

# East Belfast Health Framework



If you would like to your organisation to be included or details updated in this document please email [Alison@ebcda.org](mailto:Alison@ebcda.org)

Organisation	Programme/Project	Contact	Resources
Active Community Coaches	A Belfast Team member aligned to East to help support / co-ordinate and align work with other areas.	Alan Smith 077 8842 1987	<ul style="list-style-type: none"> <li>• Free coaching of group/class exercise for people with a condition /conditions</li> <li>• Free health checks – blood pressure, BMI etc.</li> <li>• Health wise exercise referrals</li> </ul>
Addiction NI	Treatment services for individuals with alcohol and drug problems. Support services for family members. Specialist services for older people.	Alan Coleman 028 9073 1602 <a href="mailto:alan.coleman@addictionni.com">alan.coleman@addictionni.com</a>	<ul style="list-style-type: none"> <li>• Family Support Services counselling and support relatives support group</li> <li>• Outreach Service for +55's</li> <li>• Relapse prevention Group meets Wednesday afternoon</li> </ul>
Alzheimer's Society	Supporting people with dementia in their own community	Pamela Frazer 028 97 564 681 <a href="mailto:Pamela.frazer@alzheimers.org.uk">Pamela.frazer@alzheimers.org.uk</a>	<ul style="list-style-type: none"> <li>• Dementia friendly communities – dementia awareness 2 hour workshops</li> <li>• Monthly group at EB Network Centre third Thursday 10.30am-12.30pm in East Belfast Network Centre 55 Templemore Ave</li> </ul>
Arthritis Care	6 week self management course for people with long term chronic conditions	Ailish Cullen 028 9078 2940	

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Aware	Mood matters programmes for adults, schools, young people, later years. Life Skills programmes, mindfulness programmes, Partnership with Together for You	Tom McEaney 028 90357820 <a href="mailto:tom@aware-ni.org">tom@aware-ni.org</a>	<ul style="list-style-type: none"> <li>• Education and training process available for all ages</li> <li>• Information on all aspects of Mental Health</li> <li>• Mindfulness Programmes</li> <li>• Free Support group for people with depression When: Every 2 weeks Tuesday Where: Holywood Arches Health Centre, Time: 7:00pm</li> </ul>
Ballybeen Improvement Group (BIG)	BIG's role is to implement the Ballybeen Development Plan. The Plan presents details of the actions needed to take forward the key projects and identifies the stakeholders who will be involved in implementing the Plan	Lynn Heatley - Community Support Worker  028 9048 9990 <a href="mailto:lynn@ballybeenimprovementgroup.org">lynn@ballybeenimprovementgroup.org</a>	<ul style="list-style-type: none"> <li>• Collaboration/partnership working</li> <li>• Support</li> </ul>
Ballybeen Women's Centre	Ballybeen Women's Centre is an integrated service provider committed to enabling women, young people and children to realise their potential and fulfil their aspirations through the promotion of health, personal and socio-economic development.	<a href="mailto:info@ballybeenwomenscentre.org">info@ballybeenwomenscentre.org</a>  028 9048 1632	<ul style="list-style-type: none"> <li>• Training and education programme</li> <li>• Courses</li> <li>• Room hire</li> <li>• Advice and support</li> </ul>

Barnardos	Barnardos East Belfast Family connections	Claire Humphrey 028 9041 9069	<ul style="list-style-type: none"> <li>• Parenting programmes</li> <li>• Incredible years</li> <li>• Parent and infant programme Barnardos East Belfast Family connections - partnership with primary schools for health promotion physical space, family support.</li> </ul>
Belfast City Council	Health Equity	Una Lappin 028 90 320202 ext 3777 <a href="mailto:lappinu@belfastcity.gov.uk">lappinu@belfastcity.gov.uk</a>	<ul style="list-style-type: none"> <li>• Disseminate information in BCC</li> <li>• Inform of any funding streams/grants</li> <li>• Support the new East Belfast Forum as my role is Health Equity Project Officer; which focuses on tackling health inequalities and it also supports the BSP life inequalities framework</li> </ul>
Belfast Community Sports Development Network (BCSDN)	Active Communities Coaches	Billy Boyd 028 90 297661 <a href="mailto:billy@bcstdn.org">billy@bcstdn.org</a>	<p>Coaches in the following sport/activity areas:</p> <ul style="list-style-type: none"> <li>• Physical Activity leaders</li> <li>• Gaelic</li> <li>• Multi-sports and X3 multi-sports</li> <li>• Disability football</li> <li>• Girls' Football</li> <li>• Athletics</li> <li>• Older and active physical activity leader</li> <li>• Rugby</li> <li>• Cricket</li> <li>• Tennis</li> <li>• Cycling</li> </ul>

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Belfast Health Development Unit - Active Belfast	Healthwise Physical Activity Referral Programme at Avoniel Leisure Centre and East Belfast Network Centre	Kim Kensett <a href="mailto:Kim.Kensett@bhdu.org">Kim.Kensett@bhdu.org</a>  Alan Smyth (East Belfast) 07788421987 Sinead Barnes 028 9031 2377	<ul style="list-style-type: none"> <li>• Healthwise - Designated sites and Active Community coaches -referrals (one to one) usually gym / leisure centre based.</li> <li>• Group / class activities for those with conditions i.e. Arthritis, Diabetes, Anxiety stress, depression</li> <li>• Funding – Active Belfast</li> </ul>
Belfast Health Development Unit	'Take 5 ' Campaign (Give, Connect, Keep Learning, Be Active, Take Notice)	Jim Morgan <a href="mailto:Jim.Morgan@bhdu.org">Jim.Morgan@bhdu.org</a>	<ul style="list-style-type: none"> <li>• 'Take 5 ' Campaign</li> <li>• Facilitation Steering groups (mental health / physicality)</li> <li>• Outside Partnership working (services / delivery)</li> <li>• Mindfulness Event / training</li> </ul>
Belfast Health and Social Care Trust – Community Development Unit AND PPI	Seeks to involve individuals groups and communities in health and social care planning, service improvement and decision making,	Yvonne Cowan 028 9504 6356 <a href="mailto:yvonne.cowan@belfasttrust.hscni.net">yvonne.cowan@belfasttrust.hscni.net</a>	<ul style="list-style-type: none"> <li>• Provide a link with relevant Trust Services</li> <li>• Support with Collaboration/ Partnership working to address health and social inequalities</li> <li>• Needs assessments</li> <li>• Project Development</li> <li>• Support/Advice PPI and range of engagement tools</li> <li>• Provide Information on public health issues and Health Service plans</li> <li>• Support with consultations</li> </ul>

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Belfast Health and Social Care Trust - Health Improvement Team	Range of Health Improvement areas covered including: Physical Activity, Mental Health, Nutrition and Dental health.	<a href="mailto:health.improvement@belfasttrust.hscni.net">health.improvement@belfasttrust.hscni.net</a>  Margaret Devlin – Hania (Physical Activity) <a href="mailto:Margaret.devlin-hania@belfasttrust.hscni.net">Margaret.devlin-hania@belfasttrust.hscni.net</a>  Maria Morgan (Mental Health) <a href="mailto:Maria.morgan@belfasttrust.hscni.net">Maria.morgan@belfasttrust.hscni.net</a>	<ul style="list-style-type: none"> <li>• Wide range of Training programmes</li> <li>• Health Improvement activities and resources</li> </ul>
Belfast Health and Social Care Trust – Macmillan cancer	Co-ordinated community care programme for people affected by cancer	Claire Higgins 028 9504 5003 <a href="mailto:Claire.higgins@belfasttrust.hscni.net">Claire.higgins@belfasttrust.hscni.net</a>	Co-ordinated Community Care Programme's aim is to: <ul style="list-style-type: none"> <li>• Raise awareness of existing services in the community,</li> <li>• Identify unmet needs and</li> <li>• Work with community care programmes to address these.</li> </ul>
Belfast Health and Social Care Trust – Mental Health	Mental Health Referral Hub for common mental health problems, referred by a GP. Quicker access to local services	Francine Curran <a href="mailto:francine.curran@belfasttrust.hscni.net">francine.curran@belfasttrust.hscni.net</a>	<ul style="list-style-type: none"> <li>• East Belfast Mental Health Hub</li> </ul>

<p>Bracken - Beacon Day Support Services</p>	<p>Bracken is a mental health resource based in East Belfast, which promotes member involvement and personal development through a range of support and opportunities.</p>	<p>028 9045 9878 <a href="mailto:bracken@beaconwellbeing.org">bracken@beaconwellbeing.org</a></p>	<p>We offer a wide range of groups aimed at building your confidence &amp; self-esteem.</p> <p>Some examples of the groups we provide are:</p> <ul style="list-style-type: none"> <li>• <b>Daily &amp; Community Living Skills</b> including self-care, social skills, budgeting.</li> <li>• <b>Health for mind &amp; body</b> including fitness &amp; nutrition, positive risk management techniques, managing change, personal development programs, member led groups.</li> <li>• <b>Education, Equality &amp; Citizenship:</b> Basic English, Maths or ICT, Current Affairs/Debate, Advocacy and much more.</li> </ul>
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Castlereagh Safe and Well project (C-SAW)	Programmes for isolated groups and individuals through health initiatives	Gareth Mc Causland <a href="mailto:garethmccausland@castlereagh.gov.uk">garethmccausland@castlereagh.gov.uk</a>	<ul style="list-style-type: none"> <li>• Cook IT</li> <li>• Room hire</li> <li>• Coaches (active council)</li> <li>• Transport</li> <li>• Free 3 month gym Circuit, yoga, Pilate etc.</li> </ul>
CAUSE	Peer led advocacy, providing practical and emotional support, to families / friends whose loved ones are (or have) experienced mental illness including personality disorder. Also one to one's, support groups and respite Young carers programme for 11 – 16 year olds who are young carers of mental health.	Amy Robinson 028 9065 0650	<ul style="list-style-type: none"> <li>• Willing is participate in planning</li> <li>• Expertise – personality disorder / emotional difficulties – trainer</li> </ul>
Charter NI	To empower and enable the community to improve themselves and their communities	028 9045 9458 <a href="http://www.charterni.org">www.charterni.org</a> for details of the contact for each specific project	<ul style="list-style-type: none"> <li>• Employability and Training</li> <li>• IT project</li> <li>• Future Leaders project</li> <li>• Youth Work</li> <li>• Community safety and cohesion</li> </ul>



Children Young People's Strategic Partnership (CYPSP)	East Belfast Locality Planning group and family hub – to improve support for local families to access services more quickly	Maggie Andrews chairperson East Belfast Locality Planning Group 90451900 Inner East Belfast Family Support Hub – Coordinator Michele Bryans 028 9045 6766 <a href="mailto:eastbelfast@alternativesrj.co.uk">eastbelfast@alternativesrj.co.uk</a>	<ul style="list-style-type: none"> <li>• The family support hub will respond to referrals/requests for help</li> <li>• Work in partnership with families</li> </ul>
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Clinical Lead Pharmacist - East Belfast Integrated Care Partnership	Eastwood pharmacy East Belfast Integrated Care Partnership	John Kelly – Earlswood pharmacy Ballyhackamore <a href="mailto:jkelly700@virginmedia.com">jkelly700@virginmedia.com</a>	<ul style="list-style-type: none"> <li>• Availability – 9am-6pm and 6/7 days</li> <li>• Expertise – medicines health promotion</li> <li>• Consultation Room for drop in clinic</li> <li>• Pharmacy resources</li> </ul>
Laura Collins	Carer Carer rep on East Belfast Integrated Care Partnership	Laura Collins 028 9058 3658 <a href="mailto:Lauracollins56@hotmail.com">Lauracollins56@hotmail.com</a>	<ul style="list-style-type: none"> <li>• Advice on supporting family carers and lobbying</li> <li>• Want to hear views for integrated care partnership re carer support</li> </ul>
Community Direct	Women's Resource and Development Agency (WRDA)	Angie Mc Cabe 028 9023 0212 <a href="mailto:Angie.mccabe@wrda.net">Angie.mccabe@wrda.net</a>	<ul style="list-style-type: none"> <li>• Funded programmes on health related issues available at no cost to community groups</li> </ul>

Connswater Community Greenway	Development of 19km park to encourage physical activity	Wendy Langham <a href="mailto:wendy@eastbelfastpartnership.org">wendy@eastbelfastpartnership.org</a>	
Contact	Lifeline – crisis intervention via telephone, face to face counselling, creative therapy, systemic family work	Caroline King <a href="mailto:Caroline.King@contactni.com">Caroline.King@contactni.com</a>  Helpline: 0808 808 8000	<ul style="list-style-type: none"> <li>• Set up free counselling if you have a room spare</li> <li>Talks on Lifeline <ul style="list-style-type: none"> <li>• What it does</li> <li>• What it doesn't do</li> <li>• How people can help others to use it</li> </ul> </li> </ul>

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Diamond Project	Pilot building shared communities programme – streets: Haig, Constance, Edith and Templemore	Gareth Beacom – 07955 356980 <a href="mailto:Gareth@charterni.org">Gareth@charterni.org</a>	
East Belfast Alternatives	Community based restorative justice programme	028 9045 6766  Andy Moorhead – Manager <a href="mailto:andy@alternativesrj.co.uk">andy@alternativesrj.co.uk</a>  Mandy Maguire – Intensive Youth Support Worker <a href="mailto:mandy@alternativesrj.co.uk">mandy@alternativesrj.co.uk</a>  Michelle Bryans – Street by Street Co-ordinator <a href="mailto:michelle@alternativesrj.co.uk">michelle@alternativesrj.co.uk</a>	<ul style="list-style-type: none"> <li>• Youth Support</li> <li>• Outreach</li> <li>• Volunteering Opportunities</li> </ul>

<p>East Belfast Community Counselling</p>	<p>Counselling for 11- 18 year olds and provision for counselling for parents, encompassing art, drama and music therapy.          Yoga and walking group          Lifeline Referrals for suicide counselling          Victims and survivors counselling and social support - Befriending Programme          Age isolation – Bereavement Counselling          BHSCT – wrap around service          PCSP programme encompassing drugs, alcohol, solvent abuse, hate crime</p>	<p>Roberta Richmond 028 9046 0489  <a href="mailto:roberta@eastbelfastcounselling.org">roberta@eastbelfastcounselling.org</a></p> <p>Pamela Kirkpatrick 028 9046 0489          Gerry 028 9046 0489</p>	<ul style="list-style-type: none"> <li>• Provide / facilitate on East Belfast Support Group who could be consulted on future documents.</li> <li>• Facilitate Forums for discussion in the community / communities East Belfast on Mental Health</li> <li>• Counsellors</li> <li>• Mental Health awareness to build resilience</li> </ul>
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East Belfast Community Development Agency (EBCDA)	<p>Health Development and Connection Programme</p> <p>Community Support</p>	<p>Health development coordinator:            Alan Houston <a href="mailto:alan@ebcda.org">alan@ebcda.org</a>            Sharon Traynor <a href="mailto:Sharon@ebcda.org">Sharon@ebcda.org</a>            Health Connections Worker: Alison Bryans <a href="mailto:Alison@ebcda.org">Alison@ebcda.org</a>            Health Development Director: Linda Armitage <a href="mailto:linda@ebcda.org">linda@ebcda.org</a>            Suicide Prevention Officer:            Clare James <a href="mailto:Clare@ebcda.org">Clare@ebcda.org</a></p> <p>Volunteer Development Coordinator: Sam Brush <a href="mailto:sam@ebcda.org">sam@ebcda.org</a></p> <p>Community Support Director: Jonny Currie <a href="mailto:Jonny@ebcda.org">Jonny@ebcda.org</a></p> <p>Team Tel: 028 9045 1512</p>	<ul style="list-style-type: none"> <li>• Advertise volunteer opportunities for programmes and training</li> <li>• Mentoring facility</li> <li>• Health Development and Connections team work in partnership across East with all sectors</li> <li>• Knowledge and experience (health team EBCDA) in: -             <ul style="list-style-type: none"> <li>• Cook it</li> <li>• Sexual health</li> <li>• BCPP Projects</li> <li>• Health awareness</li> <li>• Smoking cessation</li> <li>• Drug and alcohol awareness</li> <li>• Experience in applying for funding for sexual health and pharmacy projects</li> <li>• Pharmacy programmes</li> <li>• Supporting ethnic minority network</li> <li>• Young people and risk taking behaviours</li> <li>• Older people</li> <li>• Cycle club</li> <li>• Check up clinic</li> <li>• Men's health/research</li> <li>• Men volunteers</li> </ul> </li> </ul>

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East Belfast Independent Advice Centre (EBIAC)	<p>Mental health advocacy project – providing advice and tribunal representation for those with mental health problems in relation to welfare benefits.</p> <p>Holistic advice service offering maximum accessibility via drop in clinics at EB Network Centre and at locations throughout the community. Advice including advice on benefits, debt, housing as well as representation at social security tribunals. Home visit service available for housebound.</p> <p>Service targets poverty and disadvantage and its detrimental impact on health and wellbeing.</p>	<p>Mary Mc Manus 028 9073 5690  <a href="mailto:mary@ebiac.org">mary@ebiac.org</a></p>	<ul style="list-style-type: none"> <li>• Can disseminate information through advice Centre</li> <li>• Offer volunteering opportunities to local people</li> <li>• Knowledge of the issue really impacting the community through delivery of frontline services.</li> <li>• Staff with wide knowledge of health referral sources.</li> <li>• Information sessions on benefits</li> </ul>
East Belfast Mission (EBM)	<p>Walking group</p> <p>Counselling service</p> <p>Community gardening</p>	<p>Margaret Ferguson  <a href="mailto:Margaret.Ferguson@ebm.org.uk">Margaret.Ferguson@ebm.org.uk</a></p>	<ul style="list-style-type: none"> <li>• Free activity/health</li> <li>• Services/community</li> <li>• Walking group, gardening</li> <li>• Hosford House homeless Project</li> </ul>

Organisation	Programme/Project	Contact	Resources
East Belfast Partnership – Neighbourhood Renewal	Inner east and Tullycarnet both support the EB Health Framework in these specific geographies	Sara Houston 028 9046 7939 <a href="mailto:sara@eastbelfastpartnership.org">sara@eastbelfastpartnership.org</a>	<ul style="list-style-type: none"> <li>Resource: planning, contacts, neighbourhood renewal action plan review (Feb 14)</li> </ul>
East Belfast Seniors Forum	Winter Wanderers walking group for all abilities Events for isolated older people Campaigning and lobbying	Anne Greenan c/o Engage with Age 028 9073 5696	<ul style="list-style-type: none"> <li>Friendship and activities for isolated people over 55</li> </ul>
Engage With Age (EWA)	Programmes for older people covering all health themes  HOPE project -Isolated older people	Margy Washbrook 028 9073 5696 <a href="mailto:Margy.washbrook@engagewithage.org.uk">Margy.washbrook@engagewithage.org.uk</a> Laurence Wright <a href="mailto:Laurence.Wright@engagewithage.org.uk">Laurence.Wright@engagewithage.org.uk</a> Stephen Gourley <a href="mailto:Stephen.gourley@engagewithage.org.uk">Stephen.gourley@engagewithage.org.uk</a>	<ul style="list-style-type: none"> <li>Directories of services so people know what is available through PHA funded contracts.</li> <li>Engage With Age Support Older Peoples Forums</li> </ul>
Forum For Action on Substance Abuse (FASA)	Provide Specialised Services in relation to substance misuse, suicide, self-harm and to improve the lives of individuals, families and communities across Northern Ireland.	028 9080 3040 <a href="mailto:info@fasaonline.org">info@fasaonline.org</a> <a href="http://www.fasaonline.org">www.fasaonline.org</a>	<ul style="list-style-type: none"> <li>Crisis Support Centre</li> <li>One Stop Shop</li> <li>Training courses</li> <li>Advice and Support</li> <li>Volunteering Opportunities</li> <li>Counselling</li> </ul>

Greenway Women's Centre	Provide women and their families with positive opportunities for development by breaking down barriers that prevent women's full participation in society.	Centre Manager - Lindsay Cooper Training – Helen Smyth Childcare Manager – Joanne Leetch 028 9079 9912 <a href="mailto:manager@greenwaywomenscentre.org">manager@greenwaywomenscentre.org</a>	<ul style="list-style-type: none"> <li>• Childcare 0-4 years old</li> <li>• Family Support</li> <li>• Training</li> <li>• Volunteering Opportunities</li> </ul>
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Organisation	Programme/Project	Contact	Resources
Home – Start South and East Belfast Office	Home-Start is a national family support charity that helps parents to build better lives for their children.	Eecló Weesterhuis 028 9045 9429 <a href="mailto:hseb@btconnect.com">hseb@btconnect.com</a>	<ul style="list-style-type: none"> <li>• One to One support for parents</li> <li>• Home visits</li> </ul>
Inner East Youth Project	Youth programmes for 15-25 year olds, outdoor, life and social, relationship building	Raymond Lavery 028 9046 0707 <a href="mailto:rjlave@googlemail.com">rjlave@googlemail.com</a>  Chelsea Lavery 078 7409 6998  Youth worker	<ul style="list-style-type: none"> <li>• Mountain bikes</li> <li>• Out-door equipment i.e. tents/canoes/wetsuits/fishing equipment</li> <li>• Trailer for transporting sports equipment</li> <li>• Teenage bereavement programme</li> </ul>

Integrated Care Partnership (ICP)	<p>East - Frail Elderly – Improve Pathways for Acute Care, health improvement, physical activity, dealing minor illness to avoid emergency department, falls prevention, nutrition for older people,</p> <p>Increased interaction with community and voluntary groups</p>	<p>John Kelly – Clinical Lead Pharmacist East Belfast - Earlswood pharmacy <a href="mailto:jkelly700@virginmedia.com">jkelly700@virginmedia.com</a></p> <p>Or Linda Armitage 028 9045 1512 community perspective</p> <p>Or Laura Collins – voice for carers</p>	<ul style="list-style-type: none"> <li>• Developing a pathway of services for older people</li> </ul>
Lagan Village Youth and Community Group	<p>Youth and Community based centre working in partnership with the local community through youth, senior citizen programs, adult education, advice, and community development programs and activities.</p>	<p>George Newell 028 90456993</p>	<ul style="list-style-type: none"> <li>• Use of hall, meeting rooms</li> <li>• Physical Sports equipment - access to virtual babies from April 2014</li> </ul>
Macmillan Cancer Support (Based on Castlereagh road)	<p>In Northern Ireland Macmillan provides practical, emotional and financial support.</p>	<p>Paula Keely 028 9070 8610 <a href="http://www.macmillan.org.uk/">http://www.macmillan.org.uk/</a></p>	<ul style="list-style-type: none"> <li>• Volunteering Opportunities</li> <li>• Befriending</li> <li>• Benefit advice</li> <li>• Support Groups</li> <li>• Information</li> </ul>



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New Life Counselling	Ongoing programme of counselling support for children, young people, adults and families for a wide range of issues. PHA counselling for those affected by suicide	Karen Collins 028 9039 1630 <a href="mailto:karencollins@newlifecounselling.net">karencollins@newlifecounselling.net</a>	<ul style="list-style-type: none"> <li>• Can offer talks on any aspects</li> <li>• Re mental health to any age group</li> <li>• Ideas to manage depression</li> <li>• How to manage anxiety</li> <li>• How do I cope with panic etc?</li> </ul>
Oasis Caring in action	IMAGO – Mental Health Befriending Building Community Pharmacy Project Physical and mental health programme Recall – a free community based good neighbour support service. It provides support to older and vulnerable people living in South and East Belfast through a daily telephone call, befriending and advice services.	Ruth Wallace <a href="mailto:Ruth.Wallace@oasis-ni.org">Ruth.Wallace@oasis-ni.org</a>  Barbara Smith <a href="mailto:Barbara.smith@oasis-ni.org">Barbara.smith@oasis-ni.org</a>  Katie Humphries <a href="mailto:katie.humphries@oasis-ni.org">katie.humphries@oasis-ni.org</a>  028 9087 2277	<ul style="list-style-type: none"> <li>• Can offer talks on any aspects</li> <li>• Re mental health to any age group</li> <li>• Ideas to manage depression</li> <li>• How to manage anxiety</li> <li>• How do I cope with panic etc?</li> <li>• Training – Personal Development</li> <li>• Employability</li> <li>• Befriending</li> <li>• Telephone Service</li> <li>• Home Safety</li> <li>• Advice</li> </ul>

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Public Health Agency (PHA)	Children and young people programmes: Keep warm packs for young children via sure starts Family Nurse programme Roots of empathy programme Drugs and Alcohol services for Belfast – new tenders for 3-5 years – out November 2014 Mental health promotion+ protect life services – tenders 2015 Health+ Pharmacies programme 8 approved for East Belfast	<a href="mailto:sarah.reid@hscni.net">sarah.reid@hscni.net</a>  <a href="mailto:Maurice.meehan@hscni.net">Maurice.meehan@hscni.net</a>  <a href="mailto:Colette.rogers@hscni.net">Colette.rogers@hscni.net</a>  <a href="mailto:Seamus.mullen@hscni.net">Seamus.mullen@hscni.net</a>	<ul style="list-style-type: none"> <li>• Access to Belfast wide health and wellbeing services (funded via PHA)</li> <li>• Mostly delivered by voluntary sector organisations</li> <li>• Mental health suicide, drugs and alcohol, physical activity, grants and programmes</li> <li>• Funding opportunities through tenders and grants programmes PHA Locality plan – List who we fund and key areas of work</li> </ul>

Organisation	Programme/Project	Contact	Resources
Royal National Institute of Blind People (RNIB)	<p>Counselling services for people 65+ with sight loss</p> <p>Health awareness and sight loss prevention information sessions</p> <p>Visual awareness training for service providers and social groups to make services accessible for people with sight loss</p> <p>Castlereagh and Lisburn</p> <p>Adults Newly Diagnosed with Sight Loss:</p> <p>Residential Programme – Confidence Building</p> <p>‘Finding Your Feet’</p> <p>Free, date TBC</p>	<p>Ursula Ferguson <a href="mailto:Ursula.Ferguson@mib.org.uk">Ursula.Ferguson@mib.org.uk</a></p> <p>Olive Rodgers <a href="mailto:Olive.rodgers@mib.org.uk">Olive.rodgers@mib.org.uk</a></p> <p>028 9032 9373</p>	<ul style="list-style-type: none"> <li>• Free benefits check for people with sight loss all ages</li> <li>• Free sight awareness talks</li> <li>• Free information leaflets etc</li> <li>• Information stand at health events</li> <li>• IT help and training for people with sight loss</li> </ul>
Short Strand Community Forum	<p>Short Strand Community Forum is an Umbrella Body for 23 community groups and provides advice, guidance and support to all groups and local individuals.</p>	<p>Bernie McConnell</p> <p><a href="mailto:shortstrandcc@hotmail.co.uk">shortstrandcc@hotmail.co.uk</a></p> <p>028 9050 1700</p>	<ul style="list-style-type: none"> <li>• Courses</li> <li>• Advice</li> <li>• Support</li> </ul>

Start 360 (Formerly Opportunity Youth)	Start360 helps those we work with make the most of life's opportunities and be the best they can be.	<a href="http://www.start360.org">www.start360.org</a> 028 9043 5810 Stephen Barr – Health, Justice, Employability <a href="mailto:Stephen.barr@start360.org">Stephen.barr@start360.org</a> Marie Wright – Drugs and Alcohol <a href="mailto:Marie.Wright@start360.org">Marie.Wright@start360.org</a>	Lots of diverse interventions, programmes and services available Check out website for latest information <a href="http://www.start360.org">www.start360.org</a> Local, Citywide services and Regional services.
Survivors of Suicide (SOS)	Support for families bereaved by suicide	Claire Curran 028 9046 0201	<ul style="list-style-type: none"> <li>• Safe Talk Training</li> <li>• Referrals/signposting</li> <li>• Complimentary Therapies</li> <li>• Events to raise awareness and reduce stigma</li> <li>• Family Support Group</li> </ul>
Tesco Knocknagoney	Free community room in the store	Jean Cardy <a href="mailto:cliffiemanjean@yahoo.co.uk">cliffiemanjean@yahoo.co.uk</a>	<ul style="list-style-type: none"> <li>• Free community room in the store</li> </ul>
Together for You	Together For You is an innovative project, funded by the Big Lottery Fund, aimed at delivering mental health and wellbeing services to a range of people across Northern Ireland in a joined-up way.	Amanda Jones <a href="mailto:ajones@amh.org.uk">ajones@amh.org.uk</a>	<ul style="list-style-type: none"> <li>• Networking information</li> <li>• Mental Health resources and awareness signposting to services.</li> <li>• Training</li> <li>• Befriending</li> </ul>

Organisation	Programme/Project	Contact	Resources
Tullycarnet Neighbourhood Collective	Secure resources to enable local groups to build their capacity and develop their outreach services to improve participation	Kerri Harding <a href="mailto:kerri@charterNI.org">kerri@charterNI.org</a> or call into 1a Granton Park, Tullycarnet	<ul style="list-style-type: none"> <li>• Support</li> <li>• Drop in and signposting for the Tullycarnet Community</li> <li>• Youth forum</li> </ul>
Wise Men of the East Network (WMEN)	A network of men's groups from across the whole of East Belfast Projects include: <ul style="list-style-type: none"> <li>• Health</li> <li>• Peace Building</li> <li>• Local History</li> <li>• Social Networks</li> </ul>	Mervyn Cleland - Chair. Tel. 07800 785136 Or Alan Houston - Secretary Tel. 028 9045 1512 <a href="mailto:alan@ebcda.org">alan@ebcda.org</a>	<ul style="list-style-type: none"> <li>• Men's Shed</li> <li>• Activities</li> <li>• Information</li> <li>• Training courses</li> <li>• Networking</li> </ul>
Women's Resource and Development Agency (WRDA)	Series of Health Awareness Raising programmes Breast, cervical, bowel screening awareness Parents promoting Sexual Health Free to community groups at date/venue to suit	Lea Braithwaite 028 9023 0212 <a href="mailto:lea.braithwaite@wrda.net">lea.braithwaite@wrda.net</a>	<ul style="list-style-type: none"> <li>• Support</li> <li>• Training</li> <li>• Information and resources</li> <li>• Lobbying and policy</li> </ul>