Lord Mayor of Armagh City & District, Sharon Haughey with Joe Garvey, Chairman of ABC Community Network and Junior McCrum, Chairman of Banbridge District Council pictured at our recent members celebration event held in Portadown Town Hall.
Welcome to the spring edition of Network News.

In this edition I’m delighted to feature the ABC Networking and Celebration Event and the Inaugural Pride of Craigavon Awards Ceremony which highlights the diversity and tremendous work undertaken by the local community and voluntary sector.

The Banbridge Youth Showcase Event is also featured (Page 19). Over 120 young people participated in workshops at the event which were designed to raise awareness about community safety and health and wellbeing.

The Members Focus features two new ABC members - the Fit 4 U Armagh Club a new independent group for people with physical and or / sensory disabilities in the Armagh Area and NICEM’s Mid - Ulster and Down regional office based in Lurgan.

As always we are keen to feature the work of our member organisations so please get in touch if you would like us to highlight the work of your group.

John McGuinness

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Spacious affordable office accommodation for rent

Light, airy and spacious office suitable for two workstations.
Digital telephone system with answering service.
Fibre optic wired broadband speeds with additional WiFi.
Integrated meeting space.
Multiple power points.
Storage space.

Full administration facilities available: front desk support, photocopying, full colour printing, faxing, mailouts, payroll, prominent digital poster advertisement.
Large training room/meeting space available with digital projector, laptops and flipchart. In house catering and refreshments available.

In house graphic design service available for advertising and promotion, stationery, newsletters and reports.

Town centre location close to car parking facilities & major rail and bus routes.
abc networking
& celebration event
ABC Community Network Board of Directors and staff were delighted to welcome more than 70 guests to its annual Members Celebration Event at Portadown Town Hall on 21 March 2013.

A packed morning saw ABC Members networking, sharing experiences and visiting exhibition stands, while hearing updates on ABC’s work, enjoying tasty refreshments and being wowed by a performance from the Richill WI Ladies Choir.

Following a short introduction by ABC Director John McGuinness, Joe Garvey Chair of ABC extended a warm welcome to representatives from the ABC Member groups present, and also to the Lord Mayor of Armagh City and District, Sharon Haughey, and the Chairman of Banbridge District Council, Junior McCrum. Owing to a busy schedule that morning, Craigavon’s Mayor, Carla Lockhart, was expected to arrive later in the morning.

Joe’s address noted some important aspects of ABC’s recent activities. He reminded the audience of ABC’s change to its Constitution to expand the area of operation in line with the new super council boundary, so was pleased that each of the Councils was represented at the Members Celebration Event to hear about the extended activities into new geographical areas.

Joe was pleased to report that the Department for Social Development’s Voluntary and Community Unit had recently confirmed Core Funding for 2013/2014 for ABC. This represents the second year of a three year contract which will secure funding until at least March 2015. In addition, ABC is developing a Strategy for Sustainability which places greater emphasis on sustainability and less dependency on statutory funding. This involves establishing a Community Interest company with a view to developing a new social enterprise and networking centre, with a move to new premises to meet the growing demand for accommodation services, back office support and the development of a small business start-up units.

ABC continues its rebranding process as it makes further inroads into the Armagh and
Banbridge areas. Joe was delighted to report a steady growth in the number of new ABC Member groups in these additional areas, and encouraged members of these new groups to serve as Directors on ABC’s Management Committee.

Before handing over to John McGuinness for his Directors’ address, Joe took the opportunity to remind the audience of the valuable contribution that ABC makes to the success of its Member groups - as Chair of Richmount Rural Development Association, Joe’s first contact with ABC resulted in a successful funding application!

ABC’s Director, John McGuinness, highlighted a number of key events for ABC and its Members throughout the last year.

“**This was a wonderful morning which provided people with the opportunity to network with each other and organisations across the three council areas. The highlight for me was the performance of Richhill WI Choir. It was great to see a group of rural women representing a lot of the good work that is being done in the Armagh groups.**”

Sharon Haughey

**Training:** In the past year, over 300 voluntary and community group members participated in 26 accredited, non accredited and recreational courses. With generous funding from the Southern Health & Social Care Trust, Lloyds TSB Foundation for Northern Ireland, Public Health Agency, the Police and Community Safety Partnership and donations from ABC itself, all courses were delivered free of charge at ABC Offices and other community venues.

**Grants:** John was pleased to report that ABC Members had been awarded over £200,000 in funding over the past year from funders including Big Lottery, Lloyds TSB Foundation, Craigavon Borough Council, SHSCT, PHA and Community Relations Council. As John noted, ABC staff work closely with Member groups to write applications which bring in vital funds which make a significant difference to Members’ activities.
Communications: Wide-ranging information is disseminated to members and the general public through a variety of media - ABC Website, Newsletter, weekly e-news and digital advertising board. The development of an electronic contact management system helps to ensure information is targeted to our Members in the most effective way.

Print & Design: John was delighted to report that Members have been taking advantage of the new ABC Print & Design service. Work completed to date has included Web Design, Corporate Signage, business stationery (letterheads, business cards and compliment slips), promotional material (adverts and flyers), and Newsletters.

Resource Centre: The ABC Resource Centre continues to meet a range of accommodation needs for Members including meeting space, IT facilities, office accommodation, dedicated telephone lines and hot desk opportunities. Additional support has included Reception, Messaging and Payroll services.

C&B Community Forum: The SHSCT has funded ABC to provide secretariat support for the Craigavon & Banbridge Community Forum which held four meetings over the past year. The agenda for the forum meetings is developed by a core group and includes informative topics which affect us all. A number of consultation sessions have taken place under the framework of the C&B Community Forum, including:

- Who cares? The future of Adult Care & Support in NI – Taryn Grey, Reform of Adult Care & Support Team DHSSPPS
- Fit & Well Changing Lives: Public Health Strategic Framework – Joanne Morgan, Director CDHN
- Developing our Population Plan in response to Transforming Your Care – Caroline Cullen, Senior Manager Southern LCG
- Getting to know your Commissioner – Lyn Donnelly Assistant Director of Commissioning Southern LCG.

Other presentations and topics covered:
- The new mental health strategy – WRAP and Recovery
- Introduction to lobbying
- Youth Employment Schemes
- Federation of Small Businesses – Member Benefits & Services
- Rural Transport – Access to Services
As part of the C&B Forum ABC also facilitated 2 major and successful Youth Showcase Events - at Craigavon’s Community Hub, and at SRC’s Banbridge Campus. These two events were exciting, innovative and interactive and John wished to acknowledge the valuable contributions made to both Events by the SHSCT Promoting Wellbeing Team, SELB, Banbridge PCSP and SRC.

John closed his address by thanking all those who support ABC and its activities, including those on ABC’s Executive Committee and its staff.

Afterwards, Sharon Haughey, Lord Mayor of Armagh City and District, congratulated the work of ABC Community Network, particularly with groups in the Armagh area. Councillor Haughey highlighted the importance of groups from the three council areas having the opportunity to network, socialise and work together. It was with great pleasure that Councillor Haughey introduced the Richill WI Choir, performing in public for the first time prior to their competition performance.

The audience was treated to a wonderful performance of two pieces before Pat Harrison from the Richill WI thanked ABC for all its support during the preparation of the SHSCT Small Grants Application which enabled the choir to develop. Not only did ABC help with that grant, but it also contributed to securing a massive Energy Efficiency Grant for their premises in Richill.

Happily, the Mayor of Craigavon, Carla Lockhart, arrived in good time for the remaining celebrations and gave a short address on the importance of the work done by ABC Member groups and the positive impact such groups and activities have on the lives of people in their areas. Councillor Lockhart praised ABC for the preparations it is making for the imminent council amalgamation, and concluded by inviting everyone to take the opportunity to network and participate in the upcoming focus group sessions.

To close this successful Members’ Celebration Event, Junior McCrum, Chairman of Banbridge District Council, was very generous in his supportive comments about the work of ABC and looks forward to another successful year.
abc members scoop major honours at pride of craigavon awards night
Congratulations to all the ABC member organisations who received awards at the recent inaugural Pride of Craigavon Awards Ceremony!

Over 140 community representatives and dignitaries attended the awards ceremony at the Craigavon Civic Centre which recognised and celebrated the outstanding work and dedication of community groups across the Craigavon borough.

The Mayor of Craigavon Councillor Carla Lockhart welcomed everyone to the ceremony, The Master of Ceremonies for the evening, which included a drinks reception, sit down meal, and entertainment, was Pamela Ballantine.

There were 9 Award Categories ranging from the Community Newcomer Award to the Community Award for Small Groups. Over 100 community groups had submitted applications which resulted in over 60 nominations being put forward.

ABC Member organisations who received their awards on the night included;

- Craigavon & Banbridge Volunteer Bureau for the Creative Community Initiative Award.
- Derryinver Community Group for the Contribution to Environmental Improvements in the Neighbourhood.
- Portadown Football Club Community Outreach for the community Event Award. The runner up was Derrytrasna Community Group.
“It was a great night which highlighted the tremendous work community groups across the Borough do day in, day out,” explained Mayor of Craigavon, Councillor Carla Lockhart. “Without these groups Craigavon would be a much poorer place and I would like to commend all groups in the area who work hard for their neighbours and areas – you are all winners!”

- Birches Cosy Club and Day Centre for the Age Sector Community Award with the runner up being Parkmore Community Association.
- Shankill Parish Community Outreach Group for the contribution to Good Relations Award. The runner up was Scotch Street Youth Club.
- Drumcree Community Trust was runner up for the Community Award Large Group/Network being pipped to the award by TADA.
- Richmount Rural Community Association was awarded the Community Award Small Group with runner up Aghagallon & District Community Association, and joint third runner ups were Drumgor Heights Residents Association and Edenderry Community Development Association.

The awards were presented by Dr Theresa Donaldson CEO Craigavon Borough Council, Councillor Paul Duffy, Vice-Chair of the Development Committee and Mr Michael Donnelly Department for Social Development.

Vice-Chair of the Development Committee, Councillor Paul Duffy, said:

“I am delighted that the first ever Pride of Craigavon Awards was a great success. It gave council the opportunity to champion all the good work which is taking place throughout the borough by our dedicated community groups. These groups work tirelessly for the benefit of their local area and give their time freely to improve and enrich the quality of life for all residents, young and old. Well done to all the winners and indeed everyone who entered, your work is vital to the local area and we appreciate it greatly”
Sported, is the UK’s leading sport for development charity and is a free membership organisation created to help deliver a sporting legacy from the 2012 Olympics.

Sported helps to transform the lives of disadvantaged youth by supporting community and voluntary groups delivering sport for development; helping them grow and run their organisations to the best of their ability.

It supports groups with business support through our volunteer mentor programme and funding, enabling them not only to become sustainable, but allowing them to focus on what they do best – inspiring young people through sport. To find out more about becoming a sported volunteer mentor visit www.sported.org.uk

Only groups who have been accepted as sported members can apply for a grant.

Who can apply for a small grant?
- Sported member groups that have a turnover of under £50,000 a year
- Individuals cannot apply for a sported grant

How can I become a Sported member?

Groups interested in becoming members should be working with young people aged 11-25 and be using sport for development to deliver a stated outcome. These outcomes include
- Developing confidence, workplace and life skills in young people
- Reducing crime and anti-social behaviour
- Promoting inclusion
- Building strong communities
- Education in health and wellbeing

Funding Available:
A sported small grant is only open to members of sported. It must be used to deliver sport for development with young people aged 11-25 years old.
- sported small grants are for up to £2,000.
- They will usually be spent in one year from being awarded

www.sported.org.uk
b.kelly@sported.org.uk

There is no deadline

Culture for All is a small grants programme delivered and funded by the Big Lottery Fund and the Arts Council of Northern Ireland in partnership with Culture Company 2013.

The main aim of the programme is to bring people together to enjoy a range of community-based arts and culture activities that link to UK City of Culture 2013 and improve individual and community well-being and quality of life.

In 2013 Derry/Londonderry will play host to a year-long celebration of culture to local people and visitors from across the world. Through Culture for All we want to provide opportunities for communities across Northern Ireland to engage with, and share in these celebrations.

You can apply to Culture for All if you are a voluntary and community organisation, or a statutory organisation.

The programme will help organisations to run arts and culture projects that:
- link to the UK City of Culture celebrations
in a way that benefits their own communities - communities can be people in a local area or people who share a common interest or need

- encourage talent, increase skills and strengthen community activity by supporting activities that help to develop people and organisations

- improve quality of life by increasing opportunities for people, especially those most disadvantaged, to engage with the UK City of Culture celebrations,

- best meet local need and have the most impact on communities

- are well organised and planned.

The size of a typical award is between £500 - £10,000. **Deadline for applications is 30th August 2013.** All projects must be completed before the 31 December 2013.

For further information visit www.biglotteryfund.org.uk and click on “Culture for all Northern Ireland”

The Department of Education (DENI) pays capital grants towards facilities for Youth Voluntary Organisations.

To be eligible your organisation must be registered with the local Education and Library Board or receive funding from the Youth Council for Northern Ireland and be able to demonstrate the operation of a Youth Service Programme for at least 9 hours per week for a minimum of 30 weeks per annum.

Grant aid can assist with the costs of refurbishing premises, improving facilities or access for people with disabilities, bringing the property up to current health, safety and fire authority standards, towards child protection measures or meeting needs of young people within Section 75 criteria and those at greater risk of social exclusion and marginalisation.


NB: Completed applications must be returned to the Department, at the address below, no later than **28th June 2013.** Late applications will not be accepted.

If you require further information about the Scheme please contact:

Estate Operations Team
Department of Education
Rathgael House
43 Balloo Road
Rathgill
BANGOR
BT19 7PR

Telephone: 028 9127 9452
Email: mail@deni.gov.uk

**STOP PRESS!!**

DSD have released Small Grants funding for summer schemes. Groups in Banbridge & Craigavon can apply by telephoning Craigavon & Banbridge Volunteer Bureau on 028 3834 2741, or emailing info@youcanhelp2.org. Groups from Armagh can call Volunteer Now 028 9081 8324 or 028 9081 8312 for applications. **Closing date for completed applications is Friday 17th May 2013.**
ABC Community Network welcomes Fit 4 U one of our newest members from Armagh.

The Fit 4 U Armagh Club is a new independent group for people with physical and/or sensory disabilities in the Armagh Area. The Club is led by people with disabilities and seeks to provide leisure and social opportunities which promote positive health and wellbeing. The Club meets at Orchard Leisure Centre and members participate in a range of sports and activities including boccia, archery and curling.

The Club’s official launch was held at Orchard Leisure Centre in January 2013. Funding was secured from the Public Health Agency, for a range of inclusive sports equipment. An 8 week Multi-Sports programme was organised with each session incorporating an element of healthy eating. Additional funding was secured from the Southern Health and Social Care Trust Small Grant Programme and also from Armagh City & District Council.

Fit 4 U Armagh Club registered with Armagh Rural Transport and arranged transport to Southern Area Boccia Competition, in Newry and the Disability Sports NI Boccia Competition which was held in Cookstown. The Club became registered with Disability Sports NI and members have enjoyed many social events, including a Christmas dinner and friendly boccia matches with other groups.

With enthusiasm in the group high, ABC Community Network welcomes Fit 4 U Armagh into the fold. ABC has been assisting the group with governance training and we will also be helping with funding applications.

The Club is open to adults (aged 18 plus), who have physical and/or sensory disability. Annual membership fee is £5. For more information or to request a membership form, contact Club Chairperson, Oliver McKee, Tel. 078 64264741 or Rhonda Richardson, Tel. 028 3741 2129.
The Northern Ireland Council for Ethnic Minorities works in a number of areas: Legislating and campaigning; support to migrants; support to victim of racial harassment & discrimination; anti-racism training & capacity building.

NICEM’s vision is of a society where equality and diversity are respected, valued and embraced, a society free from all forms of racism, sectarianism, discrimination and social exclusion; where human rights are guaranteed. NICEM works in partnership, to bring about social change through partnership and alliance building, and to achieve equality of outcome and full participation in society.

NICEM’s Mid-Ulster and Down regional office is based in Lurgan. A free advice clinic for ethnic minority communities takes place weekly on a Thursday evening from 5.30-8pm. The regional office has a full-time Development Officer, a part-time Advice Officer and the services of an OISC-qualified Immigration Advisor.

Have your say about childcare needs.

NICEM Mid-Ulster and Down are working in partnership with Barnardo’s children’s charity to highlight the childcare needs of parents from ethnic minority communities in the region.

The research will expand on needs identified through action research with local ethnic minority communities who have already expressed concerns about access to flexible, affordable and local childcare places, language barriers and the impact of childcare on working life and education needs.

If you are a parent and interested in contributing your time and expertise to the research please contact Mark on 07730747865 or via email mark@nicem.org.uk

Your opinions and support are vital to the make sure childcare needs of ethnic minority communities in the region are heard!

Childcare, interpreting and transport costs will be covered for participating parents.
Given the growing concern about suicide and self-harm in our communities, you can now benefit from your Protect Life Resources Service available to the public across the Southern Area and delivered to you through the experienced partnership of Action Mental Health MensSana and PIPS Newry & Mourne.

Your Protect Life Resource Service offers you and your community a range of supports regarding suicide and self-harm prevention and mental health promotion.

For example, we offer a drop-in service whereby you are welcome to call in to gain information on suicide and self-harm prevention and positive mental health. Qualified members of staff are available to provide confidential advice and support to individuals in crisis and to concerned family and friends. Staff will also sign-post people to existing community services for support if appropriate.

Members of staff of your Protect Life Resource Service work in partnership with the Public Health Agency, the SHSC Trust, schools, GP’s, youth workers, and other stakeholders to create greater awareness about suicide, self-harm and mental illness and provide you with coordinated and comprehensive support.

Staff are keen to work with members of your local community and offer support and training programs in order to raise awareness of mental health problems and suicide and self-harm prevention. Some of the programs that can be delivered are ASIST (Applied Suicide Intervention Skills Training), Mental Health First Aid Training and safeTALK (suicide alertness for everyone).

We will publish regular articles discussing mental health, suicide and self-harm and to ensure that articles are of maximum relevance and benefit to you, we are asking for your input and suggestions for future topics.

If you have any concerns about any particular issues, or would like to gain more information on the services of the Protect Life Resource Service or if staff can deliver any training to your community group, do not hesitate to contact:

AMH MensSana: cloughran@amh.org.uk, 028 38392314 or
PIPS Newry & Mourne: info@PIPSNewryAndMourne.org, 028 30266195

The Protect Life Resource Service is funded by the Public Health Agency.

If you’re in a crisis and need emotional support please phone Lifeline: 0808 808 8000
January to March 2013 was busy, busy, busy!

ABC was delighted to have been awarded a generous grant from the Public Health Agency’s Small Grants Funding Programme 2012-13. Alongside funds from the Southern Health and Social Care Trust and contributions by ABC, a varied programme of learning and development courses was offered.

During a busy 8 weeks, we were delighted to welcome almost 70 people to the 6 courses on offer. New to our training calendar this time were Traveller Cultural Awareness, Manual Handling, and IT for Health. The other courses offered via funds from the PHA and SHSCT were Food Safety (Level 2), Child Protection, and First Aid for Community and Voluntary Groups.

Traveller Cultural Awareness.
Our last magazine cover featured a report from this awareness session, delivered through Craigavon Travellers’ Support Committee. Just to remind you, participants took part in a lively presentation that was packed full of information, statistics, music, film and real-life experiences about the Traveller Community. Such awareness sessions are useful in providing a relaxed atmosphere where participants can engage with those from other cultures and where myths and misunderstandings can be shared and unravelled.

Moving and Handling People.
We all know how important it is to take care when lifting, moving and handling others, for the comfort and safety of both the person being moved and the person doing the moving. This short course was particularly aimed at volunteers who help move older people or those with limited mobility. The course included moving from wheelchair to seat, and introduced a variety of equipment available to help people move more easily.

IT for Health.
This 4 session course was specifically designed for people over the age of 55 with little or no IT experience and covered the use of the Internet and email with a focus on accessing and sharing health and wellbeing information online. By the end of the course, participants were joining online discussion forums and choosing online Zumba exercises for us to do in class! The class responded to the DHSSP online consultation.

A huge Thank You to all those who completed and returned the Training Needs Assessment forms that were sent to your groups recently. Your comments are invaluable as they help us plan the future learning and development opportunities that we aim to offer in the coming months. It’s vital that we know what you want so that we can devise, develop and source suitable courses for individuals and groups.

Tel: 028 38 392777
Email: andrea@abccommunitynetwork.com
**Healthy Habits Baby Programme**

Healthy Habits is a four week programme for parents / carers with a baby under 6 months old living in the Craigavon or Banbridge council areas and are **OUTSIDE** the Surestart catchment area.

This free programme will provide information and advice from the Dietician, Physiotherapist and the Community Lifestyle Coordinator and will include topics such as weaning, baby massage and tummy time.

The programme starts on 16th May and runs until the 6th June at the LINKS Project, Castle Lane, Lurgan (beside the opticians) from 10:30am to 11:30am each Thursday.

There are only 8 places available which will be booked on a first come first served basis.

Contact Geralyn Maguire 028 38392777 to book a place.

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**Weigh to Health**

Weigh to health is a free seven week healthy weight management programme which includes a weekly walk. It aims to improve your health, help you become more active and lose weight.

The programme is aimed at adults who are obese or are in danger of becoming obese and want to improve their health, become more active and lose weight. The group will help you to make healthy food choices; set your own weight loss target; discover the benefits of becoming more active and join in a short activity session and learn to set your own goals for a healthy lifestyle.

The programme starts on Tuesday 21st May 7:00-8:00pm at Cline Road Community House, 10 Hillside Park, Banbridge.

Contact Geralyn Maguire on 028 38392777 to book a place.

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**Craigavon & Banbridge Cycling Programme**

A six week programme starting on 21st May to 25th June. Craigavon start point is the Cascades Leisure centre in Portadown 10:00am to 11:30am, while the Banbridge meet up is The Visitor Centre (Tea Rooms) in Scarva, 1:00pm - 2:30pm. The cycling will take place at a leisurely pace along the traffic free Newry canal tow path.

Only the bicycles and helmets provided can be used on this programme, therefore places are limited to a first come first served each week.

Contact Dale Robinson to book a place on 028 38392777.

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To find out more information about the REACH Project Craigavon and Banbridge contact:

REACH Craigavon & Banbridge, 22 Church Street, Portadown, BT62 3LQ
Tel: 028 3839 2777

Geralyn Maguire (Project Co-ordinator) geralyn.maguire@southerntrust.hscni.net

Dale Robinson (Project Worker) dale.robinson@southerntrust.hscni.net

www.facebook.com/reach.cb
www.reach.abccommunitynetwork.com
ABC Community Network in partnership with the SHSCT Promoting Wellbeing Team, Banbridge PCSP, SRC and a number of community and voluntary sector organisations, providing youth services in the Banbridge area, were involved in the development of the successful showcase event for young people in Banbridge.

Over 120 young people participated in workshops designed to raise awareness about community safety, road safety and health and wellbeing. The target age group was 14 plus and included young people from the Banbridge District post primary schools and the Southern Regional College.

The Banbridge Youth Showcase Event provided an opportunity for the Driving Change Project staff to give a demonstration in Road Traffic Collision (RTC) extrication techniques and procedures. They promoted road safety and highlighted, through the use of computer simulation programmes, the dangers of speeding, “texting,” and driving under the influence of alcohol and highlighted the potential consequences of road traffic collisions.

The PSNI / Community Safety Wardens stand promoted safety on a night out and introduced the Banbridge District Community Wardens Service. Participants had access to a range of useful information.

REACT provided access to information about alcohol and drug misuse. ADAPT Eating Distress held body image workshops and the SHSCT Promoting Wellbeing Team held stress and relaxation workshops and the “Smoothie” bike also proved to be very popular. The SELB and SRC were also in attendance to promote their respective programmes and services and highlight activities they were currently involved in.

The Night Safety Performance / Disco workshops, facilitated by the SELB, Banbridge District Youth Council, PSNI and Community Safety Wardens, highlighted the many dangers that young people can be exposed to on a night out. A highlight of each of the workshops was the Q&A sessions. Particular thanks to Jamie from the Youth Council for facilitating each of the sessions and Gareth in his role as DJ. David and Gareth are both students at the SRC. The Cool FM Bus explored issues associated with underage drinking and drugs, getting home safely and body image.

Thanks to the SHSCT and Banbridge PCSP for funding the event and to the SRC for facilitating the event at the Banbridge Campus. Thanks also to all the members of the BAYSN Interagency Group for their assistance with the development of the project, their enthusiasm and direct input on the day.
You’re not alone

If you’re in distress or despair, call Lifeline free on 0808 808 8000.
(Textphone: 18001 0808 808 8000)

Lifeline
0808 808 8000
www.lifelinehelpline.info

Calls to Lifeline are answered by qualified counsellors who can provide help and support. Counsellors are experienced in dealing with suicide, self-harm, abuse, trauma, depression, anxiety and many other issues. Lines are open 24 hours a day, 7 days a week. Calls are free from all landlines and most mobiles.

The Lifeline service is provided by Contact under contract to the Public Health Agency.