

# Mid and East Antrim Loneliness Network

Stay connected to your community in Mid and East Antrim this Christmas.



Community, voluntary and statutory organisations		
<p><b>Good Morning Carrickfergus</b></p> <p><b>Good Morning Larne</b></p> <p><b>Good Morning Ballymena</b></p>	<p>A free telephone befriending, support and alert service for older and vulnerable adults in Carrick, Larne or Ballymena.</p>	<p>GM Carrick T: <b>028 9332 6000</b> E: <a href="mailto:info@goodmorningcarrickfergus.com">info@goodmorningcarrickfergus.com</a></p> <p>GM Larne T: <b>028 2827 3362</b> E: <a href="mailto:goodmorning.larne@btinternet.com">goodmorning.larne@btinternet.com</a></p> <p>GM Ballymena T: <b>028 2564 0720</b> E: <a href="mailto:goodmorningballymena@hotmail.co.uk">goodmorningballymena@hotmail.co.uk</a></p>
<b>Lifeline</b>	Confidential help and support phone line.	24/7 FREEphone on <b>0808 808 8000</b>
<p><b>Women's Aid ABCLN</b></p> <p><b>Freephone 24hr Domestic and Sexual Abuse Helpline</b></p>	Support for women and children experiencing domestic abuse.	<p>Women's Aid ABCLN <b>028 2563 2136</b></p> <p><b>0808 802 1414</b></p>
<b>Here 2 Help</b>	Range of services and support numbers for those in crisis.	Download from App store
<b>Mid and East Antrim Borough Council's Health and Wellbeing Service</b>	Support with energy efficiency (Keep Warm packs – eligibility criteria applies) and home safety.	E: <a href="mailto:wellbeing@midandeantrim.gov.uk">wellbeing@midandeantrim.gov.uk</a>
<b>ROC Larne Tele-Mentors</b>	Online mentoring support scheme for families living in the greater Larne area.	E: <a href="mailto:keevawatson@roc.uk.com">keevawatson@roc.uk.com</a> T: <b>028 9035 1020.</b>
<b>Mid and East Antrim Borough Council's Rural Door Knocking</b>	Volunteers check in on residents passing on information and making referrals for assistance to MEA Citizens Advice Services.	
<b>Mid and East Antrim Borough Council's Connected Walk and Talk</b>	<ul style="list-style-type: none"> <li>• Mindfulness and Sensory Connections 19 Dec 2020</li> <li>• Wildlife and Nature 16 Jan 2021</li> <li>• History and Heritage Connections 13 Feb 2021</li> </ul>	For booking information, visit <a href="http://www.midandeantrim.gov.uk/meadventures">www.midandeantrim.gov.uk/meadventures</a>
<b>Larne Community Development Project (LCDP)</b>	Support community groups throughout the borough to access funding applications and distribute information on programmes, training and events taking place.	<p>LCDP facebook page</p> <p>E: <a href="mailto:deborah@larnecd.org.uk">deborah@larnecd.org.uk</a></p>
<b>Network Personnel's CFSP Programme</b>	Christmas Cheer Event – creating a Christmas themed mandala, mindfulness activity and fun Quiz 11 December 2020.	E: <a href="mailto:natalie.bell@networkpersonnel.org.uk">natalie.bell@networkpersonnel.org.uk</a> T: <b>07776 534784</b>
<b>NHSCT Nutritional Webinars</b>	<p>New topics will be added in January 2021. Please follow NHSCT Facebook page for further dates and information.</p> <p>Wed 2<sup>nd</sup> December 9.30-11am - Introduction to Solids <a href="http://www.hhk-introtosolids-dec.eventbrite.co.uk">www.hhk-introtosolids-dec.eventbrite.co.uk</a> (limited numbers, sign up required).</p> <p>Thurs 10<sup>th</sup> December 1-2pm – Top Tips for a Healthier Weight <a href="http://www.tinyurl.com/TTFHW-Dec">www.tinyurl.com/TTFHW-Dec</a></p> <p>Wed 16<sup>th</sup> December 12-1pm – Mealtime and Fussy Eating Tips <a href="http://www.tinyurl.com/hhk-family">www.tinyurl.com/hhk-family</a> Passcode: 531965</p> <p>Thurs 17<sup>th</sup> December 11-12noon – Eating Well As You Age <a href="http://www.tinyurl.com/nutrition-olderadults">www.tinyurl.com/nutrition-olderadults</a> Passcode: 531965</p>	We also offer training and support throughout the year please see via <a href="http://www.northerntrust.hscni.net">www.northerntrust.hscni.net</a> Dietetic services
<b>Northern Area Community Network(NACN)</b>	<p>Emotional, wellbeing and resilience sessions.</p> <p>Breaking The Cycle of Violence 19 January 2021 and 26 January 2021. Sessions x 2 (10-1pm).</p> <p>Young People and Resilience 27 January 2021 (10-12noon)</p> <p>Rebuilding Broken Relationships 2 February 2021 and 9 February 2021. Sessions x 2 (10-1pm).</p> <p>Confidence and Assertiveness Building 16 February 2021 and 23 February 2021. Sessions x 2 (10-1pm).</p> <p>Yoga for Self Regulation 24 February 2021, (10-12noon).</p> <p>Anger Management 2 March 2021 and 9 March 2021. Sessions x 2 (10am- 1pm).</p>	<p>Registration is essential</p> <p>E: <a href="mailto:registration@nacn.org">registration@nacn.org</a> T: <b>028 2177 2100</b> <a href="http://www.nacn.org/wp/register">www.nacn.org/wp/register</a></p>
<b>Volunteer Now</b>	Volunteer Now has published good practice guidelines for volunteer involving organisations and volunteers to stay safe during the Pandemic. This excellent resource is updated regularly in line with government guidance and is available to download <a href="http://www.volunteernow.co.uk/publication/?search=Covid+andp_category=">www.volunteernow.co.uk/publication/?search=Covid+andp_category=</a>	E: <a href="mailto:wenda.gray@volunteernow.co.uk">wenda.gray@volunteernow.co.uk</a> T: <b>07850 851811</b>
<b>NIDACT- Northern Connections Service</b>	<ul style="list-style-type: none"> <li>• Deliver awareness sessions on various Drugs and Alcohol related topics.</li> <li>• Develop, support and implement local and regional events and initiatives Dry January and Feel Good February, RAPID, and Alcohol Awareness week.</li> <li>• Support key members of the community to get involved in recognising and responding to the signs of drugs and alcohol misuse through Connectors and Responders training.</li> <li>• Respond to specific drug and/or alcohol incidents or issues locally.</li> <li>• Attend community-based partnerships or forums who are interested in addressing drug and alcohol issues or want to learn more about support services and current local trends.</li> <li>• Family and community support - navigate through Local Drug and Alcohol services and support available.</li> <li>• Promote the use of Northern Ireland's 'Early Warning' system – DAMIS.</li> </ul>	E: <a href="mailto:Connections@ndact.info">Connections@ndact.info</a> <a href="http://www.drugsandalcoholni.info">www.drugsandalcoholni.info</a>

