

# *Directory of Services for West Belfast* **DEALING WITH LOCAL DRUG & ALCOHOL PROBLEMS**



Páirtíocht Iarthar Bhéal Feirste

West Belfast Partnership

## **This booklet will provide you with the following:**

- Information on local drug & alcohol services in West Belfast
- A reference to assist families & individuals access immediate help in drug & alcohol-related crisis
- A drug & alcohol resource for families, schools & organisations

Published by the West Belfast Drug & Alcohol Strategy Group

# INTRODUCTION

This booklet has been produced by the Drug & Alcohol Strategy Group at the West Belfast Partnership Board. The group was formed as a response to the rising drug and alcohol problem in the area.

The increase in drug and alcohol abuse has been well documented in the local media. Agencies on the ground have described families in crisis as being unaware of how to access immediate help locally.

As a response, the West Belfast Drug & Alcohol Strategy Group decided to publish and make widely available, information on where help and assistance on drug and alcohol-related matters can be found in West Belfast.

We are grateful to the Eastern Drug and Alcohol Co-ordination Team (EDACT) for their help in funding this publication.

Inside, you will find names, addresses and contact numbers of agencies that can provide help to anyone facing a drug or alcohol-related crisis.

You will also find a short list of services each agency provides in order to help you choose one that is appropriate to your needs.

We hope you find the booklet helpful!

**Geraldine McAteer,**  
**Chairperson,**  
West Belfast Drug & Alcohol  
Strategy Group

## West Belfast Drug & Alcohol Strategy Group

West Belfast Partnership Board  
202 Andersonstown Road  
Belfast BT11 9EB

Tel: 028 9080 9202

Contact: Caroline Murphy

Drug & Alcohol Co-ordinator

Email: [caroline.murphy@wbpb.org](mailto:caroline.murphy@wbpb.org)

[www.westbelfast-partnership.com](http://www.westbelfast-partnership.com)



# Local Services are available

If you  
need help,  
this  
booklet is  
for you!

**Are drugs & alcohol ruining your life?**

**Do you need help?**

**There are other organisations available outside  
your area that are not listed in the booklet.**

**For further details contact:**

Caroline Murphy  
Drug & Alcohol Co-ordinator  
West Belfast Partnership Board  
202 Andersonstown Road, Belfast BT11 9EB  
Tel: 028 9080 9202  
Email: [caroline.murphy@wbpb.org](mailto:caroline.murphy@wbpb.org)  
[www.westbelfast-partnership.com](http://www.westbelfast-partnership.com)

**ALL CALLS WILL BE TREATED IN THE STRICTEST CONFIDENCE!**

**24 Hour Helpline  
numbers**

**Narcotics Anonymous  
Tel: 028 9059 3636**

**National Drugs Helpline  
0800 776600**

**Parents Advice Centre  
028 9023 8800**

**The Samaritans  
08457 909090**

**Sheltered Help  
028 9024 8801**

# Do you suspect your child or someone close to you is taking drugs?

**If you are worried that someone close to you is taking drugs, it is important to realise, particularly in the case of young people, drug taking can often be mistaken for what are the normal signs of growing up. Do not be over suspicious and perhaps jump to wrong conclusions.**



However, there are changes and signs it may be useful to be aware of and remember, the key factor is noticeable changes. For example, significant changes in physical appearance, personality, attitude or behaviour. Below are some of the signs to look out for, although it is not an exhaustive list:-

- Sudden and regular mood swings
- Unusual aggression
- Loss of appetite
- Gradual drowsiness or tiredness
- Lying and secretive behaviour
- Unusual stains, marks or smells on the body or around the house; odd smell to clothes; aerosols being finished more quickly than normal
- Looking 'drunk'

- Money being spent with no visible evidence of what it's being spent on
- Evidence of scorched pieces of tin foil, the remains of a cannabis cigarette (joint), needles, burnt spoons, cut down plastic bottles, etc.
- Deterioration in hygiene and physical appearance
- Changing friendship patterns

**If you are still worried, then you will find names and addresses of organisations in this booklet that you can turn to for help.**

## **COMMUNITY DRUG PROGRAMME FALLS COMMUNITY COUNCIL**

275-277 Falls Road

Belfast BT12 6FD

Tel: 028 9020 2030

Fax: 028 9020 2031

Email: [gerrymcconville@irelandclick.com](mailto:gerrymcconville@irelandclick.com)

Contact hours:

Monday – Friday 9:30am – 5:00pm

All services are available outside of contact hours

### **Services available:**

- Advice
- Community Support
- Family Support
- Youth Outreach Project
- Training & Education Service
- Referral Services
- Open to any member of the public

## **DUNLEWEY SUBSTANCE ADVICE CENTRE (NI) LTD.**

226 Stewartstown Road

Belfast BT17 0LB

Opening hours: Mon–Thurs 9:30am–5:00pm

Fri 9:30am–1:00pm

Tel: 028 9061 1162

Fax: 028 9060 3751

Email: [dsac@btconnect.com](mailto:dsac@btconnect.com)

### **Services available:**

- Counselling
- Advice
- Referral
- Training and Education Programmes

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## **NORTHERN IRELAND COMMUNITY ADDICTION SERVICE (NICAS)**

461 Falls Road Belfast BT12 6DD

Tel/Fax: 028 9033 0499

Email: [nicas.falls@virgin.net](mailto:nicas.falls@virgin.net)

Opening hours: Mon – Thurs 8:45am – 5:00pm

Fri 8:45am – 4:30pm

### **Services available:**

- Specialist assessment and individually tailored treatment programmes
- Counselling for family and friends
- **24 hour answering service**

## **OPPORTUNITY YOUTH**

6-10 Winetavern Street

Belfast BT1 1JQ

Tel: 028 9043 5810

Fax: 028 9043 5811

Email: [opportunity.youth@dnet.co.uk](mailto:opportunity.youth@dnet.co.uk)

Opening hours: Mon – Fri 8:30am – 5:00pm &

Sat. 2:00pm-4:00pm Drop-in

### **Services Available:**

- Guidance and information
- Advocacy
- Mentoring
- Counselling
- Youth Advice Centre
- Accredited & Non-Accredited Training Programmes for young people on a variety of issues

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## **HOLY TRINITY FAMILY CENTRE**

26 Norglen Gardens, Turf Lodge

Belfast BT11 8EL

Tel: 028 9020 0557

Fax: 028 9020 0557

Email: [maryc@holytrinitycentre.com.uk](mailto:maryc@holytrinitycentre.com.uk)

Contact: Mary Corry, Manager

Opening hours: Mon – Fri 8:00am –

6:00pm/7:00pm – 12:00midnight

Sat 9:00am – 5:00pm

Sun – All day and Evening

### **Services available:**

- Counselling – daytime and evenings by appointment
- Outreach Service
- Family Support
- Day Care, After School Club, Programme for Elderly, Welfare Advice (Wed. afternoon), Playgroup

## **LENADOON COUNSELLING PROJECT**

Glen Community Complex

41a Suffolk Road

Belfast BT11 9PE

Tel: 028 9060 0641

Fax: 028 9061 5319

Email: [lenadooncounsellingproject@yahoo.com](mailto:lenadooncounsellingproject@yahoo.com)

Contact: Patricia McQuillan, Co-ordinator

Opening hours: Mon – Thur 9:30am – 9:30pm

Fri 9:30am – 3:30pm

Capacity: 100 people per week

### **Services available:**

- Counselling – 8 sessional Counsellors, 3 part-time Counsellors plus 1 Co-ordinator

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## **YOUNG PEOPLE'S CENTRE (Adolescent Mental Health)**

88 Lisburn Road  
Belfast BT9 6AF  
Tel: 028 9066 0035  
Fax: 028 9066 8724

### **Services available:**

- 13 – 18 year olds only
- Available to North West and South East
- In-patients service – capacity approximately 20 beds
- Out-patients Service – capacity 70 allocated per Board
- Referral only – GP, Social Services etc.

## **PARENTS' ADVICE CENTRE**

Franklin House  
12 Brunswick Street  
Belfast BT2 7GE

### **Tel: 028 9023 8800 (Helpline)**

Opening Hours: Monday –Friday, 10:00am – 4:00pm & Monday – Thursday evenings 7:00pm – 9:00pm

### **Services available:**

- Can be used by families about a child of any age
- One to one service for age group 13+ only
- Service is free of charge and confidential
- Contact can be made by phone, appointment or drop-in
- Provides advice and support and counselling

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## **SHELTERED HELP**

381 Springfield Road, Belfast BT12 7DL

Tel: 028 9024 8801

Fax: 028 9024 8801

Email: b.tighe@nwh-group.com

Contact: Brenda Tighe

**Helpline: 028 9024 8801 – 24 hrs per day x 7 days per week**

### **Services available:**

- Provides help to men who suffer from drug or alcohol abuse coupled with homelessness
- Residential
- Counselling
- 24 hours, 7 days per week
- Self-referrals accepted

## **THE WELCOME CENTRE**

65 St Peter's Square North, Belfast BT12 4DH

Tel: 028 9023 4387

Opening hours: 9:00am – 6:00pm x 7 days per week

Outreach: After 10:00pm City Centre & West Belfast targeting rough sleepers

### **Services available:**

- Available to males and females (all Denominations)
- Provision of food, clothing, shower facilities
- Access to Healthcare
- Benefits Advice
- Limited accommodation for homeless
- Referral service working with Dunlewey Substance Advice Centre for drug and alcohol misuse
- Assistance with Probation Service
- Provides mid-day hot meals

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## **FAMILY TRAUMA CENTRE**

1 Wellington Park

Belfast BT9 6DJ

Tel: 028 9020 4700

Fax: 028 9020 4729

Contact: Arlene Healey, Centre Manager

Email: [ftc@sebt.n-i.nhs.uk](mailto:ftc@sebt.n-i.nhs.uk)

### **Services available:**

- 'Troubles' – related trauma often reflected by addictions
- Self-referral or GP or other referral
- 0 – 18 years but families included
- Two Outreach Clinics
- Home visits where necessary

## **SALLY GARDENS COMMUNITY CENTRE**

Sally Gardens Lane,

Bellesteele Road, Poleglass,

Belfast BT17 0PB

Tel: 028 9062 7250

Fax: 028 9043 2771

Opening hours: Mon – Wed, 9:30am – 9:30pm

Thur 9:30am–6:00pm,

Fri 9:30am–5:30pm

### **Services available:**

- Outreach Project
- One stop shop for information on drugs and alcohol
- On-site Clinic every Thursday in partnership with The Dunlewey Centre -1:1 Counselling with trained Counsellor
- Capacity up to 10

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## **ALCOHOLICS ANONYMOUS**

Donegall Street Place  
Belfast BT1 2NQ  
Tel: 028 9043 4848

### **Services available:**

Confidential – information provided only on personal basis

## **NARCOTICS ANONYMOUS (HQ)**

PO Box 543,  
Tomb St, Belfast BT1 1AA  
**Helpline: 028 9059 3636**  
Meetings in Belfast  
Sunday 5:00pm

## **THE SAMARITANS**

5 Wellesley Avenue  
Belfast BT9 6DG  
**Helpline: 08457 909090**

## **NATIONAL DRUGS HELPLINE**

**Tel: (Freephone) 0800 776600**  
Website: [www.ndh.org.uk](http://www.ndh.org.uk)

### **Services available:**

- 24 hour confidential service
- Information about drugs and solvents  
What help is available in Northern Ireland and where it can be obtained

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# **Community Addiction Team North And West Belfast Health & Social Services Trust**

Everton Complex

585-587 Crumlin Road

Belfast BT14 7GB

Tel: 028 9056 6057

Fax: 028 9056 6150

Opening hours: Mon – Fri 9:00am – 5:00pm

Contact the Community Addiction Team to make an appointment at your nearest clinic.

## **THE ROGHANNA PROJECT**

The Roghanna Team

Mulholland Terrace

141 – 143 Falls Road

Belfast BT12 6AF

Tel: 028 9023 6669

Fax: 028 9023 5564

[www.westbelfast-pysg.co.uk](http://www.westbelfast-pysg.co.uk)

Contact: Gerry Linnane

Opening hours: Mon – Fri 9:30am – 5:00pm

### **Services available:**

- Community based youth project
- Works in partnership with the Probation Board
- Group, individual and family support

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# SHAFTESBURY SQUARE HOSPITAL

(also has In-Patient facility)

116-120 Great Victoria Street, Belfast BT2 7BG

Tel: 028 9032 9808

## Services available:

In-patient treatment: Nurse in charge

- Out-patient Care Unit
- Counselling
- Family Support
- Clinical Investigation
- Relapse Management Programme
- Day-patient treatment
- Group Psychotherapy
- Social Skills Training

Opening hours: Open 24 hours for in-patient facility

Front Office Opening Times:

Mon-Fri 9:00am – 5:00pm

## Support & Self-Help Group Meetings

Mondays at 7:00pm

### Self-help Relatives Group Meeting

Mondays at 8:00pm

### AA—open only to alcoholics

Thursdays at 10:15am

### Relatives Support Group Meeting

*(drink, drugs, gambling addictions)*

- Thursdays at 7:00pm

### Women for Sobriety Meeting

- Saturdays at 8:00pm

### Narcotics Anonymous Meeting

- Sundays at 5:00pm

### NarAnon Meeting

*(for relatives of narcotics addicts)*

- Sundays at 5:00pm

### Women's AA

- Sundays at 8:00pm

### AL ANON Family Support

Tel: 028 9068 2368

Mon-Fri 9:00am – 1:00pm

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## **Drug & Alcohol Strategy Group**

**Ms Geraldine McAteer**, Chief Executive,  
West Belfast Partnership Board

**Ms E McCarthy**, Programme Co-ordinator,  
Health Action Zone, North & West Belfast

**Mrs Mary Black**, Health Action Zone Leader,  
North & West Belfast

**Mr Gerry McConville**, Co-ordinator, Community  
Drugs Programme, Falls Community Council

**Mr Gerry McMahon**, Principal, Corpus Christi College

**Mr Brendan Kennedy**, Senior Counsellor NICAS

**Mr Raymond Craig**, Community Addiction Team,  
Down & Lisburn Health & Social Services Trust

**Mr David McKeown**, Community Addiction Team, N&WBHSST

**Mr Peter Dornan**, Curriculum Support Officer for Drugs  
Education, BELB

**Mr Jimmy Quinn**, Programmes Director, Realising Potential

**Ms A Goodall**, Director, Dunlewey Substance Advice Centre

**Mr O O'Neill**, Senior Drug and Alcohol Co-ordinator, Eastern Drug  
& Alcohol Co-ordination team (EDACT)

**Ms Caroline Murphy**, Drug and Alcohol Co-ordinator

**Cllr Maire Moore**, Sinn Féin

**Cllr Margaret Walsh**, SDLP

**Ms Sue Ramsay**, MLA, Sinn Féin



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