

## Clanrye Group Online Café Goes Live on Wednesdays



## Wellbeing Wednesday Online Café

For all Carers  
Every Second Wednesday  
11AM - 12PM

To join contact us on [info@clanryegroup.com](mailto:info@clanryegroup.com) or 028 3089 8119

Wellbeing Wednesday will focus on your wellbeing, friendly chats with like minded carers, and listening to guest speakers, all from the comfort of your own home.

## WALK MORE TO LEAD A HEALTHIER & HAPPIER LIFE!

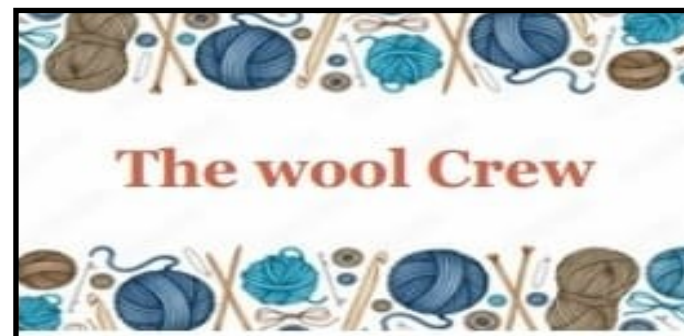
Every movement counts!



For more information and tips to get walking this May contact:

[physical.activity@southerntrust.hscni.net](mailto:physical.activity@southerntrust.hscni.net)

It doesn't matter how slow you go, just keep moving!



The Wool Crew is an MDT Project for people to knit and crochet items to donate to local charities. We have a small local group in Newry that meets weekly to knit and Crochet together.

For more information please contact the Social Work Team in your GP surgery.

Charity No 1073982

Proudly supporting our community since 2004

**BOLSTER COMMUNITY**  
Get through & get ahead

BOLSTER COMMUNITY ARE YOUR LOCAL CHARITY DELIVERING SUPPORT SERVICES THROUGHOUT THE SOUTHERN TRUST AREA. WE'RE HERE TO HELP PEOPLE & MAKE THEIR LIVES BETTER AND OFFER SUPPORT ACROSS FAMILY, ABILITY & SENIORS.

**ABILITY**

**Bolster Buddies**  
Autism Connect  
Tots & Tea

**FAMILY**

**1-1 Family Support**  
Parents Plus programmes  
**FRIENDS** Resilience programmes  
Building Futures

**SENIORS**

**Home to Hospital**  
Social Kitchen  
Clover Club

CAN WE HELP YOU OR A FAMILY YOU KNOW?  
PLEASE REACH OUT. WE ARE HERE TO HELP  
CONTACT US ON 028 3083 5764  
OR TO FOLLOW US ON SOCIALS SCAN THE QR CODE

Thank-you for taking the time to read our Community Matters Newsletter, dedicated to promoting social projects within the Newry area. If there is something you find interesting and would like to participate in please contact the relevant provider. Keep an eye out of our next addition which will be July—Sept 2025.

# Community Matters

Newsletter

Spring 2025

A Newsletter Dedicated to Promoting Community initiatives in Newry

## Sunshine Cafe

For people living with memory loss, their carers & family members

**Find us at:**  
Thomas Davis Centre, 42 Chancellors Road, Newry BT35 8PU  
(Free Parking)

<p>The <b>FIRST &amp; THIRD</b> <b>THURSDAY</b> of each month</p> <p>10.30am – 12.30am</p> <p>January: 16<sup>th</sup> February: 6<sup>th</sup> &amp; 20<sup>th</sup> March: 6<sup>th</sup> &amp; 20<sup>th</sup> April: 3<sup>rd</sup> &amp; 17<sup>th</sup> May: 1<sup>st</sup> &amp; 15<sup>th</sup> June: 5<sup>th</sup> &amp; 19<sup>th</sup></p>	<p>Music Crafts Reminiscing With light refreshments</p> <p><b>For more information contact:</b> Lynn Cross 07823533934 John Flett 07503937693 (GP MDT Team, Newry)</p>
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The Sunshine café is an informal patient centred social activity group for people living with memory loss, their carers and family members.

To find out more please contact:

Lynn — 07823533934 or

John—07503937693

## Social Cafe

**When:** Tuesdays 2pm to 3pm  
**Venue:** The Public Library, Newry, BT34 1DG  
Small group numbers

**Somewhere to have a Chat and Natter with a Cuppa and Company!**  
For adults who may be feeling lonely and socially isolated and wish to get out and about in their community.  
If you, or anyone you know, feels they would benefit from attending the social café please contact John Flett.  
Email: [John.Flett@southerntrust.hscni.net](mailto:John.Flett@southerntrust.hscni.net)  
Telephone: 07503937693

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Our Social Café has changed day to Tuesdays with a new time of 2pm to 3pm in the Gallery room Of Newry Library.

Why not come along and spend some time to connect with others.



## Primary Care Multi-disciplinary Social Work Team

## What are General Practice Multi-Disciplinary Teams?

We understand that your physical health, mental health and social wellbeing are all equally important to you.

To enhance the existing practice team and assist you in achieving these aims, you can now book an appointment with a physio-therapist, social worker, and mental health practitioner. You will also have improved access to health visitors and district nurses.

Multi-disciplinary teams seek to address any issues that you face at the earliest opportunity, providing access to a range of experts who can provide you with the care, advice and support that you need.

For more information please scan the QR code below.



## General Practice Social Work



As part of the new practice based multi-disciplinary team, your GP practice now has a social work service available to registered patients of all ages.

You can book this service directly without first seeing your GP.



**HEALTH AND WELLBEING 2026**  
DELIVERING TOGETHER

## Making Connections Parents Support group

### Do You Care For a Child or Adolescent With Autism/ADHD ? Or Are Waiting For a Diagnosis



### MAKING CONNECTIONS Carers Support Group

#### FIND US AT:

Thomas Davis Centre  
42 Chancellors Road  
Newry BT35 8PU  
(Free Parking)  
Call in or Contact  
John Flett 07503937693  
Karalee Porter 07917342231

#### WHEN:

The **Second & Fourth**  
Thursday of each month  
09.30am – 11.30am  
March: 13 & 27<sup>th</sup>  
April: 10 & 24<sup>th</sup>  
May: 08 & 22<sup>nd</sup>  
June: 12 & 26<sup>th</sup>

Advice  
Information  
Support  
Self-Care & Wellbeing  
Activities

Connect with other Carers  
Tea/Coffee & Time to Chat



## New Mum & Baby Support Programme in Newry

### You and Baby

The GP MDT Social Work Team and Home Start Newry & Mourne are delivering a 6 week programme for first time parents/carers of babies under 1 year old offering hints, tips, support and advice relevant to both you and your baby's well-being.

Pelvic Health Physio	Paediatric Dietician	Perinatal Mental Health / Mindfulness
Baby Massage	Sensory Play Holistic Health	Rhythm & Rhyme
Cancer Focus	Speech & Language Therapist	Health Visitor
<p>Tea/coffee &amp; snack provided</p> <p>Tuesday 6th, 13th, 20th, 27th May, 3rd and 10th June 10am – 12noon Newry Leisure Centre</p>		

For more information and to register your interest, please contact Eibhlín Nugent on 07521754072



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## Health & Wellbeing

### Walking Groups (Weather Dependent)

Armagh Palace Stables  
Mondays 10:30am - 12noon

Portadown (Meet at Mayfair Business Centre)  
Mondays 10:30am - 12noon

Derrymore Forest (with Rural Health Partnership)  
Tuesdays 10.30am - 12noon

**ASHGROVE SOCIAL SOCCER**  
@Abbey Grammar School

**LADIES TRAINING**  
**MONDAY NIGHTS**  
**FROM 8PM - 9PM**  
**£3 PER SESSION**

ASHGROVE ROVERS

Supported by MDT Social Work Team, Clanrye Medical practice.

## Health & Wellbeing

### Social Cafés

Clanrye Group, Newry  
Wednesdays 10am - 12noon

Carers Wellbeing Café, Online on Zoom  
First Wednesday of every month: 11am - 12noon

**Dream BOSCO AFTER SCHOOL PROGRAMME**

**HOT SNACK PROVIDED**  
**Tuesday & Thursday**  
**3.30 - 6.00pm**  
**Secondary school age**  
**Supported by**  
**MDT Team, Clanrye Medical Practice**