

Upper Springfield Whiterock Directory of Services



This services' directory aims to sign post you to some of the local community services working in our area. Local organisations provide support, advice and programmes to those who need it most and are there to help you - so don't be afraid to use and remember most of the services are free!!! Contact the organisations directly or alternatively contact the Family Support Hub.

PROJECT	FAMILY SUPPORT HUB
General Information	<p>The Upper Springfield Whiterock Family Support Hub brings together organisations delivering services for children and young people (0-18) and their parents/carers. The hub aims to help children/ families to services that can be of help – the service is totally confidential.</p> <p>Any family member can contact the hub. A referral can also be made by someone working on your behalf (child's school, community group, health visitor...) each referral must be signed by an appropriate family member to confirm they are happy for the referral to go ahead.</p>
Address	Whiterock Children's Centre, 91 Whiterock Road, Belfast BT11 9NT
Tel	02890438438
Website	whiterockchildrenscentre.org
Email	uswfamilyhub@outlook.com
Facebook	https://www.facebook.com/pages/Whiterock-Childrens- Centre/163247130460443
Twitter	@WCC1988

PROJECT	ACTIVE COMMUNITIES NETWORK
General Information	<p>Active Communities Network (ACN) is a charity that uses sport, physical activity, arts and cultural activity to help develop young people's personal and social development</p> <p>Active Communities Network work in Upper Springfield and Whiterock area. Programmes include:</p> <ul style="list-style-type: none"> • Young women's sports and leadership • Volunteer coaching and development • Dance/sports leadership awards • Personal social development • NEETS' fitness programme • Employability projects
Address	Unit 11b Curran House, Twin Spires Complex, 155 Northumberland Street, Belfast, BT13 2JF
Tel	02890 245 969
Website	http://activecommunities.org.uk/
Email	info@activecommunities.org.uk
Facebook	https://www.facebook.com/ActiveCN
Twitter	@ActiveCN

PROJECT	ARDMONAGH FAMILY AND COMMUNITY GROUP
General Information	<p>Ardmonagh Family Centre provides affordable quality childcare and dedicated support to local families. It is a purpose built facility.</p> <ul style="list-style-type: none"> • Day-care for 0-2yrs • Family support • Elderly Services – Good Morning West Belfast • Care Services • Family Contact Services
Address	61-63 Ardmonagh Gardens, Belfast BT11 8EJ
Tel	028 90245943
Website	http://www.ardmonagh.org/
Email	info@ardmonagh.org
Facebook	www.facebook.com/pages/Ardmonagh-Family-Centre/108192965910464?ref=ts&fref=ts

PROJECT	CORPUS CHRISTI SERVICES
General Information	<p>Offers free welfare advice and a counselling services. The welfare advice covers all aspects of the welfare benefits system, addressing financial difficulties and poverty – easing ongoing financial hardship.</p> <p>The centre operates five days a week; offering a range of service delivery methods: drop-in, outreach, home visits, and appointment based provision.</p>
Address	2b Springhill Drive, Belfast BT12 7SH
Tel	General Office: (028) 90240653 Welfare Advice Office:- (028) 90 235 551
Email	Welfare Advice: gerard@corpuschristiservices.co.uk
Website	www.corpuschristiservices.co.uk

PROJECT	HOLY TRINITY YOUTH CENTRE
General Information	Holy Trinity Youth Centre aims to promote the personal, social and emotional development of young people through providing a diverse range of programmes.
Address	Holy Trinity Youth Centre, 2 Norglen Gardens, Belfast BT11 8EL
Tel	028 9061 7602
Facebook	https://www.facebook.com/search/top?q=holytrinity%20youth%20centre

Area Partnership

The organisations listed in this directory make up the Upper Springfield Whiterock Area Partnership. The partnership works to ensure that all agencies and local organisations work together to help the area's social, cultural and economic development.

PROJECT	FULL SERVICE COMMUNITY NETWORK
General Information	Full Service Community Network seeks to raise educational attainment through addressing the needs of children and their families. Full Service Community Network is focused around the following themes; <ul style="list-style-type: none"> • Support for learning including literacy and numeracy • Support links between primary and post primary schools • Support for educational transition • Support for families including counselling service
Address	Belfast Metropolitan College, 99 – 135 Whiterock Road, Belfast, BT12 7FP
Tel	028 9024 5582
Website	www.fscn.co.uk
Email	Lindsay.Adair@fscn.org.uk

PROJECT	HOLY TRINITY CENTRE
General Information	Holy Trinity Centre provides affordable childcare, free counselling support, disability services, reasonably priced room hire and much more. Access to the services is easy, walk-in or just lift the phone and speak to someone about your support needs.
Address	Holy Trinity Centre, 26 Norglen Gardens, Belfast BT11 8EL
Tel	028 90 200557
Facebook	https://www.facebook.com/pages/Holy-Trinity-Centre-Counselling-Service-Belfast/125113960881899

PROJECT	MATT TALBOT YOUTH CENTRE
General Information	Matt Talbot Youth Centre serves the local community of Moyard, Springfield Park, New Barnsley, Sliabh Dubh and the Dermot Hill area. The centre provides a range of educational and social opportunities for young people age 4-25 with our primary focus with young people in the age range of 7-18.
Address	Moyard Parade, Belfast, BT12 7HG,
Tel	028 9023 0242
Facebook	https://www.facebook.com/search/more/?q=Matt+Talbot+Youthclub&init=public

PROJECT	FIRST STEPS CHILDCARE
General Information	Provide quality childcare service in a purpose built centre within a safe, secure and happy environment for children for 0-4 years. Opening times: Monday to Friday: 8 a.m. – 6 p.m.; with a breakfast club start of 7.30 a.m.
Address	265 Old Whiterock Road, BT12 7FX
Tel	02890 236 241
Website	http://www.newhillfirststeps.com/
Email	Newhillfirststeps@gmail.com

PROJECT	GLÓR NA MÓNA
General Information	Glór na Móna is an Irish language youth and community organisation delivering a range of Irish language services. They offer a range cultural, linguistic, educational, and training and support services to our community. Weekly Irish language classes, a youth club for Irish speakers, film club, lectures series, gardening project and community events. Call in!
Address	4 Clós na Carraige Báine, (4 Whiterock Close)
Tel	028 90234442
Website	http://www.glornamona.com/
Email	oifig@glornamona.com
Facebook	https://www.facebook.com/glor.mona
Twitter	@GlorNaMona

PROJECT	CORPUS CHRISTI YOUTH CLUB
General Information	Provides social and personal development opportunities for young people aged 5 – 19 years through training, residential, workshop, both formal and informal learning opportunities. A safe and secure environment for young people to grow and make friends. Opening Hours: Monday & Wednesday 7 p.m. to 11 pm; Tuesday & Thursday 7 p.m. to 10pm, and Friday 7 p.m. to 12 midnight, Saturday 7 p.m. to 1 a.m. After Schools Tuesday and Thursday 3 p.m. to 5 p.m.
Address	15–17 Ballymurphy Road, Belfast BT12
Tel	02890 330246
Website	http://www.corpuschristiyouthcentre.org.uk/
Email	annmarystone@hotmail.co.uk

PROJECT	CENTRE FOR HEALTH AND WELL BEING
General Information	Centre for Health and Well Being provide a range of services for those coping with stressful circumstance. Services include: holistic therapies (e.g. aromatherapy massage, Indian head massage, acupuncture, Hopi ear candling, and reflexology), Bach Flower Remedies, and educational classes designed to enhance the individual's ability to manage stress and enhance resilience.
Address	689 Springfield Road, Belfast BT12 7FP
Tel	028 9022 3220
Website	http://chwbbelfast.org/
Email	info@chwbbelfast.org

PROJECT	NEWHILL YOUTH AND COMMUNITY ASSOCIATION
General Information	Newhill Youth and Community Centre provide high quality services to children, young people and their families. The centre provides: a youth club, Out of Schools Service (5 – 11 years) and First Steps childcare facility (0 – 4 years) Out of School Service - Monday to Friday: 2pm to 6pm: bus pick up service available Newhill Youth Club provide a range of indoor/ outdoor programmes suitable for 8 – 18 years. The centre opens three nights per week Monday, Wednesday and Friday
Address	243 Whiterock Road, BT12 7FX
Tel	02890 236 243
Email	newhill2013@gmail.com
Facebook	www.facebook.com/Newhill-Youthclub

PROJECT	SOCIETY OF ST VINCENT DE PAUL (SVP)
General Information	SVP provide a range of services for different age groups that include: Children's Services: Out of School Services childcare. Breakfast club and afterschool's project Crèche/play provision 10am - 12noon Adult Services: Incredible Years and other courses. Seniors Group Activities each Thursday 10am - 1pm
Address	Fr. Wallace Centre, Mountainview Centre, 15 – 16 Norglen Gardens, BT11 8EL.
Tel	02890 601 903
Email	Kay.Shortt@svpni.co.uk

PROJECT	SPRINGHILL COMMUNITY HOUSE
General Information	Offer complimentary therapy clinics in: homeopathy, reflexology, aromatherapy, and acupuncture and also provide community education programmes including, GCSEs English, maths & science as well as computers classes, digital photography and genealogy for beginners.
Address	6 & 7 Springhill Close, Belfast BT12 7SE
Tel	028 90326722
Email	bhi@sch.ie

PROJECT	USDT ACTION ABILITY BELFAST
General Information	<p>Action Ability offers services and programmes for people with disabilities. The project aims to promote people with disabilities inclusion into the community and to support the development of their natural abilities.</p> <p>The project support people 12 years up with any disability and provide a range of programmes include: social opportunities, befriending, one to one support, general information, carers' information/ support, arts, drama and music, I.T skills, healthy living initiatives and volunteering opportunities and much more!</p> <p>Referrals can be made by self-referring, Social Services, community, voluntary agencies and through GPs.</p>
Address	USDT 689 Springfield Road Belfast BT12 7FP
Tel	028 9023 6677
Website	http://www.upperspringfield.com/action-ability-belfast
Email	elizabethgracey@usdt.co.uk
Facebook	https://www.facebook.com/Actionondisabilitybelfast

PROJECT	USDT COMMUNITY ARTS PROGRAMME
General Information	Public Art in the Community Programme strives to bring public arts to the streets of the Upper Springfield and West Belfast. The programme works with residents' associations; youth clubs, and community groups within the area.
Address	689 Springfield Road, Belfast BT12 7FP
Tel	02890 236677
Website	Website: http://www.upperspringfield.com/arts-program/

PROJECT	VOICE'S WOMEN'S GROUP
General Information	This dedicated women's only project provides a range of supportive social, recreational, educational, and training programmes to enhance women's personal capacity, self-confidence and sense of well-being.
Address	2 Norglen Gardens, Belfast BT 12
Tel	028 90805445
Email	voiceswomensgroup@outlook.com

PROJECT	USDT HEALTHY LIVING CENTRE
General Information	The Healthy Living Centre aims to promote health and wellbeing – this means trying to help people in our area make the proper choices for their personal well-being. The programmes offered include: general fitness; healthy cooking; Buggy Boot Camp, Couch to 5K and much more. The centre also offers a counselling service that links to the other area providers. Counselling services 0773 615 6518.
Address	689 Springfield Road, Belfast BT12 7FP
Tel	028 90 236 677
Website	http://www.upperspringfield.com/healthy-living-centre/

PROJECT	SUICIDE AWARENESS AND SUPPORT
General Information	<p>The Suicide Awareness & Support Group is a community group supporting people contemplating suicide which also aims to raise awareness about suicide and highlight prevention methods.</p> <p>Postvention: family support for families bereaved through suicide emotional and practical help in the aftermath of losing someone to suicide:</p> <p>Intervention: family support for anyone feeling suicidal emotional and practical help for the individual and also for the family living with someone with suicidal ideation:</p> <p>Prevention – training to help keep our communities safer from suicide SAFETALK ASSIST</p>
Address	209 Falls Road, Belfast, BT12 7RS
Tel	02890 239 967
Website	www.suicideawareness.co.uk
Facebook	https://www.facebook.com/groups/208016635995232/

PROJECT	USDT SURE START
General Information	Sure Start works with parents and children to deliver the best start in life for every child by bringing together early education, childcare, health and family support. If you have a child under four or if you are pregnant and live in Whiterock, Upper Springfield or the Falls Park ward, you can register with us and receive our free services. You do not need to be in receipt of any benefits. It doesn't matter whether you are working or not, or what your family income is. For more information have a look at our Facebook page.
Address	689 Springfield Road Belfast BT12 7FP
Tel	028 9032 4870
Website	upperspringfield.com/sure-start-saol-ur/
Email	a.heath@usdt.co.uk
Facebook	facebook.com/SaolUrSureStart
Twitter	@SaolUrSureStart

PROJECT	USDT JOB ASSIST CENTRE
General Information	Job Assist provides specialist help to get you or a family into work or get the right skills to change your work. This support includes one-to-one mentoring, talking directly to local employers and increasing people's employability through helping them to acquire new job-related skills and qualifications.
Address	689 Springfield Road, Belfast BT12 7FP
Tel	028 90 322003
Website	http://www.upperspringfield.com/job-assist-centre/
Facebook	www.facebook.com/jobassist.westbelfast
Twitter	@jobassistcentre

PROJECT	WHITEROCK CHILDREN'S CENTRE
General Information	<p>A community based centre offering a full children's day-care service, out of school and after-school programme with school pickups.</p> <p>The family learning service supports families in need through the Family Support Hub. The centre offers programmes in schools for parents/children together and a programme that supports the integration of Black and Minority families settle in the community.</p>
Address	Whiterock Children's Centre, 91 Whiterock Road, Belfast BT11 9NT
Tel	028 90438438
Website	whiterockchildrenscentre.org
Email	d.walsh@whiterockchildrenscentre.org
Facebook	https://www.facebook.com/pages/Whiterock-Childrens-Centre/163247130460443
Twitter	@WCC1988

PROJECT	USDT YOUTH SERVICE
General Information	The project works with young people aged 11 to 25 from the Upper Springfield & Whiterock areas; offering a diverse range of programmes.
Address	689 Springfield Road, Belfast BT12 7FP
Tel	028 90236677
Website	http://www.upperspringfield.com/youth-team/
Facebook	https://www.facebook.com/pages/USDT-Youth-Team/225591680976185?fref=ts
Twitter	@USDTYouthTeam

PROJECT	WHITEROCK COMMUNITY GARDEN
General Information	Whiterock Community Garden is located beside the Whiterock Leisure Centre and consist of 25 raised beds. We currently have volunteering opportunities for people interested in learning how to grow you own fruit and vegetables. Gardening and growing is good for us all. It is a good way to get out into the open, meet new friends and work together to plant and grow produce and share the fruits of our labour at harvest time. For further information about the community garden contact Ciaran Cahill at Springhill community House 02890326722

PROJECT	WHITEROCK LIBRARY
General Information	From books and magazines to local history resources, Libraries NI has a host of fabulous services and exciting events that will lead you on a journey of discovery. You can join the library at any age and membership is free: as a member it is free to borrow books, eMagazines and use computers.
Address	Whiterock Road, Belfast, BT12 7FW
Tel	028 9050 9236
Website	whiterock.library@librariesni.org.uk
Email	whiterock.library@librariesni.org.uk
Facebook	https://www.librariesni.org.uk/Libraries/Pages/Whiterock-Library.aspx
Twitter	@LibrariesNI

PROJECT	UPPER SPRINGFIELD RESOURCE CENTRE
General Information	Provide advice, information and support on a day to day basis to both groups and residents within the local area.
Address	Upper Springfield Resource Centre, Belfast Metropolitan College, White'rock Road, Belfast BT12 7PH
Tel	028 9058 5755
Email	tommyholland07@msn.com

UPPER SPRINGFIELD WHITEROCK RESIDENTS' ASSOCIATIONS

Ballymurphy Residents' Association

Advice and information for the local community on housing rights and welfare benefits. Office Hours Monday – Friday 9.30 a.m. – 4.30 p.m.

For information advice drop into the office or contact: Annette Conlon, 028 90585755. St Thomas's School Whiterock Road, Belfast

Greater Turf Lodge Residents' Association

Advice and information for the local community on housing rights and welfare benefits. Office Hours Monday – Friday 9.30 a.m. – 4.30 p.m. Housing Executive office Mondays 10 – 12 noon

For information or advice drop into the office or contact Jacqui McGeough, 36A Norglen Drive, Belfast 028 90 619124
gtraas@hotmail.com jacqui_mcgeough@hotmail.com

Westrock Whiterock Residents' Association

Provide a range of services to local residents and young people including housing, advice, classes, and mothers group.

For information advice drop into the office or contact Al McComb, 31 Brittons Parade, Belfast BT12 7PJ 028 9027 8122

For contact details for the following residents associations contact Tommy Holland Upper Springfield Resource Centre, 028 90585755

- Moyard Residents' Association
- Newhill Residents' Association
- Sliabh Dubh Residents' Association
- New Barnsley Residents' Association
- Springhill Residents' Association
- Springfield Park Residents' Association
- Dermott Hill Residents' Association

USEFUL/EMERGENCY CONTACT NUMBERS

Counselling Services

1. **Lifeline:** 0808 808 8000 - 24-hour helpline for individuals in distress, despair, suicide crisis and support/advice.
2. **Samaritans:** 08457 909090 - 24-hour helpline service
3. **GP out of hours:** 028 9074 4447

Upper Springfield Whiterock Counselling Services

1. **Suicide Awareness & Support Group: 028 9023 9967**
Health 7 Emotional Wellbeing support and crisis intervention (Monday – Friday: 9am – 5pm)
2. **Trinity Counselling Services: 028 9020 0396**
Offers counselling to children, young people and adults. Services include: Music as therapy: working with children from 4 years old, using a range of musical instruments on site or off site: Art as therapy: with counsellors working with children from 4 years old, using a wide range of art materials including clay sand trays paints etc. (Monday-Friday: 9am – 5pm and evening appointments)
3. **Corpus Christi Services: 028 9024 0653**
Offers counselling support services advice and guidance on a range of issues such as, benefits, debt, and housing (Monday – Thursday: 9.00am – 5.00pm Friday: 9.00am – 12.30pm)
4. **Lenadoon Weekend Service: 07516187447**
Weekend suicide intervention service offering phone and face-to-face support. (Saturday and Sunday 10am to 4pm)

FREE APP DOWNLOAD

Go to APP and then SEARCH and then HERE 2 HELP and then download - you will see a RED Speech bubble I NEED HELP NOW and then you will see a GREEN speech bubble I HAVE A PROBLEM and Download that.



Upper Springfield Whiterock Integrated Partnership,
Top of the Rock, 689 Upper Springfield Road, Belfast BT12
tel. 028 90236677 or email integratedpartnership@usdt.co.uk

The Upper Springfield Whiterock Integrated Partnership is supported by the Department for Communities Neighbourhood Renewal Programme