



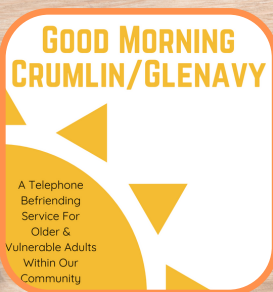
# EMERGENCY FOOD AND SUPPORT

for local people in crisis

## We can help with:

- Access to the community registered food bank:  
Open 6 days a week & NOT means tested;
- Tackling fuel poverty through the warm, well and connected scheme;
- Collecting prescriptions (pre-booked service).
- Counselling

If you need any support please call, text or email our dedicated support team.



28 Mill Road - Crumlin

02896 208 284 / 07547 719 273

[www.asafespacetobeme.co.uk](http://www.asafespacetobeme.co.uk)

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The Charity Commission for Northern Ireland  
Registration Number 107789



# Services Available

## Counselling

Our team of counsellors are able to work from either our Antrim or Crumlin offices, all of whom are accredited and/or registered members of the National Counselling Society, the British Association of Counselling and Psychotherapy, Irish Association of Counselling and Psychotherapy or the Association of Family Therapists.

We feel very privileged to be able to offer the wealth of experience and skills for free in a community setting. With mental health and emotional well-being being the topic at the forefront of everyone's mind during the Covid pandemic, we are in the position to be able to offer meaningful support to people in our communities.

Counselling can help with a diverse range of issues. It can help with positive events such as choosing a direction in life or reaching your full potential. Perhaps you are feeling a 'bit stuck' and would value being able to explore various scenarios with a counsellor. There may be things from your past that you would like to tackle or there may be things in the present that you want to try and change. Perhaps you are experiencing significant events in your life such as getting married and starting a family, leaving home for the first time or coming to terms with the death of a loved one.

Counselling services may be able to help with all of the above.

## Parents Plus

- A series of programmes supporting parents to:
- Manage behaviour and emotional problems
- Build their children's self-esteem and confidence
- Reduce their own stress as parents
- Problem-solve with their children
- Establish positive daily routines
- Develop connected and close family relationships
- Encourage their children's learning and school work

## Nurture Cafe

Nurture Café, our version of an honesty café.

Individuals can come and get a warm meal, cuppa and pay what they can afford. There are suggested donations to help cover the costs; it is up to an individual and their conscience how much they decide to pay. While here they can engage with our volunteers, form new connections, have somewhere they can go to and get them out of the house without it costing a fortune.

For many cost is a big factor that prevents them from engaging with others in the community. Our reasoning behind this type of café is due to what we have learnt about the need within the Crumlin community during lockdown. There are many who are isolated, lonely, who don't like to go out alone, others who simply cannot afford anything other than basic food and household bills.

This is a day to day occurrence for them and was going on long before the lockdown. The community as a whole may not have known about them but thanks to lockdown we became very aware of them. This is our way of looking after them.

The Nurture Café is based at The Crumlin Hub on Mill Road and is open from 7.30 – 2.30 Monday to Saturday.

## Crumlin Oil Club

A service inherited from Crumlin Community Group where members of the community can join together to purchase heating oil, providing affordable oil to those who order the minimum delivery of 200 litres, which is the most expensive way to purchase oil per litre, therefore by joining together to place a bulk order reduces the price per litre for everyone.

## Project FUSE

A youth intervention scheme aimed at tackling anti-social behaviour in our communities.

F - Future of Community

U - Utilising Skills

S - Shared Values & Experiences

E - Empower

Our youth workers are out on the street actively engaging with young people in Crumlin and Antrim.



All enquiries

028 9620 8284

[www.asafespace tobeme.co.uk](http://www.asafespace tobeme.co.uk)