

## Welcome



Welcome to our first edition of MEAAP's new look Ageing Well Magazine!

In this edition we will be spending time getting to know the people involved in our charity, from our service users to our Trustees.

This edition's spotlight interview is with our Mayor Cllr William McCaughey. Following the lifting of COVID restrictions, William has been very active across the community, meeting residents and business owners. We are very lucky to also have William sitting on our Board of Trustees following his extensive volunteer work with us during lockdown.

One of our new features is called Sunshine Stories! This is our opportunity to turn the spotlight on you, our members. Every edition we will feature one of our members who has had an interesting life story and has chosen to share it with us. This time we meet Doris from Carrickfergus. A truly

fascinating woman, who became one of the first female engineers in Northern Ireland in the 1950's. Maybe you could be the star of the next Sunshine Story?

As well as her interesting life, Doris is also one of our service users on IMPACTAgewell®, our unique integrated care programme which works with GP practices across Mid and East Antrim to support older people to live at home independently, as long as they want. See page 4 to see if your GP is one of the practices we work with.

With rising fuel prices causing concern for all, we have compiled some useful information on how to heat your home as efficiently as possible and we also have a great round up of all the latest Spring activities in the area which could be just the ticket to get you up and out, meeting new people and starting new opportunities in 2022.

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# **Get moving with MEAAP!**

Looking forward to the longer days and COVID restrictions easing has us all starting to think about being more active. Exercise is such an important part of healthy ageing – It can improve your heart health, lower blood pressure, lower your risk of certain cancers and arthritis, prevent osteoporosis as well as improving your energy, flexibility, balance, sleep and metabolism

And the great thing is that you don't have to be able to go to the gym or run a marathon to make a difference - just do what you can manage, make it fun and a celebration of what our bodies are still able to do. No matter what your age, size or fitness level it's never too late to start exercising.

Walking is probably the easiest exercise. All you need is 30 minutes a day 5 times a week. You can even break that up into smaller sessions if it's more manageable.

Morning	Afternoon	Evening
10 minutes	10 minutes	10 minutes

Just walking around your home can soon clock up those minutes and if

you fancy combining exercising and getting out and about with other people there are walking groups that meet regularly (Contact MEAAP for details of groups in your area.)

Maintaining balance and flexibility as we age is also so important. By doing a few simple exercises you reduce the risks of some health conditions and make all the difference! Being steady on your feet, mobile and strong can help your confidence and wellbeing as well as helping you to stay independent.



(Contact us for further information and details of local groups / classes)

If you would like to exercise more you can contact us to find out details of easy strength and balance exercises that you can do at home or information on local groups and classes.

We'd love to hear what fun exercise you have tried?

Always consult your GP before starting a new exercise routine.

So whatever you fancy – be it walking, Tai Chi, dance or anything else that gets you active – make a start today, have fun and get moving!

# **Sunshine Stories**



Every edition we will feature a feel good interview or life story of one of our fantastic members... maybe you could be the next star of Sunshine stories!

#### From being the first woman engineer in Northern Ireland to a floral artist at Chelsea Flower Show

Doris was born in 1938 in Belfast. She had one older sister. Her father was an engineer and trained apprentices at Harland & Wolff in using the lathes machines. Her mother was a



She attended Belfast High school and became head girl. She was too young to start college and had to sit an extra year. She worried she wouldn't get a place at this college and be without a job and this would have been a disgrace. Her father and sister were working for Shorts so she decided she would apply there.

Doris was offered a position and started working in Castlereagh where the 'special' products were designed and made. She trained as the first woman in Northern Ireland in Mechanical Engineering at the

Belfast College of Technology. For 10 years she worked on the design and development of airplane parts, quided missiles and the jacks operating the doors of the ferries. There was tight security around their work and Doris had to sign the Official Secret's Act.

Doris recalls that as a woman she was treated with the greatest respect by all the staff at the engineering workshops. On three occasions redundancies were announced. Women were often expected to give up their jobs in favour of the men. When Doris went to speak to her boss she was told to stay as she worked better than the men.

After Doris got married and had a son she left her job.

During the eighties she was invited to a flower arranging workshop. Rather than copying what other flower arrangers were displaying she was keen to learn more. She enrolled at the City & Guilds Creative studies and passed with a teaching qualification in 1989. She saw the enjoyment teaching flower arranging brought to others and found she blossomed herself.

During this time she did not have a car. Other teachers were not willing to take classes in certain areas, but Doris travelled all over the country using the money for the classes to pay for her taxis.

She started taking part in flower festivals and competitions and belonging to the Northern Ireland Flower Arranging Societies. In 1992 she won her way through various



competitions and as a result was honoured to present Northern Ireland at Chelsea Flower Show competing against floral artists from all over the world.

In recent years Doris has developed Macular Degeneration and because of this she has volunteered to take part in research at Queen's University in the development of new treatments for the condition.

Last year Doris went through a particularly difficult time and felt very isolated. She felt she couldn't stay at home and was out all day due to a stressful situation. She felt she was heading for a nervous breakdown and told the clinic she was at the end of her tether.

Doris realised she may need some extra support and started receiving visits from an IMPACTAgewell Officer. She was able to tell her story and felt listened to. She had been blaming herself but now knew she was not overreacting. Over a period of a few months her support network was strengthened and she began to handle her circumstances better.

Spring is here and Doris' garden is a display of her love of flowers, colour, art and design. Above all, they are a beautiful sign of new life sprouting.



## **Affordable** Warmth

Are you or someone you know finding it difficult to heat your home, struggle to understand the rise in price of energy bills or how to manage your heating system?

The Mid and East Antrim Energy **Efficiency Service** offers free advice on grant schemes available, advice on budgeting for fuel and managing your heating system. The service offers a range of measures including home visits, onward referrals to grant schemes, and support services.

Should you wish to enquire about this support, please contact one of the Community Health and Wellbeing Officers on 028 2826 2498 wellbeing@midandeastantrim.gov.uk

#### Oil Saving Stamp Scheme:

The 'Stay Warm Saving Scheme', operated by the Society of Saint Vincent de Paul and supported by Mid and East Antrim Borough Council allows you to spread the cost of your home heating oil by buying oil stamps at local retailers.

#### Saving your stamps

- 1. Collect an oil stamp savings card from any of the participating stamp retailers
- 2. Complete the name and address sections to help prevent fraud
- 3. Purchase £5 oil stamps from participating retailers. Stamps are non-refundable.
- 4. Place your oil savings stamp onto your savings card in the spaces provided. Each stamp holds 30 stamps.

#### **Affordable Warmth:**

The Affordable Warmth Scheme addresses the effects of fuel poverty and energy inefficiency.

It is a targeted scheme aimed at those areas where levels of fuel poverty are highest.

The scheme may be available to you if you:

- Live in Northern Ireland
- Owner Occupier/Rent from a private landlord
- Total annual gross income of less than £23,000

For further information contact Mid and East Antrim Affordable Warmth Co-ordinator on 0300 124 5000

#### **Boiler Replacement Grant:**

This scheme, provided by funding from the Northern Ireland Executive, offers owner occupiers a grant of up to £1,000 to:

- Replace inefficient boilers with energy-efficient condensing oil or gas boilers
- Switch from oil to gas
- Switch to a wood pellet boiler

It is available to those who earn less than £40,000 a year with an inefficient boiler of at least 15 years and is dependent on total gross income.

For further information please call 0300 200 7874 or register by E: boiler-replacement@nihe.gov.uk







# **Community Roundup**

#### **Activities in Mid and East Antrim**

With Spring approaching, we are happy to say that community groups and organisations are beginning to get up and running again. In this section, we will keep you up to date on the activities happening in your local area.

Mid and East Antrim Agewell Partnership Pop Up Shops in Larne, Carrick and Ballymena. Call in for a cuppa and a chat, we will be offering support and advice for older people and you can also browse our range of helpful products, aids and adaptations for older people.

Tower Centre	Ballymena	11th – 16th April
20 Main Street	Larne	30th May – 4th June
33 – 35 High Street	Carrickfergus	27th June – 2nd July
Tower Centre	Ballymena	22nd – 27th August

All pop-up shops will be open from 9am-5pm so come along and have a look!

### LARNE

**PAWSITIVE WALKS** - relaxed doa walking group. **Every Tuesday** morning 10-11am, meet outside leisure centre café at Larne Promenade. To register call Niall on **07810 036 866** or email nirwin@liveactiveni.co.uk.

**SALVATION ARMY** – tea / coffee / chat and activities. Drop In every Tuesday and Thursday 10am-1pm. Coffee Morning (Chatty Café) every Wednesday 10am-12noon. 71 Main St, Larne BT40 1JE. For more info call 028 2826 7088.

**DANDER BALL** – walking football for over 50s, Monday 11-12noon, Larne Leisure Centre. For more info contact Johnny on **07850 157 960**.

**SOCIAL RACOUET CLUB** - dabble in sports such as table tennis and badminton in a friendly environment. info contact 028 2888 5811. Every Tuesday 11.30am-12.30pm, Larne Leisure Centre.

THE OASIS - Coffee and a chat. **Every Tuesday and Thursday** 11.30am-4pm, Larne Elim Church, Victoria Road.

#### **BALLYCARRY ART CLUB -**

Wednesday 2pm-4pm, everyone welcome, Gobbins Visitor Centre, 66 Middle Road, Ballystudder, Larne, BT40 3SL.

**OVER 50'S FUN FITNESS CLASS** WITH DEBBIE - (£5 per class).

Tuesday 11am - 12noon, Ballygally Community Hall, 262 Coast Road Larne, BT40 2QX. Contact Debbie for more info on 07704 436 488.

**CARNLOUGH ASSOCIATION BOWLING CLUB** – Monday 7pm-10pm, Thursday 1pm-4pm. Glenlough Community Centre, 60 Croft Road, Carnlough. For more

#### **Activities in Mid and East Antrim**

## **BALLYMENA**

#### **OVER 50S BETTER CONNECTED**

 relaxed and welcoming group sessions for promoting activity and fostering friendships. Every Wednesday morning 11.30am,
 Seven Towers Leisure Centre Ballymena. To register call Niall on 07810 036 866 or email nirwin@liveactiveni.co.uk.

SALVATION ARMY – Cameo (come and meet each other) Tea, coffee, soup, chats and activities. Every Monday 1-4pm, Church Hall in Waring Street Ballymena. For more info call 07918 402 788.

#### **BALLYKEEL BREAKFAST CLUB-**

**Every Tuesday 9:30am – 11:00am**. Ballykeel 2000 Community Centre, Ballymena BT42 4DR.

HARRYVILLE MEN'S SHED
COFFEE MORNING – relaxed
coffee and banter. Every Monday
9:30am – 11:00am, 20 Antrim Rd,
Ballymena BT42 2BJ. Contact
Denver for more info on
07968 860 567.

BRAIDWATER SENIORS GROUP COFFEE MORNING – local ladies who meet for coffee and knitting. Every Thursday 10:30am – 12:30pm, Harryville Community Centre, 73 Brooke Park, Ballymena BT42 3AU.

#### **BALLEE 60+ LUNCHEON CLUB**

new members welcomed (£5).
Every Wednesday 10:30am –
1:00pm, Ballee Community Centre,
Ballee Dr, Ballymena BT42 3EX.

KNIT AND NATTER – Every Wednesday 10am-12noon, The Hub, Cullbackey (just beside Blessings café). Pre booking essential, call 028 2588 2281 or 07866 408 092 for more info.

CARD MAKING / CRAFT – Every Friday 10am – 12noon, The Hub, Cullbackey (just beside Blessings café).

TEA & NEWSPAPERS – Tuesday, Wednesday, Thursday and Saturday, During opening hours - Portglenone Library, 19 Townhill Road, Portglenone, BT44 8AD. Contact 028 2582 2228 for more info.

PORTGLENONE GARDENING
GROUP – Every Wednesday 10am
– 12.30pm. Contact Nora at The
Bank for more info on
028 2582 0150.

#### **Activities in Mid and East Antrim**

### **CARRICKFERGUS**

## CARRICKFERGUS COMMUNITY CHURCH, CONNECT COFFEE

- A group for women to meet fortnightly for coffee and a chat in various locations across Carrickfergus. **Fortnightly Friday 10.30am – 12 noon**. Contact Sandra Clarke for more info on **028 9336 7000**.

CARRICKFERGUS COMMUNITY CHURCH, CONNECT FRIENDS (OVER 60'S) – crafts, playing games, going on trips and catching up over cake. Fortnightly Monday 2pm – 3pm. Contact Christine Gillespie for more info on 028 9336 7000.

#### **KNIT AND NATTER – Every**

Tuesday 10am-12noon, Carrickfergus Library, 2 Joymount, Carrickfergus BT38 7DQ. Call **028 9336 2261** for more info.

#### **TEA & NEWSPAPERS – Every**

Thursday morning 10.30am – 11.30am, Carrickfergus Library, 2 Joymount, Carrickfergus BT38 7DQ. Call 028 9336 2261 for more info.

**CRAFT CLUB** – Every Thursday

11am-12.30pm, Whitehead Community Association, 20a Balmoral Ave, Whitehead, Carrickfergus BT38 9QD. Pre booking required, contact Rosanna on 028 9337 3618.

# ART CLASS FOR ALL AGES AND ABILITIES, RUN BY LOCAL ARTIST STEVE DIAMOND – Every Friday

10.15am – 12.15pm. Whitehead Community Association, 20a Balmoral Ave, Whitehead, Carrickfergus BT38 9QD. Pre booking required, contact the community centre on 028 9337 8077.

#### **YOGA WITH ROSHAN - Every 2nd**

Monday of the month, 10.30am – 12noon, Whitehead Community Association, 20a Balmoral Ave, Whitehead, Carrickfergus BT38 9QD. Pre booking required, contact the community centre on 028 9337 8077.

WHITEHEAD BAPTIST CHURCH HARBOUR DROP IN – Relax and enjoy a cuppa with some company. Every Thursday morning 10.30am – 12noon. 17 Slaughterford Road, Whitehead, BT38 9TG.



# Spotlight Interview Mayor William McCaughey



Councillor William McCaughey took over chain of office at Mid and East Antrim Council as Mayor in June 2021, in November 2022 he came on board as a Trustee of MEAAP. We were delighted to have the opportunity to feature Mayor William McCaughey as our inaugural Spotlight interview with MEAAP Ageing Well Magazine.

# 1. How have you found this past year as Mayor of Mid and East Antrim?

In one word busy. Thankfully with the reduction of restrictions, many community groups, charities and organisations are slowly getting back to providing their much needed services and they have been very kind in permitting the Mayor's office to be part of that normalisation. I regard it as a privilege to be invited to their events and have made every effort to attend as many functions as possible.

# 2. What are your hopes for the year ahead for the Borough as we emerge from the pandemic?

That this wonderful Borough is once again the hive of activity that it was before March 2020. There were some very tough days over the past year but there were some fantastic examples of community cohesion and community assistance. Many people who had not been involved in any groups were coming forward to help and assist. This was never more evident in my role as a community pharmacy manager. So my hope is that all of those generous people who gave of their time will stay involved and connected to their communities.





# 3. What are you most looking forward to for community groups? Any tips to encourage engagement?

My hope is that more of our citizens will become active within their communities and those that were engaged with their community groups during the worst months over the past two years will remain active. As council we are there to encourage but it is the active members of all our community groups that make this Borough the best place to live. My tip to encourage engagement... To the groups don't be afraid to approach people and ask for their help, I have always found if you ask, most people are willing to offer their time.

To those wanting to become active within their community, it can be a daunting experience arriving at a community group meeting for the first time where everyone knows everyone else and you feel very much like the outsider. Contact any member of the group, speak to them first and ask if they would meet you at that first meeting. My experience would be that you will be welcomed with open arms.



# 4. It is fantastic to see you have been visiting local groups and attending events recently. Are you enjoying in person interactions?

I have been so amazed by the number of volunteers that we have within our communities. delivering so much on behalf of their communities and seeking little recompense in return. I made one of my objectives this year to not be stationed in my parlour but to be out and about seeing first hand what is being delivered right across our Borough by our officers and our volunteers. I have met so many lovely people over the past ten months, there is so much good being done by so many and I wanted to throw just a little bit of a spotlight on it using this role as Mayor.



# 5. How have you found your involvement with MEAAP this year?

Probably the greatest disadvantage to the role of Mayor is the duty and service that is expected with it. The events, and requests for attendance that flood into the Mayor's office on a daily basis, give you as an individual, little time for what would normally be your priorities, and so I must apologise to MEAAP for my absence as a trustee throughout the year. I hope though come July normal service will be resumed. MEAAP are a fantastic organisation of service delivery and very much community focused. As a council we are truly fortunate to have them as a partner organisation, and one that we can trust in for service delivery for the older members of our communities.

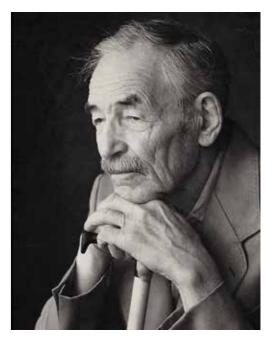
# 6. How do you feel MEAAP has dealt with challenges over the last year and supported our older people?

Brilliantly. No one could foresee what 2020 and 2021 would do to all our communities. Those most affected were in our older population. They lost valuable contact with their friends as weekly events taken so much for granted before, ceased to exist and everyone was pushed into their own homes. MEAAP delivered right through the pandemic and that was no more evident than in my industry of community pharmacy. Without the organisational skills of the MEAAP staff and the willing volunteers, we would not have had prescriptions collected so regularly and more importantly deliver to patients doors on a daily basis. Food parcels from retail outlets would have sat waiting on delivery vans and older members of our communities would have been left lonely and without contact. The past two years have shown the unequivocal need for organisations like MEAAP, with staff and trustees alike, whose only focus is to see a first class service delivered, and problems overcome with inventive



# How Can You Help Support MEAAP's Work?

Living alone can be hard for anyone, but living alone during a pandemic can be life-changing. Many of the Older People that we support have struggled to adapt to life post-pandemic. This can have been for many different reasons including, loneliness, the loss of a loved one, or the fear of returning to normal activities.



We are very grateful to our wonderful funders, but often we need money to carry out the additional support that many Older People need. With your help, we can continue our work to ensure that everyone in Mid & East Antrim has the opportunity to actively age well.

£5 can help ensure that a lonely Older Person will receive a handwritten birthday card.

£10 can provide five Older People with a copy of our Ageing Well Magazine.

£20 can support us to ensure that the voice of Older People is heard on **government platforms**.

# It's Easy To Give to MEAAP!

In Person
At our office
Online
www.meaap.co.uk/donate



#### **By Text**

To donate £5, text AGEWELL to 70970
To donate £10, text AGEWELL to 70191

## **By Standing Order**

Contact us on  $028\ 2565\ 8604$  for a standing order form

"Sometimes there are no words: I got what we had been hoping for!

Thank you for keeping at me to apply and not giving up on me!

It will be a great help to me!

Thank you doesn't seem enough for what you've done for me." **Eleanor Aged 65** 

Eleanor was referred by her GP to the IMPACTAgewell® project, based here at MEAAP. IMPACTAgewell® aims to connect older people to local services for their housing, community, health and well-being and financial support. We have five officers working with 19 GP surgeries in Ballymena, Larne and Carrickfergus to support older people.

Working with your GP, your local pharmacies, and health trust colleagues we aim to provide holistic health and wellbeing support to anyone aged over 60 living with one long term health condition for 6 months through visits in your home.

For Eleanor the support which her IMPACTAgewell® Officer was able to provide her with led to her feeling confident enough to reapply for her personal independence payment which she had previously been unsuccessful with. Although there were many reasons why

Eleanor felt she needed support. She lived with depression, and panic attacks and was in pain most days due to fibromyalgia, osteoporosis and had diabetes. Her self-confidence was very low and she was very lonely after her beloved dog passed away. She had been struggling to pay back debts and loans. She mentioned that even though she could write without difficulties, she always had problems with calculations and has been a victim of scams in the past.

Her support from IMPACTAgewell® helped her to understand what mattered to her most. She was connected to a support group to help her manage her pain, she spoke to her pharmacist about some of the side effects she has been experiencing because of her medications, and as she felt she has a little more confidence now, was able to start doing regular things again like visit the hairdressers. She also attended an online desmond course to help manage her diabetes.

At IMPACTAgewell® we look at the medical and social parts of an older person's life to empower them to be able to navigate the healthcare world with confidence whilst reconnecting them to their community as well.

So if you are over 60, and live with one long term health condition such as Heart disease, Respiratory(COPD), Diabetes, Arthritis, Parkinsons, Hypertension, Stroke or Fraility, and are registered at one of the GP surgeries below you could be supported by IMPACTAgewell®.



Catriona is the IMPACTAgewell® Officer for The Castle Practice, Carrickfergus, Smithfield Medical Practice, Bernaghmore Medical Practice, The Gables Medical Practice



Rosaliene is the IMPACTAgewell Officer® for Scotch Quarter GP, Old School Surgery, Carrickfergus and Meadowbridge Surgery, Whitehead.



Ellen is the IMPACTAgewell Officer® for Waveney Medical Practice, Maine Medical Practice and Portglenone Medical Practice.



Una is the IMPACTAgewell® Officer for Corran Surgery, Victoria Surgery, Drs Black & Lalsingh and Larne Family Practice.



Nicola is the IMPACTAgewell® Officer for Glen's of Antrim, Cullybackey Medical Practice, Galgorm Surgery and Broughshane Medical Practice.

# Platinum Jubilee Memories Close To Home

As we approach the Platinum
Jubilee in June 2022 our thoughts
turned to memories and any
memorabilia that local people
may have from that time. When
we discussed it with our Board
of Trustees you can imagine how
amazed we were to hear that
our very own Vice Chairperson,
Eve Booker had her very own
treasure trove tucked away in her
attic.

She invited us round to have a look!!

Some of her pieces she has kept since childhood, but some she has been given or collected down through the years.

This stunning headscarf featuring the young Queen in military attire on her horse was very much the height of fashion in 1952.



The Beer Tankard was a commemorative souvenir of the time and was given to Eve by an older woman who was the local publican. She gave it to Eve as a gift for looking after the pub while she was in hospital.



This commemorative **china tea set** would have been pride of place at all the celebratory afternoon teas.



This beautiful official image of the young Queen Elizabeth II at her coronation was given to Eve and the other school children of the day.

## Commemorate (Coronation) Most Gracious Majesty Queen Elizabeth II This is a beautiful **handmade** piece of lace commemorating the event, so delicate Eve keeps it packaged away very carefully. This **bible** with its special inscription holds a very special place in Eve's heart. $QUE_{\mathcal{E}}$ If you were at our Members Event an Afternoon with MEABC Mayor William Crawley you may have been lucky enough to see these beautiful pieces of history on display.



And this stunning picture of Her Majesty Queen Eliabeth II on a walkabout in Ballymena during her Coronation tour in 1953 with the Duke of Edinburgh and the Mayor at the time Mr Alfred J Gillespie, we were given permission to use this image by the popular Facebook page Old Photos of Ballymena, maybe you can name some of the children cheering her on?

## **Puzzle Time**

### Sudoku

6	3		9				5	2
							8	
	8	4				3	9	
			4	6				
	6				8			
			2			5		
2			3 6		1	9		
3			6	2				
				4	9			

6	3		9				5	2
							8	
	8	4				3	9	
			4	6				
	6				8			
			2			5		
2			3 6		1	9		
3			6	2				
				4	9			

### **Word Search**

Q	F	0	Р	L	M	0	V	Ε	М	Ε	Ν	T	W	V
Α	G	R	K	Α	F	K	D	I	S	X	U	C	Z	U
N	V	J	В	R	W	0	L	Н	S	D	U	A	S	M
Р	A	R	T	N	Ε	R	S	Н	I	P	ı	R	X	C
Α	W	0	U	Ε	Ε	В	J	M	A	Y	0	R	A	X
G	0	М	Z	C	X	N	L	V	В	Ε	Ρ	I	U	Н
Ε	I	A	V	K	X	В	J	R	A	I	М	C	В	E
ı	K	R	L	Н	J	K	C	C	L	R	J	K	J	Δ
N	В	Υ	T	D	K	В	Q	V	L	Q	U	F	X	T
G	R	Н	L	U	R	F	W	A	Υ	Z	В	Ε	A	I
W	F	М	D	0	Α	Q	0	S	М	M	I	R	Р	N
E	0	М	Α	G	Α	Z	I	N	Ε	L	L	G	F	G
L	R	I	S	U	Ν	S	Н	I	Ν	Ε	Ε	U	X	C
L	В	Α	P	R	D	Y	Р	I	A	0	Ε	S	0	T
X	Ρ	F	Т	D	Т	C	0	М	М	U	Ν	1	Т	Υ

Community
Partnership
AgeingWell
Magazine
Sunshine
Jubilee
Mayor
Ballymena
Larne
Carrickfergus
Heating
Movement

## Useful Numbers

NI 24 hour domestic & sexual violence freephone helpline open to all women and men - 028 9032 6803



Report bogus callers to PSNI Tel: 101 (or 999 in an emergency)

Web: www.psni.police.uk



For independent advice on benefits or pensions, contact,

Mid & East Antrim Citizens Advice on 028 9600 1333



Community **Advice Services** 

#### **EXTERN**

**Adult Substance Misuse Programme** 

Supporting Individuals & Families impacted By Substance Misuse

Tel: 028 25654012



Reduce unwanted mail by signing up to

**Mailing Preference Service** Tel: 020 7291 3310



Reduce unwanted calls by signing up to

**Telephone Preference Service** 

Tel: 0345 070 0707



Feeling lonely or isolated and in need of a friendly call, contact your local

#### **Good Morning Service**

- Ballymena **028 2564 0720**
- Larne 028 2827 3362
- Carrickfergus **028 9332 6000**

**Mid & East Antrim Borough Council** 

Tel: 0300 124 5000



**Mid & East Antrim PCSP** Tel: 028 2826 2461

**COMMUNITY SAFETY ISSUES** Anti-Social Behaviour, Drugs and Alcohol, PSNI Engagement



#### **Support Available from MEAAP**

**IMPACTAgewell®** - One to one support in partnership with your local health professionals to improve your health and wellbeing

**Community Navigator Service** – A telephone signposting service for Older People aged 50+

**MEAAP Handyman** – A handyman service available for small jobs around the home for Older People aged 60+

Community Support - Support and guidance for your local Older Peoples community groups

For further information contact

MEAAP 028 2565 8604



