



See below a list of useful online resources which can be used during the Covid-19 crisis to help maintain our health and wellbeing.

This list is intended to act as a guide only. Inclusion is not exhaustive and does not necessarily constitute or imply any endorsement or recommendation of that organisation or service.

## Nutrition

Healthy Eating Information is available from the following links:

- **BBC Good Food Quick and Healthy Recipes**  
<https://www.bbcgoodfood.com/recipes/collection/quick-and-healthy>
- **Choose to Live Better – 85 recipes**  
<https://www.choosetolivebetter.com/content/healthy-recipes>
- **Cooking on a Budget**  
<https://realfood.tesco.com/recipes/collections/on-a-budget.html>
- **Dietetic Services**  
<http://www.northerntrust.hscni.net/services/nutrition-dietetic-services/>
- **Eat Well Live Well**  
[https://www.youthonline.org.uk/eatwelllivewell/?fbclid=IwAR1Nw0ldKnL4xmxHrRCE8bhBi5ToV6OUk1jHGS7uyWF\\_54AQC\\_WvSU0mz9M](https://www.youthonline.org.uk/eatwelllivewell/?fbclid=IwAR1Nw0ldKnL4xmxHrRCE8bhBi5ToV6OUk1jHGS7uyWF_54AQC_WvSU0mz9M)  
<https://www.nhs.uk/live-well/>
- **Healthy Eating**  
<https://www.safefood.eu/Healthy-Eating.aspx>  
[https://www.safefood.eu/SafeFood/media/SafeFoodLibrary/Documents/Healthy%20Eating/101\\_Square\\_Meals\\_1.pdf](https://www.safefood.eu/SafeFood/media/SafeFoodLibrary/Documents/Healthy%20Eating/101_Square_Meals_1.pdf)  
<https://www.nhs.uk/live-well/eat-well/>

[http://www.publichealth.hscni.net/sites/default/files/Enjoy Healthy Eating 09 17 0.pdf](http://www.publichealth.hscni.net/sites/default/files/Enjoy_Healthy_Eating_09_17_0.pdf)

- **Store Cupboard Essentials**

<https://www.bda.uk.com/uploads/assets/275073a5-06cc-473f-b349ca768124e72f/200406-BDA-OPSG-Store-cupboard-Flier-V2-A4-version.pdf>

## Physical Activity

- **Physical Activity Guidelines**  
<https://www.gov.uk/government/collections/physical-activity-guidelines>  
  
<https://www.nidirect.gov.uk/articles/physical-activity>
- **AgeNI - Exercise DVDs** help you stay fit at home:  
<https://bit.ly/ExerciseDVD>
- **Capacitar** – holistic health & well-being techniques eg Tai Chi, EFT  
<https://capacitar.org/> <https://capacitar-ireland.org/> F: @capacitarireland1  
<https://www.capacitaruk.org/> YouTube: 'tinylittlehannah' / 'capacitar international'
- **Fitness Studio Exercise videos** – aerobic, strength and resistance, pilates and yoga  
<https://www.nhs.uk/conditions/nhs-fitness-studio/>
- **Live Well**  
<https://www.nhs.uk/live-well/exercise/>
- **NHS Active 10 app**  
<https://www.nhs.uk/oneyou/active10/home>
- **Take the Next Step**  
<https://www.publichealth.hscni.net/publications/take-next-step>

There are a number of people demonstrating physical activities on Facebook and YouTube. Here's are a few to get you started – just remember you know your own body limits – just do what you are able to do.

**Lifedock Training** <https://www.lifedock.com> – Chi Me / Armchair activities  
<https://www.facebook.com/lifedocktraining/>

**Causeway Rural & Urban Network Dance and Fitness Group**  
<https://www.facebook.com/groups/443627563122886/>

**Gerri O Kane – armchair and physical activities**  
<https://www.facebook.com/geri.kane.9>

**Every Body Active Coaches in District Councils** (funded by Sport NI) and a range of governing body and community & voluntary sector organisations are delivering a range of sporting and physical activity sessions online. Eg: Armagh, Banbridge & Craigavon Borough Councils has a GetActiveABC facebook page and you tube channel - [www.youtube.com/user/CraigavonActivity/videos](http://www.youtube.com/user/CraigavonActivity/videos) with many videos that older people with a range of abilities could try: -

- An 'Over 50's' workout with EBA coach Roisin:  
[www.youtube.com/watch?v=E10e8cx17nk](http://www.youtube.com/watch?v=E10e8cx17nk)
- An 'Over 60's' workout with EBA coach Aaron  
[www.youtube.com/watch?v=KawsEuaCpC8](http://www.youtube.com/watch?v=KawsEuaCpC8)

## MUDC Leisure Facilities

All Leisure Centres are currently closed to the public but check out their online At Home workouts on facebook

Cookstown	028 8676 3853 @ cookstownleisurecentre/
Coalisland/Dungannon	028 8772 0370 @ dungannonLC/
Greenvale Magherafelt	028 7963 2796 @ GreenvaleLeisureCentre/
Maghera	028 7954 7400 @ magheraleisure/
Mid Ulster Sports Arena	028 8676 7135 @ midulstersportsarena/
Moneymore	028 8674 7974 @ Moneymore-Recreation-Centre/
Meadowbank, Magherafelt	028 7939 7117 @ MeadowbankSportsArena/
Tobermore Golf Centre	028 7939 7939 @ TobermoreGolfCentre/

**Sport NI** social media platforms - Twitter, Facebook, Instagram –signposting to mental health initiatives and how to cope during lockdown.

- The Sport Wellbeing Hub (<https://www.inspiresupporthub.org/sports/>)

## British Gymnastics Foundation - The Love to Move Programme

Love to Move is an age and dementia friendly seated movement programme. The programme helps to improve memory, balance, flexibility and co-ordination. eg

- [www.youtube.com/watch?v=d0RXyQougrg&t=83s](http://www.youtube.com/watch?v=d0RXyQougrg&t=83s)
- [www.britishgymnasticsfoundation.org/take-part-love-move-online/](http://www.britishgymnasticsfoundation.org/take-part-love-move-online/)
- [www.britishgymnasticsfoundation.org/wp-content/uploads/2020/03/Love-to-Move-booklet.pdf](http://www.britishgymnasticsfoundation.org/wp-content/uploads/2020/03/Love-to-Move-booklet.pdf)

**WISPA** (Women in Sport and Physical Activity) are offering 'Isolation Workouts' via their YouTube channel. [www.youtube.com/watch?v=ulfkAzLOpFo&list=PLLCrA6-TX8BnQ7aNksLr8yWzVcMw\\_v1ip](http://www.youtube.com/watch?v=ulfkAzLOpFo&list=PLLCrA6-TX8BnQ7aNksLr8yWzVcMw_v1ip)

**Disability Sport NI** through their 'Live Active NI' facebook page have been delivering an extensive range of physical activities that elderly people can participate in within their own homes. These have included:

- Low Intensity Arm Workouts; which are suitable for anyone with some upper body mobility, wheelchair users, anyone with limited mobility and those with long term health conditions.

- Tai-Chi, a series of sessions have been hosted, this can help develop strength, improve posture, co-ordination and balance and can aid relaxation. It's beneficial for people with health conditions, older people and those who are at risk of falling.

Through its social media, Sport NI is also signposting to the WalkNI and OutmoreNI websites as a result of the change in legislation.

## **FACE TO FACE ACTIVITY**

Sport NI is engaging with: -

- Every Body Active leads within District Councils to encourage coaches to connect with local age concern and other such groups to see if they could specifically deliver programmes on line (for those with access to internet) geared towards improving balance and muscle tone; and
- Community Planning colleagues and sports development teams in District Council to develop ideas and plans of how to exercise safely within the home/ garden/ local area, which include the physical activity co-ordinators in each of the health trusts.

## **AFTER LOCKDOWN**

Sport NI will work with the 11 district councils to explore how best to reengage communities and individuals of all ages in physical activity.

Clubs and associations will need some resource to be able to attract people back to their setting.

Initiatives to support raising confidence of older people to access sport and physical activity opportunities will also be key.

Sport NI is working with key partners to identify and upskill individuals as mentors to support and signpost people to the right support.

## Stop Smoking Support Services

- **Stop smoking Support Services**  
<https://www.stopsmokingni.info/ways-quit>

If you quit cigarettes for 28 days you're 5 times more likely to quit for good. Order your free quit kit now and you're on the road to a healthier lifestyle.

The Quit Kit is available to residents of **Northern Ireland only**.

<https://www.stopsmokingni.info/quit-kit-order>

## Older People

Age NI – Information & Advice for over 50's & 'Check in and chat' project for over 60's  
T: **0808 808 7575** <https://www.ageni.org/> E: [advice@ageni.org](mailto:advice@ageni.org)

To sign up for the free Signpost Express e-bulletin to be kept up to date about services for over 50's, please call 028 9024 5729 or email [elaine.curry@ageni.org](mailto:elaine.curry@ageni.org) to be added to mailing list

### Age Sector Support Networks

- Causeway Older Active Strategic Team  
<https://www.facebook.com/coastnetwork/>
- Mid and East Antrim Agewell Partnership  
<https://www.meaap.co.uk/>
- Mid Ulster Seniors Network – for anyone over 50  
<https://www.facebook.com/midulsterseniors/>  
E: [midulster.seniorsnetwork@gmail.com](mailto:midulster.seniorsnetwork@gmail.com)
- Newtownabbey Senior Citizens Forum  
<https://newtownabbeyseiorcitizensforum.co.uk>

### Community Navigators for over 50's – signposting and referral service

- Antrim and Newtownabbey areas – Stephen T: 07814 196 820  
E: [communitynavigator.an@ageni.org](mailto:communitynavigator.an@ageni.org)  
[www.ageuk.org.uk/northern-ireland/services/care-services/community-navigator/](http://www.ageuk.org.uk/northern-ireland/services/care-services/community-navigator/)
- Coleraine, Ballymoney and Moyle areas – BCRC – Bronagh T: 028 276 65068  
E: [communitynavigator@theresourcecentre.org](mailto:communitynavigator@theresourcecentre.org)  
[www.theresourcecentre.org/causeway-navigator](http://www.theresourcecentre.org/causeway-navigator)
- Directory Useful Services for older and vulnerable people in Causeway area  
<https://www.theresourcecentre.org/wp-content/uploads/2020/04/COVID-19-leaflet-pdf.pdf>
- Ballymena, Larne and Carrickfergus areas – MEAAP – Sarah T: 079 2755 0393  
E: [communitynavigator@meaap.co.uk](mailto:communitynavigator@meaap.co.uk) [www.meaap.co.uk](http://www.meaap.co.uk)
- Cookstown and Magherafelt areas – Eugene T: 078 1419 6935

E: [communitynavigator.mu@ageni.org](mailto:communitynavigator.mu@ageni.org) [www.ageuk.org.uk/northern-ireland/services/care-services/community-navigator/](http://www.ageuk.org.uk/northern-ireland/services/care-services/community-navigator/)

- [Directory of local Community and Voluntary Support Services – Across NHSCT area](https://www.northerntrust.hscni.net/services/older-peoples-services/support-in-your-area/)  
<https://www.northerntrust.hscni.net/services/older-peoples-services/support-in-your-area/>

### **Dementia clients**

Below are some links to support people with dementia and their carers

- <https://www.playlistforlife.org.uk>
- <https://musicmemories.bbcrewind.co.uk>
- <https://www.facebook.com/events/224767148793291/>
- <https://www.alzheimers.org.uk/get-support/coronavirus-activity-ideas-people-living-dementia#content-start>

### **Essential Guide to Living Well**

<https://www.northerntrust.hscni.net/site/wp-content/uploads/2020/02/Essential-Guide-For-Living-Well.pdf>

### **Good Morning Services**

Good Morning is a free, community-based telephone support service for older and vulnerable people, supporting them to remain independent in their own homes. It provides daily phone calls, alerting others if a call is not answered, thus providing service users and their families with peace of mind. In addition, the service provides telephone support, enabling users to share worries and concerns and connecting them with local community activities and services.

- **Good Morning Antrim T:** 028 9446 4619  
[goodmorningantrim@familycaringcentre.co.uk](mailto:goodmorningantrim@familycaringcentre.co.uk)  
(servicing Toome, Randalstown, Antrim, Parkgate, Templepatrick and Crumlin)
- **Good Morning Ballycastle T:** 028 2076 8309 M: 07849859781  
E: [goodmorningballycastle@gogglemail.com](mailto:goodmorningballycastle@gogglemail.com)  
<https://www.facebook.com/GoodMorningBallycastle/>  
<https://www.ballycastleconnect.org>
- **Good Morning Ballymena T:** 028 2564 0720  
<https://www.facebook.com/Good-Morning-Ballymena-167092990146085/>
- **Good Morning Carrickfergus T:** 028 9332 6000  
<https://www.facebook.com/GoodMorningCarrickfergus/>
- **Good Morning Causeway T:** 028 7055 8005
- **Good Morning Larne T:** 028 2827 3362  
<https://www.facebook.com/Good-Morning-Larne-1421936851431588/>



- **Good Morning Mid Ulster** T: 028 7963 2170  
E: [Marie.devlin@agewellpartnership.org](mailto:Marie.devlin@agewellpartnership.org)
- **Good Morning Newtownabbey** T: 028 9086 6385  
E: [communitymonkstown@gmail.com](mailto:communitymonkstown@gmail.com)

**Hour glass** (Action on Elder Abuse) T: [0808 808 8141](tel:08088088141) (9-5 Mon- Fri)

provides information and support to anyone concerned about harm, abuse or exploitation of an older person. This might include physical, financial, psychological, sexual or neglect.

<https://wearehourglass.org/>

## Carers

### Who is a carer?

A carer is someone who provides regular and substantial help or support to a family member or friend on an informal basis. A carer can be any age, be a parent caring for a child with a disability, be a young person caring for a parent or sibling, you do not have to be the sole carer or live with the cared for person.

See advice for Carers during COVID-19 pandemic via link below -

[www.health-ni.gov.uk/sites/default/files/publications/health/advice-for-carers-during%20-covid19.pdf](http://www.health-ni.gov.uk/sites/default/files/publications/health/advice-for-carers-during%20-covid19.pdf)

### Carers NI

<https://www.carersuk.org/northernireland/about-us-ni/contact-us> T:028 9043 9843

### Carers Emergency Card

[https://www.carersuk.org/images/Northern\\_Ireland/Carers\\_Emergency\\_Card\\_NI.pdf](https://www.carersuk.org/images/Northern_Ireland/Carers_Emergency_Card_NI.pdf)

### Carers Mailing List – NHSCT area

Please contact Cliare to be added to the mailing list: T: 028 2766 1210

E: [carers.coordinator@northerntrust.hscni.net](mailto:carers.coordinator@northerntrust.hscni.net)

### Domiciliary Care - Extra Care

<https://extra-care.org/contact/> T: 028 9448 2939

### NHSCT Carers Coordinator

<http://www.northerntrust.hscni.net/services/carers-service/>

### Digital Resources – Download ‘Jointly’ App - Free Code **DGTL2770**

For further specific online support relating to the caring role, carers should visit the Northern Trust carer website [www.carersdigital.org](http://www.carersdigital.org), create an account to log-in using the FREE access code DGTL2770. This is a designated website for carers where you can download resources, guides and the ‘Jointly’ app for free using the access code.

### Community Care

Community Care - **0845 600 3111**

Duty Social Worker – Cookstown **028 8672 3800**

Duty Social Worker – Magherafelt **028 7936 6984**

Emergency Social Work Out of Hours (Crisis) **028 9504 9999**

Elder Abuse Response Helpline **0808 808 8141**

Out of Hours - Urgent (Dalriada Urgent Care) NHSCT **028 2566 3500**

### Mid Ulster Disability Forum T: 03000 132 132

[www.accessmidulster.com/about-us](http://www.accessmidulster.com/about-us) E: [midulsterdisabilityforum@hotmail.com](mailto:midulsterdisabilityforum@hotmail.com)

## Mental Health and Wellbeing

If you are concerned or worried about your emotional wellbeing or mental health you should always contact your GP.

Alternatively, you can contact Lifeline Helpline 24 /7 free from landline or mobile. Lifeline offer crisis intervention, listening ear support and counselling.

### For urgent help and support:

**LIFELINE: 0808 808 8000**

**Samaritans: 116 123**

**GP Out of Hours (Dalriada): 028 2566 3500**

**GP Out of Hours (Southern Area): 028 3839 9201**

- **Action for Children**  
[www.actionforchildren.org.uk](http://www.actionforchildren.org.uk)
- **Action Mental Health**  
<https://www.amh.org.uk/news/coping-with-covid-19-indoors-taking-action-on-mental-health-in-the-new-normal/>
- **Anxiety UK**  
[www.anxietyuk.org.uk](http://www.anxietyuk.org.uk)
- **Aware NI** – Mental Health Charity provides support and currently online provision  
<https://www.aware-ni.org/covid-19-support> T:028 9035 7820
- **CAUSE 028 9065 0650** Helpline **0800 103 2833**  
<https://www.cause.org.uk/>
- **Cruse Bereavement Care** National Helpline **0808 808 1677**  
<https://www.cruse.org.uk/> E: [helpline@cruse.org.uk](mailto:helpline@cruse.org.uk)
- **Family Support Hubs** - provides services for families who are experiencing difficulties  
<http://www.northerntrust.hscni.net/2015/06/29/supporting-families/>
- **Flare Project** – Support for Young People  
<https://www.facebook.com/EAFLLAREproject/>
- **Government Resources**  
<https://www.gov.uk/government/publications/covid-19-guidance-for-the-public-on-mental-health-and-wellbeing>  
  
<https://www.gov.uk/government/publications/covid-19-guidance-on-supporting-children-and-young-peoples-mental-health-and-wellbeing>

<https://www.nidirect.gov.uk/articles/coronavirus-covid-19-taking-care-your-mental-health-and-wellbeing>

- **Helplines NI**  
<https://helplinesni.com/>
- **Inspire** T: 028 9032 8474  
<https://www.inspirewellbeing.org/> E: [hello@inspirewellbeing.org](mailto:hello@inspirewellbeing.org)
- **Lifeline** Helpline 24 /7 freephone T: 0808 808 8000  
<https://www.lifelinehelpline.info/>
- **Mens' Action Network**  
[www.man-ni.org](http://www.man-ni.org) T: 028 71137 7777
- **Mid Ulster Women's Aid** T:028 8676 9300  
[www.midulsterwomensaid.org.uk](http://www.midulsterwomensaid.org.uk) E: [admin@midulsterwomensaid.org.uk](mailto:admin@midulsterwomensaid.org.uk)
- **MIND** Huge range of topics and support:  
<https://www.mind.org.uk/information-support/coronavirus/coronavirus-and-your-wellbeing>
- **Minding Your Head**  
<https://www.mindingyourhead.info/>
- **Niamh Louise Foundation** T: 028 8775 3327  
<http://www.niamhlouisefoundation.com/> E: [info@niamhlouisefoundation.com](mailto:info@niamhlouisefoundation.com)
- **NHSCT Mental Health Teams** T:028 2766 6686  
<http://www.northerntrust.hscni.net/services/community-mental-health-teams-adult-services/>
- **Northern Area Directory of Services** – access the correct directory for your locality  
<https://www.publichealth.hscni.net/publications/directory-services-help-improve-mental-health-and-emotional-wellbeing>
- **Parenting NI** T: 0808 8010 722 or 028 9031 0891 'Parenting NI' app  
<https://www.parentingni.org/> E: [info@parentingni.org](mailto:info@parentingni.org) or [help@parentingni.org](mailto:help@parentingni.org)
- **Rural Support's** helpline T: 0800 138 1678  
<https://www.ruralsupport.org.uk/> E: [info@ruralsupport.org.uk](mailto:info@ruralsupport.org.uk)

- **Samaritans** T: 116123  
[www.samaritans.org](http://www.samaritans.org)
- **Stress Management Course**  
<https://stresscontrol.org/>  
[https://www.youtube.com/channel/UCACjHz3TTiM7ieqJf2iU\\_EQ](https://www.youtube.com/channel/UCACjHz3TTiM7ieqJf2iU_EQ)
- **Surestart** – family health, early years care and education and improved well-being programmes aged 0-4.  
<https://www.nidirect.gov.uk/articles/sure-start-services>
- **Take 5 Steps to Wellbeing Toolkit**  
<https://www.makinglifebettertogether.com/wp-content/uploads/2015/07/Take-5-Toolkit.pdf>

#### Online Counselling Services:

- New life counselling T: 028 9039 1630  
<https://www.amh.org.uk/new-life-counselling/>
- Inspire T: 0044 28903 28474  
[www.inspirewellbeing.org](http://www.inspirewellbeing.org)
- Kooth - children & young people  
[www.kooth.com](http://www.kooth.com)
- Hope Counselling T: 07902523883  
E: [hopecounselling1@hotmail.com](mailto:hopecounselling1@hotmail.com)
- Mind Your Mate and Yourself (MYMY) T: 028 4372 7549  
[www.mymy.org.uk](http://www.mymy.org.uk)

#### Other Resources

- David Toney - **Functional breathwork**: breathwork for better health and immunity  
FB: @davidtoneyonline  
<https://www.youtube.com/watch?v=-OGuYaTXn3E> E: [davidtoney@me.com](mailto:davidtoney@me.com)
- Flann Lynch - **Get Started Practicing Meditation** 'All will be well'  
<http://www.flannsformation.com/> FB@[VisionBeInspired](https://www.facebook.com/VisionBeInspired)  
<https://www.youtube.com/watch?v=ddiQn7HQHAK&t=113s>
- Karon Clements: **Emotional Freedom Technique** (EFT – Tapping)  
FB: @Karonhealthmatters

[https://www.youtube.com/watch?v=aD4Du\\_wK4dY&feature=youtu.be&fbclid=IwAR1mJCBD2AU6G-liA2njKTKGbNQbx-iLp5Z6mr65IAaeZSDEHTdVQQn0pf0](https://www.youtube.com/watch?v=aD4Du_wK4dY&feature=youtu.be&fbclid=IwAR1mJCBD2AU6G-liA2njKTKGbNQbx-iLp5Z6mr65IAaeZSDEHTdVQQn0pf0)

- Nigel Colmer – Tapping (EFT) to reduce stress  
<https://www.clearyourfears.co.uk/>  
Youtube [https://www.youtube.com/watch?v=4YBWSs6\\_WYY](https://www.youtube.com/watch?v=4YBWSs6_WYY)

## Support for Digital Technology and Internet – Beginners Guides

<https://www.ageuk.org.uk/northern-ireland/information-advice/work-learning/technology-internet/>

**Age NI** – YouTube -Internet Help & Guides - Introduction

[https://www.youtube.com/watch?v=nR5Nm4QFyJk&feature=youtu.be&fbclid=IwAR2z2crtezLEWtsxXPLdiCz5WUtBjqe3RiE2kGjc1LioPIPJ6uOPecY1\\_m8](https://www.youtube.com/watch?v=nR5Nm4QFyJk&feature=youtu.be&fbclid=IwAR2z2crtezLEWtsxXPLdiCz5WUtBjqe3RiE2kGjc1LioPIPJ6uOPecY1_m8)

<https://www.learnmyway.com/>

**Mouse Practice** - <http://www.mouseprogram.com>

<https://www.bt.com/skillsfortomorrow/daily-life/mastering-the-basics.html>

**BBC Blink** – a beginners Guide to using computers and the internet

[http://downloads.bbc.co.uk/connect/BBC First Click Beginners Guide.pdf](http://downloads.bbc.co.uk/connect/BBC_First_Click_Beginners_Guide.pdf)

**Digital Unite Guides** <https://digitalunite.com/technology-guides>

**Facebook for beginners**

<https://mashable.com/2012/05/16/facebook-for-beginners>

**Twitter for Beginners**

<http://mashable.com/2012/06/05/twitter-for-beginners>

**Skype for Beginners**

<https://mashable.com/2014/07/09/skype-for-beginners/?europe=true>

**Zoom for Beginners**

<https://www.youtube.com/watch?v=xcEXn4mnyLM>

<https://www.youtube.com/watch?v=9guqRELB4dg>

**Digital Age Project**

<https://linkinggenerationsni.com/portfolio-posts/digital-age-project/>

**Libraries NI** have a range of services online:

<https://www.librariesni.org.uk/Pages/LNIeBooksandMagazines.aspx>

<https://www.librariesni.org.uk/Services/Heritage/Pages/Useful-heritage-websites.aspx>

## Online Safety

**Scamwiseni** - <https://www.facebook.com/scamwiseni/>

<https://www.saferinternet.org.uk/>

**Action Fraud** - 0300 123 2040

<https://www.actionfraud.police.uk/reporting-fraud-and-cyber-crime>



## Community Networks:

- **Building Communities Resource Centre – BCRC - Ballymoney**  
[www.theresourcecentre.org](http://www.theresourcecentre.org) F: [@Building-Communities-Resource-Centre-130487640350494/](https://twitter.com/Building-Communities-Resource-Centre-130487640350494/)
- **Causeway Rural & Urban Network (CRUN) - Coleraine**  
[www.crun.org](http://www.crun.org) F: [@causeway-rural-urban-network](https://twitter.com/causeway-rural-urban-network)
- **Cookstown and Western Shores Area Network (CWSAN) – Stewartstown & Magherafelt**  
[www.cwsan.org](http://www.cwsan.org) F: [@cwsan.midulster](https://twitter.com/cwsan.midulster)
- **Impact Network NI - Randalstown**  
<https://www.facebook.com/Impact-Network-NI/>
- **Northern Area Community Network - Cushendall**  
[www.nacn.org](http://www.nacn.org) F: [@ Northernareacommunitynetwork](https://twitter.com/Northernareacommunitynetwork)
- **Northern Ireland Rural women’s Network (NIRWN)** T: 028 8775 3389  
<https://www.nirwn.org/nirwn-launch-covid-19-e-zine/> E: [info@nirwn.org](mailto:info@nirwn.org)
- **Rural Action** T: 028 8648 0900  
<https://ruralaction.co/>
- **Rural Community Network** T: 028 8676 6670  
<https://ruralcommunitynetwork.org> E: [info@ruralcommunitynetwork.org](mailto:info@ruralcommunitynetwork.org)

## Councils:

- **Causeway Coast & Glens Council**  
<https://www.causewaycoastandglens.gov.uk/live/community-services/covid-19-community-support>
- **Mid and East Antrim Council**  
<https://www.midandeastantrim.gov.uk/covid-19>
- **Mid Ulster Council**  
<https://mid-ulster-council-covid-19-response-midulster.hub.arcgis.com/>
- **Antrim And Newtownabbey Borough Council**  
<https://antrimandnewtownabbey.gov.uk/>

## **Other Support Organisations:**

**Advice NI** (Welfare Reform eg PIP, Universal Credit) T: 028 7930 1862  
[Welfarechanges@adviceni.net](mailto:Welfarechanges@adviceni.net)

**Advice4Health Outreach** T: 028 7034 0036  
[a4h@advicecauseway.com](mailto:a4h@advicecauseway.com)

**Causeway Advice Centre** T: 028 7034 4817  
<http://www.citizensadvice.co.uk>

**Causeway Volunteer Centre** T: 028 7035 8285  
<https://www.causewayvc.org/>

**Community Advice Antrim & Newtownabbey** T: 028 9590 6505  
<https://communityadvicean.co.uk/>

**Deaf/Blind Uk** T: 0800 132 320 Txt: 079 5000 8870  
<https://deafblind.org.uk/> E: [info@deafblind.org.uk](mailto:info@deafblind.org.uk) Facetime:  
[helpline.dbuk@deafblind.org.uk](mailto:helpline.dbuk@deafblind.org.uk) (not BSL)

**Diabetes NI**  
<http://www.hscboard.hscni.net/diabetes-helpline-launched-by-diabetes-network-ni>

**Directory of Support Services:**  
<http://northerntrust.hscni.net/services/older-peoples-services/support-in-your-area>

**Fact checker NI & CDHN**  
<https://factcheckni.org>

**Make the Call** - Benefit Entitlement Check: 0800 232 1271  
<https://www.nidirect.gov.uk/forms/contact-make-call-team>

**Maternity Website** Launched to advise pregnant women during COVID-19  
[www.ni-maternity.com](http://www.ni-maternity.com)

**Mid & East Antrim Community Advice Services** T: 028 9600 1333  
<https://midandeastantrimcommunityadvice.com/>

**Mid Ulster District Advice Service** - STEP Offices  
Cookstown 028 8676 1875  
Dungannon: 028 8775 0211  
Magherafelt: 028 7963 3079  
[advice@stepni.org](mailto:advice@stepni.org)

**Mid Ulster Volunteer Centre** T: 028 7930 1862

<https://www.midulstervolunteercentre.org>

### **NI Direct**

<https://www.nidirect.gov.uk/campaigns/coronavirus-covid-19>

### **Northern Health & Social Services Trust (NHSCT)**

<https://www.northerntrust.hscni.net/2020/02/25/covid-19-coronavirus>

### **Pain Management**

<http://livewellwithpain.co.uk>

### **Public Health Agency (PHA)**

[https://www.publichealth.hscni.net/covid-19-coronavirus /](https://www.publichealth.hscni.net/covid-19-coronavirus/)

### **Solas Moyle (Well-being)**

[www.solasmoyle.org.uk](http://www.solasmoyle.org.uk)

**The Consumer Council** - details regarding Critical Care Registers with utility providers and consumer rights during Covid 19

<https://www.consumercouncil.org.uk/coronavirus>

**Turn2Us** - Help for people in financial difficulties: 0808 802 2000 (FHP)

<https://turn2us.org.uk>

### **Volunteer Now volunteer Guidance**

<https://www.volunteernow.co.uk/information-resources-related-to-covid-19/>

### **Who's delivering NI**

<https://www.facebook.com/groups/WholsDeliveringNI>

### **Women's Aid Federation Northern Ireland**

- Covid-19 Resources for Parents, Children and Young People

<https://www.womensaidni.org/resources/covid-19-resources-for-parents-children-and-young-people/>