

Heat or Eat?

Are you struggling to make ends meet?

Ards & North Down Poverty Forum

facilitated by



Ards
development bureau
& Community Network

43-45 Frances Street, Newtownards
Co. Down BT23 7DX
Tel: 028 9181 4625
Email: info@ardscommunitynetwork.com

Some Helpful Contact Tel. No's: -



citizens advice Debt Advice
0300 123 9287



Lifeline
0808 808 8000



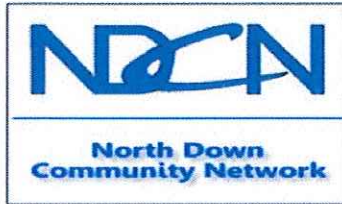
Northern Ireland
Housing Executive
Homeless? 028 95049999



County Down Rural Community Network
Tel : 028 9182 8884



SAMARITANS
Need someone to talk to?
Tel : 116 123



ND&N
North Down Community Network
Tel: 028 9146 1386



foodbank
www.trusselltrust.org



Thriving Life Church
18A Crawfordsburn Rd, Newtownards
Tel :- 07902 933297
Open - Tuesday 11am-1pm
Wednesday 6.30pm-8pm
Friday 11am-1pm

Kircubbin Satellite Branch
Maxwell Courtyard
Main St, Kircubbin
Open - Thursday 7pm-8.30pm

Hamilton Rd Baptist
112 Hamilton Rd, Bangor
Open - Tuesday 2pm-3.30pm
Friday 11am-12.30pm

Bangor Elim
Balloo Crescent, Bangor
Tel :- 07821 791674
Open - Monday 6.30pm-8pm