

Senior People

Below is a list of organisations providing services and support across the Newry, Mourne and Down area. More information on the districts age friendly action plan is available at this link: <https://www.newrymournedown.org/health-and-wellbeing>

Community Action for Community Development

Builds inclusive communities by increasing citizenship, improving skills, and engaging hard-to-reach groups.

Area Covered: Newry & Mourne (SHSCT)
Phone: 028 3755 2103
Email: info@cacd.org.uk
Website: www.cacd.org.uk

Carers First

Offers support, services, and a listening ear to adult carers in the Southern Trust.

Area Covered: Newry & Mourne (SHSCT)
Phone: 07966 771654
Email: michelle.moult@clanryegroup.com
Website: www.clanryegroup.com/services/health-wellbeing/carers-first/

Confederation of Community Groups

Umbrella organisation offering advice, training, and the Good Morning service for older people.

Area Covered: Newry & Mourne (SHSCT)
Phone: 028 3026 1022
Email: info@ccgnewry.org
Website: www.ccgnewry.org

County Down Rural Community Network

Voluntary umbrella group supporting healthy, vibrant, and sustainable communities.

Area Covered: Council wide
Phone: 028 4461 2311
Email: info@countydownrcn.com
Website: www.countydownruralcommunitynetwork.com

Community Advice

Provides free, independent advice on a wide range of issues to help people move forward.

Area Covered: Council wide
Phone: 0300 3030 306
Email: advice@advicenmd.com
Website: www.advicenmd.com

Kilkeel Development Association

Supports employment, heritage, tourism, and community relations in South Down.

Area Covered: Newry & Mourne (SHSCT)
Phone: 028 4176 2525
Email: kda.nautilus@gmail.com
Website: www.facebook.com/KilkeelDevelopmentAssociation/?locale=en_GB

Lifeline

24/7 crisis helpline for people experiencing emotional distress or despair.

Area Covered: Regional
Phone: 0808 808 8000
Website: www.lifelinehelpline.info

Multidisciplinary Teams - Down GP Federation

Multidisciplinary teams offering first-contact health services through local GPs.

Area Covered: Down (SEHSCT)
Phone: Contact local GP Practice
Website: www.easternfsu.hscni.net/

Multidisciplinary Teams - Newry & District GP Federation

Offers early intervention through a range of health professionals in local GP practices.

Area Covered: Newry & Mourne (SHSCT)
Phone: Contact local GP Practice
Website: www.southernfsu.hscni.net/

Newry, Mourne and Down District Council

Age Friendly Strategy focused on inclusion, accessibility, and active participation.

Area Covered: Council wide
Phone: 0330 137 4902
Email: Tara.smyth@nmandd.org
Website: www.newrymournedown.org

PIPS Hope & Support

Community initiative providing suicide prevention and emotional wellbeing services.

Area Covered: Newry & Mourne (SHSCT)
Phone: 028 3026 6195
Email: info@pipshopeandsupport.org
Website: www.pipshopeandsupport.org

Rural Health Partnership

Supports mental health, personal development, and wellbeing in South Armagh.

Area Covered: Newry & Mourne (SHSCT)
Phone: 028 3086 1220
Email: teresanugent@rhpsa.org
Website: www.rhpsa.org

Southern Age Well Network

Supports 60+ groups through social, training, and funding help to reduce isolation.

Area Covered: Newry & Mourne (SHSCT)
Phone: 07885 210488
Email: info@southernagewell.com
Website: www.southernagewellnetwork.org

Samaritans

Confidential helpline offering emotional support 24/7 to anyone in distress.

Area Covered: Regional
Phone: 116 123
Email: jo@samaritans.org
Website: www.samaritans.org

South Eastern Health and Social Care Trust

Health and wellbeing programmes for older people including physical activity and mental health support.

Area Covered: Down (SEHSCT)
Phone: 028 9756 6934
Email: SafeandWell@setrust.hscni.net
Website: www.setrust.hscni.net/healthy-living/older-people/

Southern Health and Social Care Trust

Connects over-65s with local services to reduce isolation and improve wellbeing.

Area Covered: Newry & Mourne (SHSCT)
Phone: 028 3756 4300
Email: access.information@southerntrust.hscni.net
Website: www.southerntrust.hscni.net/involving-you/community-development-and-user-involvement/

Volunteer Now

Supports and promotes volunteering across Northern Ireland.

Area Covered: Council wide
Phone: 028 9620 8822
Email: Clara.OCallaghan@volunteernow.co.uk
Website: www.volunteernow.co.uk



Comhairle Ceantair
**an Iúir, Mhúrn
agus an Dúin**
**Newry, Mourne
and Down**
District Council

Women's Aid Armagh Down

Specialist services for women, children, and young people affected by domestic abuse.

Area Covered: Council wide
Phone: 028 3025 0765
Email: admin@womensaidarmaghdown.org
Website: www.facebook.com/womensaidarmaghdown
