



**SUPPORT AND SERVICES IN YOUR COMMUNITY**

**SUPPORTING STROKE SURVIVORS, THEIR CARERS AND FAMILIES**

## PHYSICAL

- Disability Sport NI [www.dsni.co.uk/community-sport/key-community-projects](http://www.dsni.co.uk/community-sport/key-community-projects) Email@dsni.co.uk Text phone: 028 9046 3494 Phone: 028 9046 9925
- Red Cross mobility aid scheme is available across NI <https://www.redcross.org.uk/get-help> 08081963651 (available in over 200 languages)
- Stroke Helpline 0303 3033 100 textphone: 18001 0303 3033 100
- NI Chest Heart and Stroke – <https://nichs.org.uk/our-support-services/stroke?> And support for carers <https://nichs.org.uk/our-support-services/support-for-carers>
- PREP programme: 6 week post stroke rehab exercise and physio related exercises. To book contact <https://nichs.org.uk/our-support-services> 028 9026 6743

## SOCIAL

- Healthy Living Centre including Better Days Pain Support, Social Prescribing, range of health and wellbeing support contact [www.hlcalliance.org](http://www.hlcalliance.org) to find the HLC near to where you live Local: Resurgam Healthy Living Centre 028 9252 8233, Peninsula HLP 0284273921, Poleglass Community Association@Sally Gardens 028 9062 7250, County Down Rural Community Network 028 4461 2311.
- Volunteering: [www.volunteernow.co.uk](http://www.volunteernow.co.uk); 028 9023 2020
- Ethnic Minority Groups Migrant Help: 0808 8010 503
- Rainbow project: 028 9031 9030 [www.rainbow-project.org](http://www.rainbow-project.org)
- Cara-Friend 028 9089 0202 [www.cara-friend.org](http://www.cara-friend.org)
- Brain Injury Matters [www.braininjurymatters.org.uk/adult-services](http://www.braininjurymatters.org.uk/adult-services)
- Age NI 08088087575 Mon – Friday 9am-5pm <https://www.ageuk.org.uk/northern-ireland/services/carewellbeing-services/>
- AbilityNet tech volunteers provide free IT support to older people and disabled people of all ages. 0800 048 7642 [enquires@abilitynet.org.uk](mailto:enquires@abilitynet.org.uk) <https://abilitynet.org.uk/at-home/request-free-it-support-home>
- Red Cross NI <https://www.redcross.org.uk/get-help> 08081963651 (available in over 200 languages)
- Cedar Foundation: <https://www.cedar-foundation.org/community-opportunities> (028) 9066 6188 [communications@cedar-foundation.org](mailto:communications@cedar-foundation.org)

## PSYCHOLOGICAL/EMOTIONAL

### Emotional wellbeing needs:

- Healthy Living Centre & Community Organisations (see social)
- North Down Community Network Wellbeing Centre health, wellbeing and social support. [www.ndcn.co.uk](http://www.ndcn.co.uk), [admin@ndcn.co.uk](mailto:admin@ndcn.co.uk) or 02891 461386
- Age NI Check in and chat Service & other programmes 08088087575 Mon – Friday 9am-5pm
- Brain Injury Matters 028 9070 5125 [www.braininjurymatters.org.uk/counselling](http://www.braininjurymatters.org.uk/counselling)
- Stoke Association: Here for you telephone support connects stroke survivors and carers to trained volunteers <https://www.stroke.org.uk/finding-support/here-for-you> STEPS is a stroke specific, emotional support, counselling service for stroke survivors and carers who live in NI, free, professional, one to one, counselling by telephone or on-line <https://www.stroke.org.uk/finding-support/support-services/ni-steps-first-steps-emotional-support>
- HSCTrust Carers Support eg SEHSCT Carers Support 45-47, Main Street, Ballynahinch BT24 8DN, 028 4372 1807
- COVID Wellbeing NI | self-help guides and ways to access help to support your mental health and wellbeing. <https://covidwellbeingni.info> self help & support locally.

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## ENVIRONMENTAL

- Home Fire Safety Check: book a home fire safety check <https://www.nifrs.org/home/staying-safe/community-safety/home-fire-safety/> 028 9266 4221 [enquiries@nifrs.org](mailto:enquiries@nifrs.org)
- Home Safety Checks (under 5 & over 65+) support provided in each Council across NI including handyman services in some Council Areas – contact your local council. You can email [handyman@brysonenergy.org](mailto:handyman@brysonenergy.org) or freephone 0800 14 22 865.
- Environmental support also offered by Cedar Foundation contact 028 9066 6188
- Safety at Home: <https://www.nidirect.gov.uk/information-and-services/support-and-safety-your-home/safety-home>

## FINANCIAL

### Financial wellbeing needs:

- CAP: Free debt management and financial advice 0800 328 0006 Mon-Thurs 9:30am-5pm Fri 9:30am-3:30pm
- **Make the call:** Freephone (network charges may apply) 0800 232 1271 [makethecall@dfcni.gov.uk](mailto:makethecall@dfcni.gov.uk) text **ADVICE** to 67300 <https://www.nidirect.gov.uk/contacts/make-call-service>
- Advice NI freephone advice helpline 0800 915 4604 [advice@adviceni.net](mailto:advice@adviceni.net), [www.adviceni.net](http://www.adviceni.net) to find your local support service.
- Migrant Centre NI <https://www.migrantcentreni.org> Financial Health and Wellbeing team (welfare benefits advice): [advice@migrantcentreni.org](mailto:advice@migrantcentreni.org) 07720 698225
- Age NI <https://www.ageuk.org.uk/northern-ireland/information-advice/money-matters/> 0808 808 7575 Mon – Friday 9am-5pm

## SPIRITUAL

### Spiritual Wellbeing Needs: in addition to local Church and Faith Groups

- United Christian Associates Prayer Line 01782 363000;
- Premier Lifeline talk to someone with faith and prayer 03001110101;
- Humanist Society NI <https://humanists.uk/northern-ireland/home/>

## VOCATIONAL

- **Employment Advocacy Service Disability Action** text 028 9029 7880 [employmentadvocacy@disabilityaction.org](mailto:employmentadvocacy@disabilityaction.org), [www.disabilityaction.org](http://www.disabilityaction.org)
- Workable NI: <https://www.disabilityaction.org/Handlers/Download.ashx?IDMF=4091e7d0-f0eb-41cd-ad24-832f17b6fb5a>
- Job Match <https://www.disabilityaction.org/help-to-find-work> 028 9029 7880
- Condition Management Programme <https://www.nidirect.gov.uk/articles/condition-management-programme> Contacts in local areas via this link <https://www.nidirect.gov.uk/contacts/health-and-social-care-trusts-condition-management-programme-offices>
- Open College Network <https://www.ocnni.org.uk> 028 9046 3991 Further Educational Colleges <https://nidirect.gov.uk/contacts/further-education-fe-colleges>
- CEDAR Foundation 028 9061 2424 or 028 2565 9111 [iw@cedar-foundation.org](mailto:iw@cedar-foundation.org) <https://www.cedar-foundation.org/training-and-employment>