

Mission statement

The centre is an initiative of 1st Lisburn Presbyterian Church but is available to all. The full title expresses the centre's aim: the LISBURN DOWNTOWN CENTRE (LDC) FOR COMMUNITY CARE. It aims to supplement the provisions for care available through the social services, other voluntary organizations and church groups, by:

- Promoting groups to cater for unmet needs
- Offering facilities for the use of other providers, voluntary and statutory

It should be seen as a network of groups and activities. Accordingly, it aims to work in genuine partnership with other agencies (voluntary and statutory). The statutory agencies are principally the EHSSB, DHSS, Lisburn City Council, NIHE and the Lisburn Further Education College. Partnership includes the provision and enabling of volunteers to make their contribution alongside professional staff. Currently a number of volunteers come from within the membership of the sponsoring congregation. LDC also has volunteers from the wider community who are committed to the Centre's philosophy. LDC is a practical expression of the Christian faith, illustrating and emphasizing the following values:-

The worth of the individual, made in God's image
Openness and acceptance, reflecting the grace of the Lord Jesus Christ

The potential for everyone to grow in self-esteem, confidence, personal fulfillment and care for others, grounded in the presence of the Holy Spirit.

LDCs approach and activities provide for people to participate at their own chosen level, from merely seeking practical help, warm and sympathetic human contact and relationships to the overly spiritual. LDC is offered as a contribution of Lisburn and as a point where the values and reality of the Kingdom of God can permeate our human lives.

LISBURN DOWNTOWN CENTRE

Volunteers

A large group of volunteers offer their time to work within the centre. They are dedicated to helping the people of Lisburn.

Co-ordinator

The LDC Work is developed and co-ordinated in conjunction with project organisers and, where applicable, other voluntary and statutory agencies, by the centre co-ordinator. LDC maintains and develops liaison with a variety of agencies and receives referrals from various sources in the community.

LDC Co-ordinator: Sharon Bentham.

Committee

Chairperson: Mr Colin McKay
Secretary: Mrs Hilary Diamond

Rev J Brackenridge Mrs K Canning
Mr T Parks A Poots MBE
Mrs G Cartmill Mrs E Allen
Mrs J Moffatt

For information on individual support, or any of the groups or courses, call LDC and ask for Sharon. Alternatively contact the centre using the given contact details.

Every attempt is made to address language barriers which may exist for ethnic groups attending courses.



LISBURN DOWNTOWN CENTRE

49 Market Square South

LISBURN

BT28 1AG

Tel/Fax: 028 92 672052

E-mail:

downtowncentre@firstlisburn.org

Web site: www.firstlisburn.org



South Eastern Health and Social Care Trust



Lisburn City Council

Ripples

Each Monday morning 10am-12pm

Ripples is for anyone at home all day with children from birth up to 5 years. ALL are very welcome. As well as all the usual activities and usual benefits that a carer and toddler play group offers, you can also enjoy: guest speakers, health advice, summer trips, carer's night out, as well as party times.

Contact Group

2nd & 4th Tuesday each month 10am-12pm

Group meeting for carers of children with learning difficulties. Provides contact with other carers, crèche facilities, special events, speakers and much more.

Get Together Club

Each Tuesday 10am-12pm

For adults with special needs, living at home or in residential care. Art and craft activities, special events and cookery classes.

Young Adults Club

Each Wednesday afternoon 5pm-7pm

For those 18-40 years feeling isolated or lonely needing friendship, support and activities. This group caters for those with issues and problems e.g. single parents, those with addictions and those who need help from social services.

The Compassionate

Friends

2nd Wednesday each month 8pm-10pm

Support and friendship for parents and their families, coming to terms with bereavement.

Cheer-You-Up Club

1st & 3rd Wednesday each month 2.00-3.45pm

For senior citizens. A varied and interesting programme, with something of interest, for everyone. If you would like to come along, or if you know of anyone who would like to join us, please invite them along. Light refreshments are served! Transport will be provided where required.

Friday Club

Each Friday morning 10.30am-1.00pm

For anyone who lives alone, perhaps feeling lonely, depressed or anxious. Light refreshments are provided, free of charge. You can come along to enjoy contact with other people in a relaxed, friendly atmosphere. This is followed by lunch costing only £2.00.

Parenting Courses

Running in 6-weekly intervals

Parenting courses are an essential tool for parents in today's society. We support the community as a whole and empower parents to take action for themselves which in turn benefits their families and the whole community in which they live. The parenting course consists of weekly 2-hour sessions. It lasts for 6 weeks and is based on a programme developed by the Family Caring Trust with different topics being addressed each week.

Also provided are:

- Special needs parenting course, covering ADHD & autism
- Baby weaning course
- Baby massage
- Basic Certificated course in Health, Safety & Food Hygiene
- Ceramics and craft making courses-run in conjunction with Island Arts Centre
- Stress management course
- Listening skills
- Cook it and Healthy Living courses
- Counselling Service - support and advice for anyone coming to terms with a loss; individual and group work organized as required.

Special Needs Volunteers

Opportunities exist for those with special needs to be involved in volunteering. These sessions are currently running all day Wednesday each week.

One-to-one schedules – organized by appointment

Meeting with individuals

Identification and assessment of needs

Personal profiles

Support

Advice and befriending

Volunteering Opportunities

- Catering
- Administration
- Short project work - art & craft
- Music therapy
- Transport
- Befriending