



Cost of Living Crisis

A Guide to Locality Based Targeted Resources and Practical Support for Families and Children Struggling with the Current Cost of Living Crisis

This is a live document and will be updates on a regular basis
Updated 11 October 2022

If you would like to include information about your service
please email: una.casey@hscni.net

**Please click on the link below to give feedback on this
guide**

<https://www.surveymonkey.co.uk/r/H96DHP7>

Sections

[Regional Services](#)

[Belfast](#)

[Northern](#)

[South Eastern](#)

[Southern](#)

[Western](#)



Regional Services

Cost of Living Support Payments for Low Income Benefits



If you receive any of these benefits you will receive your second £324 payment from 8 November to 23 November.

Pension Credit

Universal Credit

Income-based Jobseeker's Allowance

Income-related Employment and Support Allowance

Income Support

You do not need to do anything. If you are eligible you will receive your payment automatically in the same way you normally receive your benefits.

The eligibility period is 26 August - 25 September 2022
www.nidirect.gov.uk/cost-living-support



Department for
Communities
www.communities-ni.gov.uk

An Roinn
Pobal

Department for
Commonities

Cost of Living Advice

Staff are really struggling with their Financial Wellbeing at the moment.

Our Social Enterprise can help them with areas such as :

Budget Planning

Cost of Living

Pensions

Savings

Debt

To contact us for more information call 02890 877777

or email

info@kithandkinfinance.org



smartpass

Are you getting all the money, supports and services you're entitled to?

With just one simple call, text or email you can find out.

make the call

0800 232 1271*

disability

text: CHECK to 67300*

email: makethecall.telephony@nlssa.gsl.gov.uk

visit: nidirect.gov.uk/makethecall



Department for

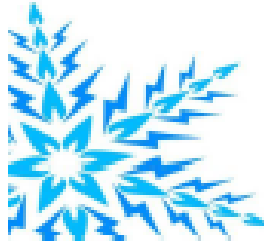
Communities

www.communities-nl.gov.uk

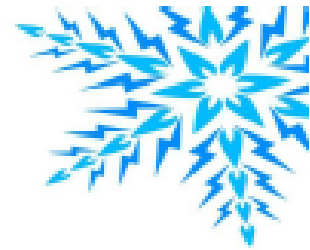
*network charges may apply



benefits



ARE YOU WINTER READY?



Energy Efficiency in the Home

At National Energy Action (NEA NI) we are concerned that higher energy prices, reduced incomes, and leaky, inefficient housing could put many households in Northern Ireland at increased risk of fuel poverty this coming winter. These increases come at a time when many household budgets are already stretched thin.

However, at NEA we know that some simple changes to day-to-day activities could make big differences to household bills.

To assist households, NEA, are providing **FREE Energy Efficiency information sessions** online or face to face across Northern Ireland.

The following topics are included:

- Impact of living in a cold, damp home
- Taking control - understanding your heating system
- Energy efficiency low cost/no cost top tips
- Keeping the heat where it is needed – reducing heat loss
- Causes of and remedies for condensation
- Comparing and switching energy suppliers
- Advice and Support

For further information contact,

Nichola MacDougall, NEA Training Officer

Email: Nichola.MacDougall@nea.org.uk Phone: 028 9023 9909

Keep up to date with our events on
Twitter @NEA_NIreland | Facebook: @NEANorthernIreland



Action for Warm Homes

Energy Efficiency In The Home

Keeping Warm and Well

NEA are concerned that the 'perfect storm' of higher energy prices, reduced incomes, and leaky, inefficient housing could put many households in Northern Ireland at increased risk of fuel poverty. These increases come at a time when many household budgets are already stretched thin.

However, simple changes to day-to-day activities could make big differences to household bills. Here are a variety of no cost/low-cost energy savings tips.



You can save around **£55** just by remembering to turn off electric appliances and not leave many of them on standby e.g. TV, laptops, mobile phones



Save an average of **£65** on electricity a year by drying clothes on a clothesline, instead of using a tumble dryer



Room thermostats allow you to set the temperature your home heats up to and maintains. Turning it down by only 1 degree could save you around **£80-£100** per year



Spending one minute less in the shower every day will save up to **£9** per person off your household energy bill each year.



Only boil the water you need in your kettle. This can save you **£12** per year.



Washing clothes at **30°C** and 1 less cycle per week can save around **£15** a year on energy



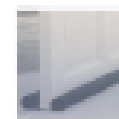
Effective insulation of your hot water cylinder is important, increasing the insulation 80mm thick, could save you **£45** a year. Increasing loft insulation to 270mm can save between **£35 - £300** per year.



Switch off lights when not in use. This could save your household **£20** a year. Switching to LED bulbs could save you between **£4-£13** per bulb per year



Only run the dishwasher when full. 1 less run per week could save **£15** per year.



Draughtproofing windows/doors can save around **£40** per year. Chimney draught excluder can save an additional **£20**

Sources: Information sourced from Energy Saving Trust. Northern Ireland savings are for a typical three-bedroom, semi-detached home in Northern Ireland using an oil price of 9.2p/kWh and an electricity price of 30.9p/kWh (as of July 2022).

Are you experiencing financial hardship?

Speak to your energy supplier if you are worried about your energy bills and to find out if you are eligible for additional services. To find out if you are claiming all of the benefits you are entitled to call:

- **Advice NI**
Freephone Advice Helpline: 0800 915 4604 | Email: advice@adviceni.net
- **Make the Call Service**
Freephone (Network charges may apply): 0800 232 1271 | Email: makethecall@dfoni.gov.uk

Check to see if you are getting the best deal for your energy

You could save hundreds of pounds a year on your bills by switching supplier or changing tariffs with your current supplier. Use a price comparison site. **Consumer Council** Tel: 028 9025 1600 | Email: info@consumercouncil.org.uk | Web: www.consumercouncil.org.uk

Additional Support

NI Energy Advice offers free independent and impartial energy advice to domestic householders in Northern Ireland - including advice about energy grants and other sources of help.

Freephone: 0800 111 4455 | Email: nienergyadvice@nihe.gov.uk

Website: www.nihe.gov.uk/Community/NI-Energy-Advice

Training and Advice

NEA are offering **FREE** Energy Efficiency training and advice sessions to organisations and households throughout Northern Ireland. These sessions can be delivered face to face or via zoom.

Please contact Nichola MacDougall for further information:

Tel: 028 9023 9909 | Email: nichola.macdougall@nea.org.uk

Keep up to date with our events on Community NI, Eventbrite and our social media:

Twitter: [@NEA_NIreland](https://twitter.com/NEA_NIreland) | Facebook: [@NEANorthernIreland](https://www.facebook.com/NEANorthernIreland)



Family Fund

**Application
deadline:
Ongoing**

<https://www.familyfund.org.uk/FAQs/how-do-we-apply>

Emma McKeown Emma.McKeown@familyfund.org.uk

Partner Engagement Manager – Northern Ireland

Mobile +44 7818 456378

We help families across the UK who are raising a disabled or seriously ill child or young person aged 17 or under. You can apply to Family Fund if:

- You live in England, Northern Ireland, Scotland or Wales
- You are the parent or carer of a disabled or seriously ill child or young person aged 0-17 who lives with you
- You are currently living in the UK and done so for at least six months, or three months if your child is less than six months old.
- You are eligible to work and apply for public funds
- Your child is not in Local Authority care
- You need to also have evidence of entitlement to any one of the following: *
 - Universal Credit
 - Child Tax Credit
 - Working Tax Credit
 - Income-based Jobseeker's Allowance
 - Income Related Employment Support Allowance
 - Income Support
 - Housing Benefit
 - Pension Credit.
- Your child or young person has a high level of additional support needs arising from a long-term disability or disabling condition or a serious or life limiting illness. By long term we mean lasting or likely to last 12 months or more. Please read our [child and young person eligibility criteria](#).

Notes:

We're now urging families living on low incomes in Northern Ireland, with disabled or seriously ill children or young people aged 17 and under, to apply for urgent grant support for essential items, to see them through these final winter months.

NOTE: IF A FAMILY HAS RECEIVED A GRANT WITHIN THE LAST 12 MONTHS THEN UNFORTUNATELY THEY ARE NOT ELIGIBLE – ELIGIBILITY IS AVAILABLE AT THE WEBSITE LINK BELOW.

Few quick links to areas of our website where you will find more detailed information.

Main grants programme:

[Grants: Northern Ireland | Family Fund](#)

[Who do we help? | Family Fund](#)

[Child and young person eligibility criteria | Family Fund](#)

[Grant items | Family Fund](#)

[Apply for a grant | Family Fund](#)

Information on the Children in Need Emergency Essentials Programme with link [BBC Children in Need Emergency Essentials Programme - Family Fund Business Services](#)
[Family Fund Business Services \(familyfundservices.co.uk\)](#)

The link to our Your Opportunity Programme is also here [Your Opportunity: Help for 18-24 year-olds | Family Fund](#)

The urgent application service

Is a dedicated service for registered third party professionals. We provide help on behalf of the parent/main carer with a disabled child or young person where the disabled child or young person is going through an unexpected medical crisis or is at the end stages of life. The urgent service aims to deal with applications within 24 - 48 working hours of receipt.

When to use the urgent service

You can make an application via the urgent service where:

A child/young person is seriously ill in hospital or at home and is not expected to live for long.

A child/young person has been in hospital for over five days and there has been or is likely to be a significant financial impact on the family.

A disabled child is experiencing an unexpected medical crisis and the family need immediate assistance related to this medical crisis.

A child/young person is undergoing intensive treatment protocol and may be attending hospital throughout the week but not an inpatient.

How to register

To register, email your full work contact telephone number and address including your job title and department to:

urgents@familyfund.org.uk

We will contact you to confirm that you have been registered. You will then be able to start making applications. Please do not complete an application with a family before confirmation of your registration has been given. We must decline any urgent application that has been completed by someone not registered to use the urgent service.

[Home - Buttle UK](#)

[Chances for Children Grants - Buttle UK](#)

Grants are made directly to children and young people who are facing a range of complex issues. They are tailored to their particular needs, in order to prevent them from falling further into crisis and help them to transform their lives.

The grants pay for a range of items and costs, many of which are those we would expect any child growing up in the UK to have, but which their parents or carers cannot afford. In a small number of cases, where home is not the best place for a child to be, the grant pays for them to attend boarding school.

What makes our Chances for Children grants different is that they offer a holistic funding package designed to meet the multiple needs of vulnerable children and young people.

The grants meet immediate practical needs by paying for household items, but also meet a child's longer-term educational and emotional needs. As such, we have found that they can have a disproportionately positive impact compared to their monetary value; in some cases, they are transformational. There is nothing else like them available within the social care sector.

CASH FOR KIDS DAY GRANT FUND IS NOW OPEN

Cash for Kids Day Grants are available to organisations and service providers who support children who have a genuine need for support and are suffering from disadvantage due to poverty, ongoing impact of the pandemic and increases in the cost of living. These grants are for emergency situations only and funds are limited so if you do plan to apply, please only apply for individual families who are in an emergency situation.

Grants will be £35 per child for items that support children and young people's physical and mental well-being. Items we will consider funding include food, clothing, household fuel and well-being packs.

Individuals / families cannot self-refer or apply directly for

support. Applications on behalf of children must be made by a recognised referral source such as professionals within a governing body (e.g., social services, GP, teacher etc.) from a registered charity or community organisation with a formal constitution / governance document.

We issue funds via bank transfer to the official charity/community group/organisation bank account. These funds can then be used to purchase essentials such as food vouchers, hampers, heating, clothing or learning resources – whatever you feel the families need most.

Documentation required for upload:

1. Bank statement and/or paying in slip for the account funds are to be paid in to (matching the details on application).
2. Community Groups/Organisations – copy of constitution or formal governance documentation.
3. A letter on headed paper from a senior member of your organisation to confirm your eligibility to apply for a grant on behalf of the families you support.

Applications without the correct documentation uploaded will not be considered.

To check the eligibility criteria and make an application, please visit coolfm.co.uk/cfkday and scroll down to the APPLY FOR HELP section

Mission Christmas 2022 - Applications Now Open

Applications will be reviewed on a first come, first serve basis and the link will be removed as soon as we reach capacity.

This year we know there will be bigger demand for support than ever before. This will be compounded by the prediction that gift donation levels may be lower than usual due the ongoing impact of the cost of living crisis.

Actions that must be taken by our beneficiaries:

Application numbers:

Consider the points above and be realistic in your ask, verify that the children you are applying for are the most in need. Remember we aim to give each child you apply for 4-5 gifts each so consider this as well.

DO NOT APPLY FOR GIFTS UNLESS YOU CAN CONFIRM:

You will be available to pick up your order up to and including Friday 23rd December.

2. We can contact you via the email address you provide in the application form to come and pick up your gifts. You must therefore monitor your emails regularly.
3. You must have access to a vehicle big enough to collect the gifts you have ordered in one trip.

IF YOU ARE HAPPY WITH ALL OF THE ABOVE PLEASE APPLY FOR GIFTS HERE:

<https://planetradio.co.uk/cool-fm/charity/events/mission-christmas-2022-northern-ireland/>

How can you support the Appeal this year?

Volunteering:

We have a shortage of volunteers to sort gifts at Mission HQ. Duties would include sorting and packing of toys. If you or your team are able to volunteer, please get in touch using this email address info@cashforkids.fm.

Promotion:

You can help to increase the likelihood that we will be able to fulfil your order by helping us to spread the word. Can you promote Mission Christmas via your social or digital channels? Please follow Cash for Kids NI on Facebook and Instagram and share our content.

Thank you for your understanding and for the incredible work you do to support local children. If you have any questions, please email info@cashforkids.fm

<p>The Society of St. Vincent de Paul - Ireland - St Vincent De Paul (svp.ie)</p>	<h2>Society of St Vincent de Paul in the North</h2> <p>Each year in Northern Ireland, the Society spends almost £3m on those in need and most vulnerable in our communities. As well as expending this in direct financial assistance, other essential items such as food, fuel and household items are also given in support.</p> <p>We offer a confidential, person centred, non judgemental service to individuals and families, whoever or wherever they are. Home visitation is the cornerstone of our work. We are a member-led organisation and our pool of almost 1,800 volunteers work tirelessly to meet the needs of those seeking our help and support.</p> <p>The Society is also involved in many other activities, some of which are listed below:</p> <ul style="list-style-type: none">• Breakfast & Afterschool Clubs• Childcare facilities• New Furniture• 32 'Vincent's' Clothing Outlets• Hospital & Prison Visitation <p>Depending on their resources, local groups can offer help with befriending/visiting, clothing, food, furniture, debt counselling or transport. We do not normally provide financial help but this depends on the capacity of the local group. Not a grant giving organisation. However the local group, may be able to offer limited financial assistance for specific needs, depending on their local capacity.</p>
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Libraries NI	
<p>Service offered to support families with cost of living</p>	<p>Libraries NI offers opportunities for all members of the community to access a range of free services.</p> <p>Whether you're looking to borrow books or need help to get online, a quiet place to study, a warm and safe place to relax or a place to chat and meet new people</p> <p>There are 96 branch libraries, two specialist libraries and multiple mobile stops across Northern Ireland. All of which provide a range of resources for people who live, work or study here.</p> <p>Branch libraries offer book borrowing, free Wi-Fi and computer use, printing and photocopying facilities as well as social activities and events. Some also have study space and access to special heritage collections.</p> <p>All branches are warm, welcoming places and have seated areas for study, reading and computer access. To avail of the services on offer, it is completely free to join up and use. There are weekly activities on in all branches such as rhythm and rhyme, tea and newspapers, knit and natter and monthly junior and adult book groups.</p>
<p>What is available: (Food, Fuel, clothing, financial support, uniforms, PE kits, warm place etc.)</p>	<p>Free wi-fi, free access to computers, books, ebooks, e-magazines, e-newspapers, audiobooks, free weekly and monthly groups and activities, homecall services, mobile libraries, IT assistance and lessons to improve your it skills, kids board games, lego, craft and storytime sessions.</p>
<p>How to access: (phone, email, referral process etc.)</p>	<p>Phone, email or come in person to the branch for details of what is available</p>
<p>is there a waiting list?</p>	<p>No</p>
<p>Is there an expected response time? How long is this?</p>	<p>No</p>
<p>Further Information: (e.g. time frame of provision/availability etc.)</p>	<p>Opening hours for all branches are available on the librariesni website and there are also 7 'Out- Of-Hours' libraries that can be accessed outside of normal opening hours.</p>
<p>Area Covered</p>	<p>All of northern Ireland</p>

Safe Food

For more information follow the link
<https://www.safefood.net/transform>



Tips for making a great shopping list



- 1** Keep a running “to-buy” list of items you regularly buy
- 2** Check what food you have in your cupboards, fridge, freezer
- 3** Do a meal plan for the week based on the food you have
- 4** Add extra ingredients you need to your “to-buy” list



Stick to your list



Northern Ireland Oil Buying Clubs

For more information go to:

[The Housing Executive - Oil Buying Clubs \(nihe.gov.uk\)](http://nihe.gov.uk)

What is an Oil Club?

Oil Buying Clubs are based on a simple idea - the more people that buy oil together, the lower the cost. You can buy as little as 200 litres of oil. When all club member orders are put together, the Club can get a better price.

The best way to negotiate a great price for your Club, is NI Oil Buying Network negotiating on the intended bulk order, on behalf of an area of clubs. Savings made are passed on to all members.

The more people that take part in the initial orders, the greater the savings.

We are open to new membership. We can help you set up a new club in an area of need.

For more information:

email: oilbuyingclubs@nihe.gov.uk or

Freephone: [0800 111 4455](tel:08001114455) to speak with an Energy Adviser

More about Oil Buying Clubs

For your benefit, Oil Buying Club processes have changed.

Easy as 1.2.3.

- We take your 'intended' order and negotiate with suppliers for the best price.
- We send you the best reduced price with an order discount code via text, email or phone call.
- You place your own order by the supplier deadline, in 1 to 3 days
(*Or, the selected supplier may choose to follow-up on your order by phone)

What are the Benefits?

You can buy as little as 200 litres without having to buy larger bulk orders.

It is free to join.

Ordering through an Oil Club means you can avoid having to buy 'emergency 20 litre oil drums', which can be much more per litre than a distributor might charge.

You avoid the risks with transporting oil in your car and transferring oil into the tank.

Save money - members benefit from a reduction in price per litre with the larger volume order.

Supplier saves on delivery costs.

Fewer vehicle movements equals a reduction in CO2 emissions - fewer deliveries reduces the number of tanker journeys – safer for the community and better for the environment.

Produces social cohesion and sense of community spirit.

Membership open to home owners, private renters, and NIHE/Housing Association tenants.

ASDA Meal Deals for OAPs and Kids

£1 meal deal for OAPs is part of the new 'winter warmer' initiatives

We're launching a range of new 'winter warmer' initiatives to support customers and community groups struggling with the cost-of-living crisis.

Throughout November and December we're offering people aged 60 and over the chance to enjoy soup, a roll and unlimited tea and coffees for just £1 in any of our cafes.

The offer is available all day, every day and will run alongside the current 'Kids eat for £1' offer which continues to be hugely popular.

For Community Groups

Meanwhile, the cost of living grant programme led by Asda's charity The Asda Foundation will support grassroots organisations who are providing a lifeline in their communities during these tough times. "The Asda Foundation is providing funding worth £500,000 to support community groups that are struggling with rising operating costs or increased demand for their vital services in the current climate

Individual grants worth up to a maximum of £2,000 are available and priority will be given to groups and charities that need financial help to cover increased energy costs or who want to use their facilities to create 'warm banks' – spaces where people can keep warm this winter if they can't afford to always heat their homes.

We're also running a 'Community Cuppa' campaign in our cafes by creating space for community groups who may otherwise struggle to meet due to rising energy costs. Spaces will be available on weekdays in November and December from 2pm to 6pm and all community group members who visit will receive unlimited free tea or coffee.

<https://corporate.asda.com/20221006/1-meal-deal-for-oaps-is-part-of-our-new-winter-warmer-initiatives>

Scamwise NI

For more information
[Scamwiseni | nidirect](#)

We're urging you to be on your guard against fraudsters operating cost of living scams such as falsely offering grants, or scam energy discount texts, like this one pictured.

We want you to be
[#ScamAware](#)

GOVUK: We have identified you as eligible for a discounted energy bill under the Energy Bills Support Scheme. You can apply via: <https://energybills-project.com>

You don't need to apply or provide your bank details to get the energy discount. If you are asked to apply, it's probably a scam

Belfast Met – Student Union



Wear n' Share



Do you have good quality clean clothing sitting in your wardrobe? Would you like to donate and swap them for other items that you could reuse?

Come along to Wear n' Share swap items at Belfast Met's Clothing Sustainability Scheme.

📍 Location

Students' Union
Titanic Quarter Campus

📅 When

Every Thursday, starting
6th October 2022

🕒 Time

11.00am - 3.00pm

♻️ Resuse & Recycle

You can donate and swap
up to 10 items

Contact Heather Houston for further details:
hhouston@belfastmet.ac.uk



Belfast Met – Student Union



Taste Not Waste

Around 1 million tonnes of food are thrown away by food businesses each year. Our Taste Not Waste Project works closely with the Hospitality department aiming to be a zero- food waste entity.

In a bid to also support food poverty amid the rising cost of living, please come along to Taste Not Waste and collect some healthy meals.

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- 📍 Location: Students' Union, Titanic Quarter Campus
 - 📅 When: Every Thursday, starting 6th October 2022
 - 🕒 Time: 11.00am - 3.00pm



We are now officially in autumn and the clocks go back on the 30th of this month, meaning shorter days and colder weather. This can be a cosy time for many, but we understand the cost of living may make this a worrying time too. We in the Money Guiders NI Network want to support you and your colleagues, so that in turn we all are able to support ourselves and our service users. This month we encourage you to reach out and **#AskTheQuestion** – the Network is there to help! Read on to find out what's going on across the **Money Guiders Northern Ireland network** in October, what **free-to-access events** are coming up this month and read some useful **hints and tips** for saving money that you can share with your service users and colleagues.

We're here to help you support your customers & service users

The [Money and Pensions Service](#) set up the Money Guiders Northern Ireland Network in March 2021 as part of the wider [Money Guiders](#) programme, which aims to support their UK-wide [Strategy for Financial Wellbeing](#). Delivered by [Reed in Partnership](#), Money Guiders Network NI aims to support organisations that deliver non-accredited money advice throughout Northern Ireland, by creating a community of money guiders where learning and sharing about good practice is at the heart of the conversation.

Our [Network](#) provides a range of provisions to support this including free monthly events, webinars and peer-to-peer pathfinder clinics where you can connect with other organisations that can help you learn and support your end-users. Please feel free to forward this newsletter onto any colleagues who you feel might find it of interest!

Who is a 'Money Guider'?

Anyone who delivers non-accredited money guidance in their day-to-day duties. By this we mean those day-to-day money issues your end-users deal with. For example, how to manage on a low income, resolving credit card debt, affording a car, a house, how to save, lifestyle budgeting' etc.

Our Network includes a wide range of members in different roles including Youth Workers, Welfare Officers, Support Workers, Housing Officers, Employment Advisers, Consumer Rights Advisers, Skills Trainers, Project Officers amongst many others.

If you're not a member yet and you would like to join, click [here](#). Alternatively, if you would like more information, please send us an email to moneyguidersni@reed.com.

An abstract graphic design featuring three overlapping, curved, ribbon-like shapes in shades of green, blue, and purple. The shapes are arranged in a circular pattern, creating a sense of movement and depth. The word "Belfast" is centered within the white space of the design.

Belfast

Aston/Lower North Belfast Family Support Hub	
Service offered to support families with cost of living	Various forms of Support through Ashton/Lower North Belfast Family Support Hub
What is available: (Food, Fuel, clothing, financial support, uniforms, PE kits etc.)	Supermarket Vouchers (£50 or £100 depending on the size of the family) Uniform Drive (during summer)
How to access: (phone, email, referral process etc.)	Referral to the Family Support Hub
Is there a waiting list?	No
Is there an expected response time? How long is this?	If referral for finance as soon as it arrives from referrer
Further Information: (e.g. time frame of provision/availability etc.)	Limited amount of vouchers so available until all are allocated
Area Covered	Lower North Belfast

Ashton Launches Community Food Store – The Pantry



Ashton Community has just embarked on a new community project. The initiative is called 'The Pantry', a Community Food Store project based in the Ashton Centre.

Whole Service Approach

A Community Food Store differs from Food Banks in that it doesn't just provide food but works to provide a 'whole service' approach. This means the pantry operates on a membership basis where participants will be provided with support from trained volunteer mentors. This is aimed at helping members develop skills including things like budgeting, debt management, cooking, nutrition and help with advice.

Membership

Once you join the Pantry, you pay a weekly membership fee of £5. This five pounds enables you to avail of a weekly shop of approximately £40 for a period of 12 weeks. Both food and hygiene products are available through the Pantry. Members purchase items based on their own preference. Items are colour coded according to their value.



WELFARE BENEFITS ADVICE

WE ARE HERE TO HELP

Foodstock are offering free confidential welfare and benefits advice with an accredited advisor every Monday at our hub between 11am and 1pm.

Book your appointment today:

 07794304259

 Paul.Doherty@Foodstockcharity.com



Foodstock
150 Andersonstown
Road, Belfast, BT11
9BY

The image features a central white circle surrounded by three overlapping, curved bands of color: a light green band at the top, a light blue band on the left, and a light purple band at the bottom. The bands overlap in a circular pattern, creating a sense of depth and movement. The word "Northern" is centered within the white circle in a bold, black, sans-serif font.

Northern



Solas Wellbeing	
Service offered to support families with cost of living	Support for the mental health impact of cost of living
What is available: (Food, Fuel, clothing, financial support, uniforms, PE kits etc.)	Warm Welcome drop in – food and warmth when visiting for lunch or tea Anxiety management – to help reduce stress & anxiety and improve sleep
How to access: (phone, email, referral process etc.)	Activities can be booked at www.bookwhen.com/solaswellbeing call 028 2024 8088 or email activities@solaswellbeing.org.uk to find out more or book a place
is there a waiting list?	None at present
Is there an expected response time? How long is this?	One week
Further Information: (e.g. time frame of provision/availability etc.)	Warm Welcome drop in available initially until end October to assess demand Anxiety Management and other wellbeing activities available until end of current programme in December
Area Covered	Causeway Coast & Glens

Solas Programme Sep-Dec 2022

Connect

Drop in- Join us on Mon-Wed for a hot drink around the fire, make new connections or relax in our wellbeing library.

Knitting & crochet- With stress on the increase due to the cost of living we invite you to join our knitting & crochet group to reduce anxiety & create some winter warmers for you or others.

Warm welcome drop-in- On Tuesday we will be offering two drop-in sessions in a bid to support people during the cost of living crisis where people can come to get heat and eat with us.

Men's Ear Acupuncture- Small needles are gently inserted into two points of the ear. Helps to reduce anxiety and improve sleep.

Men's room at Solas- Join us weekly to make new connections, discuss hobbies and be part of our new film club which will take place once a month.

Exercise

Restorative yoga- A light yoga practice that encourages physical, mental and emotional relaxation.

Awareness through movement- This class aims to make us aware of our particular habits and patterns when moving or at rest and encourages relaxation.

Beginners yoga- Helps build strength & flexibility to boost physical and emotional well-being.

62 Ann Street, Ballycastle, BT54 6AD Tel: 028 2024 8088 Charity number: NIC103485

Relax

Anxiety management & breathwork- Learn the principles of meditation & breathwork while receiving ear acupuncture which helps to reduce stress & anxiety.

Ear Acupuncture- Small needles are gently inserted into two points of the ear. Helps to improve sleep, reduce anxiety & lower blood pressure.

Meditation- Quiet time focused on sound & colour to aid relaxation. Helps to ease tension-based pain and reduce anxiety.

Mindfulness for parents/carers- Learn techniques for mindful parenting that can help rebuild relationships and lead to a calmer and more relaxed home life.

Listening ear- Chat with one of our compassionate volunteers who will listen and understand.

Grief & loss listening ear- We provide a quiet, comforting & calm space where you can talk openly to a compassionate volunteer about grief.

Creative

Watercolour art class- Learn basic techniques to create images. Encourages creativity & relaxation.

Relax with rhythm- An uplifting way to exercise and learn different dance techniques while meeting new people & having fun which is beneficial for your wellbeing. Suitable for all abilities.

Individual activities	Day	Time	Dates	Venue
Anxiety management & breathwork	Mon	10.00-10.45 am 11.00-11.45 am	5th Sep-12th Dec	Solas
Knitting & Crochet	Mon	12.15-1.30 pm 2.00-3.15 pm	5th Sep-12th Dec	Solas
Ear Acupuncture	Tues	10.00-10.45 am 11.00- am	6th Sep-13th Dec	Solas
Listening ear	Tues	10.00-10.30 am 10.45-11.15 am	6th Sep-25th Oct	Solas
Beginners meditation	Wed	10.00-10.30 am	7th Sep-7th Dec	Solas & Zoom
Weekly meditation	Wed	11.00-11.45 am	7th Sep-7th Dec	Solas & Zoom
Men's room at Solas	Thur	10.00-1.00 pm	8th Sep-15th Dec	Solas
Grief & loss listening ear	Thur	10.30-11.15 am 11.30-12.15 pm	6th Oct-15th Dec	Solas
Evening Acupuncture	Thur	7.00-8.30 pm	8th Sep-15th Dec	Solas

We will be closed on the 31st Oct-7th November for Halloween and two weeks over Christmas.

Group activities	Day	Time	Dates	Venue
Watercolour art class	Tues	10.00-12.00 pm	20th Sep-25th Oct	Zoom
Warm welcome Tuesday	Toes	1.00-2.30 pm 5.30-7.30 pm	4th Oct-20th Dec	Solas
Awareness through movement	Wed	1.00-1.45 pm	28th Sep-19th Oct	Ramoan Parish
Relax with rhythm	Wed	7.30-8.30 pm	9th Nov-14th Dec	McQuillan GAA
Beginner's yoga	Thur	10.00-11.00 am	10th Nov-15th Dec	Ramoan Parish
Restorative yoga	Thur	7.30-8.30 pm	15th Sep-27th Oct	Zoom
Mindfulness for parents/carers	Fri	10.00-12.00 pm	14th Oct-25th Nov	Solas

We also offer complementary therapies and counselling for those who may require individual support.
Please get in touch with us to organise this.

Community Advice Antrim & Newtownabbey

<p>Service offered to support families with cost of living</p>	<p>CAAN (formerly Citizens Advice) is an independent charity, providing an advice service that is confidential and free.</p> <p>We provide advice and support on a wide range of matters, including</p> <ul style="list-style-type: none"> <input type="checkbox"/> Money matters such as benefit entitlement, debt and budgeting <input type="checkbox"/> Employment rights <input type="checkbox"/> Housing issues <input type="checkbox"/> Consumer rights <input type="checkbox"/> Challenging benefit decisions <input type="checkbox"/> Representation at appeal tribunals <input type="checkbox"/> Immigration <p>Last year we dealt with over 42,000 enquiries from people across the community, helping to generate over £8million income for individuals and families.</p>
<p>What is available: (Food, Fuel, clothing, financial support, uniforms, PE kits etc.)</p>	<p>In addition to providing advice that can increase income, CAAN's partnerships enables our clients to be provided with emergency support in times of crisis. This can include a wide range of support such as food, fuel, clothing, furniture, baby items, etc.</p>
<p>How to access: (phone, email, referral process etc.)</p>	<p>Phone 02895 906 505</p> <p>In Person at our main offices and outreaches (see website for details)</p> <p>Email advice@advicean.com</p> <p>Webchat – communityadvicean.co.uk</p>
<p>is there a waiting list?</p>	<p>No</p>
<p>Is there an expected response time? How long is this?</p>	<p>Initial contact within 1-3 days; same day for urgent enquiries.</p>
<p>Further Information: (e.g. time frame of provision/availability etc.)</p>	<p>Community Advice Antrim and Newtownabbey - Contact</p>
<p>Area Covered</p>	<p>Core service area is Antrim and Newtownabbey.</p> <p>Advice4Health Project covers Antrim, Ballymena, Larne, Carrickfergus and Newtownabbey</p> <p>Macmillan Project is NI wide.</p>

SureStart – Ballymena and Little Steps	
Service offered to support families with cost of living	SureStart service providing a range of play and learning, health and family & social support to families in a SureStart area, from pregnancy up to 4 years old.
What is available: (Food, Fuel, clothing, financial support, uniforms, PE kits etc.)	<ul style="list-style-type: none"> • Practical support to access Food Banks, and local community supports such as SVP, Action for Children, Buttle Trust • Keep Warm Packs partner • Hygiene Bank partner • The service delivers Cook IT and Food Values (PHA) programmes to support families with economical and nutritious food preparation and budgeting • Slow Cooker programmes • Wide range of play and learning, health and family support services • Access to play resources-Toy & Book Library service
How to access: (phone, email, referral process etc.)	<p>Self Referral or Community, Voluntary, Statutory referrals to:-</p> <p>Ballymena.LittleStepsSS@actionforchildren.org.uk</p> <p>Or call 028 256 42883</p>
is there a waiting list?	Responsive to demand
Is there an expected response time? How long is this?	Referrals are allocated monthly
Further Information: (e.g. time frame of provision/availability etc.)	Services are responsive to local need and allocated as per available resource
Area Covered	<p>Ballymena:- Ballee, Ballykeel, Castle Demesne, Dunclug, Harryville, Moat, Summerfield</p> <p>Antrim:- Steeple, Farranshane, Ballycraigy</p>



Plan Ahead For The Winter Pressures & Cost Of Living Increases

**STEP Invites you to a Drop-In
Coffee / Information morning**

Are you already struggling to heat and feed your family?
Do you worry about the winter ahead?
Do you know what you are entitled to?

Ask the experts

- Advice on energy efficiency, insulation grants & oil buying clubs
- Maximising your income, are you receiving all your entitlements?
- Budgeting & debt advice
- Other local support services

Where: Involve House, 16-18 Queen Street, Magherafelt, BT45 6AB

When: Friday 7th October 10am - 1pm

For more details contact:

philip.mcquaid@stepni.org

Call: 028 87750211

SUPPORT | CHAT | PLAN



@STEPMidUlster @STEP_Empower



Plan Ahead For The Winter Pressures & Cost Of Living Increases

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Ask the experts

- Advice on energy efficiency, insulation grants & oil buying clubs
- Maximising your income, are you receiving all your entitlements?
- Budgeting & debt advice
- Other local support services

Where: The Hub, 14 Burn Rd, Cookstown, BT80 8DN

When: Wednesday 19th October 10am - 1pm

For more details contact:

philip.mcquaid@stepni.org

Call: 028 87750211

SUPPORT | CHAT | PLAN



@STEPMidUlster @STEP_Empower

Belfast Central Mission	
Service offered	Housing support for young people 16-25 year olds
What is available: (Food, Fuel, clothing, financial support etc.)	Practical support, help with budgeting, accessing grants, food banks, donated items, help to maintain the tenancy whether it be private rented, social housing or sofa surfing. Help to increase their independent skills and manage their health needs
How to access: (phone, email, referral process etc.)	<p>tmiles@belfastcentralmission.org - 07917304841</p> <p>jmccourt@belfastcentralmission.org – 07789518785</p> <p>Referral can be made on the phone or on Belfast central mission's webpage, this can be from a professional or a self referral</p>
Further Information: (e.g. time frame of provision etc.)	We can work with young people for up to 2 years and they can refer back if needed
Area Covered	Armagh/Dungannon/Magherafelt

<p>COSTA Community Organisations of South Tyrone & Areas Ltd President Grants Homestead, 45 Dergenagh Road, Dungannon, BT70 1TW Tel: 028 855 56880 Email: info.costa@btconnect.com Web: www.costaruralsupportnetwork.org Facebook: www.facebook.com/costa.network</p>	
Service offered	Information, Signposting, Capacity Building and assistance.
What is available: (Food, Fuel, clothing, financial support etc.)	<p>We will Signpost individuals to appropriate services, information, support and feedback and lobby on behalf of the community.</p> <p>We assist and build capacity of local Community Groups to access Funding, resources and facilitate them to assist their communities.</p>
How to access: (phone, email, referral process etc.)	<p>Lorraine Griffin – Manager Tel: 028 855 56880 info.costa@btconnect.com</p>
Further Information: (e.g. time frame of provision etc.)	We will assist as soon as possible.
Area Covered	Dungannon & South Tyrone area of Mid Ulster District Council area.

Are you or someone you know
struggling with the cost of
basic living expenses?

Reduced income? In crisis? Need help?



causewaycoastandglens.gov.uk/advice

Where to turn?

Where to Turn is a Causeway Coast and Glens Borough Council campaign which aims to make sure you are aware of available support services if you are facing difficulty. These organisations provide a range of wraparound services and will be able to provide you with further details of these when you contact them.

Advice Centres

In the Coleraine, Limavady, Ballymoney,
Ballycastle and The Glens areas contact:

**Community Advice
Causeway**

T: 028 7034 4817

E: advice@advicecauseway.com

In the Dungiven area contact:

Glenshane House

T: 028 7774 2494

Food Banks

Ballycastle Foodbank

T: 075 3698 6448

T: 028 2005 4006

E: info@ballycastle.foodbank.org.uk

Causeway Foodbank

T: 028 7022 0005

E: info@vineyardcompassion.co.uk

Ballymoney Foodbank

T: 075 6584 0571

E: info@ballymoney.foodbank.org.uk

**Roe Valley Community
Foodbank**

T: 028 7776 5438

E: manager@lodi.co.uk

Fuel Support

If you need emergency fuel support your local advice centre can direct you to a local organisation who may be able to help you with emergency electric or gas top up, fuel stamps or other support.

[Advice and Support - Causeway Coast & Glens Borough Council \(causewaycoastandglens.gov.uk\)](https://causewaycoastandglens.gov.uk)

The Community Family Support Programme (Network Personnel)	
Service offered to support families with cost of living	Support to find work, upskill, check benefits, access specialist services,
What is available: (Food, Fuel, clothing, financial support, uniforms, PE kits etc.)	Support to find work, upskill, check benefits, access specialist services
How to access: (phone, email, referral process etc.)	<p>(Antrim & Newtownabbey Council Area) Jude - 07813 014093 jude.murphy@networkpersonnel.org.uk</p> <p>(Mid & East Antrim Council Area) Melanie – 07776 534784 Melaine.maxwellmcilroy@networkpersonnel.org.uk</p> <p>(Mid Ulster District Council Area) Jillian - 07736 350773 jillian.lennox@networkpersonnel.org.uk</p>
is there a waiting list?	Not currently
Is there an expected response time? How long is this?	Immediate
Further Information: (e.g. time frame of provision/availability etc.)	When engaged with the participant we offer, information and signposting to support a variety of Health or Social Care issues including, housing, debt, physical & mental health, social isolation etc. We encourage participation in some of our relevant workshops and training courses, as appropriate. These include Money Management, Understanding Anxiety and Managing Challenging Behaviour, Business Administration, Customer Service, Food Hygiene etc.
Area Covered	Mid Ulster, Mid & East Antrim And Antrim & Newtownabbey Council Areas



South-Eastern Area

North Down Community Network WELLBEING CENTRE 25-27 Main Street, Bangor, BT20 5AF	
Service offered	<ul style="list-style-type: none"> • Drop-in space • Wellbeing Activities & sessions • Signposting to other services & support • Advice & guidance • Urban Garden • Accessible social activities
What is available: (Food, Fuel, clothing, financial support etc.)	<ul style="list-style-type: none"> • Drop-in space offers free tea, coffee & fruit. • People are welcome to sit in the centre to enjoy the space, heat, company & refreshments. • Warm packs (clothing) are available to people who meet criteria. • Referrals can be made for people in need to foodbanks, clothing, gas/electric, social supermarket and furniture. • Thursdays 10am – 12pm Community Advice Bangor run a drop-in session. • Community Café 12-1pm on Thursdays. • When funding available we can provide small crisis vouchers for ASDA or hot food.
How to access: (phone, email, referral process etc.)	<ul style="list-style-type: none"> • Drop-in for everyone • Agency referral • Self referral • Tel: 02891 461386 • www.ndcn.co.uk • Email: manager@ndcn.co.uk
Further Information: (e.g. time frame of provision etc.)	<ul style="list-style-type: none"> • NDCN Wellbeing Centre • Monday – Thursday 9am – 5pm • Friday - 9am – 4pm
Area Covered	<p>We warmly welcome people from across Bangor and the wider Ards and North Down Borough Council. We also welcome people from further afield</p>



Welcome Project	
Service offered	Supporting pathways to services including Welfare, Housing, Education, Health and Employment for Minority Ethnic Groups, Asylum Seekers, Refugees and Others
What is available: (Food, Fuel, clothing, financial support etc.)	Advice, Guidance, Information and Signposting to services as above - Welfare, Housing, Education, Health and Employment. Links with Lisburn Foodbank; Churches Forum; Resurgam Trust (Community Development and Social Enterprise); Lisburn Castlereagh City Council and NIHE Good Relations Officers
How to access: (phone, email, referral process etc.)	welcomehouse@resurgamtrust.co.uk 02892664443 Welcome House, 28-30 Bridge Street, Lisburn, BT28 1XY
Further Information: (e.g. time frame of provision etc.)	9am-5pm, by appointment
Area Covered	Lisburn City – access to support in surrounding areas and Castlereagh

LCC COMMUNITY TRUST	
Service offered	<p>LCC Community Trust aims to serve the local community through Projects which help people physically, mentally, emotionally, financially, spiritually and relationally especially in areas of need and short term crisis.</p> <p>'Kickstart Social Supermarket' at LCC Community Trust – is aimed at those struggling with Food Poverty and aims to support families and individuals with food and wraparound care.</p>
What is available: (Food, Fuel, clothing, financial support etc.)	<ul style="list-style-type: none"> - Kickstart Social Supermarket (food support) - Volunteer benefits and debt advisors - Budgeting support - ESOL classes - Craft classes - WRAP - Wellness Recovery Action Plan courses
How to access: (phone, email, referral process etc.)	<ul style="list-style-type: none"> - Phone (07860578409 or 07756965868) - General enquiries – hello@lcccommunitytrust.org - Kickstart Social Supermarket enquiries – kickstart@lcccommunitytrust.org - Referral from one of our referral agencies e.g local council offices, housing officers, social workers – please call LCC Community Trust for a full list of referral agencies).
Further Information: (e.g. time frame of provision etc.)	<p>Opening times: Monday to Thursday – 9:30am – 4:30pm Friday – 9:30am – 3:30pm</p>
Area Covered	Lisburn & Castlereagh

LISBURN FOODBANK	
Service offered	We don't think anyone in our community should have to face going hungry. That's why we provide three days' nutritionally balanced emergency food and support to local people who are referred to us in crisis. We are part of a nationwide network of foodbanks, supported by The Trussell Trust, working to combat poverty and hunger.
What is available: (Food, Fuel, clothing, financial support etc.)	<ul style="list-style-type: none"> - Emergency food support
How to access: (phone, email, referral process etc.)	<ul style="list-style-type: none"> - Phone (07756965868) - Email (team@lisburnfoodbank.org) - Referral - In order for people in need to access a food parcel they will need a food voucher. A food voucher can be obtained from any of our referral agencies (e.g local council offices, housing officers, social workers – please call the Lisburn Foodbank for a full list of referral agencies).
Further Information: (e.g. time frame of provision etc.)	<p>The Lisburn Foodbank provides 3 day emergency food parcels. Families / individuals can receive 3 food parcels in a 6 month period.</p> <p>The Lisburn Foodbank is open Monday, Tuesday, Thursday and Friday from 11am – 1pm.</p>
Area Covered	Lisburn & Castlereagh

Resurgam Healthy Living Centre (rhlc)	
Service offered	Support for children, young people, families and adults for a range of health, wellbeing and social supports through referral and self referral in eg SPRING social prescribing, SE Mind Matters (SEMM), Better Days Pain support & Community Fridge. Referrals via Primary Care, Mental health, social care, EWO, Schools links with CAMHS.
What is available: (Food, Fuel, clothing, financial support etc.)	<ul style="list-style-type: none"> - Advice, Guidance, Information and Signposting to services as above including - Welfare, Housing, Education, Health and Employment. - Distribute warm packs (Nov-Dec) for adults as part of Public Health Agency Partnership - Access to talking & other therapies - Community Fridge – reduction of food waste in partnership with local supermarkets and other suppliers, not means tested and run by rhlc volunteers (also includes lending library) - Partner with hygiene bank – provision of sanitary and other hygiene products including nappies. - Community food programs for families - Holiday lunch programmes
How to access: (phone, email, referral process etc.)	Gillian.lewis@resurgamtrust.co.uk 02892 528233/ 07710394983 Referral forms for SEMM & SPRING available
Further Information: (e.g. time frame of provision etc.)	9-5, by appointment Saturday 11-3pm (community fridge)
Area Covered	Lisburn City Referrals from GP practices within GP Federation area (Dunmurry/Stewartstown Rd, Dromara, Glenavy, Lisburn) Across SET area in partnership with HLCA

Newry, Mourne and Down District Council

Newry, Mourne and Down District Council	
Service offered	Affordable Warmth Scheme
What is available: (Food, Fuel, clothing, financial support etc.)	<p>The Affordable Warmth Scheme helps address the effects of fuel poverty and energy inefficiency. The scheme is directed at low income households.</p> <p>(It is not available for tenants living in social housing; you are not eligible if you are a Housing Executive or housing association tenant.)</p>
How to access: (phone, email, referral process etc.)	<p>affordablewarmth@nmandd.org 0330 137 4000</p>
Further Information: (e.g. time frame of provision etc.)	
Area Covered	Newry, Mourne and Down District Council area.

CAN WE HELP



YOU?



We at Shore Street Presbyterian Church are working in conjunction with Storehouse North Down to serve our local community in Donaghadee & beyond by distributing food parcels to those in need. For more information please contact Nigel or Christine at:

compassion@shorestreet.org

Storehouse North Down is a company limited by guarantee
Registered Number NI628614. Registered Charity Number NIC101872.
Shore Street Presbyterian Church is a registered Charity in NI (NIC105199)



WELL FED

EAT WELL. SPEND LESS.

Are you struggling financially, at risk of or currently experiencing food poverty, living in Ards and North Down & willing to focus on your wellbeing?

APPLY TO JOIN THE COMMUNITY SUPERMARKET REVOLUTION



Weekly Shop
£10 & Under

Members Support

Scan the QR Code
for more info



Call Megan on (028) 9182 1721



www.thewarehousenewtownards.com



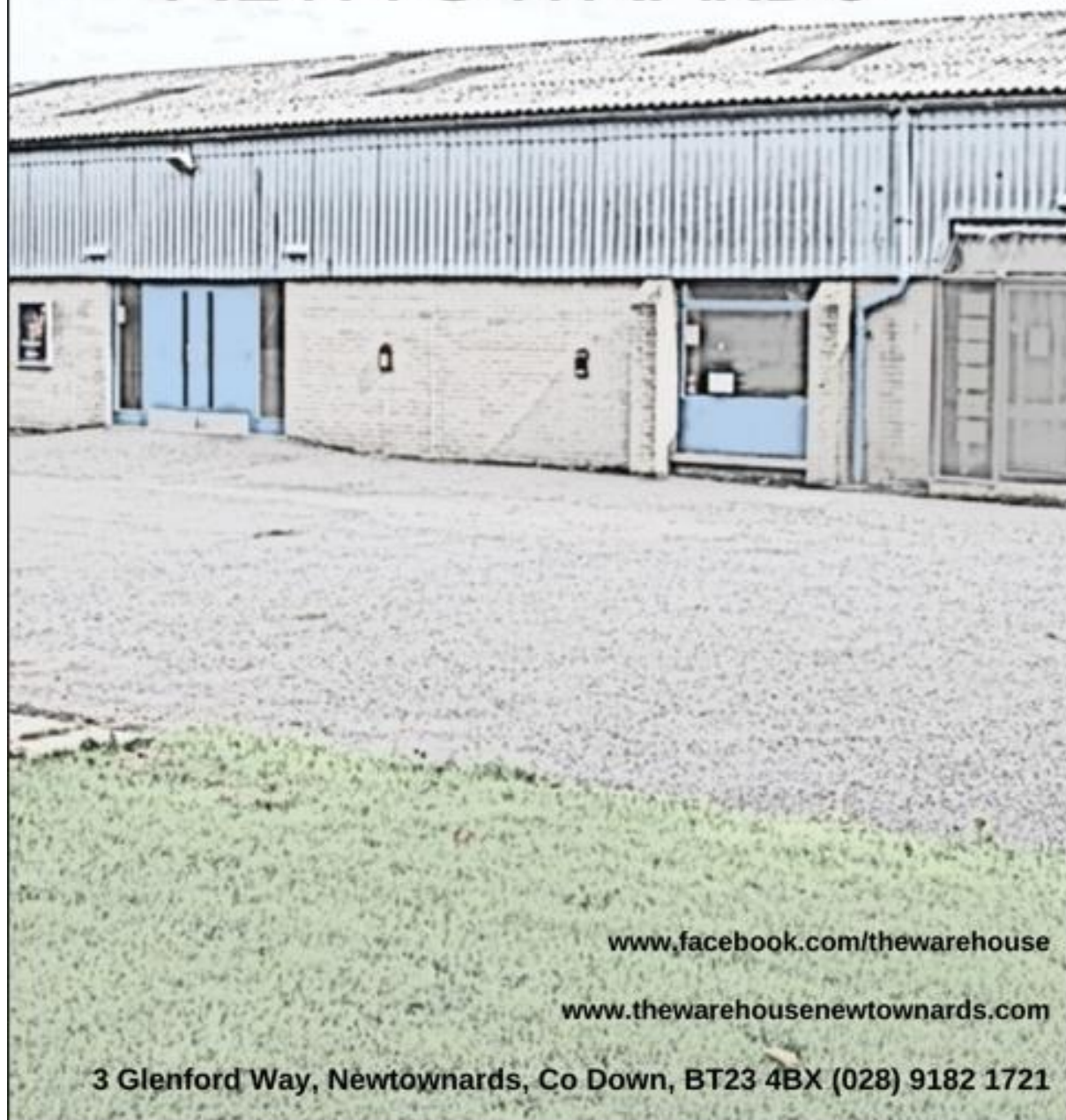
Shop location - 3 Glenford Way, Newtownards, Co Down BT23 4BX



Mobile Supermarket covering Ards & North Down - call for info



THE WAREHOUSE NEWTOWNARDS



www.facebook.com/thewarehouse

www.thewarehousenewtownards.com

3 Glenford Way, Newtownards, Co Down, BT23 4BX (028) 9182 1721

What's On

Stay warm
Fill your belly
Make new friends
Charge your devices

Come in, get a cuppa, stay all day

OPEN Mondays

**For
Courses
Only**

Oct Course - Freeze It, Cook It, Eat It - Slow
Cooker Recipes For The Winter
Starts 3 Oct Sign Up with Tracy & Megan

OPEN Tuesdays

**9am -
8pm**

Drop In all day, dinner served at 6pm
Dinner starts 20 Sept 22
Wear 'N Share
Community Fridge
Funky Fashion - starts 3 Oct 11am (sign up with
Tracy or Megan)
Homework Club 2-4pm
Mental Health Support Drop In 5-7pm
Extended Table - Book Club starts 4 Oct

OPEN Wednesdays

**9am -
2pm**

Drop In all day, lunch served from 12pm
Wear 'N Share donations accepted
Wear 'N Share
Community Fridge
Book Club reading 'My Friend Walter' - 11am

OPEN Thursdays

**9am -
2pm**

Drop In All Day, lunch served from 12pm Wear
'N Share
Community Fridge
Parents Drop In 11- 12pm (starts 29 Sept)

OPEN Fridays

**9am -
1pm**

Drop In till 1pm, breakfast served from 10am
Community Advice - 11am - 1pm
Get Creative - arts & crafts - 11am - 1pm
The Caravan - 11am-1pm - gardening, joinery,
up cycling etc
Community Fridge
Wear 'N Share

OPEN Sundays

**10.30
- 11.30am**

Drop In - Breakfast, discussion around faith,
prayer & sunday school

The image features a central white circle containing the word "Southern" in a bold, black, sans-serif font. This central element is surrounded by three large, overlapping, curved shapes that resemble thick, curved bands or petals. One band is a light green color, another is a light blue color, and the third is a light purple color. The bands overlap in a way that creates a sense of depth and movement, with the purple band appearing to be in the foreground, the blue band in the middle, and the green band in the background. The overall composition is clean and modern, with a focus on organic, flowing forms.

Southern

ArKe Sure Start	
Service offered	Family Support and Signposting
What is available: (Food, Fuel, clothing, financial support etc.)	Food Bank Vouchers Keep Warm Packs via PHA 1-1 sessions with EfC Referrals to Vibe Church; SVP etc. SS Maternity Grant information Warm and Well Connected resources via ABC council
How to access: (phone, email, referral process etc.)	Registered families can request this support and or it is identified via FSW team Arke.surestart@southerntrust.hscni.net or 02837518569
Further Information: (e.g. time frame of provision etc.)	
Area Covered	Sure Start Members Arke SS area (details available on request)

Newry SureStart	
Service offered to support families with cost of living	Eco Boutique
What is available: (Food, Fuel, clothing, financial support, uniforms, PE kits etc.)	Pre-loved clothing and books. 1. You can exchange some of yours with the boutiques OR 2. You can make a donation of preloved items OR 3. You can just take what you need
How to access: (phone, email, referral process etc.)	Users of Newry SureStart Services
is there a waiting list?	No – drop in service
Is there an expected response time? How long is this?	N/A
Further Information: (e.g. time frame of provision/availability etc.)	Open Monday to Friday 9.30 to 4.30.
Area Covered	Newry City (SureStart catchment area)

Strategy	Supporting families experiencing financial hardship
Background	<p>Northern Ireland will face a number of significant challenges in the economy over the coming months. The conflict in Ukraine and associated economic sanctions on Russia, coupled with China's continuing lockdown policy is not only causing disruption to supply chains, but is also increasing costs of commodities and energy. This means it costs more to heat homes, fuel cars and feed families. UK inflation rates currently sit at a 40-year high, with the immediate impact being sharply felt by households and families.</p> <p>The project intends to take a co-ordinated approach to support local families in the short, medium and longer term. While the project will give immediate help to those in need the longer-term objective will focus on a continued investment in skills, innovation, sustainability and resilience building within families.</p> <p>As with all SureStart services a non-stigmatising a sensitive approach will be taken especially with targeted services.</p>
Short Term: Within one month	<p>For those in immediate need:</p> <ul style="list-style-type: none"> • A breakfast club will be introduced before services begin for parents and children (starting Monday 12th September 2022). Breakfast cereal, breakfast bars/pastries, fresh fruit, yogurts and tea/coffee will be provided. • A snack rack will be set up for parents dropping children off at the DP2-3YO's (starting Monday 12th September 2022). Grab snacks such as breakfast bars, instant porridge, fruit will be provided. • More substantial snacks will be provided at the DP2-3YO's and creche with immediate effect. Buffet basket available throughout for children to eat fruit etc. • Sanitary products, nappies and wipes will be made available in all toilets in the centre and outreach venues. <p>Immediate referrals will be made to:</p> <ol style="list-style-type: none"> 1) Community Advice Newry, Mourne and Down for benefit checks and advice. 2) Clanrye Group Community Health Trainers for support in relation to mental health, stress management, diet, smoking cessation etc. 3) Employers for Childcare for support with childcare costs 4) St Vincent De Paul for support with oil and household items. 5) Children in Need for support with white goods. 6) Womens Aid when domestic abuse is identified (statistics show a rise in DV rates at present) 7) Newry Food Bank <ul style="list-style-type: none"> • The project will no longer use food items for play in services and other items will be used to provide sensory experiences. • The project has registered with the Fare Share Scheme in order to keep food costs down.

<p>Medium Term: 2-7 months</p>	<p>Universal:</p> <ul style="list-style-type: none"> • An Eco-Boutique will be set up in the centre with clothes, toys, books and other non-electrical items, Families can take what they need, and leave something in return, however this is optional. • Two Information days will be held in the centre, in partnership with other organisations, to provide families with information in relation to the following: <ol style="list-style-type: none"> 1) Benefit advice 2) Support with childcare costs 3) Employment opportunities 4) Training for employment 5) Budgeting advice 6) Ways to reduce your electric/gas bills 7) Ways to embrace the pre-loved and recycled ethos 8) Stress management support and advice 9) Healthy living advice 10) Assistance available from a variety of other sources (Contact a family, Bolster, Family fund etc) • An A-Z booklet of advice and support available for families will be finalised and distributed. • The low cost/no cost play theme will continue to be promoted in services showing parents ways to provide play and development opportunities for children with little or no cost. • Basic skills videos such as sewing and making repairs to clothing will be posted on the project's website and Facebook pages. • Cooking on a budget programme will be provided. • Using a slow cooker workshops will be provided. • Cookery demonstration videos will be made and posted on the projects Facebook and website. • Ongoing referrals will be made to support families (as outlined in short term strategies). • Christmas crafts workshops – make your own presents will be offered to reduce pressures for families. • Toy Exchange Programme – for the Christmas period <p>Targeted:</p> <ul style="list-style-type: none"> • Store cupboard starter packs and a cookbook will be distributed to include spices, herbs, tinned tomatoes/puree etc. • Slow cookers will be distributed. • Keep warm packs will be distributed. • Hospital packs will be distributed to expectant mothers. • During the Christmas period the project will work with local charities and businesses to support families with gifts from Santa and Christmas food hampers.
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Longer Term: within one year	<ul style="list-style-type: none">• All short and medium term strategies will continue.• A consultation will take place with families to identify their needs.• A new annual plan will be devised taking into account the needs identified by families.
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<https://wetransfer.com/downloads/b5c768ceec78336ef74909dd756af00f20221011085504/1dd33f7f19a58bfc9d5d4a1b506de9e20221011085526/c1b9cd>

Bolster Community	
Service offered to support families with cost of living	<ul style="list-style-type: none"> • Newry and Mourne Family Support Hub • Star Bites 57 Community Kitchen • Early Intervention and Prevention Family Support Services • Kilkeel SureStart • Markethill Parent Support Group
What is available: (Food, Fuel, clothing, financial support, uniforms, PE kits etc.)	Bolster Community offers practical support to families. We can provide advice on budgeting, supporting grant applications, accessing small grants and emergency funds, access to food banks, hot meals through our sustaining tenancies project; signposting, 2 nd hand equipment plus a wide range of resilience and capacity building programmes and activities
How to access: (phone, email, referral process etc.)	info@bolstercommunity.org
is there a waiting list?	No
Is there an expected response time? How long is this?	We respond to all requests for help within 48 hours.
Further Information: (e.g. time frame of provision/availability etc.)	We can offer a minimum of 8 weeks support.
Area Covered	Newry, Mourne and South Armagh

Clanrye Group	
Service offered to support families with cost of living	<p>Carer's First event in Banbridge - Clanrye Group and Action for Children are coming together to provide a 'one stop shop' event to offer vital support and information for Carer's in the community, to support them through the cost-of-living crisis. Care packages provided.</p> <p>Family Foundations Programme - Social Café's; Finance/Benefits advice; Parenting groups, Cooking on a budget; signposting to local food banks and SVDP for Fuel vouchers and electric/utilities costs; signposting to social supermarket; support for access to benefits and charities grants</p>
What is available: (Food, Fuel, clothing, financial support, uniforms, PE kits etc.)	<p>4-week programme during the month of November Available to anyone in the community.</p> <p>Support and advice on the following areas: Budgeting, Tips to help you heat your home Information session with Advice NI Cooking on a Budget Tips and Ideas for Christmas on a Budget Supporting your mental health</p> <p>The Family Foundations services above are opportunities for participants to get social support and advice. Tea/coffee and snacks are available at social cafes and parenting group support sessions which serve as 'chat and play' sessions. Where necessary signposting to other organisations is provided. Recipe booklets for cooking on a budget.</p>
How to access: (phone, email, referral process etc.)	<p>Phone, email and Drop in service. Telephone No: 028 3089 8119 info@clanryegroup.com</p>
is there a waiting list?	No
Is there an expected response time? How long is this?	Within 48 hours
Area Covered	<p>Newry & Mourne, Armagh & Dungannon Craigavon & Banbridge Downpatrick – Family Foundations programme only.</p>

Mourne Surestart	
Service offered to support families with cost of living	Family Support on a 1:1 basis and in our centre. Programmes for parents and children Cook IT programmes which focus on healthy eating on a budget
What is available: (Food, Fuel, clothing, financial support, uniforms, PE kits etc.)	Supporting families through advice, support and referrals to organisations such as Corner Stone food bank g Bolster Community, Home Start and SVP
How to access: (phone, email, referral process etc.)	Families must live in the Sure Start area and have children under 4 years. Tel: 02841764718 info@mournesurestart.com Any one can self refer, including referrals from Midwives, Health Visitors Home Start, Social Services. NIMATs
is there a waiting list?	There is no waiting list at present
Is there an expected response time? How long is this?	We aim to respond within 1 working week
Further Information: (e.g. time frame of provision/availability etc.)	Once registered with Mourne Sure Start, support will be provided until the youngest child reaches 4 years of age.
Area Covered	We cover Kilkeel Central 2, Kilkeel South 2 and Annalong 2



Plan Ahead For The Winter Pressures & Cost Of Living Increases

**STEP Invites you to a Drop-In
Coffee / Information morning**

Are you already struggling to heat and feed your family?
Do you worry about the winter ahead?
Do you know what you are entitled to?

Ask the experts

- Advice on energy efficiency, insulation grants & oil buying clubs
- Maximising your income, are you receiving all your entitlements?
- Budgeting & debt advice
- Other local support services

Where: The Junction, 12 Beechvalley Way, Dungannon, BT70 1BS

When: Thursday 13th October 10am - 1pm

For more details contact:

philip.mcquaid@stepni.org

Call: 028 87750211

SUPPORT | CHAT | PLAN



@STEPMidUlster @STEP_Empower



N.H.T.H Armagh Outreach Team	
Service offered to support families with cost of living	Armagh Outreach Team NHTH
What is available: (Food, Fuel, clothing, financial support, uniforms, PE kits etc.)	Food stall on Friday evenings at 6:30-7:30pm outside Danske Bank. Serving hot meals, sandwiches, refreshments etc to anyone experiencing homelessness, food poverty or isolation.
How to access: (phone, email, referral process etc.)	Drop over to food stall or find us on facebook
is there a waiting list?	No
Is there an expected response time? How long is this?	No
Further Information: (e.g. time frame of provision/availability etc.)	Every Friday evening
Area Covered	Open to anyone who can call to food stall.

Children's Disability Service Southern Health and Social Care Trust	
Service offered to support families with cost of living	Article 18 Payments. Letters of support/advocacy to local charities/business. Carers Cash Grant. Family Support Hubs.
What is Available?	One off payments for essential items. Charities can provide oil stamps, food banks. Carers cash grant is a lump sum to be used as required. Family Support Hubs can assist with budgeting, signposting and referring to other agencies that can offer assistance.
How to access.	Via social worker, local Family Support Hub and Family Support Forum (walk-in or phone/email).
Is there a waiting list?	Families in critical need are fast-tracked and Family Support Forum cases are considered on a monthly basis.
Is there an expected response time?	Most requests are responded to within 4 working weeks.
Further Information.	Provision/availability varies but critical need is prioritised in line with significant harm criteria within legislation.
Area Covered.	Southern Health and Social Care Trust wide. Family Support Hub (Disability Specific worker) is Armagh and Dungannon only but families can access generic hubs in other localities.



Richmount Rural Community Association

2 Derrylettiff Road, Portadown, Co Armagh. BT62 41QU Tel: 07934186635
 Email : joegar@hotmail.co.uk www.richmountruralcommunityassoc.chessck.co.uk

Working together for all in our community

<https://www.facebook.com/groups/359392197497621>

Service offered	Community Shop Some food at 20p per item (Token priced food) Fresh fruit and vegetables and some groceries at market prices
What is available: (Food, Fuel, clothing, financial support etc.)	Prepacked ready to cook fresh vegetables (ex Gilfresh) all within date Potatoes (local grower)– small and large Various foods from Tesco short sell by dated (any perishable food will be frozen) We all sell fresh fruit and vegetables at competitive and some general groceries.
How to access: (phone, email, referral process etc.)	Come along to community centre Open Wednesday, Thursday, Friday 5.00 pm to 7.30pm and Saturday 9.00am to 12.30pm To check availability of goods text or email or Facebook message. See Facebook page: https://www.facebook.com/groups/359392197497621
Further Information: (e.g. time frame of provision etc.)	Prepacked vegetables are available every Wednesday evening through to Saturday. Food ex Tesco will be available from Thursday Preference for token priced food for elderly and families with young children
Area Covered	Within 5 miles of the village of Scotch Street (2.5 miles from Portadown on Moy Road

Belfast Central Mission	
Service offered	Housing support for young people 16-25 year olds
What is available: (Food, Fuel, clothing, financial support etc.)	Practical support, help with budgeting, accessing grants, food banks, donated items, help to maintain the tenancy whether it be private rented, social housing or sofa surfing. Help to increase their independent skills and manage their health needs
How to access: (phone, email, referral process etc.)	<p>tmiles@belfastcentralmission.org - 07917304841</p> <p>jmccourt@belfastcentralmission.org – 07789518785</p> <p>Referral can be made on the phone or on Belfast central mission's webpage, this can be from a professional or a self referral</p>
Further Information: (e.g. time frame of provision etc.)	We can work with young people for up to 2 years and they can refer back if needed
Area Covered	Armagh/Dungannon/Magherafelt

<p>COSTA Community Organisations of South Tyrone & Areas Ltd President Grants Homestead, 45 Dergenagh Road, Dungannon, BT70 1TW Tel: 028 855 56880 Email: info.costa@btconnect.com Web: www.costaruralsupportnetwork.org Facebook: www.facebook.com/costa.network</p>	
Service offered	Information, Signposting, Capacity Building and assistance.
What is available: (Food, Fuel, clothing, financial support etc.)	We will Signpost individuals to appropriate services, information, support and feedback and lobby on behalf of the community. We assist and build capacity of local Community Groups to access Funding, resources and facilitate them to assist their communities.
How to access: (phone, email, referral process etc.)	Lorraine Griffin – Manager Tel: 028 855 56880 info.costa@btconnect.com
Further Information: (e.g. time frame of provision etc.)	We will assist as soon as possible.
Area Covered	Dungannon & South Tyrone area of Mid Ulster District Council area.

Newry, Mourne and Down District Council

Newry, Mourne and Down District Council	
Service offered	Affordable Warmth Scheme
What is available: (Food, Fuel, clothing, financial support etc.)	<p>The Affordable Warmth Scheme helps address the effects of fuel poverty and energy inefficiency. The scheme is directed at low income households.</p> <p>(It is not available for tenants living in social housing; you are not eligible if you are a Housing Executive or housing association tenant.)</p>
How to access: (phone, email, referral process etc.)	<p>affordablewarmth@nmandd.org 0330 137 4000</p>
Further Information: (e.g. time frame of provision etc.)	
Area Covered	Newry, Mourne and Down District Council area.

The Community Family Support Programme (Network Personnel)	
Service offered to support families with cost of living	Support to find work, upskill, check benefits, access specialist services,
What is available: (Food, Fuel, clothing, financial support, uniforms, PE kits etc.)	Support to find work, upskill, check benefits, access specialist services
How to access: (phone, email, referral process etc.)	<p>(Antrim & Newtownabbey Council Area) Jude - 07813 014093 jude.murphy@networkpersonnel.org.uk</p> <p>(Mid & East Antrim Council Area) Melanie – 07776 534784 Melaine.maxwellmcilroy@networkpersonnel.org.uk</p> <p>(Mid Ulster District Council Area) Jillian - 07736 350773 jillian.lennox@networkpersonnel.org.uk</p>
is there a waiting list?	Not currently
Is there an expected response time? How long is this?	Immediate
Further Information: (e.g. time frame of provision/availability etc.)	When engaged with the participant we offer, information and signposting to support a variety of Health or Social Care issues including, housing, debt, physical & mental health, social isolation etc. We encourage participation in some of our relevant workshops and training courses, as appropriate. These include Money Management, Understanding Anxiety and Managing Challenging Behaviour, Business Administration, Customer Service, Food Hygiene etc.
Area Covered	Mid Ulster, Mid & East Antrim And Antrim & Newtownabbey Council Areas



Western Area



Action for Children Sperrin & Lakeland Floating Support Service	
Service offered to support families with cost of living	We support young people aged 16-25 years old who are homeless or at risk of homelessness, to help tackle the underlying issues that can lead to homelessness.
What is available: (Food, Fuel, clothing, financial support, uniforms, PE kits etc.)	<p>We provide support and signposting services to help with:</p> <ul style="list-style-type: none"> • Practical life skills • Maintaining a tenancy • Budgeting • Benefit support • Access to Food Bank • Access support from St. Vincent de Paul • Rent Deposit scheme • Physical and emotional well being
How to access: (phone, email, referral process etc.)	<p>Contact number: 028 822 59495 Manager: Alison Kettyle Email: alison.kettyle@actionforchildren.org.uk</p> <p>Self referrals or professionals can refer over the phone or via email.</p>
is there a waiting list?	Short waiting list – 2 weeks. This can change at any time.
Is there an expected response time? How long is this?	Referrers should get a response within 24 hours of referral. This will indicate how long it will be before case is allocated and support can be given.
Further Information: (e.g. time frame of provision/availability etc.)	<p>The service can offer support to a young person for a maximum of 2 years.</p> <p>We can support young people within our office or out in the community and in their own homes.</p>
Area Covered	Fermanagh and Omagh area.

Women's Aid - Omagh	
Service offered to support families with cost of living	<p>Range of practical support and advice available to Omagh Women's Aid service users.</p> <p>One to one holistic needs assessment and support planning for women and children experiencing domestic abuse in the Omagh area that includes Benefit Entitlement check, basic budgeting skills, support to access independent back account and referral to specialist welfare rights and debt advice.</p> <p>Access to practical support e.g. food, sanitary products, toiletries, nappies, etc...</p>
What is available: (Food, Fuel, clothing, financial support, uniforms, PE kits etc.)	<p>Access to food, emergency clothing, sanitary products, toiletries.</p> <p>One to one personal budgeting advice and support</p> <p>Referral to practical support e.g. emergency furniture, fuel, etc... from community charity partners</p> <p>Support to apply for grants, as relevant</p>
How to access: (phone, email, referral process etc.)	<p>Contact key worker who will support woman to assess her needs and access timely and appropriate support</p> <p>028 8224 1414</p>
is there a waiting list?	<p>There is a waiting list for ongoing community-based support.</p> <p>Initial Triage Needs Assessment completed within 5 working days of receipt of referral</p>
Is there an expected response time? How long is this?	<p>Community based - Monday to Friday 9am – 5pm</p>
Further Information: (e.g. time frame of provision/availability etc.)	<p>Provision of or referral to practical support as part of a holistic domestic violence support service.</p>
Area Covered	<p>Omagh area</p>

Are you or someone you know
struggling with the cost of
basic living expenses?

Reduced income? In crisis? Need help?



causewaycoastandglens.gov.uk/advice

Where to turn?

Where to Turn is a Causeway Coast and Glens Borough Council campaign which aims to make sure you are aware of available support services if you are facing difficulty. These organisations provide a range of wraparound services and will be able to provide you with further details of these when you contact them.

Advice Centres

In the Coleraine, Limavady, Ballymoney,
Ballycastle and The Glens areas contact:

**Community Advice
Causeway**

T: 028 7034 4817

E: advice@advicecauseway.com

In the Dungiven area contact:

Glenshane House

T: 028 7774 2494

Food Banks

Ballycastle Foodbank

T: 075 3698 6448

T: 028 2005 4006

E: info@ballycastle.foodbank.org.uk

Causeway Foodbank

T: 028 7022 0005

E: info@vineyardcompassion.co.uk

Ballymoney Foodbank

T: 075 6584 0571

E: info@ballymoney.foodbank.org.uk

**Roe Valley Community
Foodbank**

T: 028 7776 5438

E: manager@ldli.co.uk

Fuel Support

If you need emergency fuel support your local advice centre can direct you to a local organisation who may be able to help you with emergency electric or gas top up, fuel stamps or other support.

[Advice and Support - Causeway Coast & Glens Borough Council \(causewaycoastandglens.gov.uk\)](https://causewaycoastandglens.gov.uk)

Derry City and Strabane District Council

<p>Derry City & Strabane - Advice Services (derrystrabane.com)</p>	<p>Extended Advice Services</p> <p>More people than ever are facing debt and money worries, this has increased because of Covid-19.</p> <p>Many households have experienced unexpected changes in circumstance such as redundancy, sickness, reduction of income or insecure income.</p> <p>Advice North West, Dove House and the Resource Centre have come together to offer a tailored provision to meet the immediate financial and debt needs of the citizens of Derry and Strabane. The advice centres will operate “out of hours” and in addition to current advice service provision. Services offered will include benefit maximisation, debt advice, financial health checks, advice on setting up a bank account, budgeting advice.</p> <p>The advice centres can:</p> <ul style="list-style-type: none"> • help make sure you are getting all • benefits that you are entitled to • offer debt advice
<p>Disability Living Allowance (DLA)</p>	<p>for children may help with the extra costs of looking after a child who:</p> <ul style="list-style-type: none"> • is under 16 • has difficulties walking or needs much more looking after than a child of the same age who does not have a disability <p>They will need to meet all the eligibility requirements.</p> <p>The DLA rate depends on the level of help the child needs.</p>
<p>Discretionary support</p>	<p>If the family are housing executive or housing association tenants they may be able to contact the Housing Body for discretionary support</p>

SureStart Shantallow	
Service offered to support families with cost of living	SureStart Shantallow provides range of Family Support services including emotional support/listening ear.
What is available: (Food, Fuel, clothing, financial support, uniforms, PE kits etc.)	<p>The Project delivers the Cook it Programme which supports families to cook healthy meals on a budget, ingredients are provided to participants.</p> <p>The Project can support families to access appropriate support through signposting to foodbanks, welfare advisers or seek practical support/grants from relevant agencies on behalf of a family.</p>
How to access: (phone, email, referral process etc.)	<p>Contact Number: 028 71352522 or 028 71356110</p> <p>Self Referrals and/or referrals from professionals are accepted via telephone</p>
Further Information: (e.g. time frame of provision/availability etc.)	Immediate support
Area Covered	<p>SureStart Shantallow covers the following ward areas:</p> <p>Carnhill, Shantallow East, Shantallow West, Ballynashallog, Super Output Areas 2 and 3 of the Culmore Ward</p>

ARC HLC Ltd - Cherish SureStart	
Service offered	<p>Family Support</p> <p>Access to advice through Employers for Childcare on a 1:1 basis in our centre</p> <p>Access to food banks</p> <p>Referrals to organisations such as SVP/ Programmes such as HENRY, Cook IT Solid Start which focus on healthy eating on a budget</p>
What is available: (Food, Fuel, clothing, financial support etc.)	<p>Advice, support and referrals to organisations that support with fuel, food and offer advice through services mentioned above.</p>
How to access: (phone, email, referral process etc.)	<p>Families must live in the Sure Start area and have children under 4 years.</p> <p>Tel: 028 68621970</p> <p>Email: Cherish@archlc.com</p> <p>Self-referral, Midwives, Health Visitors and Social Services are main referrers. However, anyone can refer into services. NIMATs</p>
Further Information: (e.g. time frame of provision etc.)	<p>Mon-Fri 9am-5pm</p>
Area Covered	<p>Irvinestown; Newtownbutler; Roslea</p> <p>Kesh, Ederney & Lack</p> <p>Lisnarick; Ballinamallard</p> <p>Trillick; Devenish</p> <p>Portora; Lisnaskea</p> <p>Erne</p>

Home-Start Lakeland	
Service offered	Support for families with young children in Co Fermanagh.
What is available: (Food, Fuel, clothing, financial support etc.)	<p>Children's clothes Baby/Children equipment School shoes Referral to Foodbank Referral for fuel (oil, electricity) Forwarding items donated into the office Referral for home safety equipment through Council Slow Cooker Programme with equipment & food provided</p>
How to access: (phone, email, referral process etc.)	<p>Phone – 028 6634 6818 Email – info@homestartlakeland.com Message Facebook page 'Home-Start Lakeland' Items are primarily for referred families but happy to support all families in any way we can. Families can be referred from Health professional or self refer. Use contact details above.</p>
Further Information: (e.g. time frame of provision etc.)	No set time frame.
Area Covered	Co Fermanagh (Other Home-Starts in other areas)

L.A.S.T Surestart	
Service offered	<p>Antenatal – 4 Years.</p> <p>Sure Start aims to improve the health and well-being of families and children before and from birth, so children are ready to flourish when they go to school.</p> <p>- Programmes for parents and children/Allocated Family Support Worker/ Creche/ Workshops – Hypnobirthing, Breastfeeding, Potty Training, Baby Massage & Reflexology / Antenatal Event/Home Safety/Events/ Dads programmes/</p>
What is available: (Food, Fuel, clothing, financial support etc.)	<p>Support with signposting to support services for food/fuel/clothing.</p> <p>Allocated Family Support Worker to help and assist families with various barriers. Programmes and workshops in parenting and child's development. Support from health Visitor and Speech and Language.</p>
How to access: (phone, email, referral process etc.)	<p>Self Referral, Referral from external organisation (midwife/health visitor/ support services),</p> <p>Telephone – 02882252936</p> <p>Email – winniekelly@lastsurestart.co.uk</p> <p>Online- www.lastsurestart.co.uk</p>
Further Information: (e.g. time frame of provision etc.)	<p>To involve parents;</p> <p>To avoid stigma;</p> <p>To ensure lasting support;</p> <p>To be sensitive to local families' needs and</p> <p>To promote participation of all local families</p>
Area Covered	<p>Services are publicised and made accessible to all children and families within our four wards areas Fintona, Termon, Killyclogher, Strule, Gortrush, Camowen, Drumragh and Lisanelly</p>

AMH New Horizons Foyle	
Service offered	We provide life skills training, information & support to adults 18+ diagnosed with mental ill-health.
What is available: (Food, Fuel, clothing, financial support etc.)	<p>Practical Life Skills Training in the following;</p> <ul style="list-style-type: none"> • Cooking on a Budget; • Basic Food Hygiene; • Learn to Grow your own; • Budgeting; • Benefit Checks; • Living Frugality in 2022; • How to stay mentally well & build your resilience through the 5 ways to wellbeing, • Diet & Nutrition • Physical Wellbeing • Addiction support • Recycle, Reuse, Repurpose
How to access: (phone, email, referral process etc.)	Referrals through GP's, Community Mental Health Teams, GP Federation Multidisciplinary teams, Addiction Support Organisations, & Jobs & Benefits.
Further Information: (e.g. time frame of provision etc.)	<p>Once accepted on to our project, support will be provided virtually or face to face up to a maximum of 2 years.</p> <p>We provide free transport to the Service. We are based in Unit 13 Springtown Industrial Estate Derry/Londonderry BT48 0LY</p>
Area Covered	All of County L'Derry

AWARE	
Service offered	Mental Health Support
What is available: (Food, Fuel, clothing, financial support etc.)	Free support groups for people experiencing low mood, depression, anxiety and bipolar Free mental health training programmes and workshops Mental health advice and signposting
How to access: (phone, email, referral process etc.)	Email info@aware-ni.org Or visit www.aware-ni.org
Further Information: (e.g. time frame of provision etc.)	Provided all year round
Area Covered	All of Northern Ireland

Family Nurse Partnership

<p>Service offered to support families with cost of living</p>	<p>Families supported to access food banks, Family Nurses often seek clarity in relation to benefits to ensure clients are getting what they are entitled to.</p>
<p>What is available: (Food, Fuel, clothing, financial support, uniforms, PE kits etc.)</p>	<p>Food bank St Vincent's Salvation army</p>
<p>How to access: (phone, email, referral process etc.)</p>	<p>Food bank via email St Vincent's and Salvation Army via phone</p>
<p>Further Information: (e.g. time frame of provision/availability etc.)</p>	<p>The above are all very responsive to our clients needs, they frequently provide help within one-two days.</p>
<p>Area Covered</p>	<p>The services above will address need for all FNP clients across the trust area.</p>

Home-Start Omagh District	
Service offered to support families with cost of living	Support got families with young children living in Omagh District
What is available: (Food, Fuel, clothing, financial support, uniforms, PE kits etc.)	Forwarding of clothes and baby equipment donated to Home-Start Omagh District Referral to foodbanks, SVP Referral to Council for home safety equipment and Keep Warm pack Referral for food and fuel vouchers (depending on availability and funding)
How to access: (phone, email, referral process etc.)	Email info@homestartomaghdistrict.org.uk Phone 028 8224 0902 (9am to 4pm Monday to Thursday) Phone or text 078 4374 9852 Families who have been referred are prioritised. However, we can support or signpost families throughout Omagh District
is there a waiting list?	Waiting list for home-visiting volunteer support No set waiting list for families seeking support with cost of living
Is there an expected response time? How long is this?	Response time is dependent on availability of staff and resources.
Further Information: (e.g. time frame of provision/availability etc.)	No set time frame
Area Covered	All of Omagh District area including Omagh ton, Drumquin, Dromore, Trillick, Fintona, Seskinore, Beragh, Sixmilecross, Carrickmore, Loughmacrory, Mountfield, Greencastle, and Gortin



Why not 'pop-in' to our drop-in?

Fermanagh Information and Support Day

Wednesday 19 October 10:30am to 2:30pm

Devenish Room, Fermanagh Lakeland Forum

Broad Meadow, Enniskillen

BT74 7EF

Learn more about a range of support services, grants and information available to you, your disabled child or young person and wider family.

Come along and meet Family Fund and other local and national charities and get guidance regarding making a Family Fund application.



Let us know you're coming or simply turn-up and show your support. We're always here if you have any questions:
events@familyfund.org.uk

Visit the events page on our website: www.familyfund.org.uk



Family Fund

Helping disabled children



Why not 'pop-in' to our drop-in?

Omagh Information and Support Day

Thursday 20 October 10:30am to 2:30pm

Minor Hall, Omagh Leisure Complex

Old Mountfield Road, Omagh

BT79 7EG

Learn more about a range of support services, grants and information available to you, your disabled child or young person and wider family.

Come along and meet Family Fund and other local and national charities and get guidance regarding making a Family Fund application.



Let us know you're coming or simply turn-up and show your support. We're always here if you have any questions: events@familyfund.org.uk

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Family Fund

Helping disabled children