

Ards & North Down Area

North Down Community Network WELLBEING CENTRE 25-27 Main Street, Bangor, BT20 5AF	
Service offered	<ul style="list-style-type: none"> • Drop-in space • Wellbeing Activities & sessions • Signposting to other services & support • Advice & guidance • Urban Garden • Accessible social activities
What is available: (Food, Fuel, clothing, financial support etc.)	<ul style="list-style-type: none"> • Drop-in space offers free tea, coffee & fruit. • People are welcome to sit in the centre to enjoy the space, heat, company & refreshments. • Warm packs (clothing) are available to people who meet criteria. • Referrals can be made for people in need to foodbanks, clothing, gas/electric, social supermarket and furniture. • Thursdays 10am – 12pm Community Advice Bangor run a drop-in session. • Community Café 12-1pm on Thursdays. • When funding available we can provide small crisis vouchers for ASDA or hot food.
How to access: (phone, email, referral process etc.)	<ul style="list-style-type: none"> • Drop-in for everyone • Agency referral • Self referral • Tel: 02891 461386 • www.ndcn.co.uk • Email: manager@ndcn.co.uk
Further Information: (e.g. time frame of provision etc.)	<ul style="list-style-type: none"> • NDCN Wellbeing Centre • Monday – Thursday 9am – 5pm • Friday - 9am – 4pm
Area Covered	<p>We warmly welcome people from across Bangor and the wider Ards and North Down Borough Council. We also welcome people from further afield</p>



Store House

CAN WE HELP YOU?

We at shore Street Presbyterian Church are working in conjunction with Storehouse North Down to serve our local community in Donaghadee & beyond by distributing food parcels to those in need.

For more information please contact Nigel or Christine at:

Compassion@shorestreet.org



WELL FED

Eat Well. Spend Less.

Are you struggling financially, at risk of or currently experiencing food poverty, living in Ards and North Down & willing to focus on your wellbeing?

APPLY TO JOIN THE COMMUNITY SUPERMARKET REVOLUTION



Weekly Shop
£10 & under

Members Support

Scan the QR
code for more
info



Call Megan on 02891821721



www.thewarehousenewtownards.com



Shop Locality – 2 Glenford Way, Newtownards, Co Down BT23 4BX



Mobile Supermarket covering Ards & North Down – call for info



THE WAREHOUSE NEWTOWNARDS



www.facebook.com/thewarehouse
www.thewarehousenewtownards.com

3 Glenford Way, Newtownards, Co.Down, BT23 4BX (028 9182 1721)

What's On

Stay warm
Fill your belly
Make new friends
Charge your devices

Come in, get a cuppa, stay all day

For
courses
Only

OPEN Mondays

Courses – Freeze It, Cook It, Eat It – Slow Cooker
Recipes for the winter
Sign Up with Tracy & Megan

OPEN Tuesdays

9am –
8pm

Drop in all day, dinner served at 6pm
Wear 'N Share
Community Fridge
Funky Fashion (Sign up with Tracy & Megan)
Homework Club 2-4pm
Mental Health Support Drop in 5-7pm
Extended Table – Book Club

OPEN Wednesdays

9am-
2pm

Drop in all day, lunch served from 12pm
Wear'N Share donations accepted
Community Fridge
Book Club – 11am

OPEN Thursdays

9am-
2pm

Drop in All Day, lunch served from 12pm
Wear'N Share
Community Fridge
Parents Drop in 11-12pm

Open Fridays

9am –
1pm

Drop in till 1pm breakfast served from 10am
Community Advice – 11am-1pm
Get creative – arts & crafts – 11am-1pm
The Caravan – 11am-1pm – gardening, joinery, up
cycling etc.
Community Fridge
Wear'N Share

OPEN Sundays

10.30am
–
11.30pm

Drop In – Breakfast, discussions around faith,
prayer & Sunday school



Bangor Sure Start - Sharing Larder is now open. At times we can all struggle, no more so with the cost of living increases at the minute. If you feel you need some help with the essentials please visit the Sharing Larder, this is free and open to families registered with Bangor Sure Start.

Opening hours:
Mondays -10am - 12noon
Wednesdays- 10am 12noon
Fridays 10am - 12noon

