

## SUPPORT SERVICES & INFORMATION SUMMARY AUTUMN-WINTER 2020

-  02891 461386
-  [manager@ndcn.co.uk](mailto:manager@ndcn.co.uk)
-  [www.ndcn.co.uk](http://www.ndcn.co.uk)
-  [northdowncommunitynetwork](https://www.facebook.com/northdowncommunitynetwork)
-  [@NDCN\\_Bangor](https://twitter.com/NDCN_Bangor)

In response to the needs of residents and our member groups, North Down Community Network has compiled this summary of multiple support services available. This is to help and inform people who can't access the internet, or who feel that there is so much information out there that they don't know where to start looking. This is the second edition of the summary and is being distributed to 32,000 homes across Bangor over the Autumn-Winter period. It is not an exhaustive booklet, so please call NDCN if there is a particular need you have that is not covered in this summary and we will do our best to help.



# NORTH DOWN COMMUNITY NETWORK

Dear Bangor resident,

I am writing on behalf of North Down Community Network, a small charity based in Bangor since 1999. We operate from the Community Hub on Main Street in Bangor and our role is to respond to the needs of the 100+ member groups we serve, and also to do practical things to help and support the residents of Bangor and the wider North Down area. We do this by getting alongside groups, individuals and families to understand what their needs are, and how we can best support them; either by responding directly to meet their needs or by signposting them on to the many services available to help. In these very testing times of COVID-19, we thought that a straightforward and user friendly booklet like this, would help individuals, families and local groups to find a clear and simple path to the support and help they need. We hope it helps in these challenging and uncertain times. We tried to include as much information as we could, but unfortunately not everything would fit in, so please feel free to contact us directly if there is something you would like help with that isn't included in this booklet.

Take care and please know that you will be in our thoughts over the coming months ahead, wishing you well.

best wishes from Louise & all the NDCN team.



# WINTER TIPS, HINTS & ESSENTIAL CONTACTS

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

**OIL BUYING CLUBS** - the NIHE have organised an oil buying club to make oil more affordable, they liaise with the supplier to ensure people receive oil at the best price. They provide monthly advice on oil costs and the best time to buy heating oil. To join or for more information contact: Conor - **07939 843716 / 02895983316** or Kelly - **02895 982068** or email: oilbuyingclubs@nihe.gov.uk

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

**NIHE: HOMELESS** - **028 9504 9999** or Text - **07799 867698** (SMS only)

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

**COVID-19 HELPLINE** - **0808 802 0020** (Mon - Fri 9am to 5pm)

**NHS COVID-19 ADVICE** - call **111** or go to: <https://www.nhs.uk/conditions/coronavirus-covid-19/>

**SIMON COMMUNITY** - **0800 171 2222**

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

**Electric Ireland** - **0345 600 5335**

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

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

**LIFELINE** - **0808 808 8000**

**CHILDLINE** - **0800 1111**

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

**GATEWAY TEAM** (Under 18s) - **0300 100 0300**

**DOMESTIC VIOLENCE & SEXUAL ABUSE HELPLINE** - **0808 802 1414**  
or **028 9024 1929**

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

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

**COVID-19 CARING COMMUNITIES SAFE & WELL SERVICE** - provided by the South Eastern Health and Social Care Trust, support with a range of needs please call: **02897 566 934**

For more **ESSENTIAL SERVICES** see back cover

# LOCAL COMMUNITY SUPPORT

Local volunteers involved in Community Associations are available to help people in need. For help with foodbank referrals, emergency support with gas/electric/oil and other issues, please contact your local Community Association below:



## BLOOMFIELD COMMUNITY ASSOCIATION

**07783 649 942**

Bloomfield Bangor

isobelleh922@gmail.com

## BREEZEMOUNT COMMUNITY ASSOCIATION

**07541 222 922**

Breezemount CA

leanebellerby@googlemail.com

## CLANDEBOYE VILLAGE COMMUNITY ASSOCIATION

**07421 138 541**

Clandeboyne Village  
Community Association

aaron.mcmahon@btopenworld.com

## CONLIG COMMUNITY REGENERATION GROUP

**07713 631 363**

Conlig Community  
Regeneration Group

johnwballard50@gmail.com

## WHITEHILL COMMUNITY ASSOCIATION

**07867 593 041**

Whitehill Community  
Association

whitehillca@hotmail.co.uk

## CLOTHING SUPPORT

**BANGOR PARISH** - are offering free clothing to anyone in need from the church hall at 2A Hamilton road Bangor. Please get in touch by calling: **02891460712** or email: **sayhello@bangorparishchurch.org.uk**



# COMMUNITY SAFETY ISSUES

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

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

## HELPLINES & DIRECTORIES

**HELPLINES NI** - A useful website for a range of Helplines for people in need of support and information **[www.helplinesni.com](http://www.helplinesni.com)**

**ARDS & NORTH DOWN BOROUGH COUNCIL** - have created a really helpful directory of services for residents across the Borough call **0300 013 3333** or go to:

**[www.ardsandnorthdown.gov.uk/about-the-council/directory-of-services](http://www.ardsandnorthdown.gov.uk/about-the-council/directory-of-services)**

## SUPPORT WITH FURNITURE

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



## LISTEN ON RADIO

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



# SUPPORT WITH FOOD



## SUPPORT WITH FOOD

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

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

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

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

**NORTH DOWN YMCA** - are providing lunches on Mondays and Wednesdays to people in their homes in central Bangor and also some food hampers, please contact them on **07591 840 539**

**SALVATION ARMY** - have a befriending call service and some support for people in need of a helping hand, please contact them on **07598 699 874**

**NORTH DOWN & ARDS STREET PASTORS** - can support in a range of ways across the Borough, please contact on **07927 035 828**

## NIHE TENANTS SUPPORT

### NIHE TENANTS SUPPORT

To contact your local area Patch Manager to report issues, seek information etc contact:

Rathgill/Willowbrook	<b>Stuart Montgomery</b>	<b>02895 982 262</b>
Kilcooley	<b>Nicola Cromie</b>	<b>02895 985 276</b>
Kilcooley/Groomsport	<b>Tanya Johnston</b>	<b>02895 982 604</b>
Holywood/Lisnabreen	<b>Alan Minnis</b>	<b>02895 985 344</b>
Holywood/Clandeboyne/Rural	<b>Susanne Comiskey</b>	<b>02895 984 846</b>
Whitehill/Clanmorris	<b>Amanda Chambers</b>	<b>02895 985 164</b>
Bloomfield/Conlig/		
Breezemount	<b>Lyndsey Dyer</b>	<b>02895 985 369</b>
Housing/Homeless Transfer applications	<b>Lyndsey Dyer</b>	<b>02895 985 369</b>

# SUPPORT WITH HOUSING, MONEY & DEBT

## SUPPORT WITH HOUSING



**NIHE** - The Housing Executive is available at all times to help tenants with all of their needs. You can get in touch with your local office Monday to Friday from 9am until 5pm, or you can contact your patch manager on **03448 920 900**. For all issues or concerns, you can find more information on their website at [https://www.nihe.gov.uk/My-Housing-Executive/Advice-for-Housing-Executive-Tenants/Covid-19-\(Coronavirus](https://www.nihe.gov.uk/My-Housing-Executive/Advice-for-Housing-Executive-Tenants/Covid-19-(Coronavirus)

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

**CHOICE HOUSING** - to report any issues or concerns contact the Housing Officer Gail Hanna on: **02890 690250**

**HOUSING RIGHTS** - exists to support people with housing advice and information and they can still be reached by phone on the helpline: **028 9024 5640** and via email: [info@housingrights.org.uk](mailto:info@housingrights.org.uk)



## SUPPORT WITH MONEY & DEBT



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

**BENEFITS FREEPHONE NUMBER: 0800 022 4250**

or email: [bangor.jobsandbenefits@dfcni.gov.uk](mailto:bangor.jobsandbenefits@dfcni.gov.uk) and a useful article on can be found on: [www.nidirect.gov.uk/articles/coronavirus-covid-19-and-benefits](http://www.nidirect.gov.uk/articles/coronavirus-covid-19-and-benefits)

**CHRISTIANS AGAINST POVERTY (CAP)** - free debt counselling in your community from an award winning charity. There is a CAP Debt Centre in Bangor run in partnership with Christ Church Primacy (Church of Ireland). CAP will be offering a remote service to anyone who is worried about issues around debt. You can contact them on **0800 328 0006** or speak locally to David on **07446 764 964**.

**COMMUNITY ADVICE ARDS & NORTH DOWN** - providing free, independent, confidential and impartial advice and information in a range of areas, including benefits, please contact **0300 123 9287** (phone lines open weekdays 9am-4pm, and 9am-1pm on Saturday).

**CONSUMER COUNCIL NI** - provides a wide range of advice and guidance about things such as electricity and gas providers as well as help with saving money and support available, please call: **028 9025 1600** or freephone on: **0800 121 6022**, email: [contact@consumercouncil.org.uk](mailto:contact@consumercouncil.org.uk) or go to: [www.consumercouncil.org.uk/coronavirus](http://www.consumercouncil.org.uk/coronavirus)



# WEEKLY ACTIVITIES AT



North Down  
Community Network

## MONDAY

### WALKING CLUB

Leaving from the Hub  
10am - 11am

### SPEAK EASY

(Emotional Support  
Group)  
Meet at Fountain  
Centre  
1pm - 3.30pm

## TUESDAY

### CHI ME

(Strength & Balance)  
Meet at Hub  
11.30am - 12.30pm

### BOOK CLUB

**\*1st TUESDAY of Month\***

Meet at Hub  
1pm - 2.30pm

### PLAY/SCRIPT READING & WRITING

**\*On other TUESDAYS\***

Meet at Hub  
1pm - 2.30pm

### GARDENING AT THE HUB

Meet at Hub  
2pm - 4pm

## WEDNESDAY

### CREATIVE WRITING

Meet at Hub  
10am - 11.30am

### HUB CHOIR

Meet at Hub  
1pm - 2pm

### CREATIVE WRITING

Meet at Hub  
2pm - 3.30pm



### Breezemount Youth Club

Mondays 6.30pm - 8.30pm  
@Green Road Community Centre

### Clandeboyne Youth Club

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

***Bloomfield & Whitehill  
to recommence in 2021***

follow us:



DICE Project or



dice\_bangor



### THURSDAY

#### WISE THE BAP

(Bangor Arts Project)

##### Session 1

Meet at Hub  
10am - 12pm

#### WISE THE BAP

(Bangor Arts Project)

##### Session 2

Meet at Hub  
2pm - 4pm

### FRIDAY

#### CHI ME

(Strength & Balance)

Meet at Hub  
10am - 11am

#### UKULELE

Meet at Hub  
11.30am - 1pm

#### GARDENING AT THE HUB

Meet at Hub  
1pm - 3pm

Please note the activities are subject to COVID-19 restrictions, to avoid disappointment please call NDCN in advance  
**02891 461386**

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



Facebook - [northdowncommunitynetwork](https://www.facebook.com/northdowncommunitynetwork) and



Twitter@NDCN\_Bangor



A range of Sew Healthy handmade post-surgery accessories are available from the Community Hub, please call in to see the picc line covers, drain bags, hats, masks headbands, scarves and much more.



Follow us on Facebook Sew Healthy

# SUPPORT FOR YOUNG PEOPLE



## SUPPORT FOR YOUNG PEOPLE

**DICE CONNECTIONS** - providing youth clubs each week, 'drop-in' sessions on line, challenges, talent shows and activity packs, contact **Instagram @dice\_bangor** or **facebook DICE Project** or **email: racheldice@ndcn.co.uk** or **coreydice@ndcn.co.uk**

**NORTH DOWN YMCA** - running clubs when restrictions permit, as well as online activities & phone support for young people aged 11 to 25, please call: **07591 840489**, email: **info@northdownymca.org** or follow **@northdownymca on Instagram**

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

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

**PRINCES TRUST NORTHERN IRELAND** - free online workshops and a really helpful Coronavirus Support Hub. Call: **0800 842 842** or go to: **https://www.princes-trust.org.uk/about-the-trust/coronavirus-response**

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

**YOUNG MINDS** - Support for young people who are feeling anxious and their parents, call: **0808 802 5544** (Monday to Friday 9.30am - 4pm) or go to: **www.youngminds.org.uk/blog/what-to-do-if-you-re-anxious-about-coronavirus/**

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

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



# SUPPORT FOR PARENTS



## SUPPORT FOR PARENTS

**PARENTING NI** - are offering remote support online and by phone so if you are a parent wanting a listening ear or some reassurance, please call their free support line on **0808 8010 722**. They also have useful resources for parents at **[www.parentingni.org](http://www.parentingni.org)**

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

**HOME START NORTH DOWN** - is providing a range of emotional and practical parent to parent support including group peer support, family resource packs, story time, well-being programmes, craft and baking sessions and rhythm and rhyme sessions, all done remotely through telephone, email, what'sapp and zoom. Please contact Janine on **07308026576** or Alison on **07710466379** (Monday-Thursday 9am-5pm).

**SE TRUST FAMILY SUPPORT** - will continue to offer support to families in need of support during the COVID-19 crisis. Family Support Teams based in the Trust, Sure Starts, Homestarts, Barnardo's, Action for Children and the YMCA will continue to offer interventions to families using other forms of communication and support, such as: phone calls, therapeutic calls via zoom, skype etc, resource packs around behaviour management, home schooling and activities as well as signposting on to other services. Agency and self-referrals are welcome, please call: Karen Otley, Family Support Co-ordinator, Direct Dial: **02892 501 357** Internal ext: **84441** or Email: **[familysupporthubs@setrust.hscni.net](mailto:familysupporthubs@setrust.hscni.net)**

# SUPPORT FOR OLDER PEOPLE & BUSINESSES

## SUPPORT FOR OLDER PEOPLE



**AGE NI** - are offering a 'check in and chat' call to anyone over 60. You can register by contacting **0808 808 7575** or **info@ageni.org**

**AGE north down & ards (AGEnda)** - aims to improve the quality of life of older people throughout Ards and North Down by providing support and signposting. For more information please telephone **02891 271 968** (24 hr answering machine) or email: **agenda@agenorthdownards.co.uk**

**SUPPORT WITH SCAMS** - scams are when criminals use lies and deceit to persuade people into parting with their money and unfortunately even in the midst of the COVID-19 crisis, scammers are at work. If in doubt, stop, do not share personal information or send money, seek advice and report: Dial **999** if in immediate danger or at risk of harm. Otherwise scams should be reported: to Action Fraud on: **0300 123 2040** / online at **actionfraud.police.uk** or ring Police on **101**. For more information and guidance go to: **<https://www.nidirect.gov.uk/campaigns/scamwiseni>**



## SUPPORT FOR BUSINESSES



**BANGOR CHAMBER OF COMMERCE** - for business updates and information about local businesses delivering food and providing other services, please call: **028 9187 7957** email: **Paula.kane@bangorchamber.co.uk** or go to: **[www.bangorchamber.co.uk/covid-19-useful-information/](http://www.bangorchamber.co.uk/covid-19-useful-information/)**

**GOVERNMENT UPDATES** - for the most up to date information from government for businesses and the self-employed for financial support, information etc please go to: **[www.nidirect.gov.uk/articles/coronavirus-covid-19-business-and-employers](http://www.nidirect.gov.uk/articles/coronavirus-covid-19-business-and-employers)**

**DEPARTMENT FOR COMMUNITIES** - is committed to supporting employers, please call **02890 376 183** or go to: **<https://www.gov.uk/coronavirus/business-support>**



# SUPPORT WITH MENTAL HEALTH



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

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

**CODO ART** - using art to support wellbeing and mental health in Bangor, contact: **07860 395 281**

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

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

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

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

## SUPPORT FOR EMPLOYEES



**PEOPLE 1st** - are offering support remotely through phone, email and online platforms to anyone needing help to look for employment or training, including help with CVs and benefit awareness, please contact Johnny on **07847 80 7903** or the general number **028 9266 5100**.

**LAW CENTRE NI** - provides free, independent and confidential legal advice and assistance with queries about employment rights, being furloughed, benefits and much more, call: **02890 244401**

# CHURCHES



Offering a range of services, practical support and prayer, contact:

**Ballycrochan Baptist Church** Pastor Neil Watson.  
Email: neilw667@gmail.com

**Ballycrochan Presbyterian Church** Isobel Walker. Tel: 07715 504 116.  
Email: emyvale3@hotmail.com

**Ballygilbert Presbyterian Church** Craig Jackson. Tel: 07841 585 853.  
Email: craigjackson424@gmail.com

**Ballygrainey Presbyterian Church** Graeme Kennedy. Tel: 07713 625 612.  
Email: gkenedy3@btinternet.com

**Ballyholme Methodist Church** Mandy Durrell. Tel: 028 9122 6826.  
Email: mandy.durrell@irishmethodist.org

**Ballyholme Parish Church** Canon Simon Doogan. Tel: 028 9127 4912.  
Email: office@ballyholmeparish.co.uk

**Ballyholme Presbyterian Church** Peter Lyle. Tel: 07771 723 821.  
Email: ballyholmepres@gmail.com

**Bangor Abbey Church** Canon Ronnie Nesbitt. Tel: 028 9145 1087.  
Email: bangorabbeyparish@gmail.com

**Bangor Community Church** Natasha Hamilton. Tel: 07742 784 689.  
Email: office@bangorcommunitychurch.co.uk

**Bangor Congregational Church** Cedric Armstrong. Tel: 028 9146 8427.  
Email: cedric.armstrong@hotmail.com

**Bangor Elim Church** Tel: 028 9127 1800.  
Email: info@bangorelim.com

**Bangor Salvation Army** Scott Cunliffe. Helpline: 07598 699 874.  
Email: bangor@salvationarmy.org.uk

**Bangor Vineyard Church** Rebecca Cupples. Tel: 07738 082 201.  
Email: hello@bangorvineyard.co.uk

**Bangor Independent Methodist Church** Boris Bauer. Tel: 07898 802 406.  
Email: info@bimc.org.uk

**Bethany Baptist Church**  
Email: info@bethanybaptist.co.uk

**Carnalea Methodist Church** Rev Fiona McCrea. Tel: 028 9147 3400.  
Email: fiona.mccrea@irishmethodist.org



# CHURCHES



**Christ Church Primacy - Church of Ireland** Francis Rutledge.  
Tel: 07838 061 010 Email: christchurchprimacy@hotmail.co.uk

**Conlig Presbyterian Church** John McConaghie. Tel: 07885 970 374.  
Email: tjmcconaghie@btinternet.com

**Faith Fellowship Pentecostal Church** Pastor David Calvert.  
Tel: 07753 801 717. Email: davidcalvert3@sky.com

**First Bangor Presbyterian Church** Mairisine Stanfield.  
Tel: 07736 060 926. Email: minister@firstbangor.org

**Hamilton Road Baptist Church** Tel: 07537 990 203.  
Email: help@hamiltonroadbaptist.com

**Hamilton Road Presbyterian Church** Tracey McMaster.  
Tel: 028 9147 3213. Email: office@hrpc.org.uk

**Kilcooley Presbyterian Church** John McConaghie.  
Tel: 07885 970 374. Email: tjmcconaghie@btinternet.com

**King's Church Bangor** David Whiteside Tel: 07935 160 666.  
Email: dh.whiteside@btinternet.com

**Lisnabreen Presbyterian Church** Sam Castles. Tel: 07828 763 336.  
Email: revcastles@btinternet.com

**Primacy Methodist Church** Mandy Durrell. Tel: 028 9122 6826.  
Email: mandy.durrell@irishmethodist.org

**Queen's Parade Methodist Church** Mark Durrell. Tel: 028 9122 6826.  
Email: mark.durrell@irishmethodist.org

**St Andrew's Presbyterian Church (Clandeboy)** Mark Johnston.  
Tel: 07736 769 744. Email: prayer@standrewsbangor.org.uk

**St Comgall's Catholic Parish of Bangor** Rev Joseph Gunn.  
Tel: 028 9146 5522. Email: bangor@downandconnor.org.

**St Comgall's Church of Ireland (Bangor Parish)** Jonny Tate.  
Tel: 028 9146 0712. Email: sayhello@bangorparishchurch.org.uk

**Trinity Presbyterian Church** Stephen Orr. Tel: 07739 872 571.  
Email: minister@trinitybangor.org.uk

**Wesley Centenary Methodist Church** Mark Durrell.  
Tel: 028 9122 6826. Email: mark.durrell@irishmethodist.org

**West Presbyterian Church** Cheryl Miller. Tel: 07543 198 391.  
Email: office@westchurchbangor.org

## OTHER ESSENTIAL SUPPORT SERVICES



**PSNI** - call **101** for non-emergency and **999** for emergency support

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

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

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

**DRUG MISUSE** for help with Support Services and Alcohol Counselling Services within the South Eastern Trust please contact the Dunlewey Substance Advice (**02890 392 547** or **07708 176 225**)

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

## YOUR LOCAL REPRESENTATIVES



**COUNCILLORS** - To contact your local councillor for advice, support or other services please contact council by calling **0300 013 3333** or to find the full list of councillors go to:  
**www.ardsandnorthdown.gov.uk/about-the-council/find-my-councillor/view-all**

### MEMBERS OF THE LEGISLATIVE ASSEMBLY (MLA's)

**Rachel Woods**, Green Party call: **02891 273 327** or email: **rachel.woods@mla.niassembly.gov.uk**

**Alan Chambers**, UUP call: **02891 477 555** or email: **alan.chambers@mla.niassembly.gov.uk**

**Gordon Dunne**, DUP call: **02890 423 322** or email: **gordon.dunne@mla.niassembly.gov.uk**

**Andrew Muir**, Alliance call: **07813 945 411** or email: **mail@andrewmuir.net**

**Alex Easton**, DUP call: **02891 889 620** or email: **alex.easton@mla.niassembly.gov.uk**

### NDCN Community Hub

**The Flagship, Main Street, Bangor BT20 5AU**

**T: 02891 461386 E: admin@ndcn.co.uk www.ndcn.co.uk**

NDCN is a registered Charity (NIC: 102333)

**JustGiving**

To give your support to NDCN towards the production of Sew Healthy masks or donate to the hardship fund for people in need, please donate at:

**HERE TO HELP** - <https://www.justgiving.com/campaign/ndcnHERETOHELP>

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