



# South Belfast Winter Support Plan 24/25

Contact Strategic Health Officer  
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Project supported by the PHA

# Forward South Partnership

Forward South Partnership (FSP) is an independent charity that works with community, schools, business, public and private sector partners to help regenerate and sustain a healthy and prosperous South Belfast. We provide a service that is there to help anyone navigate and link into all the interesting places, spaces, neighbourhoods, assets, and services which makes up South Belfast.



## Belfast Roma Hub

The Roma Support Hub is facilitated by Forward South Partnership and is a central point of contact for individuals from the Roma communities to get support, advice and access services.

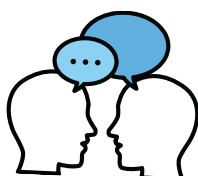
Drop in support available on **Wednesday and Thursdays 10-4pm. Please ring 07842310477 (Romanian) or 07395318943 (Slovakian)** for a EUSS or welfare benefit appointment or with any questions



## Social Supermarket Food Support

South Belfast Social Supermarket is open Tuesday & Wednesday, and support is only available via appointment only. The Social Supermarket Hub provides 6-month membership to avail of weekly shops.

If you are an organization and would like to be added to the referral network please contact Emily on [emily.keenan@forwardsouth.org](mailto:emily.keenan@forwardsouth.org) If you are individual that requires support please reach out to the South Belfast Social Supermarket Team on [communitysupport@forwardsouth.org](mailto:communitysupport@forwardsouth.org)



# Belfast Family Support Hub Network



A Family Support Hub brings together organisations that can offer support to families with children (0-18 years). This includes community, statutory and voluntary organisations.

Each Hub has a Co-ordinator who has a good knowledge of local support services for families and will work in partnership with you and your family to connect you to the most appropriate supports.

If you decide to seek support through your local hub your family's needs will be the focus. Support options will be offered. The Hub will always act professionally and respect confidentiality.



Any family member can request support from the Hub. A request for support can also be made, with your permission, by someone already working with you. For example, your child's school, a local community group or your Health Visitor. Each Service Request Form must be signed by an appropriate family member to confirm they are happy for the referral to go ahead.

Services available through the Family Support Hub may include: **Emotional Health and Wellbeing, Family Support, Employability Support, Drugs & Alcohol Support, Advice & Guidance, Mentoring and Youth Support.**

## Contact Details

Family Support Hub (South Belfast One) - 028 9031 2377

Family Support Hub (South Belfast Two) - 028 9023 5451



# Financial and Welfare Advice

Services are available to help individuals to resolve their legal, money and other issues by providing free, independent and confidential advice.



## Make The Call

To make sure you are getting all the benefits, services and supports you are entitled to, make the call **0800 232 1271**. Phone lines are open Monday to Friday 9am -5pm (excluding public holidays). This service is for Northern Ireland residents only.

## Citizens Advice

Free Debt Service is available by Freephone (free to mobiles & landlines) **0300 123 3233**. The service is delivered by Advice Space in Belfast  
[www.citizensadvice.org.uk/about-us/northern-ireland](http://www.citizensadvice.org.uk/about-us/northern-ireland)



## Employers For Childcare

Family Benefit Advisors provide free, impartial and confidential advice to help working parents maximize their income and make sure that they know their rights and entitlements. You can contact them on **0800 028 3008**

## Healthy Start

The Healthy Start Scheme provides help for eligible families & those who are pregnant to buy healthy food & milk in local shops. Healthy Start provides a pre-paid card to help those eligible to buy milk, fresh, frozen or tinned fruit and vegetables and fresh, dried or tinned pulses in local shops. You can visit

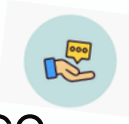
[www.nidirect.gov.uk/articles/free-milk-fruit-vegetables-and-vitamins](http://www.nidirect.gov.uk/articles/free-milk-fruit-vegetables-and-vitamins) to see if you are eligible.



## Welfare Changes Helpline

The independent Welfare Helpline is available for anyone needing help or advice about any changes to the welfare system, including practical tips on how to make your money go further. You can contact them on **0800 915 4604**





## Advice NI

Advice NI offers free, independent, high quality advice on issues such as benefits, debt, housing, employment, community care, EU Settlement, Consumer Issues and Disability. You can contact Advice NI on **0800 915 4604** or email for advice at **[advice@adviceni.net](mailto:advice@adviceni.net)**

## Christians Against Poverty (CAP)

CAP provides free professional debt help, job clubs, life skill groups and money education. CAP delivery in South Belfast in Lowe Memorial Presbyterian Church and City Church. You can contact CAP on **0800 328 0006** or visit **[www.capuk.org](http://www.capuk.org)**



## Housing Rights

Housing Rights Helpline provides advice on homelessness, social tenancies, renting privately, Housing Executive or Housing Association rent arrears. They also provide mortgage debt & repossession advice. You can contact Housing Rights on **028 9024 5640** or visit their website at **[www.housingadviceni.org](http://www.housingadviceni.org)**

## Money Helper

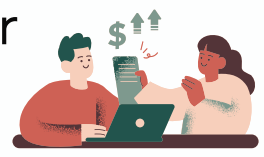
Money Helper offers guidance on Benefits, Family, Savings, Everyday Money, Homes, Retirement & Pension and Work. The advice can be provided online or over the phone. Money Help can support you and your family's needs. You can contact them on **0800 138 7777**

## Saint Vincent De Paul

St Vincent De Paul offer confidential, person centred non judgmental services to individuals and families such as direct financial assistance, other essential items such as food, fuel and household items. **You can contact St Vincent De Paul on 028 903 51561 or [info@svpni.co.uk](mailto:info@svpni.co.uk)**

## The Consumer Council

The Consumer Council offers free, independent support and advice to all consumers and businesses in NI. Consumer Council also provides advice on how to save money and manage your household budget. You can contact Consumer Council on **028 902 51600** or **[contact@consumercouncil.org.uk](mailto:contact@consumercouncil.org.uk)**



## NI Energy Advice

This is a NI-wide service offers free and impartial advice to all NI Households. The One-Stop Shop for energy advice across NI, the service offers you information to help with energy efficiency grant signposting, renewable energy advice, energy saving tips, how to switch energy provider, debt assistance, fuel poverty advice signposting

Contact details are:

**NIenergyadvice@nihe.gov.uk or 0800 111 4455**



## Carers NI

Carers Northern Ireland works with and for Carers to provide support and information on issues such as Carers benefit, community care and services for Carers. Carers NI have a range of supportive services including Financial Support, Practical Support, Health and Wellbeing and more. **Please visit**

**[www.carersuk.org](http://www.carersuk.org) for further information.**



## Age NI

If you, or an older person you know needs advice, information or practical support on a wide range of issues including welfare benefits, community care, housing and health, contact the Age NI Advice Service to speak to a specialist advisor in confidence. **You can contact Age NI Advice Service Freephone on 0808 808 7575 Available Monday - Friday 9am-5pm.**

## Advice Services in South Belfast

There are Advice providers in South Belfast that can help you if you need help with benefits, consumer debt, employment or housing issues. The generalist advice centres in South Belfast provide free, confidential and independent advice. Advice Centres in South Belfast are:

- **Ballynafeigh Community Development Association**, Ballynafeigh Community House, 283 Ormeau Road BT7 3GG. 028 9049 1161
- **South City Resource Centre**, 2 Maldon Street BT12 6HE. 028 9028 5060



## Belfast Warm and Well

The Belfast Warm and Well Project aims to help local people struggling to keep their home warm this winter, by offering advice and practical support to stay warm and well. The project is available to vulnerable people including:

- People aged 65 years or older;
- People living with disability or long term physical or mental health condition;
- Pregnant women;
- Households with young child
- People on a low income

**You can contact NEA on 028 9023 9909 for help.**

## Fuel Stamp Scheme

The Fuel Stamp Scheme is available in Belfast and the Fuel Stamp Scheme "Stay Warm" helps households save for home heating oil by spreading the cost of your fuel. You can purchase oil stamps from participating retailers, collect them on savings card and use the value of the stamps to pay for all or part of your oil when placing an order. There are a limited number of retailers in South Belfast where you can pick up a "Stay Warm" Savings Card:

- Finaghy Post Office (Creighton's Garage) 87-89 Upper Lisburn Road BT10 0GY
- Cecil Ward Building (Main Reception Area) 4-10 Linenhall Street BT2 8BP



Some oil companies accept fuel stamps as part of the Stay Warm Scheme - further information on Belfast City Council Website.

## Belfast Handyman Home Safety & Repair Scheme

Belfast Safer Home service is aimed at people aged over 65 years or vulnerable adults living in the Belfast area.

Individuals can get a free home safety check and where necessary you can get access to free accident prevention equipment. If the home safety check highlights any repair work needed to protect against slips, trips or falls you can get a subsidised rate to have the repair work carried out. **To make a referral you**

**can free phone 0800 14 22 865 or  
handyman@brysonenergy.org**



# Financial Support



The Finance Support Service supports people who live in Northern Ireland that need short-term financial help.

## Social Fund Budgeting Loan

This can help if you need money for essential household items. Budgeting loans helps with costs such as **furniture or essential household equipment, clothing, footwear or home improvements**. The loans are interest free. You may be able to get a Budgeting Loan if you or your partner have been continuously receiving income support, income based job seekers allowance, income related employment & support allowance and pension credit for the past 26 weeks.

## Short Term Benefit Advance

You may be able to get help if you made a new claim to benefit other than Universal Credit and are having money problems. To be eligible for a short term benefit advance you must:

- Have a new or repeat claim for a benefit other than UC, or have reported a change in circumstances that increases your rate of benefit you currently receive
- Not have access to any other fund or support
- Be in urgent financial need that could put your or your family's health, safety or wellbeing at immediate risk
- Be able to repay advance within 12 weeks

You can visit [www.nidirect.gov.uk](http://www.nidirect.gov.uk) for further information

## Universal Credit Contingency Fund Short-Term Living Expenses Grant

A Universal Credit Contingency Fund short-term living expenses grant can help with the cost of living (for example, to buy food, toiletries or cleaning materials or to top up your fuel meter) if you are in financial difficulty while you are waiting for your first full Universal Credit award to be paid.





## Adviser Discretion Fund (ADF)

If you are unemployed and facing financial barriers to starting or returning to work or if you're in employment or self-employment and also facing financial difficulties, your local Job & Benefits may be able to help you through the ADF. The ADF is a non-repayable grant award up to £1500 to buy goods or services that remove a barrier to employment



## Help With Health Costs

Most Health Services are free, however there can be charges for some things. Depending on your circumstances, you might get help with some treatments, services and items. If you are eligible you may be entitled to the following:

- Free HS Dental Treatment
- Free Sight Tests
- Vouchers Towards the cost of Glasses or Contact Lenses
- Help with the costs of travel for treatment on referral by a doctor or dentist

You can visit [www.nidirect.gov.uk/articles/help-health-costs](http://www.nidirect.gov.uk/articles/help-health-costs) for further information

## Social Fund Sure Start Maternity Grant

If you are receiving certain benefits or tax credits, you could get a Sure Start Maternity Grant. This is one-off, tax-free payment to help towards the costs of maternity expenses and baby items. You do not need to pay it back. To qualify for the payment, usually you must have no other children in your family & you must get one of the following benefits: Income Support, Income-Based Jobseekers / ESA, Pension Credit, Child Tax Credit, Working Tax Credit & Universal Credit. You can visit [www.nidirect.gov.uk/articles/social-fund-sure-start-maternity-grant](http://www.nidirect.gov.uk/articles/social-fund-sure-start-maternity-grant) for further information.



## Help To Save

Help to Save is a type of savings account. It allows certain people entitled to Working Tax Credit or receiving UC to get a bonus of 50p for every £1 they save over 4 years. Help to Save is backed by the government so all savings in the scheme are secure.

Visit [www.gov.uk/get-help-savings-low-income](http://www.gov.uk/get-help-savings-low-income)



## Bereavement Support Payment

This provides financial help to deal with the immediate costs caused by the death of a partner. It is paid where the death of the death was on or after 6th April 2017. You qualify for Bereavement Support Payment if you & your partner were either:

- Married
- In Registered Civil Partnership
- Living together as if you were married, at a time of your partners death. You must have either entitlement to Child benefit or have been/are pregnant at the time of partners death

You can visit [www.nidirect.gov.uk/articles/funeral-expenses-payments](http://www.nidirect.gov.uk/articles/funeral-expenses-payments) for further information

## Funeral Expenses Payments

If you're on a low income and need help to pay for a funeral you're arranging, you may be able to get a Funeral Expenses Payment from the Social Fund. You might have to repay some or all of it from the deceased person's estate. To check if you are eligible for the payment please visit

[www.nidirect.gov.uk/articles/funeral-expenses-payments](http://www.nidirect.gov.uk/articles/funeral-expenses-payments) for further information



## Discretionary Support

If you are in extreme or exceptional situation or you are in crisis you can apply for help from the Discretionary Support. Depending on your personal circumstances you could be offered either an interest free loan or a grant. The support can help with:

- Short Term Living Expenses (for example food)
- The cost of buying, repairing, replacing basic household items (for example cooker)
- Travel Expenses (in limited circumstances)
- Rent you have to pay in advance to a landlord other than the NIHE

## Working Parents - Financial Assistance with Childcare

You may be entitled to help with childcare costs, even if you both have full time jobs. Anyone using a registered or approved childcare provider may be eligible.





# Financial Help If You're a Student with Children



## Parent's Learning Allowance

You may be eligible for help with your learning costs if you're a full time student with children. The allowance does not have to be paid back, is paid on top of your other student finance and will not affect your benefits or tax credit. In the 23/24 academic year you could get between £50-£1,538 a year. To check if you are eligible visit

[www.studentfinancenl.co.uk](http://www.studentfinancenl.co.uk)

## Care To Learn Scheme

If you're a parent aged between 16-20 and studying at a further education college, the Care To Learn (NI) Scheme could help towards your childcare costs. To check if you are eligible you can visit

[www.nidirect.gov.uk/articles/care-learn-scheme](http://www.nidirect.gov.uk/articles/care-learn-scheme)

## Childcare Grant

This is a grant to help pay towards the costs of childcare while you are studying (Full Time, Undergraduate Courses). You can apply for a childcare grant alongside any other available finance as part of your student finance application each year. To check if you are eligible visit [www.studentfinancenl.co.uk](http://www.studentfinancenl.co.uk)



## Student Union Advice

During your time at university or college you may need advice affecting your personal or student finances. Student Union Advice will be able to provide information and guidance on Money, Funds, Scams, Health & Wellbeing, Employment and Housing. You should contact your advice teams in your college or university.

## Support Funds

Support Funds are provided by the Department of Economy to eligible students through the five high education institutions in Northern Ireland. Support funds can help with course costs, living costs, emergency payment for unexpected financial crises. For further information please visit

[www.nidirect.gov.uk/articles/support-funds](http://www.nidirect.gov.uk/articles/support-funds)



# Food Support in South Belfast

## South Belfast Food Bank

South Belfast Food bank helps local people that are in crisis. There are many agencies across South Belfast that are able to help issue a food bank voucher and address some of the issues you are facing. Agencies include Advice NI, Advice Space, Forward South Partnership and your local MLA's and Councillors.

## Social Supermarkets in South Belfast

Social Supermarkets are set within the community to offer food, cleaning products and toiletries at discounted prices or via a membership charge. Some Social Supermarkets distribute food vouchers rather than operating as a shop.

All Social Supermarkets have eligibility criteria to determine who can access support with some operating on a referral basis only. There are number based in South Belfast and City Wide please visit

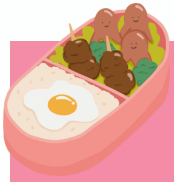
[www.belfastcity.gov.uk/costoflivingsupport](http://www.belfastcity.gov.uk/costoflivingsupport)

## Agape Centre Community Meal

The Agape Centre, 236 Lisburn Road BT9 6GF facilitates a **Community Meal every Friday 6pm-7pm.**

The Community Meal is open to all within the community and provides the opportunity to make connections in within your local community





## Ballynafeigh Methodist Church Community Meal

The Ballynafeigh Methodist Church, 388 Ormeau Road BT7 3GZ facilitates a **Community Meal every Thursday 6pm-7pm.**

The Community Meal is open to all in the community and provides the opportunity to make connections in within your local community



## Ravenhill Presbyterian Church

Ravenhill Presbyterian Church are facilitating **Free Food Friday From 9.30am.** You can take what food you need without any questions being asked.

## Belfast Citadel Salvation Army Church and Community Centre

Belfast Citadel Salvation will be hosting a **Community Drop In and Hot Drinks on Thursday's from 4pm with a Community Meal at 6pm.** Belfast Citadel Salvation Army Church is based at **38 Dublin Road, BT2 7HN.**

## Annadale Community Centre

Annadale Community Centre host a **Community Cafe on Thursdays on 11.30am-1pm for a Free Healthy Meal.**

Everyone is Welcome!

49 Delhi Parade BT7 3AU





## Belvoir Community Hub

Belvoir Community Hub host a **Lunch Club** on **Mondays 1pm-2pm**. Opportunity to join a social space in your local community and receive a hot meal while enjoying some activities. Please contact Lynn Lowry 07523838658

Belvoir Community Hub are also providing **Emergency Food Parcel** that supply food for **3-4 days** for **South Belfast Locality**. The food parcels provide food for 3-4 days until you can receive a food bank referral.

You can call Roz on 07702731863



Belvoir Community Hub are providing **Christmas Food & Toy Appeal** - this is agency referral only. Agencies can contact Roz on 07702731863

**Family Tree Intergenerational Group** takes place on **Thursday Evenings 6.30pm-8.30pm** in **Belvoir Hub**. Opportunity to join in some craft activities and hot food provided. You can call Julie on 07802707550



## Greater Village Regeneration Trust

GVRT Community Fridge is opened Monday to Thursday 10am-3pm & Friday 10am-12. **The Community Fridges provides support for the following areas only - Donegall Road, Village, Sandy Row & Donegall Pass.**

**GVRT Cosy Club** happens on Tuesday 1pm-3pm (fortnightly) in Donegall Road Methodist Church.

Please check out GVRT social media for updates.



## Donegall Pass Community Forum

Donegall Pass Community Forum have a **Fare Share Table** that is available **Every Thursday and Friday Morning from 10am**. You can pick up items that you need and is open to anyone in the local Donegall Pass area.



## Lagan Village Youth & Community Group

Lagan Village Youth & Community Group host a **Lunch Club on Thursday's 12-2** in **Lagan Village Community Centre**. Lunch Club provide a free meal plus some games of Bingo and prizes.



# Warm Spaces in South Belfast

## Cosy Hubs Ballynafeigh

Community Hubs & Churches along the Ormeau Road have come together to facilitate warm spaces.

### Tuesday

Annadale Community Centre 11am-1pm

Cooke Centenary 12.30-2.30pm

### Thursday

Good Shepherd 10.30am-12.30pm

Ballynafeigh Methodist 6-7pm

Ballynafeigh Community Development Association  
5pm-7pm

### Friday

St John's 10.30am-12.30pm



## Mornington Community Project

Mornington Community Project are hosting a Cosy Hub  
**Every Friday Morning 12pm-2pm.**

A warm space with a big friendly welcome. Tea Coffee  
and Hot Soup provided.

117 Ormeau Road BT7 1SH



## Morton Community Centre

Forward South Partnership will be hosting a **Women's Group Every Tuesday Morning 10am-12noon** in Morton Community Centre. Everyone welcome to come along and take part in Health and Wellbeing Activities. Contact Sarah-Jane on 07394569154.







## Warm Welcome Spaces

Warm Welcome Spaces is a UK Wide Campaign that provides warm and welcome spaces through the power of local spaces by the community. Warm Welcome will ensure everyone has somewhere warm and friendly to go. There are a few registered Warm Welcome Spaces in South Belfast:

### **The Community Hub in The Hub, Lowe Church Finaghy**

The Community Hub Lowe Church Belfast opens on a Wednesday Morning 10.30am-12.30pm for Coffee/Tea, Chat & Some Games

### **Finaghy Methodist Church**

The Church opens on Tuesday Morning 10.30am-12noon for a Coffee Drop-In.



## Belvoir Community Hub

Belvoir Community Hub facilitate a **Warm Space Cafe Monday to Friday 10am-3pm**. A space for chats, tea, coffee and buns! Contact James Scott on 07738081992  
7-8 Drumart Square, BT8 7EY



## Belfast City Council

Belfast City Council has 27 community centres throughout the city, that provide a warm and welcoming space as well as a varied programme of activities for everyone.

To find out what's on in your local centre please contact:

**community@belfastcity.gov.uk**

**or T: 02890 320202.**





# Windsor Women Centre

All Women & Children are welcome to Windsor Women Centre **Monday to Thursday 9am-3pm and Friday 9am-1pm** to spend time in the drop in area with free tea and coffee. There is also donate goods such as children's and women's clothes, jumper, toys and play equipment to avail of if you need them.





# Belfast Warm and Well

**The Belfast Warm and Well Project aims to help local people struggling to keep their home warm this winter, by offering advice and practical support to stay warm and well.**

The project is available to vulnerable people who are finding it difficult to keep their home warm. Vulnerable refers to a number of different groups including:

- People aged 65 years or older;
- People living with disability or long term physical or mental health condition;
- Pregnant women;
- Households with young child (from newborn to school age);
- People on a low income.

Signs that a person may be finding it difficult to keep their home warm could be, for example:

- The home is cold – you may have to keep your coat on when inside.
- There is condensation on the windows.
- There are signs of damp on the walls or ceilings.

Belfast Warm and Well, will be coordinated by National Energy Action (NEA) who will work with local community and voluntary groups, to provide helpful independent and confidential advice and practical support.

If you are vulnerable and finding it difficult to keep your home warm, contact NEA on 028 9023 9909 or [warmandwell@nea.org.uk](mailto:warmandwell@nea.org.uk) to see if they can help.

If you are concerned that someone you know is vulnerable and finding it difficult to keep their home warm, ask them if they would like to speak with NEA and if they do, contact NEA on 028 9023 9909 or [warmandwell@nea.org.uk](mailto:warmandwell@nea.org.uk).



## Top tips for staying warm and well this winter

### Stay Warm

- Heat the main living area of your home to at least 18°C.
- Heat your bedroom to at least 16°C and keep your bedroom window closed during the night.
- Set your heating to come on before you get up and to go off when you go to bed.
- Have your heating system checked yearly and check if you are entitled to any financial support for home improvement grants.
- Eat at least one hot meal each day and regularly have hot drinks throughout the day.

(Speak to a member of the NEA team to see how they can help you to stay warm this winter).

### Stay Well

- Get your free flu jab.
- Make sure you get your prescription medicines before your pharmacy or GP Practice closes for the holidays.
- Try to keep to your routine and stay in contact with family and friends.
- Try to eat plenty of fruit and vegetables – stews and soups are a great way to do this.
- Keep active around the house and try not to sit in the one place for too long.

(Speak to your local Pharmacist or GP Practice to see how they can help you to stay well this winter.)

For further information please visit:  
[www.nea.org.uk](http://www.nea.org.uk)

Belfast Warm and Well is coordinated by National Energy Action (NEA) and is supported by Community Planning Partners from across Belfast.



Energising  
**Belfast**





# Are you a Refugee or Asylum Seeker?

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If you are an asylum seeker or refugee in Northern Ireland and would like help to understand the asylum journey, access rights and entitlements, accessing local services and getting involved in the local community, or if you are destitute or at risk of destitution, please contact us for support



07843344601

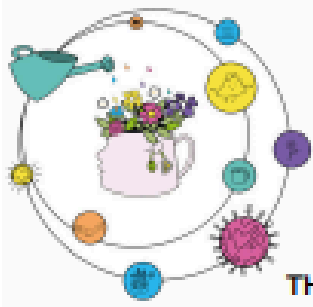


02890323055



RSNorthernireland@redcross.org.uk

# EMOTIONAL HEALTH AND WELLBEING IN EDUCATION



THERE ARE A RANGE OF SERVICES AND RESOURCES AVAILABLE TO HELP SUPPORT THE EMOTIONAL HEALTH AND WELLBEING OF CHILDREN AND YOUNG PEOPLE IN EDUCATION. CLICK ON THE LINKS FOR MORE INFORMATION.

## CHILDREN AND YOUNG PEOPLE

### TEXT A NURSE

The confidential Text A Nurse service for post-primary pupils is available Monday to Friday 9am-5pm. Contact numbers for your area can be found on the PHA website - [Text a Nurse - pupils](#)

### INDEPENDENT COUNSELLING SERVICE FOR SCHOOLS (ICSS)

Available to post-primary age young people - ask your school / setting for more details.

### YOUTH WELLNESS WEB

Website by Children and Young People's Strategic Partnership (CYPSP) providing a range of wellbeing resources - [Youth Wellness Web](#)

### OUR GENERATION APP

The Our Generation App (Peace IV funded project) - play games, collect stars and learn about mental health and resilience. Download from [Google Play](#) or [Apple Store](#)

## PARENTS / CARERS

### TEXT A NURSE

The confidential Text A Nurse service is available Monday to Friday 9am-5pm and can be accessed by parents, carers and school staff. Contact numbers for your area can be found on the PHA website - [Text A Nurse](#)

### SOLIHULL ONLINE COURSES

Free online courses for all parents, carers, grandparents and teens. Nurturing emotional health and wellbeing from bump to 19+ years. Help understand your child's feelings as well as your own - find out more at [Northern Ireland - inourplace](#)

### RISE NI

The RISE NI website provides information for parents from health professionals to help develop the foundational skills for learning. Visit [RISE NI](#) for more information.

## SCHOOLS

### TEXT A NURSE

The confidential Text A Nurse service is available Monday to Friday 9am-5pm and can be accessed by parents, carers and school staff. Contact numbers for your area can be found on the PHA website - [Text A Nurse](#).

### RISE NI

Contact your local Health Trust Coordinator for more information.

### REACH

Education Authority Youth Service led programme available in schools for children and young people aged 6-19. Visit [REACH](#) to submit a request for support.

### BEING WELL DOING WELL

Programme which supports schools to develop a Whole School Approach to Emotional Health and Wellbeing. Find out more on the EA website - [Being Well Doing Well](#).

### EMOTIONAL WELLBEING TEAMS IN SCHOOLS

Health practitioner support for post-primary schools. Find out more at [Schools - EWTS](#).

### THE ATTACH PROGRAMME

Focuses on trauma-informed practice and the importance of relationships. Delivered as part of the EA Primary Children Looked After Advisory Service - [Primary CLAAS](#).

### CCEA WELLBEING HUB

The hub provides a range of helpful and relevant learning activities that can support promoting mental health and wellbeing. Find out more on the [CCEA Hub - Schools](#).

### EA HEALTH WELL HUB

Health and Wellbeing support for staff. Find out more on the [EA Health Well Hub](#).

## FURTHER INFORMATION

### YOUR CHILD'S MENTAL HEALTH

Visit [NI Direct](#) for more information.

### DIRECTORY OF SERVICES

These directories list the organisations that offer services to help improve mental health and emotional wellbeing. Find out more at [Directory of Services](#).

### TAKE 5 STEPS TO WELLBEING

Most of us know when we are mentally and physically well, but sometimes we need a little extra help to keep well. Find out more at [Take 5 Steps](#).

### SUPPORTING LEARNING

Useful information on helping your child with their education. Find out more on [NI Direct](#).

The Department of Education recognises the importance of emotional health and wellbeing and in collaboration with the Department of Health published the Emotional Health and Wellbeing in Education Framework in 2021, you can find out more on the [DE website](#) or use QR code:





**Available  
in Public  
Libraries**

# Free Period Products

For more information including locations please visit  
[nidirect.gov.uk](http://nidirect.gov.uk) or [myperiod.org.uk](http://myperiod.org.uk)

Scan to download the  
PickupMyPeriod App



iOS



Android

# There are seventeen libraries in the Belfast City Council area.

The libraries and the services they provide are free for everyone to access. They offer safe and welcoming spaces where anyone can visit, browse the collections of books and newspapers, make use of the computer equipment and free Wi-Fi/Broadband access, take part in one of the many activities or simply meet and connect with others.

You don't have to be a member to visit and take part in library activities although if you are a member, you can borrow books, use computers and access the internet for free. A member of staff will provide you with a membership card if you ask to join.

For details of library opening hours go to [librariesni.org.uk](http://librariesni.org.uk) or telephone the library directly.

Each library has a programme of regular events and these offer great ways to learn new skills, pursue interests and feel part of the local community.

Check out this list of activities to find something that suits you:

## For Adults

- Reading Groups - For anyone who loves books and chats
- Mindful Colouring - A gentle way to reduce stress using intricate colouring
- Knit and Natter - For anyone who enjoys knitting, crochet and cross stitch
- Tea and Newspapers - Enjoy tea and biscuits while reading or discussing the daily newspapers
- GO ON computer and tablet skills classes to help with daily tasks

## For Children

- Rhythm and Rhyme - Nursery rhymes, singing and play for children age 0-4
- Junior and Teenage Reading Groups - Make new friends, talk about books, discuss favourite authors, and join in fun activities
- Storytime - Fun with stories for children 4-8
- Lego Clubs - Lego building fun! Suitable for children age 5+

To find out what happens in each library go to [librariesni.org.uk](http://librariesni.org.uk) or telephone the library directly.

## Ardoyne Library

028 9050 9202  
[ardoynelibrary@librariesni.org.uk](mailto:ardoynelibrary@librariesni.org.uk)

## Ballyhackamore Library

028 9050 9204  
[ballyhackamore.library@librariesni.org.uk](mailto:ballyhackamore.library@librariesni.org.uk)

## Belfast Central Library

028 9050 9150  
[belfast.central@librariesni.org.uk](mailto:belfast.central@librariesni.org.uk)

## Chichester Library

028 9050 9210  
[chichester.library@librariesni.org.uk](mailto:chichester.library@librariesni.org.uk)

## Colin Glen Library

028 9043 1266  
[collinglen.library@librariesni.org.uk](mailto:collinglen.library@librariesni.org.uk)

## Cregagh Library

028 9040 1365  
[cregagh.library@librariesni.org.uk](mailto:cregagh.library@librariesni.org.uk)

## Falls Road Library

028 9050 9212  
[fallsroad.library@librariesni.org.uk](mailto:fallsroad.library@librariesni.org.uk)

## Finaghy Library

028 9050 9214  
[finaghyroad.library@librariesni.org.uk](mailto:finaghyroad.library@librariesni.org.uk)

## Grove Library

028 9050 9244  
[grove.library@librariesni.org.uk](mailto:grove.library@librariesni.org.uk)

## Hollywood Arches Library

028 9050 9216  
[hollywoodarches.library@librariesni.org.uk](mailto:hollywoodarches.library@librariesni.org.uk)

## Lisburn Road Library

028 9050 9223  
[lisburnroad.library@librariesni.org.uk](mailto:lisburnroad.library@librariesni.org.uk)

## Ormeau Road Library

028 9050 9228  
[ormeauroad.library@librariesni.org.uk](mailto:ormeauroad.library@librariesni.org.uk)

## Shankill Road Library

028 9050 9232  
[shankillroad.library@librariesni.org.uk](mailto:shankillroad.library@librariesni.org.uk)

## Suffolk Library

028 9050 9235  
[suffolk.library@librariesni.org.uk](mailto:suffolk.library@librariesni.org.uk)

## Tullycarnet Library

028 9048 5079  
[tullycarnet.library@librariesni.org.uk](mailto:tullycarnet.library@librariesni.org.uk)

## Whiterock Library

028 9050 9236  
[whiterock.library@librariesni.org.uk](mailto:whiterock.library@librariesni.org.uk)

## Woodstock Library

028 9050 9239  
[woodstock.library@librariesni.org.uk](mailto:woodstock.library@librariesni.org.uk)





## HOLYLAND COMMUNITY CAFÉ

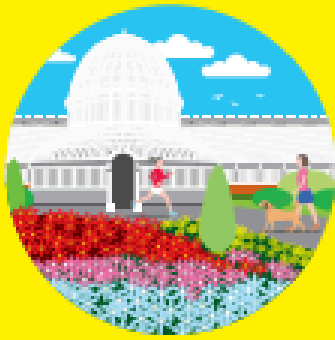
Join the Holyland Community Cafe, where we're brewing up a blend of connections and support. Whether you need a listening ear, wellbeing advice or just a warm cuppa, we're here for you.

Come as you are and connect with a community that cares.

Every 2nd Tuesday Of The Month  
Fitzroy Presbyterian Church Cafe  
10am-12pm

**NO BOOKING NEEDED, FEEL FREE TO DROP ON BY. FOR DETAILS CONTACT DENIS LONG AT [DENIS.LONG@FORWARDSOUTH.ORG](mailto:DENIS.LONG@FORWARDSOUTH.ORG)**





# **Dementia Friendly South Belfast**



## **South Belfast Dementia Carers Café**

**Carers Café specifically for those who care for someone with dementia in South Belfast.**

**Join us the last Tuesday of the month in  
Ormeau Road Library, 10.00am - 11.30am**

**Stay in contact and find out what we are doing!**

** [facebook.com/dfsouthblefast](https://www.facebook.com/dfsouthblefast)**

**E: [communityhealth@forwardsouth.org](mailto:communityhealth@forwardsouth.org) T: 07394 569154**



Most of us know when we are mentally and physically well, but sometimes we need a little extra support to keep well.

There are five simple steps to help

maintain and improve your wellbeing. Try to build these into your daily life – think of them as your ‘five a day’ for wellbeing.

# Take5

steps to wellbeing



## Connect

Connect with the people around you: family, friends, colleagues and neighbours at home, work, school or in your local community. Think of these relationships as the cornerstones of your life and spend time developing them. Building these connections will support and enrich you every day.



## Be active

Go for a walk or run, cycle, play a game, garden or dance. Exercising makes you feel good. Most importantly, discover a physical activity that you enjoy; one that suits your level of mobility and fitness.



## Take notice

Stop, pause, or take a moment to look around you. What can you see, feel, smell or even taste? Look for beautiful, new, unusual or extraordinary things in your everyday life and think about how that makes you feel.



## Keep learning

Don't be afraid to try something new, rediscover an old hobby or sign up for a course. Take on a different responsibility, fix a bike, learn to play an instrument or how to cook your favourite food. Set a challenge you will enjoy. Learning new things will make you more confident, as well as being fun to do.



## Give

Do something nice for a friend or stranger, thank someone, smile, volunteer your time or consider joining a community group. Look out as well as in. Seeing yourself and your happiness linked to the wider community can be incredibly rewarding and will create connections with the people around you.

Adapted from work by the New Economics Foundation commissioned by the Foresight Project on Mental Capital and Wellbeing ([www.neweconomics.org](http://www.neweconomics.org)).

Artwork designed in association with Belfast Strategic Partnership.




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# "Building Partnerships, Supporting The Communities Of South Belfast"

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**23 University Street | Belfast | BT7 1FY**

 **028 9024 4070**



**ForwardsouthPB**



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Project supported by the PHA