Community Resources 2017

Newtownabbey, Antrim and Belfast Area

**Psychological Therapies Service**

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**Referrals Required**

**Mental Health Services**

**Woodlands**

**Aim:** About learning to deal and manage mental health difficulties, helping people on the road to recovery. Anxiety management courses, behavioural activation, community living, healthy lifestyle, positive social steps, self-esteem, gardening club and choir. Once a week a reading room – pick a book or passage and they read it. Aim is to get people out of their homes and to meet other people. Have to be over 18 years old.

**Referral procedure:** Referrals must come from CMHT (mental health nurse, social worker etc), not GP. Locations: Larne, Newtownabbey and Carrickfergus. They have to be seen by a key worker while in the woodlands, and cannot be discharged. They must be active in the CMHT. Generally 10 week programs, and halfway through there will be a meeting with person attending, wellness hub and keyworker. And end review with the CMHT.

**Contact person:** Janice Gray: Janice.gray@northerntrust.hscni.net

**Health Psychological Service (Holywell, Antrim)**

**Aim:** To provide counselling for clients (18+) with the following conditions: diabetes, coronary care, respiratory, oncology, renal and pain, and who experience emotional distress resulting from their physical health condition and its associated treatment/management.

**Referral**: E-referral forms for all the conditions (apart from pain) can be found on the Northern trust staffnet site: <http://staffnet.northerntrust.hscni.net/4740.htm>

Referral criteria for the pain management program (PMP):

* Patient (18+) has given, and accepted, a diagnosis of Musculoskeletal (MSK) Chronic/Persistent pain (duration of at least 3 months).
* Currently no outstanding investigations relating to patients MSK pain conditions, and no currently available curative interventions to the patient.
* Purpose of the PMP has been discussed: that it does not seek to cure pain, but to equip patients with knowledge, confidence, skills and coping strategies to better manage their pain condition.
* Psychological distress related to pain, and not pre-existing trauma or another mental health problem.
* Patient is willing and motivated to undertake non-medical approaches to the management of pain (i.e., guided self-management)
* Patient is able and willing to attend group based interventions

Exclusion criteria: if patient’s psychological distress is primarily unrelated to their chronic pain condition, if they have active suicidal ideation, if patient’s psychological or emotional wellbeing is unstable to the point where it would impede their ability to attend a complete program, cognitive impairment that may reduce group-based intervention, or patient has a life-limiting condition (rapidly deteriorating disease).

**Addictions (Ballymena)**

**Aim:** To provide a comprehensive range of services to adults (18+), and who are using alcohol and drugs in a harmful way or dependent on it.

**Referral**: Usually made through a GP or another health and social care professional, but can also be made from staff in the psychology therapies service as well. Self-referrals are accepted only for heroin users.

**Contact:** Community Addiction Service, 105a Railway Street, Ballymena. Tel: 028 2531 7162.

**Condition Management (Whiteabbey)**

**Aim:** To offer a condition management programme (CMP) for patients with Chronic Fatigue Syndrome (M.E). It involves 12 sessions with three and six month follow ups. It helps assist patients in the self-management of their condition and help them on their road to recovery.

**Referral:** People can be referred through their GP.

**Contact:** Lorraine Henry, OT, 028 2563 6740.

**Zest/SHIP**

**Aim:** To provide counselling to individuals who self-harm or have thoughts of suicide.

**What to expect?** 1-1 counselling once a week for an hour (generally speaking 6 session, but can have more if the client needs it). First session is an assessment session. Does not cost anything for the client.

**Staff qualifications:** Trained counsellors, degrees in counselling.

**Referral**: Can be self-referred, but can also be referred through SHIP and through CMHTs. Self-referrals have longer waiting lists, so it is quicker to go through CMHTs (about 1 week waiting time from here). Underage clients are referred through CAHMS, and 18+ through CMHTs. Clients can be seen by a psychologist at the same time as they see Zest. They do not have any exclusion criteria. ZEST has a contract with SHIP, and can take clients from this service.

**Contact**: Locations in South-Antrim and Mid-Ulster areas. Telephone: 02871 266 999.

**Employment, Educational & Recreational Services**

**AMH New Horizons (Antrim)**

**Aim:** The aim of New Horizons is to support the recovery of adults experiencing mental ill health to progress towards further education/training or employment. EVOLVE (part of New Horizons) is a young person’s program for those aged 18-25 to help enhance and develop their self-esteem and social interaction through fun activities and accredited training, these include: OCN level 2 teamwork skills and OCN level 2 employability, as well as social outings, educational visits, community links group, arts & crafts, badminton, walking group, garden project and cookery.

**Referral Procedure:** Referrals should be made to the local New Horizon centre in the same trust. For example, a referral can be made from Whiteabbey PTS to Antrim New Horizons. It can therefore not be made to Belfast New Horizon, as this is connected to a different trust. Referrals normally come from the CMHTs, but can also be done directly from the PTS. Normally the client will arrange a date to visit the centre and if they agree to be referred, a referral form can be sent by a New Horizon member of staff by e-mail or by post. The client does not have to be seen by the PTS while attending the New Horizon program, although they prefer to have a mental health worker to link in with.

Procedure:

1. Clients will attend for an initial visit along with their referral agent (arrange date with New Horizon).
2. A referral form is completed by the referral agent and both the client and referral agent sign and date the referral form (this is on the Y-drive).
3. When the service receives the referral the client will be invited into the next induction programme. If addition information is needed, i.e. Risk Management Plan this will be discussed and completed with the client , referral agent and a New Horizons staff member.   Depending on the risk the risk management plan may need to be submitted to the Risk Management Panel for approval.
4. Client will attend a 7 week induction programme which includes health & safety, identifying personal goals and team work skills. These 3 modules equate to an OCN level 1 Employability.
5. During the induction a baseline is completed and an initial action plan which will identify the client’s personal development needs goals and employability goals.

**Requirements:** Clients have to be 18 – 25 years old and unemployed.

**Staff Qualifications:** The staff in the Belfast New Horizon are a part of the Open College Network (OCN) accreditation program, and are accredited tutors.

**Contact Info:** New Horizons Antrim (4A Steeple Road, Antrim), Tel: 028 9442 8081.

**Supported Accommodation**

**Praxis Chisholm House**

**Aim:** To aid in the support of accommodation for people with mental health problems. Aim to help them develop into living into independent living. Usually live for around 2 years.

**What is it?** 12 bedded unit with lounge and kitchen area, each has her/his own bedroom.

**Referral procedure:** Statutory bodies have to refer people to the house (social workers etc). Psychologist contacts social worker, who completes the forms (usually from MDTs). Client has to have a mental health need. Care would be with cooking and housing, not with mental health. Support in engaging in the community and helping them looking forward of their room. No high dependency units, so low-level care. 18 +. Can be referred from anywhere in the trust. Cost: There is a rent that is usually covered by housing executives. Very rarely people pay.

**Staff:** Support staff have basic GCSEs and have to have literacy, team leaders have to had years working with mental health. Social workers, nurses.

**Contact:** 028 9335 4000. 29 Doagh road.

**MindWise Housing**

**Aim:**

**Referral:** Clients have to be referred through a CPN or GP.

**Contact:** Ballyclare (15-17 Rashee Road Ballyclare) for Northerntrust clients. Tel: 028 9334 9187

**No Referrals Required**

**Mental Health Services**

**Men To Men (Belfast)**

**Aim:** To provide support to men in need, with services such as counselling about stress, anger management, abuse, alcohol, domestic violence and relationship difficulties.

**Referral:** No official referral is needed. Client can phone directly or go to the service themselves to book an appointment. Both men and women can use this service.

**What happens in the service?** The client will first undergo an initial assessment session by a counsellor which is free. However, if the client does not show up to this appointment, their next assessment session will cost about 10-20 pounds. In the assessment session the client and counsellor will agree on the future counselling sessions, and the price is agreed between client and counsellor (varied from 10 – 50 pounds per session depending on employment status of client). It is all one on one work, and confidential.

**Contact Info:** Cathedral Buildings, 64 Donegall Street, Belfast. Tel: 028 9024 7027

**Men’s Shed (Newtownabbey and Rathfern)**

**Aim:** To promote the social inclusion, health and welfare of older men. Targeted for those who have just retired, suffered loss or just want a place to meet others.

**Referral:** No referral needed.

**Contact:** Newtownabbey Men’s Shed (NAMS): Unit A8, Valley Business Centre, Church Road, BT36 7LS (Open Tue, Wed, Thurs from 10.00 – 13.00), tel: 07721 711795. Rathfern Men’s Shed: Rathfern Community Activity Centre, 43 Knockenagh Way, Rathfern, BT36 6BE, Tel: 028 90865917.

**WAVE Trauma Centre (Belfast)**

**Aim:** To provide counselling, welfare advice, men & women support groups or complementary therapies (massage & reflexology) to individuals afflicted by the troubles related trauma.

**Referral:** No official referral is required, although the psychologist can request a referral form from WAVE which is sent to them to fill out. Clients can self-refer as well. After the referral form is sent, the client will be contacted by an outreach team member in WAVE (within 48 hours), and they will have an initial assessment to decide what type of support they want. The waiting list for the counselling services is about 3 months, and the client will be in contact with the outreach team key worker while waiting. All services are free, apart from the complementary therapies (massages etc) which cost 5 pounds per session.

**Qualifications:** The counselling therapy services are offered by qualified psychologists and counsellors, and mostly involve CBT and EMDR therapies.

**Contact Info:** 5 Chichester Park South, Belfast. Tel: 028 9077 9922

**Combat Stress**

**What to expect:** Triage list, contacted by nurse, goes through an assessment questionnaire. Then they are put out to the community and seen by CPN or OT and go through a clinical assessment.Then they decide what they can provide. Offer workshops, CPN groups, 1-1 consultations, have consultants. No long-term treatment, about 6 sessions. Free of charge.

**Qualifications of staff:** Therapists, CPN, consultant, and other staff in treatment centres.

**Referral:** Accept referrals through all routes, also self-referrals and referrals from friends. Clients from all trusts, as long as they have been involved in the British Forces (not Irish forces), men and women 18+. Only see them if their trauma is related to military past. They can also be seen by PTS at the same.

**Contact**: 21 Talbot Street, Belfast. Tel: 028 9026 9990

**Nexus Northern Ireland**

**Aim:** To provide counselling to survivors of sexual abuse (men and women).

**Referral:** No official referral is needed. Clients can self-refer either by phoning or emailing the service. Clients have to be 16 years or older. Referral forms for the clients to complete can also be found on their website. Have to have experienced sexual abuse themselves, cannot have family members or friends (due to demand).

**What happens in the service?** Clients meet for an initial assessment appointment with a counsellor, where they have to complete various forms. Then they go on a waiting list for counselling (from initial assessment 3-4 months waiting list). Get about 18 sessions (weekly) in total. It is free of charge, but clients can donate.

**Qualifications:** Staff are qualified counsellors.

**Contact Info:** 119 University St, Belfast. Tel: 028 9032 6803

**CRUSE – Bereavement support**

**Aim:** To provide support for individuals who have experienced bereavement, they provide 1:1 support.

**Referral Procedure:** Only self-referral required. Client can contact CRUSE themselves. No age limitation, children and adults can contact CRUSE. It is free to receive the counselling.

**Qualifications of workers:** All are bereavement support volunteers and have various backgrounds, but all have to receive the CRUSE bereavement training program.

**What happens in the service?** Client and therapist meet weekly for 6 weeks. The waiting list is currently 4 – 5 months.

**Contact: Belfast Hub:** 02890 434 600

**Relate – Relationship counselling (incl. domestic abuse, sexual abuse)**

**Aim:** To provide counselling for various relationship difficulties, including family and marriage counselling, domestic abuse counselling, psychosexual difficulties and sexual abuse.

**Referral Procedure:** Clients can self-refer to the counselling, but then they have to pay 34 pound (daytime appointments) or 45 pound (evening appointments). Clients can also be referred through the GP, and then they can be sent to either the HSCB if they have children under the age of 18 years, or to a local well-being hub (in Belfast, Carrick, Newtownabbey or Antrim).

**What happens in the service?** The client is put on waiting list and attends an initial assessment where they discuss whether he/she is suitable for relate counselling. They would typically not be seen as suitable if they are in a current court case procedure or if they have more severe mental health difficulties. Clients will also not be recommended the service if they are currently receiving therapy or counselling elsewhere. If it is deemed suitable, client and counsellor agree on weekly appointments.

**Contact Info:** 028 90323454

**Belfast OCD Support Group**

**Aim:** An open support group to anyone affected by OCD, as well as family members or friends. They provide informal meetings where people affected by OCD can talk to others in a friendly, open matter. They do not offer therapy or professional guidance, but it is an opportunity to share strategies and to provide mutual support.

**Referral:** No referral is needed and no pre-booking is necessary. The group is facilitated by people who have OCD or have had it in the past. It is free of charge, and the group is funded by OCD-UK.

**Meeting dates:** Usually every second Thursday of each month, starting at 6.30 pm and ending at about 7.45 pm.

**Contact Info:** Belfast Central Library (private meeting room), Royal Avenue, Belfast.

**New Life Counselling**

**Aim:** To provide counselling for individuals (range of issues).

**What do they do?** 1-1 counselling. It is a charity, so there are no costs associated with it.

**Qualifications:** All staff is accredited and there are therapists with various therapeutic orientations, including and not limited to: art therapy, CBT, psychodynamic, body-focused.

**Referral:** Self-referral or from professionals (an e-referral form can be found online). 18+, might be excluded due to a prison background. Waiting list: 4-6 months. Assessments happen sooner, but about 4-6 months waiting before clients can start individual therapy. Clients cannot see two counsellors at the same time.

**Contact:** 25 Ardoyne House. Tel: 028 9039 1630.

**Victim Support**

**Aim:** Offer emotional support in the aftermath of a crime, immediate support. Usually then signposted on.

**Referral:** Clients can self-refer. Only victims of crime. Most referrals come from the police. Can be seen by psychologist at the same time as victim support service. Never got referrals from psychologists before, normally goes from Victim Support to Psychologists. Must be above the age of 18 years. If a person has been seriously injured in the crime, they can also receive assistance in compensation applications. Exclusion criteria: cannot be a perpetrator of crime.

**Staff qualification:** Trained volunteers, no counsellors.

**Contact**: Tel: 028 9024 4039

**Women’s Aid**

**Aim:** To provide specialist services for women, children and young people who have experienced domestic violence. Provides a helpline for women who have experienced domestic violence, as well as face-to-face support and self-empowerment course.

**Referral:** Clients can self-refer, and can also utilise the helpline. Helpline for women and men, and the face-to-face service is for women only (all ages).

**What to expect:** For the support work clients are helped to build goals and self-esteem. Can get weekly support and stay in regular contact with their support workers. It is free of charged.

**Staff qualifications:** Support workers, no counsellors.

**Contact:** Helpline: 0808 802 1414

**EDANI – Eating Disorder Support Group**

**Aim:** To provide a support group for anyone affected by an eating disorder (BM or AN). Two support groups are run, one for those individuals struggling with eating disorder, and a group for family members/parents/carers or anyone trying to support their loved one with an eating disorder.

**What to expect:** Groups run on the last Tuesday of every month at 7 pm in the offices in Belfast, and are facilitated by trained volunteers who have direct experience with eating disorders.The group should provide a safe space in which people feel comfortable to open up and share their experiences. Groups are open to everyone, free, and confidential. No appointmentws are necessary to attend the groups.

**Contact:** 28 Bedford Street, Belfast, Bt2 7FE. Tel: 028 9023 5959.

**BEAT Online Support Group**

**Aim:** To provide online support (through chat rooms) for those suffering from anorexia, bulimia, emotional overeating or bingeing, parents of those with eating disorders, those under or over 18 years suffering from eating disorders. The chat rooms run at various times.

**What to expect:** Each group has an opening and warm-up, a themes discussion and time for free chat where you share thoughts, experiences, successes and problems. They are all confindential chat groups, and are facilitated by Beat staff.

**Contact**: Refer to this website to access the online support group relevant to you:
<https://www.b-eat.co.uk/support-services/online-support-groups>

**Arthritis Care**

**Aim:** They provide various supports to individual with arthritis or other pain conditions (chronic pain). Their “Staying Connected in Later Life” program involves volunteers going out to the individual’s home, providing self-managemet support 1:1, for 8 weeks. This specific program is for elderly people who are isolated (60+ years).

**Referral:** Clients can self-refer and be referred to health professional.

**Contact**: 1 Shore Road, Belfast, BT15 3PG. Tel: 028 90782940

**Employment, Educational & Recreational Services**

**Walking groups**

**Aim:** To gather a group of people to go walking – connecting and promoting health and wellbeing.

Various local walking groups:

* “The Newtownabbey Way”: 6.7 miles walking route connecting Mossley Mill with historic villages of Monkstown and Whiteabbey, along the shore of Belfast Loough.Opens from 1 October to 31 March from 6.30 am – 6 pm. Then 1 April – 30 September from 6.30 am to 10.30 pm.
* Antrim Walking Group: Contact Sheila Thompson on 07896 489 873 or Eddie Flack on 07790 080 208.
* Newtownabbey Walking group Tesco: Meetup every Monday in Tesco Newtownabbey at 10 am, a short walk through the Valley Park. Contact Vicky Carson: 028 9334 1818.
* Newtownabbey Walking for Health Group: Meeting 10.15 am on Wednesdays or 7 pm on Tuesdays – everyone is welcome. Contact Lynn Dunwoody: 07860 699187.
* Newtownabbey Senior Citizens Walking Group: Meeting Mondays (everyone) or Wednesdays (men only) at 2.15 pm at various locations. Contact: 028 9083 8848 or office at Baron Hall, 230, Antrim Road, Glengormley.

**Recovery College**

**Aim:** To offer everyone (carers, staff, volunteers, members of the general public) the opportunity to learn from each other and develop skills to manage their own recovery journal or to begin a new one.

**Referrals:** Self-referred, choice to come and take courses. Everyone can apply. No costs.

**Contact:** Carrick 3, Holywell Hospital, 60 Steeple Road, Antrim. Tel: 028 944 13449