compulsive gamblers call: **028 9024 9185**

DIRECTORY OF SERVICES FOR SUBSTANCE MISUSE - to see a directory of regional services please visit: **<https://services.drugsandalcoholni.info>** or email: **connections@sedact.info** or call **0800 254 5123** for help, guidance and support.

ARDS HOSPITAL - call **028 9151 0000** and request the department you need.

HOME & COMMUNITY SUPPORT

ELECTRIC - SSE Airtricity/Budget Energy/Power NI - **03457 643643**

Electric Ireland - **0345 600 5335**

WATER: Waterline - **03457 440088** or on Leakline - **0800 028 2011** (private tenants)

FLOODING - contact the incident line on: **0300 200 0100**

GAS - If you smell gas inside your home/in the event of a gas escape, phone the NI Gas Emergency Service on **0800 002 001** or Textphone/Minicom - **0800 7314 710**

NIHE: HOMELESSNESS - **03448 920 908**

NIHE: EMERGENCY REPAIR SERVICE - **03448 920 901**

EMERGENCY & ESSENTIAL CONTACTS

BENEFITS SUPPORT

BENEFITS ADVICE - The Benefit Enquiry Line, provides advice and information on Attendance Allowance, Disability Living Allowance, Carer's Allowance and Carer's Credit. You can call their helpline on **0800 232 1271**

BENEFITS FREEPHONE NUMBER: 0800 022 4250

or email: bangor.jobsandbenefits@dfcni.gov.uk

PERSONAL INDEPENDENCE PAYMENT - 0800 012 1573

EMPLOYMENT & SUPPORT ALLOWANCE - 0800 587 1377

UNIVERSAL CREDIT - 0800 012 1331

COMMUNITY ADVICE ARDS & NORTH DOWN - providing free, independent, confidential and impartial advice and information in a range of areas, including benefits, please contact **0300 123 9287** (phone lines open weekdays 9am-4pm).

ADVICE NI - is an independent advice network, offering free, independent, high quality advice a wide range of issues from debt, to bankruptcy, benefits and more.

Call: **0800 915 4604** or email: advice@adviceni.net or go to:

<https://www.adviceni.net>

BANGOR CREDIT UNION - aims to help members with their day to day financial needs through regular savings and fair and affordable access to loans. Call **028 9032 2507** or go to: 10 Abbey Street, Bangor, BT20 4JA

NDCN COMMUNITY MATTERS PODCAST - listen in to the team exploring a range of issues that matter to people in communities in the NDCN Community Matters Podcast on Spotify To raise issues or become a guest by calling: **028 9146 1386** or emailing: admin@ndcn.co.uk



REFUGEE & ASYLUM

UKRAINIAN SUPPORT - for information go to <https://www.nidirect.gov.uk/campaigns/ukraine-crisis>

BME SUPPORT - to learn more about the local support available in Bangor contact Monika at North Down YMCA on: **07591 840 529**

Email: Monika@northdownymca.org for information about support in Ards contact the Link Centre at: <https://www.thelinkcentre.org/programs> or call: **028 9182 1124**

BRYSON INTERCULTURAL - for advice and guidance for refugees and asylum seekers please go to:

<https://www.brysonintercultural.org/refugees-asylum-seekers/> or call: **028 9032 5835**

SUPPORT FOR PARENTS

SUPPORT FOR PARENTS



PARENTING NI - are offering support and advice, so if you are a parent wanting a listening ear or some reassurance, please call their free support line on **0808 8010 722**. They also have useful resources for parents at www.parentingni.org

Office number: **028 9031 0891** email: help@parentingni.org

BANGOR SURE START - provides support for parents and carers with children aged 0-3 in Dufferin, Harbour SOA 1, Whitehill and Conlig SOA 3. Please contact **028 9145 7248** if you need any advice or support. You can also follow Bangor Sure Start on Facebook for lots of programmes, info and ideas including Breastfeeding Support, Behaviour Tips, Mindfulness Mondays, Sing and Play Sessions, Message of the Week, Rhythm and Rhyme and Storytime.

HOME START NORTH DOWN - is providing a range of emotional and practical parent to parent support including group peer support, family resource packs, story time, well-being programmes, craft and baking sessions and rhythm and rhyme sessions. Please contact **028 9127 1207** or email: info@homestartnorthdown.org.uk

SE TRUST FAMILY SUPPORT - Family Support Teams based in the Trust, Sure Starts, Homestarts, Barnardo's, Action for Children and the YMCA will continue to offer interventions to families using other forms of communication and support, such as: phone calls, therapeutic calls via zoom, skype etc, resource packs around behaviour management, home schooling and activities as well as signposting on to other services. Agency and self-referrals are welcome, please call: Karen Otley, Family Support Co-ordinator, Direct Dial: **02892 501 357** Internal ext: **84441** or email: familysupporthubs@setrust.hscni.net

SUPPORT FOR YOUNG PEOPLE

SUPPORT FOR YOUNG PEOPLE



DICE CONNECTIONS - providing youth clubs each week for young people aged 10-15 years old in Breezemount, Bloomfield (Primary School), Clondeboy and Whitehill areas. Activities include outdoor games, dance, gaming, cooking, talent shows, team games, new friends, a young leaders programme and more! For a registration sheet go to: <https://www.ndcn.co.uk/youth-programmes> or contact: instagram@dice_bangor or Facebook DICE Project or email: racheldice@ndcn.co.uk or call: **028 9146 1386**

NORTH DOWN YMCA - running clubs and a range of programmes for young people aged 11 to 25, please call: **07591 840489** or go to <https://northdownymca.co.uk>

YOUTH ACTION NI - running lots of programmes online and helpful mindfulness videos through social media platforms and much more, call: **028 9024 0551** or go to: www.youthaction.org

YOUTH SPORT TRUST - lots of information on how to stay active and some fun challenges too. Email: info@youthsporttrust.org or go to: www.youthsporttrust.org/ or Tel: **01509 226600**

BBC TEACH - free curriculum-mapped videos, arranged by age-group and subject to help with school work, go to: www.bbc.co.uk/teach

YOUNG MINDS - Support for young people who are feeling anxious and their parents, call: **0808 802 5544** (Monday to Friday 9.30am – 4pm)

SHOUT - offers free 24/7 text messages when young people need to talk to someone about how they are feeling, text YM to: **85258** for more information go to: <https://giveusashout.org>

INCLUDE YOUTH - programmes, some downloadable resources and essential skills support for young people, call: **028 9181 1429** (Newtownards) or **028 9031 1007** (Belfast) or go to: www.includeyouth.org

CHILD LINE - Counsellors available to help young people with all sorts of things, like bullying, worries, problems at home and much more, call: **0800 1111** or go to: www.childline.org.uk/

WINTER SUPPORT

WARM CLOTHING - a small pack of warm clothes (such as a set of thermal underwear, hats, gloves, gilet etc,) is available to people living in fuel poverty and with some underlying health conditions. If you meet the criteria and would benefit from a pack, please contact North Down Community Network on: **02891 461386**

OIL BUYING CLUBS - the NIHE have organised an oil buying club to make oil more affordable, they liaise with the supplier to ensure people receive oil at the best price. They provide monthly advice on oil costs and the best time to buy heating oil. To join or for more information contact: **0800 1114455** and email nienergyadvice@nihe.gov.uk

AFFORDABLE WARMTH SCHEME

The scheme addresses the effects of fuel poverty and energy inefficiency. It is a targeted scheme aimed at those areas where levels of fuel poverty are highest contact the Affordable Warmth Team on **0300 013 3333** ext. **40201** or email affordablewarmth@ardsandnorthdown.gov.uk

HEATING THE PERSON - it's wrong and sad that people are facing such hardships and having to choose what to pay for in order to keep warm, a helpful guide has been started by Martin Lewis, please go to: <https://www.moneysavingexpert.com/utilities/heat-the-human-not-the-home-save-energy/>

REPORTING ISSUES/CONCERNS

The important issues that impact communities will only be acted on when enough reports come in from residents, so numbers count. Reporting can feel tedious and sometimes a waste of time, especially when things don't change quickly, but please do persist and make the calls needed because resources only go to areas and issues that people report on. If enough people report, then changes will come and communities can be improved.

STREETLIGHTS - to report please call **0300 200 7899** or Report online at: <https://www.nidirect.gov.uk/services/report-street-light-fault>

NOISE COMPLAINTS - call Council on **0300 013 3333** or email: NoiseTeamEnquiries@ardsandnorthdown.gov.uk

ANTI-SOCIAL BEHAVIOUR - Only things reported on, can be acted on; to report anti-social behaviour in Ards and North Down to the Community Safety team, telephone the reporting line, **028 9182 4044** ext: **40245**

CRIME - call the **PSNI** on **101** for non-emergency and **999** for emergency support or to remain anonymous call **CRIMESTOPPERS** on: **0800 555 111** or go to: <https://crimestoppers-uk.org/give-information/forms/give-information-anonymously>

BINS, WASTE & DOG FOULING - action will only be taken in areas where lots of reports come in from residents, please report these issues to council on: **0300 013 3333**

GRAFFITI - report to council on: **0300 013 3333** or go online to an interactive map to locate and report the graffiti at: <https://www.nidirect.gov.uk/services/report-issue-graffiti-fly-posters-or-unlawful-ad-signs>

SUPPORT WITH FOOD

SUPPORT WITH FOOD

Things are difficult for many people and families, so there are a number of ways you can receive support with free food to help at this time.

BANGOR FOODBANK - can provide emergency food please contact **07821 791 674**

STOREHOUSE NORTH DOWN - agencies and churches can refer people in need of food to the Storehouse, please contact them on **07526 541 168**

ST VINCENT DE PAUL - can provide emergency food parcels and utility top-ups for those financially struggling with no access to other support. Please contact the Bangor Helpline on **07703 679 384** and the Ards Helpline on **07738837 984**.

WELL FED SOCIAL SUPERMARKET - Well Fed is a programme to help make food affordable and provide support to help people solve the problems you are facing. Go to: <https://thewarehousenewtownards.com/well-fed> or call: **028 9182 1721**

NORTH DOWN YMCA - are providing lunches on Mondays and Wednesdays in their High St base. Please contact them on: **028 9145 4290** or **07483 122 843** or email: info@northdownymca.org

SALVATION ARMY - have a befriending call service and some support for people in need of a helping hand, please contact them on **07469 658 405**

COMMUNITY CAFE - a warm welcome and delicious lunch on Thursdays 12pm - 1pm in the NDCN Wellbeing Centre Main Street, tel: **02891 461386**

WESLEY CENTENARY CHURCH - a warm meal for all on Fridays 12pm - 2pm, Hamilton Road Bangor, tel: **028 9145 3304**

FOUNTAIN CENTRE - seniors affordable lunch club on Tuesdays 1pm, Queens Parade tel: **028 9122 6826**

NIHE TENANTS SUPPORT

NIHE TENANTS SUPPORT - Portal Helpline : 03448 920 910

To contact your local area Patch Manager to report issues, seek information free lunches each day, etc contact:

Rathgill/Willowbrook	Stuart Montgomery	02895 982 262
Kilcooley	Nicola Cromie	02895 985 276
Kilcooley/Groomsport	Tanya Johnston	02895 982 604
Holywood/Lisnabreen	Alan Minnis	02895 985 344
Holywood/Clandeboyne/Rural	Susanne Comiskey	02895 984 846
Whitehill/Clanmorris	Amanda Chambers	02895 985 164
Bloomfield/Conlig	Sandra Sinkute	02895 984 615
Breezemount		



COMMUNITY SAFETY ISSUES

COMMUNITY SAFETY ISSUES - Ards and North Down Policing Community Safety Partnership (PCSP) - The local PCSP consist of elected representatives, statutory partners and independent members, it exists to work with the community to identify issues of concern in the local area and prepare plans to deliver practical solutions. PCSPs have a range of duties which are set in legislation: including to Consult & Engage with their local community on issues of concern in relation to policing and community safety, Identify & Prioritise issues and prepare plans for how these can be tackled at a community level, Monitor the performance of the police and work to gain the co-operation of the public with the police in preventing crime; and Deliver a reduction in crime and enhance community safety in each district, directly through interventions. Tel: **0300 013 3333** ext: **40254** or email: pcsp@ardsandnorthdown.gov.uk or go to the link to find out more about your local PCSP, how it can serve and support you, information about members and more:

<https://www.pcsp.org/ards-and-north-down-pcsp>

NORTH DOWN & ARDS STREET PASTORS - can support in a range of ways across the Borough, please contact Pam on **07772 540 069** or Marilyn **07771 608 109** or email: ardsnorthdown@streetpastor.org.uk

HELPLINES & DIRECTORIES

HELPLINES NI - A useful website for a range of Helplines for people in need of support and information www.helplinesni.com

SUPPORT WITH FURNITURE

KILTONGA CHRISTIAN CENTRE - agencies and churches can refer people in need of furniture by contacting **07748 235 009**

LISTEN ON RADIO

BANGOR FM - Hear more about what is happening across the community of Bangor by tuning in to Bangor FM at 107.9 FM.



LOCAL COMMUNITY SUPPORT

The local Community Associations in the areas below are led by dedicated community volunteers who give their time to help and support people from their communities. If you would like to find out how you can support your local community association, find out more about what is taking place or if there is something you might need help with, please contact your local community association below:



BLOOMFIELD COMMUNITY ASSOCIATION

07923 612 239	Bloomfield Bangor	isobelleh922@gmail.com
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BREEZEMOUNT COMMUNITY ASSOCIATION

07751 924 581	Breezemount CA	sharondavison211081@outlook.com
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CLANDEBOYNE VILLAGE COMMUNITY ASSOCIATION

07421 138 541	Clandeboyne Village Community Association	aaron.mcmahon@btopenworld.com
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CONLIG COMMUNITY REGENERATION GROUP

07713 631 363	Conlig Community Regeneration Group	johnwbballard50@gmail.com
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WHITEHILL COMMUNITY ASSOCIATION

02891 473 324	Whitehill Community Association	whitehillca@hotmail.co.uk
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CLOTHING SUPPORT

BANGOR PARISH - are offering free clothing, emergency food support and a drop-in space for coffee on Thursdays, 2pm-4pm, in their church hall at 2A Hamilton Road, Bangor. Please get in touch by calling: **028 9146 0712** or email: **sayhello@bangorparishchurch.org.uk**

SUPPORT WITH HOUSING, MONEY & DEBT

SUPPORT WITH HOUSING



NIHE - The Housing Executive is available at all times to help tenants with all of their needs. You can get in touch with your local office Monday to Friday from 9am until 5pm, or you can contact your patch manager on **03448 920 900**. For all issues or concerns, you can find more information on their website at:

<https://www.nihe.gov.uk/my-housing-executive/advice-for-housing-executive-tenants>

CLANMIL HOUSING - to report any issues or concerns, contact Housing Officer Stuart Rafferty on: **02890 876000**

CHOICE HOUSING - to report any issues or concerns contact the Housing Officer Gail Hanna on: **02890 690250** email: **enquiries@choicehousing.org**

HOUSING RIGHTS - exists to support people with housing advice and information and they can be reached by phone on the helpline:

028 9024 5640 and via email: **info@housingrights.org.uk**

SUPPORT WITH MONEY & DEBT



CHRISTIANS AGAINST POVERTY (CAP) - free debt counselling in your community from an award winning charity. There is a CAP Debt Centre in Bangor run in partnership with Christ Church Primacy (Church of Ireland). CAP offer a service to anyone who is worried about issues around debt. You can contact them on **0800 328 0006** or speak locally to Ashleen Johnston on **07553 858867**

COMMUNITY ADVICE ARDS & NORTH DOWN - providing free, independent, confidential and impartial advice and information in a range of areas, including benefits, please contact **0300 123 9287** (phone lines open weekdays 9am-4pm).

CONSUMER COUNCIL NI - provides free, independent support and advice about a wide range of issues such as saving on heat, minimising electric usage and how to save money. They have a range of tools and lots of helpful information to help with the **COST OF LIVING CRISIS**, please call: **028 9025 1600**, or **freephone: 0800 121 6022** or go to: <https://www.consumerCouncil.org.uk/costofliving>

MARTIN LEWIS MONEY SAVING EXPERT - provides people with information on saving money in the form of deals, tips and articles. For information, advice and guidance on a wide range of issues from how to spend less, reduce debit, manage money effectively and things to avoid go to <https://www.moneysavingexpert.com>

NI DIRECT - for information from the government about the support available because of the cost-of-living go to: <https://www.nidirect.gov.uk/campaigns/cost-living>

WEEKLY ACTIVITIES AT



ALL ACTIVITIES TAKE PLACE AT THE NDCN WELLBEING CENTRE 25-27 Main Street, Bangor

MONDAY

WALKING CLUB

NDCN Wellbeing Centre
10am - 11am

CHAIR YOGA

NDCN Wellbeing Centre
11.30am - 12.30pm

SPEAK EASY

NDCN Wellbeing Centre
1pm - 3.30pm

WEE YARNERS CROCHET GROUP

NDCN Wellbeing Centre
2pm - 4pm

TUESDAY

CHI ME

(Strength & Balance)
NDCN Wellbeing Centre
10am - 11am

AWARE

10am - 12pm
Fortnightly Drop-in

SEW HEALTHY CLASSES

NDCN Wellbeing Centre
10.30am - 12.30pm
*Payable & must book

COMMUNITY CHOIR

NDCN Wellbeing Centre
1pm - 2pm

SCRIPT WRITING

NDCN Wellbeing Centre
2pm-4pm

WEDNESDAY

CREATIVE WRITING

NDCN Wellbeing Centre
10am - 12pm

BOOK CLUB

NDCN Wellbeing Centre
12pm - 1pm
(once a month)

COMMUNITY SHED Outdoor Activities & Events

NDCN Wellbeing Centre
2pm - 4pm

LIVING FROM THE INSIDE OUT CONVERSATIONS

NDCN Wellbeing Centre
2pm - 3.30pm

THURSDAY

WISE THE BAP Art Club

NDCN Wellbeing Centre
10am - 12pm

COMMUNITY ADVICE

10am - 12pm
Drop-in

COMMUNITY CAFE

NDCN Wellbeing Centre
12pm - 1pm

GARDENING GROUP

Meet at NDCN
Wellbeing Urban Garden
1pm - 3pm

IT 1-1 SUPPORT

NDCN Wellbeing Centre
10am - 12pm

GENTLE YOGA

NDCN Wellbeing Centre
1.30pm - 2.30pm

FRIDAY

CHI ME

(Strength & Balance)
NDCN Wellbeing Centre
10am - 11am

UKULELE

NDCN Wellbeing Centre
12.30pm - 1.30pm

DRUMMING

NDCN Wellbeing Centre
2pm - 3pm
(once a month)

North Down
Community
Network

run additional
programmes,
training and events,
please make sure
you don't miss out
by following us on

facebook
NDCNWellbeing
centre

twitter
@NDCN_Bangor



DICE YOUTH CLUBS

Breezemount Youth Club

Mondays 6.30pm - 8.30pm @Green Road Community Centre

Clandeboyne Youth Club

Tuesdays & Friday 7pm - 9pm @ Clandeboyne Village Hall

Bloomfield Youth Club

Tuesdays 6.30pm - 8pm at Bloomfield Primary School

only Bloomfield pupils

Whitehill Youth Club

Wednesdays 6.30pm - 8.30pm at Skipperstone Community Centre

A dedicated group of volunteers have made a range of Sew Healthy accessories to help people recovering from, or currently having cancer treatment. They are colourful picc line covers, hats, drain bags, seat belt covers, cushions, hand warmers, scarves and much more. All items are hand made with love and care and are available from the NDCN Wellbeing Centre.

Follow us on Facebook Sew Healthy



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DICE Project or



dice_bangor