

SOUTH BELFAST SERVICES DIRECTORY

Empowering
Communities
through Information



DONEGAL PASS
COMMUNITY ENTERPRISES



Version 1: May 2025



**QUEEN'S
UNIVERSITY
BELFAST**

welcome

Empowering Communities through Information

Welcome to the South Belfast Services Directory

Donegall Pass Community Enterprises (DPCE) is committed to improving awareness, accessibility, and equity in South Belfast. In collaboration with statutory, voluntary, and community organisations, we've created this directory to connect people who live and work in South Belfast with essential support and information.

The Directory seeks to bridge a local knowledge gap by helping people to navigate vital resources which promote wellbeing, stability, and opportunity, with the overall aim of empowering communities through information. By making essential resources more accessible, we are helping to build a more informed, supported, and connected South Belfast.

The printed and digital resource was launched in June 2025 and provides user friendly guidance under a series of themed headings such as Advice, Welfare, Health, Community Safety, Family Support, Education and more.

DPCE sincerely thank all contributing organisations for their support in making this directory possible. Special appreciation goes to the Queen's University CiviContribution Fund for enabling its development and publication.

DPCE acknowledges that the Directory cannot capture all the provision and services across the area and that the contents can only provide a snapshot of what is available at the time of publication. We appreciate that details listed in this directory are subject to change. We encourage users to verify details directly with the respective organisations.

About DPCE

Donegall Pass Community Enterprises (DPCE) has been working since 2017 to create a thriving, inclusive, and sustainable inner-city Belfast. By placing lived and learned experience at the heart of our work, we engage, influence, and collaborate to build the social, economic, and physical capacity of Donegall Pass and beyond.

Through strong partnerships, we transform spaces, support communities, and champion local heritage—ensuring this area is welcoming and vibrant for all. Our work focuses on **People, Place, Partnerships, and Past** - building connections, reimagining spaces, fostering collaboration, and celebrating our rich cultural identity.



To find out more about our work in building positive change in Donegall Pass contact Lisa McCloy, Capital Project Co-Ordinator, DPCE at 028 9013 5873 or email lisa.m@dpce.org.uk

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What's in this section?

Looking for guidance on advice and welfare support? Need help with foodbanks, housing, benefits, or financial assistance? This section connects you with trusted local organisations ready to provide the support you need. Explore the resources outlined within this section and take a step toward the help that matters.

Organisation:	Action for Children
Service offered:	Action for Children provides respite for young carers that include activities and one to one support in relations to their caring role. For further information visit the website or call the Northern Ireland team.
Tel No:	028 9046 0500
Email:	nioffice@actionforchildren.org.uk
Website:	More information on the work in Northern Ireland visit: https://www.actionforchildren.org.uk/our-work-and-impact/our-work-around-the-uk/our-work-in-northern-ireland/
Geographical areas covered:	Services are provided across Northern Ireland.

Organisation:	Age NI
Service offered:	Age NI believes every older person should be included and valued. Age NI work across Northern Ireland to make that happen. Through campaigning, local support, advice and friendship, we're changing the way we age. Information and advice service – provided in areas such as money matters, care and support, work and learning and health and wellbeing.
Tel No:	028 9024 5729
Email:	info@ageni.org
Website:	www.ageni.org
Geographical areas covered:	Services provided across Northern Ireland.

Organisation:	Ark Housing Association (Northern Ireland) Limited
Service offered:	Ark Housing Association provides social and affordable homes for those in housing need. The organisation provides the following services: Advice and Welfare Services - Accept referrals from partner agencies, including Northern Ireland Housing Executive and Family Support Hubs, as well as self-referrals. Once accepted, we conduct an initial assessment to develop a person-centred, goal-focused support plan. For more information or to access this service, contact us at homelesssservices@arkhousing.co.uk or call 028 9075 2310. Floating Support Service – this service helps individuals secure and maintain long-term accommodation through tailored support. A dedicated Floating Support Officer works with service users to create personalised plans, set goals, and build independence. Support is flexible, including phone guidance and one-to-one sessions at home. Accommodation-Based Services - in partnership with the Northern Ireland Housing Executive, Ark provides accommodation for families experiencing homelessness in South and West Belfast. Each family is assigned a Floating Support Officer who assesses their needs, develops a personalised support plan, and offers guidance, signposting to additional services as required. With regular contact, Ark Housing helps families build independence and prepare for their move into permanent housing.
Tel No:	028 9075 2310
Email:	General Enquiries: info@arkhousing.co.uk
Website:	www.arkhousing.co.uk
Geographical areas covered:	The Head Office is in Belfast, but Ark Housing operates across Northern Ireland.

Organisation:	Belfast Asian Women's Academy
Service offered:	Advice and advocacy support – provides support for migrant workers in relations to hate crimes, workplace discrimination, private housing issues and consumer rights issues.
Tel No:	07474 651096
Email:	info@belfastasianwomen.co.uk
Website:	www.belfastasianwomen.co.uk
Geographical areas covered:	Services available across Belfast.
Organisation:	BSCR
Service offered:	Social Supermarket – BSCR is a member of the South Belfast consortium for the Social Supermarket programme. This service for people living within the Sandy Row area. Advice & Welfare support – the community development team liaise regularly with services and can refer to appropriate support initiatives on a needs basis.
Tel No:	028 9024 4449
Email:	nikki@bscr.co.uk
Website:	www.bscr.co.uk
Geographical areas covered:	Social Supermarket based in Sandy Row only.

Organisation:	Carers NI
Service offered:	Carers NI provide information and guidance to unpaid carers. This covers a range of subjects including: • Benefits and financial support. • Your rights as a carer in the workplace. • Carers' assessments and how to get support in your caring role. • Services available to carers and the people you care for. • How to complain effectively and challenge decisions.
Tel No:	028 9043 9843
Email:	info@carersni.org
Website:	www.carersni.org
Geographical areas covered:	Services provided across Northern Ireland.
Organisation:	Deafblind UK
Service offered:	Helpline – provides a friendly accessible helpline to answer all questions and offer support. The helpline is open Monday to Thursday from 9.00am to 5.00pm and Friday, 9.00am to 4.00pm.
Tel No:	0800 132 320 Text: 07903 572885 Text Relay: 18001 0800 132 320 Video relay (via Contacts section of the website)
Email:	info@deafblind.org.uk
Website:	www.deafblind.org.uk
Geographical areas covered:	Services provided across Northern Ireland.

Organisation:	Donegall Pass Community Forum (DPCF)
Service offered:	Advice and Welfare Service – in partnership with Advice NI, DPCF provides a clinic offering support with completing forms and providing general benefits and housing advice (by appointment). Social Supermarket Larder – (by appointment only)
Tel No:	028 9032 6256
Email:	admin@donegallpass.org
Website:	www.donegallpass.org
Geographical areas covered:	All service operate within Donegall Pass and the Inner South Belfast area.
Organisation:	Family Support NI
Service offered:	Financial & Welfare Advice Services - find tailored financial and welfare support across Northern Ireland at FamilySupportNI.gov.uk. Search results cover the entire region, with the option to filter by postcode to locate services within 1, 5, or 10 miles. Visit: Search Results in Financial/Welfare Advice Category
Tel No:	0845 600 6483
Email:	info@FamilySupportNI.gov.uk
Website:	www.familysupportni.gov.uk
Geographical areas covered:	Covering all Northern Ireland, all Family Support Services and registered Childcare Providers are geo-mapped, and families can search by postcode to find local services.

Organisation:	Greater Village Regeneration Trust (GVRT)
Service offered:	Community Fridge – open to those in the local area. Opening hours, Monday – Thursday 10.00am – 12noon, 2.00pm – 4.00pm and Friday 10.00am – 12noon. Housing Advice – drop in or appointment-based advice on housing.
Tel No:	028 9033 3527
Email:	Sarah.bowden@gvrt.org
Social Media:	Facebook: https://www.facebook.com/GVRT1999?locale=en_GB
Geographical areas covered:	Services provided across the Greater Village area of South Belfast.
Organisation:	LORAG (Shaftesbury Community & Recreation Centre)
Service offered:	LORAG provides a range of advice and support in the following areas: • South Belfast 1 Family Support Hub • Self-referral for Family Support • Financial Support • Signposting services • Play therapy and mentoring • ASD Support
Tel No:	Main Office: 028 9031 2377
Email:	info@lorag.org
Website:	www.Lorag.org
Geographical areas covered:	Lower Ormeau Road, South Belfast.

Organisation:	Mornington Community Project
Service offered:	Cosy Hub and Emergency Foodbank – operates a warm bank. The Cosy Hub Drop-in service occurs on Fridays 11.30am to 1.30pm. It is free to anybody wanting a cuppa, bowl of soup or just some friendly company. It also operates as an emergency food bank.
Tel No:	07599 803871
Email:	annemckay@morningtoncommunityproject.com
Website:	www.morningtoncommunityproject.com
Geographical areas covered:	Service provided within the building on the Lower Ormeau Road. Providing support to communities of Inner South Belfast – in particular Lower Ormeau, Markets and Donegall Pass, but open to everyone.
Organisation:	MS Society Northern Ireland
Service offered:	The charity understands what life 's like with MS and provide support advice. There are events and activities for patients, family and carers. Check out the website for more information on support and events in areas like South Belfast.
Tel No:	028 9080 2802
Email:	nireception@mssociety.org.uk
Website:	www.mssociety.org.uk/about-us/contact-us/north-ern-ireland
Geographical areas covered:	Services available across Northern Ireland.

Organisation:	Niacro
Service offered:	Assisting People and Communities (APAC) – provides support for people whose tenancies may be at risk due to harassment, intimidation and anti-social behaviour, to help sustain their accommodation and prevent homelessness. Financial Advice and Money Matters (FAMM) – is an early intervention diagnostic debt advice service which aims to prevent manageable financial matters escalating to problem proportions. The service is offered to people in prison and to families of prisoners in the community.
Tel No:	028 9032 0157
Email:	Niacro@niacro.co.uk
Website:	www.niacro.co.uk
Geographical areas covered:	Services delivered across all Northern Ireland.
Organisation:	The Rainbow Project
Service offered:	Advice and guidance helpline – provides advice, guidance for LGBTQIA+ people and their families. LGBTQIA+ Ethnic Minorities Support - provides advocacy, support and social opportunities.
Tel No:	028 9031 9030
Email:	info@rainbow-project.org
Website:	www.rainbow-project.org
Geographical areas covered:	Services available across Northern Ireland including two venues in Belfast.

Organisation:	Roma Support Hub
Service offered:	The Roma Support Hub provides the Roma community in Belfast, the following: • Welfare advice. • EUSS and immigration advice. • Advocacy and support with - housing, employment, training and education. • Foodbank and social supermarket referrals.
Tel No:	07708 695243
Email:	romahelpline@forwardsouth.org (referrals, support requests and appointments) jacqueline@forwardsouth.org (general queries)
Website/Social Media:	Facebook: https://www.facebook.com/BelfastRoma/
Geographical areas covered:	Services offered across Belfast.

Organisation:	Sólás Special Needs Charity
Service offered:	Home Support for Families where there is a child with additional needs – this service offers help with the Statementing process as well as providing strategies and tools for use at home.
Tel No:	Main Office: 028 9024 7600
Website::	www.solasbt7.com
Geographical areas covered:	Provides support across all of Belfast.

Organisation:	South Belfast Alternatives
Service offered:	Mediation, Advocacy & Community Support (MACS) – providing neighbourhood dispute mediation community support - offering intervention and support for tenants involved in disputes. Intensive Restorative Support
Tel No:	028 9031 5763
Email:	denise@alternativesrj.co.uk
Website:	www.alternativesrj.co.uk
Geographical areas covered:	Services cover all of South Belfast.
Organisation:	SSAFA NI
Service offered:	Foodbanks - SSAFA NI has access to local foodbank facilities for clients. Signposting service - provided to specialist organisations for veterans in relation to Housing and Benefit advice. SSAFA can also help with essential white & brown household goods and many other areas of general financial need.
Tel No:	028 9032 7740 (Tues/Wed/Thurs – 9.00am – 4.00pm)
Email:	nireland.branch@ssafa.org.uk
Website:	www.ssafo.org.uk/northern-ireland
Geographical areas covered:	Service provided throughout Northern Ireland Service is restricted to members of the Armed Forces Community in Northern Ireland.

Organisation:	Street Soccer NI
Service offered:	Street Soccer NI provides various advice and welfare services, including: • Social Supermarket – providing access to free foods and sometimes LIDL vouchers when available. • Free clothes and hygiene items to people struggling financially. • Street Move – a removal services support people with house and office moves, deliveries, house clearances, etc. • Street Store – a second-hand clothing and furniture and electrical items. • Housing and benefits advice - advice clinics every Tuesdays & Thursdays • Universal Credits – drop-in clinic on the last Thursday of the month to support people with benefits and universal credits advice.
Tel No:	07704 904714
Email:	justin@streetsoccerni.org
Website:	www.streetsoccerni.org
Geographical areas covered:	Mainly providing services in South Belfast but also across Belfast, Derry/Londonderry, Coleraine and Downpatrick.

Organisation:	Victim Support NI
Service offered:	Advice and community service - provides support for victims and witnesses of crime, including reporting to police, advice on the courts and aid with compensation and Victim Person Statements. Service available across Northern Ireland - ongoing services and for any age (appropriate adult needed for under 18s). Witness Service - embedded in all court buildings throughout Northern Ireland, supporting victims and witnesses by providing induction services and advice when attending court. Service is available across Northern Ireland, ongoing services and for any age (appropriate adult needed for under 18s). SOLA and CSOLA - providing legal support from trained solicitors for young and adult victims of sexual violence across Northern Ireland. Any age (appropriate adult required).
Tel No:	028 9024 3133
Email:	belfast@victimsupportni.org.uk sola@victimsupportni.org.uk csola@victimsupportni.org.uk
Website:	https://www.victimsupportni.com/help-for-witnesses/ https://www.victimsupportni.com/help-for-victims/solas/ https://www.victimsupportni.com/young-people-crime/csola/
Geographical areas covered:	Services provided across Northern Ireland.

What's in this section?

Need support with victim services, community policing, or youth justice? This section connects you to trusted organisations dedicated to safety, protection, and justice. Explore the resources below and take action toward a safer community.

Organisation:	Police Service Northern Ireland (PSNI)
Service offered:	Local Neighbourhood Policing Team (LNPT) – Lisburn Road LNPT covers the following wards: Belvoir, Blackstaff, Central, Finaghy, Malone, Musgrave, Ormeau, Stranmillis, upper Malone and Windsor. South Belfast is one of four District Policing and Community Safety Partnerships (DPCSPs) which make up Belfast PCSP. The partnership works to reduce: • Road Safety - undertake activities to make our roads safer. • Anti-social behaviour - take steps to reduce & address ASB. • Drugs - tackle the harm caused by drugs. • Burglary - undertake activities to reduce burglaries and support victims. • Domestic Violence - encourage the reporting of domestic violence, supporting victims and prosecuting offenders. • Repeat offending - take measures to reduce repeat offending. • Collaborative Community policing.
Tel No:	To report a non-emergency please report online or call 101
Website:	www.PSNI.police.uk For further information on the Lisburn Road LNPT contacts visit: Belfast District Police Service of Northern Ireland
Geographical areas covered:	The PSNI operate across all Northern Ireland. However South Belfast is supported by Lisburn Road, LNPT and South Belfast DPCSP (Belfast PCSP).

Organisation:	Belfast Asian Women's Academy
Service offered:	Hate crime victim support and advocacy – provides advocacy and support for victims of hate crimes, racism, discrimination and domestic abuse. Support includes one-on one support, career advancement support, life skills training, mentorship programmes, leadership development and focus groups and peer support.
Tel No:	07474 651096
Email:	info@belfastasianwomen.co.uk
Website:	info@belfastasianwomen.co.uk
Geographical areas covered:	Services available across Belfast.

Organisation:	BSCR
Service offered:	Community Confidence – working with other agencies including PSNI, Northern Ireland Housing Executive, Belfast City Council and community organisations on issues of community safety, including promoting and facilitating crime prevention and community safety initiatives. For more information contact BSCR's Community Confidence & Safety Co-ordinator at darren@bscr.co.uk
Tel No:	028 9024 4449
Email:	nikki@bscr.co.uk
Website:	www.bscr.co.uk
Geographical areas covered:	South Belfast

Organisation:	Family Support NI
Service offered:	Find tailored community safety support across Northern Ireland at FamilySupportNI.gov.uk. Search results cover the entire region, with the option to filter by postcode to locate services within 1, 5, or 10 miles. Visit the following link: Search Results in Youth Offending Category
Tel No:	0845 600 6483
Email:	info@FamilySupportNI.gov.uk
Website:	www.familysupportni.gov.uk
Geographical areas covered:	Covering all Northern Ireland, all Family Support Services and registered Childcare Providers are geo-mapped, and families can search by postcode to find local services.
Organisation:	Greater Village Regeneration Trust (GVRT)
Service offered:	Community Safety Clinic – drop in or appointment-based service offering community safety advice.
Tel No:	028 9033 3527
Email:	Sarah.bowden@gvrt.org
Social Media:	Facebook: https://www.facebook.com/GVRT1999?locale=en_GB
Geographical areas covered:	Services provided across the Greater Village area of South Belfast.

Organisation:	Nexus NI
Service offered:	DSA (Domestic and Sexual Abuse) Helpline – a free, confidential helpline for victims and survivors in Northern Ireland. Available anytime via phone, email, or webchat, offering guidance, referrals, and support. Hosted on behalf of the Departments for Communities, Health, and Justice - help is always here.
Tel No:	Nexus NI: 028 9032 6803 DSA Helpline: 0808 802 1414
Email:	Nexus NI: info@nexusni.org DSA Helpline: help@dsahelpline.org
Website:	www.Nexusni.org www.Dsahelpline.org
Geographical areas covered:	Nexus NI and DSA Helpline operate across the whole region of Northern Ireland.

24 HOUR

Domestic & Sexual Violence Helpline

FREEPHONE

0808 802 1414Open to *all women and men* affected by domestic & sexual violence

☐ text support to 07797 805 839 ✉ 24hrsupport@dvhelpline.org

CONFIDENTIAL, CARING SERVICE 24/7, 365 DAYS A YEAR

Organisation:	Niacro
Service offered:	Connections – provides one-to-one and group support for women through and beyond the criminal justice system. ASPIRE - in partnership with the Probation Board for Northern Ireland (PBNi) and delivered in conjunction with NI Alternatives and Community Restorative Justice Ireland, ASPIRE works with marginalised young men aged 16 – 30, who are at risk of becoming involved or further involved in criminality or paramilitary activity. The programme has two elements: • Aspire Mentoring: for men under the age of 30 under PBNi supervision. • Aspire Community Engagement: for men under the age of 30 who are not in the formal criminal justice system Transitions - provides one-to-one mentoring for people over 30 referred by PBNi who are likely to face significant difficulties upon their release from prison. Base2 – is a crisis intervention project offering clarification, support and mediation services to individuals and families at risk of violence or exclusion from their community. Belong2 - provides advice and support to agencies and the people they support from minority ethnic and/or migrant backgrounds who have been or who are involved in the Criminal Justice System, either in custody (including on remand, serving a sentence or held in immigration detention) or post release.
Tel No:	028 9032 0157
Email:	Niacro@niacro.co.uk
Website:	www.niacro.co.uk
Geographical areas covered:	Services delivered across all Northern Ireland.

Organisation:	The Rainbow Project
Service offered:	LGBTQIA+ Hate Crime Advocacy service - provide support and information if: • You have been or are a victim or a witness to hate crime and/or incidents. • You are experiencing abuse from your partner or family member. • You have been subjected to discrimination. • You have been the victim of sexual violence.
Tel No:	028 9031 9030
Email:	info@rainbow-project.org
Website:	www.rainbow-project.org
Geographical areas covered:	Services available across Northern Ireland including two venues in Belfast.
Organisation:	Roma Support Hub
Service offered:	Connecting the community with the local Police Service of Northern Ireland (PSNI) through facilitating meetings with the PSNI and the community.
Tel No:	07708 695243
Email:	romahelpline@forwardsouth.org (referrals, support requests and appointments) jacqueline@forwardsouth.org (general queries)
Website/Social Media:	Facebook: https://www.facebook.com/BelfastRoma/
Geographical areas covered:	Services offered across Belfast.

Organisation:	South Belfast Alternatives
Service offered:	Victim- Offender Mediation Service Intensive Youth Support Programme – for young people involved in anti-social behaviour, and / or at risk of becoming homeless because of their anti-social behaviour. Victim Support Programme – includes home visitation, advocacy, needs assessments, home security improvements, mediation and possibility of restitution. Detached Youth Work Programme – responding to issues of anti-social behaviour. Youth Prevention Programme Race Relations / Hate Crime Programmes - programmes such as LINCIS which aims to build meaningful and purposeful cross-community and good relations activities that area designed to foster inclusion between Protestants, Catholics and ethnic minorities / newcomers.
Tel No:	028 9031 5763
Email:	denise@alternativesrj.co.uk
Website:	www.alternativesrj.co.uk
Geographical areas covered:	Services cover all South Belfast.
Organisation:	SSAFA NI
Service offered:	SSAFA NI has access to various welfare organisations that can support veterans and their families experiencing issues within the wider Community.
Tel No:	028 9032 7740 (Tues/Wed/Thurs – 9.00am – 4.00pm)
Email:	nireland.branch@ssafa.org.uk
Website:	www.ssafa.org.uk/northern-ireland
Geographical areas covered:	Service provided throughout Northern Ireland Service is restricted to members of the Armed Forces Community in Northern Ireland.

Organisation:	Victim Support NI
Service offered:	Hate Crime Advocacy Service – enhanced advocacy and support for all hate and signal crime/incident victims across Northern Ireland. Ongoing service for any age (appropriate adult needed for under 18s).
Tel No:	028 9024 3133
Email:	Hate.crime@hcasni.org.uk
Website:	www.hcasni.com
Geographical areas covered:	Services provided across Northern Ireland.

**Affected by
someone's
drinking or
drug use?**



Find support at
www.drugsandalcoholni.info

What's in this section?

Looking for accredited or non-accredited courses, employment pathways, homework support, tuition, or volunteering opportunities? Discover the invaluable services offered by local organisations below and take the next step toward your future.

Organisation:	Age NI
Service offered:	• Career support workshops - assists businesses in providing valuable career guidance and support to older employees. • Financial wellbeing workshops - supports businesses with employees who are planning for retirement to ensure a secure financial future. • Health and wellbeing workshops - for employees providing essential tips and strategies to ensure a smooth transition into later life. • Age Awareness training - supports businesses improve their customer service for older people. • Cyber safety workshops - aims to address cybercrime and build your confidence and abilities to use online technologies safely.
Tel No:	028 9024 5729
Email:	info@ageni.org
Website:	www.ageni.org
Geographical areas covered:	Services provided across Northern Ireland.

Organisation:	An Droichead
Service offered:	Is eagraíocht Ghaeilge é An Droichead thar aon rud eile. Cuireann muid deiseanna foghlamtha Gaeilge ar fáil inár lárionad agus in áiteanna eile sa phobal. An Droichead is first and foremost an Irish language organisation, providing opportunities to learn the Irish language both in our centre and in the community through various experiences in both culture and the Arts. Irish language courses – An Droichead has been honoured twice with the prestigious Glór na nGael Trophy, recognising its excellence as the leading Irish language organisation in Ireland. It offers a diverse selection of classes and excursions designed to accommodate learners of all skill levels. Additionally, it provides regular opportunities for language practice, ensuring that learners can confidently progress on their Irish language journey. For information on courses visit: https://www.androichead.com/gaeilge-courses Qualifications in childcare and youth work – they are a registered exam centre, and provide opportunities and qualifications in both childcare and youth work. Trips – visits to the Donegal Gaeltacht to experience the Irish language first hand from native speakers. Check the website for more information on next trip. Volunteering opportunities – AnDroichead welcomes volunteers to support the extensive body of services provided.
Tel No:	028 9028 8818
Email:	eolas@androichead.com
Website:	www.androichead.com
Geographical areas covered:	Services provided across all South and East Belfast areas.

Organisation:	Belfast Asian Women's Academy
Service offered:	One-to-one mentoring – provides one-to-one mentoring and path to employment support for migrant newcomers.
Tel No:	07474 651096
Email:	info@belfastasianwomen.co.uk
Website:	www.belfastasianwomen.co.uk
Geographical areas covered:	Services available across Belfast.
Organisation:	BSCR
Service offered:	Homework Club – provided for primary school age – Monday and Wednesday from 2.30pm to 4.00pm. Post Primary Study support – provides one-to-one or small group support. ROC – Reach Out Connect – employability training programme for ages 16 – 24 year olds. The programme includes Essential Skills English, Maths & ICT, Personal Development, Employability sessions and the opportunity to complete OCNs. For more information on all our services above contact nicki@bscr.co.uk Examination Testing Centre – BSCR hosts an examination testing centre and services include invigilation for exam conditions and SELT exams in Belfast. For more information contact jim@bscr.co.uk
Tel No:	028 9024 4449
Email:	nikki@bscr.co.uk
Website:	www.bscr.co.uk
Geographical areas covered:	South Belfast.

Organisation:	Carers NI
Service offered:	Online carer awareness and entitlements training – provided on an ad hoc basis. Contact the office for more information
Tel No:	028 9043 9843
Email:	info@carersni.org
Website:	www.carersni.org
Geographical areas covered:	Services provided across Northern Ireland.
Organisation:	Deafblind UK
Service offered:	Employability Programme – provides a service in which the organisation will work with individuals to develop knowledge and skills so that they can confidently move towards finding employment. Volunteer Opportunities – provides various volunteering opportunities across South Belfast.
Tel No:	0800 132 320 Text: 07903 572885 Text Relay: 18001 0800 132 320 Video relay (via Contacts section of the website)
Email:	info@deafblind.org.uk
Website:	www.deafblind.org.uk
Geographical areas covered:	Services provided across Northern Ireland.

Organisation:	Donegall Pass Community Enterprises (DPCE)
Service offered:	Accredited training in Tour Guiding – DPCE offers accredited Tour Guiding training to support its Walking Tours, showcasing Donegall Pass's unique stories and rich cultural heritage. This programme aims to enhance skills, employment opportunities, and promotes the local area with authenticity and integrity.
Tel No:	028 9013 5873
Email:	lisa.m@dpce.org.uk
Website:	www.dpce.org.uk
Geographical areas covered:	Donegall Pass
Organisation:	Donegall Pass Community Forum (DPCF)
Service offered:	Accredited and Non-Accredited Courses – courses include Essential Skills in English, Maths, ICT Beauty and Healthy Eating. We also provide ESOL (English for Speakers of Other Languages) – three classes on Fridays from 10am to 12noon – for 16 years and over. Accredited and Non-Accredited Training - providing accredited and non-accredited training throughout the year (dependent on funding). Training in areas such as CPR and Defibrillator training, Relax and Reconnect Health Programme, NVQs, Professional Make-Up Workshops and Reflexology Workshops. Volunteering opportunities - every Tuesday morning: 10am-12pm.
Tel No:	028 9032 6256
Email:	admin@donegallpass.org
Website:	www.donegallpass.org
Geographical areas covered:	All services operate within Donegall Pass and the Inner South Belfast area.

Organisation:	GEMS NI Ltd
Service offered:	GEMS NI Ltd provides: • Dedicated employability information, advice and guidance services for people aged 16+. • Pre-employment education, training and support services for unemployed and economically inactive participants. • Support with Employability skills (CV, Job Search, Job Applications, Interview Skills, Confidence and Motivation). • Access to pre-employment training projects delivered on behalf of local government (depends on funding). • Accredited and unaccredited training provision depending on funded projects.
Tel No:	028 9033 2313
Email:	Teams@gemsni.org.uk
Website:	www.gemsni.org.uk
Geographical areas covered:	Service provided across Belfast, Antrim/Newtownabbey and other areas (depending on funding).
Organisation:	Greater Village Regeneration Trust (GVRT)
Service offered:	TREE (Training, Reskilling, Education and Employment) – TREE is a training centre that offers both practical and academic opportunities to 16-24 year old males, as well as a range of wrap around support services.
Tel No:	028 9033 3527
Email:	Sarah.bowden@gvrt.org
Social Media:	Facebook: https://www.facebook.com/GVRT1999?locale=en_GB
Geographical areas covered:	Services provided across the Greater Village area of South Belfast

Organisation:	Help Kids Talk
Service offered:	Help Kids Talk offers free monthly online training sessions for practitioners working with babies, children and young people. 1. Basic awareness session: exploring the link between infant mental health and speech, language and communication development. Discover the vital role we can ALL play in shaping our children's futures- impacting their education, employment, relationships and long term mental health. 2. Level one training session: an in depth look at developmental milestones, with strategies and activities for use in settings, and guidance on when a referral to Speech and Language Therapy may be needed. <i>(Please visit the website to book your free place on either training session.)</i> Help Kids Talk offer practitioners regular tips and advice on social media platforms, based on the 12 key messages of the month. <i>(Please follow on Facebook, Instagram or X.)</i> Help Kids Talk offer focused, 'bite-size' video sessions and advice sheets for practitioners on specific topics, as they support different aspects of children's speech, language and communication development. <i>(Please visit the website for free access to these.)</i>
Tel No:	028 9267 0755 (Option 6)
Email:	HelpKidsTalk@resurgamtrust.co.uk
Website:	www.helpkidstalk.co.uk
Geographical areas covered:	The free online training is available across all Northern Ireland and beyond. In-person Basic Awareness and Level One training sessions training of large groups can be delivered across South Belfast, on request.

Organisation:	LORAG (Shaftesbury Community & Recreation Centre)
Service offered:	Homework Classes - classes run daily from 4pm to 5pm for Year 7 (P7) and Year 8 (1st Year) Pathways to Employment – providing training, education support and employment programmes to the local community. Volunteering opportunities – the Centre welcomes and encourages volunteering across various projects and activities.
Tel No:	Main Office: 028 9031 2377
Email:	info@lorag.org
Website:	Lorag.org
Geographical areas covered:	Lower Ormeau Road, South Belfast.
Organisation:	Market Development Association
Service offered:	Advice & Advocacy – providing help to residents who attempted to find solutions but have come up against barriers with systems which they need help to overcome. This is a six-week programme from Monday to Friday from 2.00pm to 5.00pm for all ages. Booking is essential.
Tel No:	07934 726239
Email:	education@marketbelfast.org
Website:	www.marketbelfast.org
Geographical areas covered:	Services provided in the Market area of South-Central Belfast.

Organisation:	Mornington Community Project
Service offered:	Volunteering opportunities – the organisation runs on volunteer help to make groups and pop-ups happen. Please get in contact if you would like to volunteer. GCSE and A-level study leave revision days - during the third school term there will be days hosted for secondary school age on study leave to come and revise in the cafe space, to get out of the house and to have facilitated study. As well as availability of volunteers who can help revise or answer questions. Check out the website for further information of when this is happening.
Tel No:	07599 803871
Email:	annemckay@morningtoncommunityproject.com
Website:	www.morningtoncommunityproject.com
Geographical areas covered:	Service provided within the building on the Lower Ormeau Road. Providing support to communities of Inner South Belfast – in particular Lower Ormeau, Markets and Donegall Pass, but open to everyone.
Organisation:	Nexus NI
Service offered:	Nexus is a registered charity supporting survivors of sexual abuse and abusive relationships by delivering: • Specialised professional counselling - for ages 8 and over. • Early Intervention and Prevention Training – providing Early Intervention and Prevention Training to organisations across many sectors.
Tel No:	Nexus NI: 028 9032 6803 DSA Helpline: 0808 802 1414
Email:	Nexus NI: info@nexusni.org DSA Helpline: help@dsahelpline.org
Website:	www.Nexusni.org / www.Dsahelpline.org
Geographical areas covered:	Nexus NI and DSA Helpline operate across the whole region of Northern Ireland

Organisation:	Niacro
Service offered:	SkillSET – provides employability support and vocational training for people with a conviction in community and prisons.
Tel No:	028 9032 0157
Email:	Niacro@niacro.co.uk
Website:	www.niacro.co.uk
Geographical areas covered:	Services delivered across all Northern Ireland.
Organisation:	Parenting Focus
Service offered:	Parenting Focus offer a range of programmes for parents. More information can be found on this link: https://parentingfocus.org/professionals/parenting-programmes
Tel No:	Support Line: 0808 8010 722
Email:	help@parentingfocus.org
Website:	https://parentingfocus.org/
Geographical areas covered:	Service operates across Northern Ireland.
Organisation:	The Rainbow Project
Service offered:	Sexual Orientation and Gender Identity Training – provides training and will offer OCN accreditation in the autumn of 2025.
Tel No:	028 9031 9030
Email:	info@rainbow-project.org
Website:	www.rainbow-project.org
Geographical areas covered:	Services available across Northern Ireland including two venues in Belfast.

Organisation:	Roma Support Hub
Service offered:	English classes - provides weekly English classes which support clients on their pathways to employment and to access training and qualification. Capacity building – providing capacity building support in the community through involvement of the members of the Roma community in events and workshops.
Tel No:	07708 695243
Email:	romahelpline@forwardsouth.org (referrals, support requests and appointments) jacqueline@forwardsouth.org (general queries)
Website / Social Media	Facebook: https://www.facebook.com/BelfastRoma/
Geographical areas covered:	Services offered across Belfast.
Organisation:	Sólás Special Needs Charity
Service offered:	SONA (Supporting Opportunities for Adults) – SONA is a young adult programme designed for those transitioning from Special School. It fosters skill development, promotes social inclusion, and empowers young adults to make positive life choices. Volunteering opportunities – welcoming volunteers from a whole range of backgrounds, volunteers are accepted into all programmes to work with a variety of age groups and needs.
Tel No:	Main Office: 028 9024 7600
Website:	www.solasbt7.com
Geographical areas covered:	All of Belfast.

Organisation:	South Belfast Alternatives
Service offered:	As an accredited restorative justice programme that aims to promote and develop non-violent community responses to the issues of low-level crime and anti-social behaviour, South Belfast Alternatives provide a range of services to support individual and community development. These include the following education, training and learning opportunities: • OCN in Restorative Practices / Restorative Street Work • Codification Workshops • One Punch Campaign • Cultural Awareness Training • Anti Bullying and Diversity Awareness • An Introduction to Mediation and Restorative Practices • Facilitation / Mediation – South Belfast Alternatives can offer support in managing challenging relationships that have broken down. For example, if relationships have broken down between school staff and parents.
Tel No:	028 9031 5763
Email:	denise@alternativesrj.co.uk
Website:	www.alternativesrj.co.uk
Geographical areas covered:	Services cover all South Belfast.
Organisation:	SSAFA NI
Service offered:	SSAFA NI has access to various welfare organisations that can support Veterans/Serving Personnel with retraining/courses and employment.
Tel No:	028 9032 7740 (Tues/Wed/Thurs – 9.00am – 4.00pm)
Email:	nireland.branch@ssafa.org.uk
Website:	www.ssafa.org.uk/northern-ireland
Geographical areas covered:	Service provides throughout Northern Ireland Service is restricted to members of the Armed Forces Community in Northern Ireland.

Organisation:	Street Soccer NI
Service offered:	Employment support – weekly drop-in employment support (helps with CV development, job search, etc) from a mentor on Thursdays 2.30 – 4pm. Construction Skills Register (CSR) Card training courses – regular and free training courses held to help people access work on building sites. English Classes – weekly English classes held throughout the year on Thursdays 2 – 4pm (over 16s only).
Tel No:	07704 904714
Email:	justin@streetsoccerni.org
Website:	www.streetsoccerni.org
Geographical areas covered:	Mainly providing services in South Belfast but also across Belfast, Derry/Londonderry, Coleraine and Downpatrick.

Organisation:	Volunteer Now
Service offered:	Volunteer Now provides best practice guidance and support for volunteer involving organisations, such as Volunteer Management and Safeguarding Training. Staff can support organisations to recruit volunteers and provide guidance on developing volunteer roles and improving volunteer practices. Volunteering opportunities - works to promote, enhance and support volunteering - connecting with individuals and organisations to build healthy communities and create positive change. Volunteering can give you the opportunity to try something new, gain valuable experience, share your knowledge & skills, build confidence, help others and meet new people. Whatever your goals and interests are, there is a volunteering opportunity for you.
Tel No:	028 9023 2020
Email:	info@volunteernow.co.uk
Website:	www.volunteernow.co.uk
Geographical areas covered:	Provides services across Northern Ireland.

What's in this section?

Seeking guidance on parenting programmes, therapeutic support, early years services, or the Family Support Hub? Explore the invaluable resources offered by local organisations below – connecting families to the care and support they deserve.

Organisation:	An Droichead
Service offered:	Is eagraíocht Ghaeilge é An Droichead thar aon rud eile. Cuireann muid deiseanna foghlamtha Gaeilge ar fáil inár lárionad agus in áiteanna eile sa phobal. An Droichead is first and foremost an Irish language organisation. It provides opportunities to learn the Irish language both in our centre and in the community through various experiences in both culture and the Arts. Childcare services comprise of five different units catering for various age groups from 6 weeks to 12 years, including: • Baby Unit - from 6 weeks to 18 months. • Toddler – Waddler room – 18 months to 3 years. • Pre-nursery – for 2 years 10 months onwards. • Pre-school unit – from 3- to 5-year-olds. • Cumann Iarscoile - After-school club – for 5- to 12-year-olds. • Cumann Obair Bhaile – Homework club • Cumann Óige – Youth Club
Tel No:	028 9028 8818
Email:	eolas@androichead.com
Website:	www.androichead.com
Geographical areas covered:	Services provided across all of South and East Belfast areas.

Organisation:	BSCR
Service offered:	Parent's Group – this service gives parents a space to chat, relax and share ideas. For more information contact BSCR's parent worker at Jamie-lee@bscr.co.uk . Jamie-Lee is also available during term time within Arellian Nurse School every Monday from 9.00am to 12 noon and at Blythefield Primary School Parents Room, every Wednesday from 9.00am to 12 noon.
Tel No:	028 9024 4449
Email:	nikki@bscr.co.uk
Website:	www.bscr.co.uk
Geographical areas covered:	South Belfast.

Organisation:	Cancer Focus Northern Ireland
Service offered:	Family Support Service – provides a one way for children, parents, and guardians to express their emotions. An opportunity to talk one-to-one or as a group in a safe non-judgemental environment. Programmes and activities include: • Family Bereavement • Writing for the Future / Memory Work • One-to-One Support • Dad's Bereavement Group • Parent Sessions • Children's Group Work • Individual Family Support • Video Resources for Families and Schools
Tel No:	028 9066 3281
Email:	General: hello@cancerfocusni.org Cancer Support Services: care@cancerfocusni.org Cancer Prevention Services: behealthy@cancerfocusni.org Stop Smoking Service: want2stop@cancerfocusni.org
Website:	https://cancerfocusni.org/
Geographical areas covered:	Cancer Focus Northern Ireland operates across all Trust areas in Northern Ireland.

Organisation:	Deafblind UK
Service offered:	Support for carers, friends and families – provides support through the Helpline, as well as through remote friendship groups, telephone befriending services or the six-week support services or counselling service.
Tel No:	0800 132 320 Text: 07903 572885 Text Relay: 18001 0800 132 320 Video relay (via Contacts section of the website)
Email:	info@deafblind.org.uk
Website:	www.deafblind.org.uk
Geographical areas covered:	Services provided across Northern Ireland
Organisation:	Family Support NI
Service offered:	Find tailored family support across Northern Ireland at FamilySupportNI.gov.uk . Search results cover the entire region, with the option to filter by postcode to locate services within 1, 5, or 10 miles. Visit the following links: • Search Results in Parenting Support Category • Search Results in Family Support Hub Category
Tel No:	0845 600 6483
Email:	info@FamilySupportNI.gov.uk
Website:	www.familysupportni.gov.uk
Geographical areas covered:	Covering all Northern Ireland, all Family Support Services and registered Childcare Providers are geo-mapped, and families can search by postcode to find local services.

Organisation:	Help Kids Talk
Service offered:	Family Support Services – Help Kids Talk offers free monthly online training sessions for parents and carers. Sessions include: 1. Basic awareness session: exploring the link between infant mental health and speech, language and communication development. Discover the vital role we can ALL play in shaping our children's futures- impacting their education, employment, relationships and long-term mental health. 2. Level one training session: an in depth look at developmental milestones, with strategies and activities, and guidance on when a referral to Speech and Language Therapy may be needed. (Please visit our website to book your free place on either training session.) Parents and carers are also offered regular tips and advice on social media platforms, based on our 12 key messages of the month. <i>(Please follow on Facebook, Instagram or X.)</i> Help Kids Talk also offers focused, 'bite-size' video sessions and advice sheets for parents on specific topics, as they support different aspects of their children's speech, language and communication development. <i>(Please visit the website for free access to these.)</i>
Tel No:	028 9267 0755 (Option 6)
Email:	HelpKidsTalk@resurgamtrust.co.uk
Website:	www.helpkidstalk.co.uk
Geographical areas covered:	The free online training is available across all Northern Ireland and beyond. In-person Basic Awareness and Level One training sessions training of large groups can be delivered across South Belfast, on request.

Organisation:	Inspire Addiction Services
Service offered:	Inspire Addiction Services - provides one-to-one and group support for family members impacted by a loved one's substance use.
Tel No:	028 906 64434
Email:	addictionenquiry@inspirewellbeing.org addictionservices@inspirewellbeing.org
Website:	www.inspirewellbeing.org
Geographical areas covered:	Services operate across the South Belfast area.
Organisation:	LORAG (Shaftesbury Community & Recreation Centre)
Service offered:	South Belfast 1 Family Support Hub – self referrals for family support – and through the hub, families will be supported by key services they need at a time when they need them. LORAG First Start Programme – this is a developmental programme for children aged 2-4 years of age. Toddler Programme – for parents with children aged 0-4 years of age.
Tel No:	Main Office: 028 9031 2377
Email:	info@lorag.org
Website:	Lorag.org
Geographical areas covered:	Lower Ormeau Road, South Belfast.

Organisation:	Inspire Addiction Services
Service offered:	Inspire Addiction Services - provides one-to-one and group support for family members impacted by a loved one's substance use.
Tel No:	028 906 64434
Email:	addictionenquiry@inspirewellbeing.org addictionservices@inspirewellbeing.org
Website:	www.inspirewellbeing.org
Geographical areas covered:	Services operate across the South Belfast area.
Organisation:	LORAG (Shaftesbury Community & Recreation Centre)
Service offered:	South Belfast 1 Family Support Hub – self referrals for family support – and through the hub, families will be supported to key services they need at a time when they need them. LORAG First Start Programme – this is a developmental programme for children aged 2-4 years of age. Toddler Programme – for parents with children aged 0-4 years of age.
Tel No:	Main Office: 028 9031 2377
Email:	info@lorag.org
Website:	Lorag.org
Geographical areas covered:	Lower Ormeau Road, South Belfast.

Organisation:	Mornington Community Project
Service offered:	Nurturing Family Programme - provides training and support to parents and carers: offering classes in Parenting, Wellbeing and Mindfulness; as well as one-to-one support. Courses run regularly. Please use website or the /Facebook page or contact Anne directly on 075 99803871 for more information. Nurturing Resilience in Teens Programme - for parents addressing the complex issues involved in raising teens in the current climate. Parenting and Wellbeing Courses for parents and teens and one-to-one support available. Courses run regularly. Please use website or the /Facebook page or contact Anne directly on 075 99803871 for more information.
Tel No:	07599 803871
Email:	annemckay@morningtoncommunityproject.com
Website:	www.morningtoncommunityproject.com
Geographical areas covered:	Service provided within the building on the Lower Ormeau Road. Providing support to communities of Inner South Belfast – in particular Lower Ormeau, Markets and Donegall Pass , but open to everyone.



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LIFESAVER**

But please leave your family certain.
Sign the NHS Organ Donor Register.

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or call 0300 123 23 23

HSC Public Health
Agency

Organisation:	Niacro
Service offered:	Family Links - provides emotional and practical support and advice to families and friends with someone in prison. Staff support families from the point of committal through to the point of release and help connect families to support services in their own communities as well as facilitate access to other services. Early Intervention Support Service (EISS) – provides support for families with children 0-18 years when difficulties arise, before involvement with statutory services is necessary.
Tel No:	028 9032 0157
Email:	Niacro@niacro.co.uk
Website:	www.niacro.co.uk
Geographical areas covered:	The EISS service is available to those living in the South Belfast 1 Family support hub area. Family Links service is provided across Northern Ireland.



Act Early

Support Parents

Achieve More

Help Kids Talk



Our vision: "Everyone in our community working together to help kids talk".

We are a community wide initiative involving community, voluntary and statutory partners and managed by Early Intervention Lisburn and the South Eastern HSC Trust.

- We deliver key messages every month through our social media pages
- We run free Basic Awareness webinars.
- In our webinars we discuss infant mental health, baby brain development and top tips for supporting speech, language and communication development in children
- Suitable for both parents and practitioners
- Available across all Northern Ireland

Register to join a webinar via the QR code or the following link:

<https://view.pagetiger.com/basic-awareness-webinar-training-dates>



For further information, please contact us.
email: **helpkidstalk@resurgamtrust.co.uk**
phone no: **028 9267 0755**



Organisation:	Parenting Focus
Service offered:	Parenting Focus, founded in 1979 as Parents Advice Centre and later Parenting NI, provides free support for parents across Northern Ireland. Its Freephone Support Line and regional services — once volunteer-led, now delivered by trained staff — have helped thousands over four decades. Committed to amplifying parents' voices in decision-making, Parenting Focus continues to offer high-quality support tailored to their needs. Services include: • Support line – providing reassurance on freephone 0808 8010 722. • Programmes and workshops for parent – including the Odyssey , Parenting Your Teen programme. • Family support services – including Dad's support • Parental participation – parents having their say on issues affecting them. • Employee wellbeing – providing organisations with tools to support their parent employees. • Training – for professionals working with parents and families. • Home-based family support - all families face challenges, some short-term, others ongoing. Family support provides intervention to help parents navigate difficulties, develop new techniques, and create a calmer, more effective home environment.
Tel No:	Support Line: 0808 8010 722
Email:	help@parentingfocus.org
Website:	https://parentingfocus.org/
Geographical areas covered:	Service operates across Northern Ireland.

Organisation:	Roma Support Hub
Service offered:	Providing referrals to SureStart and Education Authority (EA), working with Early years programmes and support (Toy box).
Tel No:	07708 695243
Email:	romahelpline@forwardsouth.org (referrals, support requests and appointments) jacqueline@forwardsouth.org (general queries)
Website/Social Media:	Facebook: https://www.facebook.com/BelfastRoma/
Geographical areas covered:	Services offered across Belfast.
Organisation:	Sólás Special Needs Charity
Service offered:	Sólás provides several programmes in the areas of social development, early intervention, educational support, parent support and therapeutic. Family support services, include: • Family Support. • Therapies such as play and art therapy. • Early Years Programme.
Tel No:	Main Office: 028 9024 7600
Website:	www.solasbt7.com
Geographical areas covered:	All of Belfast.

Organisation:	South Belfast SureStart
Service offered:	Providing Early Years services for children aged 0 - 4 years including living in the SureStart catchment area (see below): • Antenatal programmes. • Family support (including home visits). • Drop in Groups (e.g. Baby Cafes and Parent and Toddler groups). • Early Years Programmes for children aged 2-3 years.
Tel No:	028 9094 2525
Email:	admin@surestartsb.org
Geographical areas covered:	South Belfast SureStart services provided in: • Taughmonagh and Benmore • Village/Donegall Road • Sandy Row • Donegall Pass • Market • Lower Ormeau/Botanic • Ballynafeigh • Belvoir and Milltown • Chinese and Roma communities in South Belfast
Organisation:	SSAFA NI
Service offered:	SSAFA NI has access to various welfare organisations that can support Veterans and their families with general family support.
Tel No:	028 9032 7740 (Tues/Wed/Thurs – 9.00am – 4.00pm)
Email:	nireland.branch@ssafa.org.uk
Website:	www.ssafa.org.uk/northern-ireland
Geographical areas covered:	Service provided throughout Northern Ireland Service is restricted to members of the Armed Forces Community in Northern Ireland.

Organisation:	Victim Support NI
Service offered:	Just Talk – after court restorative justice, aiding victims in seeking a restorative resolution in their cases. For 18 years or older, available across Northern Ireland.
Tel No:	028 9024 3133
Email:	justtalk@victimsupportni.org.uk
Website:	www.victimsupportni.com
Geographical areas covered:	Services provided across Northern Ireland.



BE CANCER AWARE

HSC Public Health Agency

Early detection can increase the chances of successful treatment

www.becancerawareni.info

What's in this section?

Looking for guidance on suicide prevention, mental health, addiction recovery, carer support, bereavement, disability services, counselling, or holistic therapies? The organisations below offer essential services to help individuals and families navigate life's challenges - connecting you to the support you need.

Organisation:	Action for Children
Service offered:	Young Carers Support – providing direct support to children and young people who look after or help to look after someone in their family who is unwell or disabled, including children caring for parents who have mental health or substance misuse problems.
Tel No:	028 9046 0500
Email:	NIYoungCarers@actionforchildren.org.uk
Website:	More information on the work in Northern Ireland visit: https://www.actionforchildren.org.uk/our-work-and-impact/our-work-around-the-uk/our-work-in-northern-ireland/
Geographical areas covered:	The NI Regional Young Carers cover Belfast, Southern and South Eastern Health & Social Care Trust areas.

Organisation:	Action Mental Health
Service offered:	Action Mental Health provides a range of services to people of all ages in the South Belfast area, these include: • Mental Health recovery services for people over 18, aimed at improving mental health as well increasing skills and qualifications to improve employability. • Counselling services for children, adults and families. • Resilience and Wellbeing programmes for local schools, community organisations and employers.
Email:	info@amh.org.uk
Website:	www.amh.org.uk
Geographical areas covered:	Services provided across Northern Ireland.

Organisation:	Age NI
Service offered:	Services include: • Money matters: Benefits, income, tax, pensions and legal issues. • Health & wellbeing: Managing your health and maintaining wellbeing. • Care & support: Housing choices, care at home and information for carers. • Work & Learning: Employment, further education & computer training classes.
Tel No:	028 9024 5729
Email:	info@ageni.org
Website:	www.ageni.org
Geographical areas covered:	Services provided across Northern Ireland.

Organisation:	Aware NI
Service offered:	AWARE NI offers 24 peer support groups across Northern Ireland, welcoming anyone over 18 living with depression, anxiety, bipolar, or other mental health challenges, as well as their loved ones. These groups provide a safe space to connect, share experiences, and find support in a non-judgmental environment. Facilitated by trained volunteers, they promote understanding, empowerment, and community. For more information or to attend a group, contact by email or phone, or visit the website. The South Belfast Support Group meets every Tuesday, 7:15pm to 8:45pm, in the Agape Centre, 238 Lisburn Road.
Tel No:	028 9035 7820
Email:	info@aware-ni.org
Website:	www.aware-ni.org
Geographical areas covered:	Support groups operate across Belfast, including five across Belfast and three online groups. Find the nearest group at: www.aware-ni.org/support-groups

Organisation:	BSCR
Service offered:	Holistic therapies – BSCR delivers a range of holistic therapies throughout the year. These services are advertised on BSCR social media platforms as they arise and through local networks.
Tel No:	028 9024 4449
Email:	nikki@bscr.co.uk
Website:	www.bscr.co.uk
Geographical areas covered:	South Belfast.

**Belfast Health and Social Care Trust**
caring supporting improving together

**Health and Social Care**

PHONE FIRST

Before going to the Emergency Department at the Royal Victoria Hospital, Mater Infirmorum Hospital or Royal Belfast Hospital for Sick Children you should **PHONE FIRST**

028 9615 9444

Operating from 8am to 6pm
Monday to Friday
excluding bank holidays



FOR EMERGENCIES - 999

Including: stroke, heart attack, loss of consciousness, breathing difficulties, severe bleeding or major trauma

ALWAYS CALL 999 IMMEDIATELY

Organisation:	Cancer Focus NI
Service offered:	Cancer Support Services include: • Nurse Information Line - a free cancer information and support Nurseline for patients, their family members, or friends, as well as members of the public. • Counselling – provides an opportunity to talk one-to-one in a safe, non-judgmental environment about what is important to you. • Family Support - a way for children, parents, and guardians to express their emotions after a cancer diagnosis. • Bra and Swimwear Fitting - a specialist service to help women find the right bras and swimwear during a breast cancer diagnosis. • Patient Driving Service - provides door to door transport from your home to hospital appointments. • Support Groups - a way for individuals to interact with other people in similar circumstances. • Sing for Life Choir - a patient support choir that provides members with the opportunity to meet others living with, or affected by, cancer. Cancer Prevention Services include: • <u>Stop Smoking Service</u> - offered in GP practices, health and wellbeing centres, community, workplace and youth settings including schools. • <u>Keeping Well Van</u> - brings health checks, cancer awareness and healthy lifestyle information directly to people in their workplace and community.
Tel No:	028 9066 3281
Email:	General: hello@cancerfocusni.org Cancer Support Services: care@cancerfocusni.org Cancer Prevention Services: behealthy@cancerfocusni.org Stop Smoking Service: want2stop@cancerfocusni.org
Website:	https://cancerfocusni.org/
Geographical areas covered:	Cancer Focus NI operates across all Trust areas in Northern Ireland.

Organisation:	Deafblind UK
Service offered:	Emotional and Wellbeing support – trained staff and volunteers offer non-judgemental and experienced support in helping people who are deafblind. This service provides contact at regular times throughout the year to see how you're doing and to offer any advice or support that might be needed. The service can also send Christmas and birthday card and put people in touch with other people who are in a similar position. Social groups – offer virtual groups via telephone or Zoom, including a video group specially for people with BSL as first language. There are also some groups meeting face to face and Deafblind UK are keen to work with partner organisations across the country to help to make the groups "deafblind friendly" and can promote those to members too. The helpline will provide up to date information on the group options currently available. Technology support – provides information about how to use tech to make life easier, keep in touch, access information, provide mental stimulation, etc. Deafblind UK also run regular tech webinars for members, carers and professionals. Befriending – provides a service which matches volunteer to the person's needs. This is usually a weekly contact via phone, email, video call, Facetime or text. Open Hand – a seasonal magazine published four times a year in six formats: braille, audio CD, regular magazine in large print with pictures, extra-large print but not pictures, email as a PDF or plain version.
Tel No:	0800 132 320 Text: 07903 572885 Text Relay: 18001 0800 132 320 Video relay (via Contacts section of the website)
Email:	info@deafblind.org.uk
Website:	www.deafblind.org.uk
Geographical areas covered:	Services provided across Northern Ireland.

Organisation:	Donegall Pass Community Forum (DPCF)
Service offered:	• Complementary Therapies (on-going) - all residents are entitled to 4 free 45 mins sessions, and this can include therapies such as massage, facials, reflexology or hot stones. • Health and Wellbeing workshops – providing various ongoing workshops and Health Projects throughout the year. • FareShare Table – the fridge is open to all every Thursday and Friday morning from 10am. • Yoga Vouchers for Fitness Belfast - for 16s and over.
Tel No:	028 9032 6256
Email:	admin@donegallpass.org
Website:	www.donegallpass.org
Geographical areas covered:	All services operate within Donegall Pass and the Inner South Belfast area.



DID YOU KNOW?

Most of us are still eating too much salt.

WATCH NOW



Organisation:	Family Support NI
Service offered:	Find tailored health and wellbeing services and support across Northern Ireland at FamilySupportNI.gov.uk. Search results cover the entire region, with the option to filter by postcode to locate services within 1, 5, or 10 miles. Visit the following links broken down by themes: • Search Results in Self Harm & Suicide Category • Search Results in Drug/Alcohol Misuse Category • Search Results in Mental Health Category • Search Results in Carers Category • Search Results in Bereavement Category • Search Results in Disability - Learning Disability, Autism, ADHD Category • Search Results in Disability - Physical & Sensory Category • Search Results in Counselling Category
Tel No:	0845 600 6483
Email:	info@FamilySupportNI.gov.uk
Website:	www.familysupportni.gov.uk
Geographical areas covered:	Covering all Northern Ireland, all Family Support Services and registered Childcare Providers are geo-mapped, and families can search by postcode to find local services.

Eating less red and processed meat can reduce your risk of bowel cancer



If you eat more than 90g of red or processed meat a day, it's recommended that you reduce your intake to 70g or less a day.

Organisation:	Friends of the Cancer Centre
Service offered:	Friends of the Cancer Centre focuses on four key areas – patient care, patient comfort, research and cancer awareness – supporting cancer services throughout Northern Ireland. Coming for cancer treatment can be daunting, but the Centre is here to make things a little bit easier. Supporting Staff - the charity currently supports posts for 50 additional staff throughout cancer services in Northern Ireland. This includes 21 specialist nurses, researchers, complementary therapists, physical activity coaches, and specialist roles to support young adults with cancer. Financial Support - to help patients deal with the extra costs that cancer can bring about, our Patient Grants Programme is available for anyone who is currently undergoing treatment at the Northern Ireland Cancer Centre in Belfast. If you need support, ask your treatment team to contact the hospital's social work team who will be able to apply to Friends of the Cancer Centre for financial support on your behalf. Complementary Therapy - therapists offer care to patients by providing aromatherapy, reflexology and adapted massage treatments. For further information regarding complementary therapy treatments, please contact the Belfast Trust Cancer Support Service on 028 9615 0077. Exercise and relaxation classes - exercise can be a great way to alleviate some of the stresses and side effects of treatment. There are Pilates, Yoga & Tai Chi classes available weekly for patients and their carers. Call the Belfast Trust Cancer Support Service for more info on 028 9615 0077. Physical Activity Coach – a Physical Activity Coach works to support patients before, during, and after treatment to remain as active, fit, and healthy as possible. Referral is available via your Clinical Nurse Specialist at Belfast City Hospital. >

Organisation:	Friends of the Cancer Centre
Service offered:	Supporting local cancer research - the Centre works in partnership with the NI Cancer Trials Network to provide vital infrastructure for clinical trials in Northern Ireland. This ensures that patients have access to the most innovative trials, helping to find new treatments and improve quality of life for those affected by cancer. Cancer awareness - the charity's Breast Bud and Talking Balls campaigns have helped over 50,000 people across Northern Ireland take the proactive step to become more breast cancer and testicular cancer aware.
Tel No:	028 9069 9393 Text: 07903 572885 Text Relay: 18001 0800 132 320 Video relay (via Contacts section of the website)
Email:	info@friendsofthecancercentre.com
Website:	www.friendsofthecancercentre.com
Geographical areas covered:	Services provided across Northern Ireland.
Organisation:	GEMS NI Ltd
Service offered:	Depending on funding we provide services that provide support for mental health and wellbeing (returning to work provisions).
Tel No:	028 9033 2313
Email:	Teams@gemsni.org.uk
Website:	www.gemsni.org.uk
Geographical areas covered:	Service provided across Belfast, Antrim/Newtownabbey and other areas (depending on funding).

Organisation:	Greater Village Regeneration Trust (GVRT)
Service offered:	Fit4Life – provides a Community Gym with flexible fitness for everyone! Join GVRT's welcoming gym with pay-as-you-go or membership options for open gym access and classes. Your fitness journey starts here. Cozy club – for good food, great company, join GVRT for a bi-weekly lunch, where the community comes together to connect over a nutritious meal in a welcoming space. Check Facebook for menu updates and upcoming dates. Health and wellbeing programmes – a range of programmes are provided across the year, please check our Facebook for more information.
Tel No:	028 9033 3527
Email:	Sarah.bowden@gvrt.org
Social Media:	Facebook: https://www.facebook.com/GVRT1999?locale=en_GB
Geographical areas covered:	Services provided across the Greater Village area of South Belfast.

Organisation:	Inspire Addiction Services
Service offered:	Inspire Addiction Services - offers support for adults 18+ affected by substance use - whether their own or a loved one's. Services include one-to-one psychotherapeutic counselling, Extended Brief interventions, and weekly Recovery Group sessions. Family members can access both individual and group support. Self-referrals and professional referrals (GPs, mental health teams, Probation Board Northern Ireland, housing associations, etc.) are accepted, with referrals available via phone.
Tel No:	028 906 64434
Email:	addictionenquiry@inspirewellbeing.org addictionservices@inspirewellbeing.org
Website:	www.inspirewellbeing.org
Geographical areas covered:	Services operate across the South Belfast area.

Organisation:	LORAG (Shaftesbury Community & Recreation Centre)
Service offered:	LORAG offers a wide range of services and programmes including: • Shaftesbury Community Garden & Shed. • Active Aging Programme – for 55+ years - this weekly programme take place every Thursday morning from 10am to 12.30pm). • Open Public Gym & Fitness Classes – open daily and fully equipped and accessible for everyone. • Health Programme – GP Healthwise Referral for the on-site gym (12-week gym membership). • John Murray Lockhouse Health Living Hub. • Cohesion and Good Relations Men and Women's Groups. • Indoor and Outdoor Sports bookings.
Tel No:	Main Office: 028 9031 2377
Email:	info@lorag.org
Website:	Lorag.org
Geographical areas covered:	Lower Ormeau Road, South Belfast.
Organisation:	Market Development Association
Service offered:	Market Health Action Group – runs programmes to support health and wellbeing in areas such as substance use, mental and physical health, holistic therapies and education courses and training. It can range from a six week programmes to permanent and covers young people as well as over 21-year-olds.
Tel No:	07934 726239
Email:	health@marketbelfast.org
Website:	www.marketbelfast.org
Geographical areas covered:	Services provided in the Market area of South-Central Belfast.



What is Connected Community Care?

Connected Community Care is a social prescribing service which enables you to take an active role in your health and wellbeing. Using a comprehensive holistic needs assessment, a local Wellbeing Coordinator can work with you to identify main concerns and help address these through meaningful conversations, and connections to local support services. Connected Community Care has four Wellbeing Coordinators across the city – North, East, South, and West Belfast.

How can we help?

Wellbeing Coordinators support:

- People who are at high risk of developing a chronic condition.
- People with chronic health conditions.
- People who feel socially isolated and lonely.



How can I access Connected Community Care?

Self-referral You can self-refer to the Wellbeing Coordinator Service by contacting referral@ccchub.co.uk or 028 9590 1407 GP referral Alternatively, you can ask your GP (or social worker if you have one) for a referral to the Connected Community Care service.

Contact us for more information on the Connected Community Care service and how our Wellbeing Coordinators can help, [contact info@ccchub.co.uk](mailto:info@ccchub.co.uk) or 028 9590 1407.

Follow us: @ccc_hub @ConnectedcomcareBelfast

- People who are at high risk of developing a chronic condition.
- People with chronic health conditions.
- People who feel socially isolated and lonely.

Organisation:	Mornington Community Project
Service offered:	Pop-ups @ Mornington - recently launched the front of road Cafe Space as a "pop up cafe" venue to different users on a daily/weekly basis to increase capacity to serve the community. This will include a Craft mental-wellbeing cafe, a carers/post-carers cafe as well as a space for other groups/organisations to use. These will aim to meet welfare, health and well-being needs within the area. Please use the website or Facebook page to see what's happening at this time. Nurturing Families Programme - provides mental health support through Nurturing wellbeing and Mindfulness for parents/carers courses. Also offers one-to-one support to families who are struggling with a range of issues including anxiety-based school avoidance, mental health issues, and courses run regularly. Please use website or the /Facebook page or contact Anne directly on 07599 803871 for more information.
Tel No:	07599 803871
Email:	annemckay@morningtoncommunityproject.com
Website:	www.morningtoncommunityproject.com
Geographical areas covered:	Service provided within the building on the Lower Ormeau Road. Providing support to communities of Inner South Belfast – in particular Lower Ormeau, Markets and Donegall Pass, but open to everyone.

Organisation:	MS Society Northern Ireland
Service offered:	MS Society Northern Ireland provides the following services: • Disability support • Carers support • Counselling services • Holistic therapies • Physiotherapy services
Tel No:	028 9080 2802
Email:	nireception@mssociety.org.uk
Website:	www.mssociety.org.uk/about-us/contact-us/northern-ireland
Geographical areas covered:	Services available across Northern Ireland.
Organisation:	Niacro
Service offered:	INSYNC – provides support for people who have been directly affected by paramilitary-style attacks by providing a synchronised approach using trauma counselling and practical mentoring support. The service is available to anyone who has been a victim of paramilitary violence regardless of age or gender.
Tel No:	028 9032 0157
Email:	Niacro@niacro.co.uk
Website:	www.niacro.co.uk
Geographical areas covered:	Services delivered across all Northern Ireland.

Organisation:	The Rainbow Project
Service offered:	Co-cultural Counselling Service - offers safe and affirmative therapeutic spaces for people who identify as LGBTQIA+ and for people who are questioning and figuring out their identity. Rapid HIV and Syphilis testing and sexual health information and advice – provided for people who identify as LGBTQIA+ and MSM. Social support provided for people who identify as transgender, non-binary or for people who are questioning and figuring out their identity. Workshops and events - throughout the year there are several activities, workshops and events for LGBTQIA+ people.
Tel No:	028 9031 9030
Email:	info@rainbow-project.org
Website:	www.rainbow-project.org
Geographical areas covered:	Services available across Northern Ireland including two venues in Belfast.

Organisation:	Red Cross
Service offered:	Connecting Communities at the Red Cross – this service is available to adults over 55 years old in the Greater Belfast area. The service is aimed at supporting individuals suffering from isolation and/or loneliness we offer 12 weeks of one-to-one person-centred befriending. The support will be tailored around you with a focus on connecting you back to your community, supporting independence and strengthening your social network.
Tel No:	07921 404092
Email:	rosemaryjenkins@redcross.org.uk
Website:	https://www.redcross.org.uk/get-help/get-help-with-loneliness
Geographical areas covered:	Connecting Communities is provided in the Greater Belfast area (BT1 – BT17)

Organisation:	Roma Support Hub
Service offered:	The Support Hub provides referrals to Belfast Health and Social Care Trust, the Education Authority. This support includes helping to contact and arrange appointments with GPs and hospitals. The support also includes signposting and referrals to other health and wellbeing services.
Tel No:	07708 695243
Email:	romahelpline@forwardsouth.org (referrals, support requests and appointments) jacqueline@forwardsouth.org (general queries)
Website/Social Media:	Facebook: https://www.facebook.com/BelfastRoma/
Geographical areas covered:	Services offered across Belfast.



HSC Belfast Health and Social Care Trust
caring supporting improving together

Check our Children's Symptom Checker
before attending the Emergency Department
visit belfasttrust.hscni.net

Children's Symptom Checker

Organisation:	Sólás Special Needs Charity
Service offered:	Sólás is a dedicated special needs charity that supports children and young people with a broad range of additional needs, including Autism. The organisation provides a variety of services aimed at enhancing the health and wellbeing of children and families – services such as: • Carers Support • Health & Wellbeing programme • Play Therapy / Art Therapy • Counselling for Adults • Counselling for Children • Respite
Tel No:	Main Office: 028 9024 7600
Website:	www.solasbt7.com
Geographical areas covered:	All of Belfast.

Organisation:	South Belfast Alternatives
Service offered:	MIND Counselling – provides counselling support.
Tel No:	028 9031 5763
Email:	denise@alternativesrj.co.uk
Website:	www.alternativesrj.co.uk
Geographical areas covered:	Services cover all South Belfast.

Organisation:	SSAFA NI
Service offered:	SSAFA NI provides information on veteran friendly mental health & wellbeing services covering a multitude of conditions and with access to bespoke therapies.
Tel No:	028 9032 7740 (Tues/Wed/Thurs – 9.00am – 4.00pm)
Email:	nireland.branch@ssafa.org.uk
Website:	www.ssafa.org.uk/northern-ireland
Geographical areas covered:	Service provides throughout Northern Ireland. Service is restricted to members of the Armed Forces Community in Northern Ireland.
Organisation:	Street Soccer NI
Service offered:	Social Groups - provides various weekly men and women's social groups through the year as well as workshops around mental health. (over 16s only) Football sessions – weekly football sessions are held across Belfast. (over 16s only) Fitness sessions – weekly fitness sessions such as boxing held across Belfast. (over 16s only)
Tel No:	07704 904714
Email:	justin@streetsoccerni.org
Website:	www.streetsoccerni.org
Geographical areas covered:	Mainly providing services in South Belfast but also across Belfast, Derry/Londonderry, Coleraine and Downpatrick.

Organisation:	Victim Support NI
Service offered:	Emotional Support - provides emotional support for victims and witnesses negatively impacted by crimes across Northern Ireland. Ongoing services and for any age (appropriate adult needed for under 18s).
Tel No:	028 9024 3133
Email:	belfast@victimsupportni.org.uk ; 028 9024 3133
Website:	www.victimsupportni.com
Geographical areas covered:	Services provided across Northern Ireland.



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GROUPS NEAR YOU**

www.breastfedbabies.org


breastfeeding
ENJOY YOUR BABY. LOVE YOUR MUM.

 Public Health
Agency

What's in this section?

Seeking local services for parent-toddler groups, nursery provision, youth clubs, specialised courses, or support for older people? Explore the organisations below - connecting individuals and families to opportunities that nurture growth, inclusion, and lifelong wellbeing.

Organisation:	Action for Children
Service offered:	Young Carers Support – providing direct support to children and young people who look after or help to look after someone in their family who is unwell or disabled, including children caring for parents who have mental health or substance misuse problems.
Tel No:	028 9046 0500
Email:	NIYoungCarers@actionforchildren.org.uk
Website:	More information on our work in Northern Ireland visit: https://www.actionforchildren.org.uk/our-work-and-impact/our-work-around-the-uk/our-work-in-northern-ireland/
Geographical areas covered:	Our NI Regional Young Carers cover Belfast, Southern and Southeastern Health & Social Care Trust areas.

familysupport NI you.uk
Helping You Find the Services You Need

Did you know...
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.



Organisation:	Age NI
Service offered:	• Shared Lives - a welcoming family environment where Carers share their lives, hobbies and community life older people. • Check in and Chat – a telephone service for over 60s who feel lonely or isolated offering reassurance, connection and links to support. • Day centres - provides activity and friendship for older people. Some of centres specialise in serving older people with dementia.
Tel No:	028 9024 5729
Email:	info@ageni.org
Website:	www.ageni.org
Geographical areas covered:	Services provides across Northern Ireland.
Organisation:	Aspire NI
Service offered:	Aspire NI supports children and young people who are eligible for free school meals to help them achieve within school. Schools refer children and young people who would benefit from the service. The Project Includes - Homework clubs within schools, Skills Academy's & School Resources.
Email:	caitlyn@aspireni.org
Website:	www.aspireni.org
Geographical areas covered:	Providing support in Belfast, Craigavon, Lurgan, Portadown and Banbridge.

Organisation:	Belfast Asian Women's Academy
Service offered:	Support and advocacy services – provides support and advocacy services for migrant workers in relations to hate crimes, workplace discrimination, private housing and consumer rights issues.
Tel No:	07474 651096
Email:	info@belfastasianwomen.co.uk
Website:	www.belfastasianwomen.co.uk
Geographical areas covered:	Services available across Belfast.



**Searching for
childcare?
Let us help.**

familysupportNI.gov.uk
Helping you find the services you need.

Organisation:	Belfast YMCA
Service offered:	Children Services include: • Baby room – providing care and nurture for young children from 6 weeks old. • Toddler room – providing care and nurture for children when they are ready to move into the toddler room. • Nursery room – providing care and nurture from age two years. • After schools in Stranmillis and St. Judes Parish Hall (Ravenhill Road) – the After-school club operates term time from Monday to Friday from 2.00pm to 6.00pm. Holiday Clubs – providing clubs during school holidays, in which parents can choose to book their children in for full or half days. Youth Club – run in partnership with CFC South, we provide a cross-community youth club for P7s to Year 10s. The Club meets on Friday nights from 7.30 to 9.00pm at Belfast YMC (Stranmillis) and there is a dedicated youth space, large sports hall, outdoor play and more. Holiday schemes run throughout the year depending on funding.
Tel No:	028 9068 4660
Email:	hello@belfast-ymca.org
Website:	https://www.belfastymca.org/
Geographical areas covered:	Our childcare and after school services are based in Stranmillis and St Judes Parish Church on Ravenhill Road. Our youth club is based in Stranmillis and our Good Relations programmes take place in schools and community settings across Belfast.

Organisation:	BSCR
Service offered:	Digital Hub – ROC – Reach Out Connect – for ages 8 to 24 years – the hub provides a range of digital projects which are advertised on BSCR social media. To stay updated, follow: Socials: https://www.facebook.com/BSCR Belfast/ Socials: https://www.instagram.com/bscrsandyrow/ Website Digital Hub
Tel No:	028 9024 4449
Email:	nikki@bscr.co.uk
Website:	www.bscr.co.uk
Geographical areas covered:	South Belfast
Organisation:	Donegall Pass Community Enterprises (DPCE)
Service offered:	Our Place – is a community-driven program celebrating the culture and history of the Pass and South Belfast. Through local projects in art, digital media, photography, music, and drama, it highlights significant people, places, and events. Designed to foster connections, promote understanding, and raise the profile of these inner-city communities, it engages established groups with participants aged 10 and over.
Tel No:	028 9013 5873
Email:	lisa.m@dpce.org.uk
Website:	www.dpce.org.uk
Geographical areas covered:	Donegall Pass and the surrounding areas in South Belfast.

Organisation:	Donegall Pass Community Forum (DPCF)
Service offered:	Family day trips – various day trips arranged across the year. Workshops – various themed workshops throughout the year for over 16-year-olds. Community Garden Events & Projects – the gardens host year-round activities, including the Winter Wonderland and End of Summer Party –open to all ages. The gardens also support sessions for children with learning disabilities, Princes Trust participants and children from the Community Centre clubs. Summer support – subject to funding, DPCF will facilitate support activities for families with children entitled to free school meals. Playlist for Life – this is an over 55's specifically targeted at people with dementia or memory problems, it is also a lot of fun for anyone who enjoys music and wants to get out of the house. The group that meets every Tuesday from 11.00am to 1.00pm (lunch is provided).
Tel No:	028 9032 6256
Email:	admin@donegallpass.org
Website:	www.donegallpass.org
Geographical areas covered:	All services operate within Donegall Pass and the Inner South Belfast area.

familysupportNI.gov.uk

Helping You Find the Services You Need



We all need advice and support at different times in our lives ...

www.familysupportni.gov.uk provides contact details for various Family Support Services

Separating Families

**Adoption/Fostering
Drugs/Alcohol**

Support For Carers

Cancer Support

Domestic/Sexual Abuse

Family Support Hubs

Bereavement

Parenting Support

Disability

Sure Start

Autism

www.FamilySupportNI.gov.uk

E : info@familysupportni.gov.uk

Tel : 0845 600 6483



@familysupportni

Easy Steps Search

- Go to Family Support
- Choose a Service from categories listed

OR

- ‘Keyword Search’ e.g. ‘Child Contact Centre’
- Input Postcode



Other Useful Features :

- **TRANSLATION** - Use ‘Select Language’ at bottom of Page
- Various options can be **printed off** (in English/other language) and given to people to discuss with partner/family
- **Browsealoud** functionality
- **Dedicated telephone and email** which is manned during office hours to respond to public/service providers
- Providers of Family Support Services can quickly add/update details of service provision by contacting **info@familysupportni.gov.uk**

Organisation:	Education Authority – Youth Services
Service offered:	The following youth clubs take place across South Belfast: • Charter YC – Mon, Tues, Wed, Thurs – 6.30pm – 9.30pm • Nubia YC – Mon, Tues, Thurs, Fri – 6.30pm – 9.30pm • Donegall Pass YC – Tues & Thurs 6.15pm – 9.15pm • Belvoir YC – Mon, Wed, Thurs, Fri – 6.30pm – 9.30pm • Finaghy YC – Tues, Thurs, Fri – 6.30pm – 9.30pm • Taughmonagh YC – Mon & Tues – 6.30pm – 9.30pm • South Belfast Area Project – targeted projects across the area throughout the week – access info at your nearest EA centre.

Organisation:	Family Support NI
Service offered:	Find tailored local provision for children and young people across Northern Ireland at FamilySupportNI.gov.uk. Search results cover the entire region, with the option to filter by postcode to locate services within 1, 5, or 10 miles. Visit the following link: Search Results in Parent & Toddler Category Family Support NI lists all Registered Childcare provision in Northern Ireland and provides useful information about available Government Financial Assistance with Childcare Costs • Childcare Directory Search Results • Search Results in Day Nursery Category
Tel No:	0845 600 6483
Email:	info@FamilySupportNI.gov.uk
Website:	www.familysupportni.gov.uk
Geographical areas covered:	Covering all Northern Ireland, all Family Support Services and registered Childcare Providers are geo-mapped, and families can search by postcode to find local services.

Organisation:	LORAG (Shaftesbury Community & Recreation Centre)
Service offered:	LORAG provides the following provision for children, youth and the elderly: • After Schools Club – for P1-P6, runs 5 days a week. • Parent & Toddler Group - every Friday morning from 10am -12noon. • Lower Ormeau Youth Hub - located in River Terrace, Ormeau Road, the Youth Hub is for children and young people aged between 9 – 25 years. • Active Aging Programmes – this is for 55 years + and is held every Thursday morning from 10am-12.30pm.
Tel No:	Main Office: 028 9031 2377
Email:	info@lorag.org
Website:	Lorag.org
Geographical areas covered:	Lower Ormeau Road, South Belfast.

familysupport NI.gov.uk

Helping You Find the Services You Need

Organisation:	Mornington Community Project
Service offered:	Parent and toddler group – a weekly group happening on Wednesday mornings 10.00 to 11:30am. All are welcome. Youth Afterschool Drop-in – a teens drop-in afterschool cafe, for secondary school age running Wednesdays 4-6pm. A chance for youth to socialise with each other, eat snacks, play board games and wind down after a day of school. There are also some opportunities for them to discuss career/next step planning for GCSE or A-level choices. Tus Geal - Out-of-School provision is delivered in partnership with the local Irish language Organisation - An Droichead. It offers affordable afterschool and holiday childcare in a nurturing environment, with play at the core.
Tel No:	07599 803871
Email:	annemckay@morningtoncommunityproject.com
Website:	www.morningtoncommunityproject.com
Geographical areas covered:	Service provided within the building on the Lower Ormeau Road. Providing support to communities of Inner South Belfast – in particular Lower Ormeau, Markets and Donegall Pass, but open to everyone.
Organisation:	The Rainbow Project
Service offered:	Rainbow Youth LGBTQIA+ - this is a specific youth project which offers social opportunities, training and development opportunities and a range of support for young people aged 14-25 (this is delivered in our Foyle office, Strabane and some support online including people living in South Belfast.)
Tel No:	028 9031 9030
Email:	info@rainbow-project.org
Website:	www.rainbow-project.org
Geographical areas covered:	Services available across Northern Ireland including two venues in Belfast.

Organisation:	Roma Support Hub
Service offered:	Women's Groups – the Support Hub facilitates regular women's groups with activities such as educational and informative sessions around topics including healthy eating, breast cancer awareness, heart disease prevention. The hub also hold craft and wellbeing sessions and seasonal celebrations.
Tel No:	07708 695243
Email:	romahelpline@forwardsouth.org (referrals, support requests and appointments) jacqueline@forwardsouth.org (general queries)
Website/Social Media:	Facebook: https://www.facebook.com/BelfastRoma/
Geographical areas covered:	Services offered across Belfast.

Organisation:	Sólás Special Needs Charity
Service offered:	Sólás provides various services and programmes to support children and young people, including: • Parent & Toddler • Nursery Provision • Junior Youth Club (aged 8-14 years old) • Senior Youth Club (aged 15-18 years old)
Tel No:	Main Office: 028 9024 7600
Website:	www.solasbt7.com
Geographical areas covered:	All of Belfast.

Organisation:	South Belfast Alternatives
Service offered:	STRIVE – working in partnership with Include Youth, Youth Initiatives and Newstart, STRIVE provides a regional community relations project that supports 16–24-year-olds over a year – providing mentoring, training and leadership enhancement.
Tel No:	028 9031 5763
Email:	denise@alternativesrj.co.uk
Website:	www.alternativesrj.co.uk
Geographical areas covered:	Services cover all South Belfast.



REGISTERED CHILDCARE

BENEFITS ...

- Childcare Providers are vetted & Facilities are inspected and safe
- Providers have support of Early Years Team – policies and procedures in place
- Good Quality Childcare & Best Practice promoted
- Government Financial Assistance only available for REGISTERED Childcare



FamilySupportNI.gov.uk

Organisation:	SSAFA NI
Service offered:	SSAFA NI has access to various welfare organisations that can support /Serving Personnel and their families.
Tel No:	028 9032 7740 (Tues/Wed/Thurs – 9.00am – 4.00pm)
Email:	nireland.branch@ssafa.org.uk
Geographical areas covered:	Service provides throughout Northern Ireland. Service is restricted to members of the Armed Forces Community in Northern Ireland.
Organisation:	Victim Support NI
Service offered:	Child Independent Sexual Violence Advocate (ChISVA) – supporting young victims of sexual violence and abuse. For children and young people aged 5 to 17 years (appropriate adult required).
Tel No:	028 9024 3133
Email:	chisva@victimsupportni.org.uk
Website:	https://www.victimsupportni.com/young-people-crime/sexual-violence-chisva-service/
Geographical areas covered:	Services provided across Northern Ireland.

Organisation:	Volunteer Now
Service offered:	Volunteer Now Community projects include a range of volunteer led services for some of the most vulnerable older people in our community. This includes befriending, driving, and shopping support services for isolated older people living in Belfast. Volunteer Now also supports the network of volunteer led older persons groups and forums in Belfast through our capacity building work.
Tel No:	028 9023 2020
Email:	info@volunteernow.co.uk
Website:	www.volunteernow.co.uk
Geographical areas covered:	Provides services across Northern Ireland.



What's in this section?

Looking for services beyond those covered in previous sections? You may find them here. Explore the diverse local organisations providing essential support to people across South Belfast.

Organisation:	An Droichead
Service offered:	Tá an-bhród ar An Droichead bheith ag croí-lár shaol corraitheach an cheoil thraidisiúnta i mBéal Feirste agus clú a bheith orainn mar cheann de na príomh-sholáthraithe ceoil thraidisiúnta sa tír. An Droichead has a centre that is developing a vibrant and growing traditional music community in Belfast which is recognised as one of the top venues for traditional music in the country.
Tel No:	028 9028 8818
Email:	eolas@androichead.com
Website:	www.androichead.com
Geographical areas covered:	Services provided across all of South and East Belfast areas.
Organisation:	Donegall Pass Community Forum (DPCF)
Service offered:	Advocacy – the DPCF Regeneration Officer supports the local Residents Association in campaigns to challenge developers and proposed new developments in the area. Physical Regeneration – providing information and advice on Belfast's key development plans, regeneration strategies, and investment initiatives. Services include guidance on local development plans, open space access issues, and community projects like Donegall Pass Community Garden.
Tel No:	028 9032 6256
Email:	admin@donegallpass.org
Website:	www.donegallpass.org
Geographical areas covered:	All services operate within Donegall Pass and the Inner South Belfast area.

Organisation:	Mornington Community Project
Service offered:	Social Economy - offers office space to local businesses, either long term or to hire for meetings etc. Currently the offices are used by: • A firm that offers software support. • Partisan Productions is a professional theatre and film production company committed to creating socially engaged art. • A printing and distribution business, Belfast Mail and Marketing. Renting of rooms – rooms available to rent, contact Anne regarding booking through our website or through email. Likewise, if you would like to host a 'pop-up' cafe please also get in contact. Local Faith Forum – provides opportunities for local faith leaders to explore potential partnerships and social enterprise opportunities: and a partnership with QUB, UU and Union colleges encouraging and challenging emerging faith leaders to explore creative partnerships to engage effectively with local community without duplicating services.
Tel No:	07599 803871
Email:	annemckay@morningtoncommunityproject.com
Website:	www.morningtoncommunityproject.com
Geographical areas covered:	Service provided within the building on the Lower Ormeau Road. Providing support to communities of Inner South Belfast – in particular Lower Ormeau, Markets and Donegall Pass, but open to everyone.

Organisation:	Polish Sisterhood
Service offered:	Polish Sisterhood – Empowering Women, Building Community A Belfast-based charity dedicated to supporting Polish women and their families in Northern Ireland. Through mental well-being initiatives, confidence-building, and community events like monthly support groups and a book club, we create a space for growth and connection. Our part-time coordinator offers one-to-one guidance, signposting services, and access to personal and professional training. With cultural exchange, social engagement, and empowerment at our core, we're here to uplift and unite Polish women. Join us and be part of something meaningful!
Tel No:	07516 077294
Email:	polish.sisterhood@gmail.com
Website:	www.polishsisterhood.com
Geographical areas covered:	Support provided primarily in Greater Belfast.

Belfast City Council

Useful contacts

You can call us on these numbers during our normal working hours which are:

Monday to Thursday:

8.30am - 5pm

Friday:

8.30am - 4.30pm

Outside these hours you can call the dedicated out-of-hours numbers, email us or visit our website.

Emergencies

To report an emergency outside of our normal office hours call us on **07850 499622**.

Use this number to report emergencies such as a serious chemical spillage, flooding, a fatal workplace accident or a dangerous building likely to collapse.



**Belfast
City Council**

Wheeled bin and bulky waste collections

📍 belfastcity.gov.uk/bins
028 9027 0230

Order a bin

📍 belfastcity.gov.uk/bins
0800 032 8100

Assisted bin collections

📍 belfastcity.gov.uk/bins
028 9027 0230

We offer a free assisted bin lift service for people who are unable to leave their bin out for collection and have no-one else to do it for them.

As part of this service we take your bin from your property, empty it and return it back to where it was taken from.

If you want to apply for this service please call us and we will talk you through the application process.

Waste and recycling advice

✈ belfastcity.gov.uk/recycling
0800 032 8100

Street cleaning

✈ belfastcity.gov.uk/streetcleaning
028 9027 0230

Removing needles and sharp objects

Email: sharps@belfastcity.gov.uk
028 9027 0469

Environmental Education and Outreach Team

Email:
environmentaloutreach@belfastcity.gov.uk
028 9050 0501

Bereavement Services

✈ belfastcity.gov.uk/cemeteries
028 9027 0296

Building Control

✈ belfastcity.gov.uk/buildingcontrol
028 9027 0650

Community Services

✈ belfastcity.gov.uk/community
028 9032 0202

Community Safety, alleygates and antisocial behaviour

✈ belfastcity.gov.uk/commmunity
028 9027 0469

High hedges

Email: highhedges@belfastcity.gov.uk
028 9091 8762

Dog wardens and animal welfare

✈ belfastcity.gov.uk/dogwardens
✈ belfastcity.gov.uk/animalwelfare
028 9027 0431

Tree issues and advice

028 9032 0202

Customer Hub

Email:
customerhub@belfastcity.gov.uk
028 9032 0202

Park Wardens

Email: asb@belfastcity.gov.uk
028 9091 8767

Environmental Health Services

✈ belfastcity.gov.uk/health-safety
028 9027 0428

Noise Hotline (8pm – 4am)

✈ belfastcity.gov.uk/noise
028 9037 3006

Parks

✈ belfastcity.gov.uk/parks
028 9091 8767

Pest Control

✈ belfastcity.gov.uk/pestcontrol
028 9027 0431

www.belfastcity.gov.uk



**For advice and information
call freephone**

0808 808 7575

Monday – Friday
9.00am – 5.00pm

advice@ageni.org
www.ageni.org

Provides confidential advice to people with convictions including guidance on how to disclose a conviction for employment, further education, travel and insurances purposes as well as support with Access NI applications and disclosure statements.



028 9032 0157

Monday to Thursday from
9.00am to 5.00pm and
Friday 9.00 am to 4.00pm
disclosure@niacro.co.uk
www.disclosureni.com



Helpline: 07842 310477
(Romanian / Russian language)
Support and outreach:
07395 318943
(Czech / Slovak language)
Message us on Facebook:
<https://www.facebook.com/BelfastRoma/>

Need support anytime? We're here for you 24/7. Leave us a message, and our team will get back to you as soon as possible.

You're never alone—we've got you.



**Cancer
Nurseline**

0800 783 3339

Available Monday, Wednesday
and Friday 9am to 1pm

nurseline@cancerfocusni.org
<https://cancerfocusni.org/>



Freephone

0808 8010 722

Open Mon – Thurs 09.30am
to 3.30pm and Fri 09.30am to
12.30pm.
help@parentingfocus.org
Parentingfocus.org

**SSAFA
Forcesline**

0800 260 6767

Monday to Thursday 09.00am
to 5.00pm and 09.00am to
4.00pm on Friday.

www.ssafa.org.uk

**Domestic & Sexual Abuse
(DSA) Helpline**

0808 802 1414

24/7 365 days a year

help@dsahelpline.org
Live online chat via:
www.dsahelpline.org

www.helplinesni.com

A SINGLE POINT OF ACCESS TO
NORTHERN IRELAND HELPLINE
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TO SUIT YOUR NEEDS



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I'm not fine

Talking really helps

Lifeline

0808 808 8000

Textphone 18001 0808 808 8000



The South Belfast directory was developed by Donegall Pass Community Enterprises (DPCE) with the support of Queen's University CiviContribution Fund.

DPCE aims to make Donegall Pass a more vibrant and thriving area of inner-city Belfast - a place that is welcoming and open to all.

We do this by working in partnership to enhance the environment and create opportunities which ensure a safe, vibrant, sustainable place for all to live, work, play and grow.

Strong foundations have been laid. Robust infrastructure has been developed. Key relations have been formed. We invite you to join us on the journey and together we can transform and reimagine communities and build and deliver inclusive change.



DPCE Ltd

65 Donegall Pass
Belfast BT7 1DR

Tel: 028 9013 5873

Email: lisa.m@dpce.org.uk

**Find out more about our work.
Follow us on X or visit:**

www.dpce.org.uk

DPCE is a charity registered in Northern Ireland (NIC 108321)
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