

# First Larne Presbyterian Church

"We are here to worship God, build up His church and share His love."

www.firstlarne.org.uk www.facebook.com/Firstlarne



"There is a need to rebuild our relationship with our planet  
so that we might rebuild our relationship with its creator."  
The Rev. Canon Ruth Valerio

## Worship @ First Sunday 24<sup>th</sup> October 2021 CLIMATE SUNDAY

Welcome & Announcements

Call to Worship

**Hymn 87:** "God loves you and I love"

Sacrament of Infant Baptism: **CALEB JAMES GREGG MURRAY**

(we sing the Aaronic Blessing Hy.288: "The Lord bless you and keep you")

**Hymn 549:** (CH3) "Our children Lord, in faith and prayer we now devote to Thee"

(Children may leave for Kids Church after this hymn)

### Why Care?

The Moderator interviews Olivia Elwood,  
a student member of Bloomfield Presbyterian Church, Belfast

### Why Us?

READING: Colossians 1 v 15-20

Think Bigger than we have been?

Prayers

**Hymn:** "O God of boundless hope"

**BENEDICTION**



The Meeting House is open for services at  
11am each Sunday.

**Services will continue to be live-streamed on  
Facebook & YouTube, as well as being available  
later on our website.**

### **Some Forthcoming Services**

#### NEXT SUNDAY

31<sup>st</sup> October 11am : "In Search of Light"  
ALL-AGE SERVICE

Launching the QR-code video trail for all ages  
**Special gift for all children**

7<sup>th</sup> November: "Waiting for a King" Daniel 7 v.9-14

14<sup>th</sup> November: REMEMBRANCE SUNDAY

11.30am Annual Act of Remembrance

7pm The Rev. David Kelly (Woodburn & Loughmorne)

Whilst guidance is developing all Covid-19 protocols are still being  
observed.

Booking for services with EVENTBRITE link below  
or on the website homepage.

<https://www.eventbrite.co.uk/e/morning-worship-tickets-149516569083>

Alternatively you may contact the Church Office  
Tel 028 28269968

### **Shoe Box Appeal 2021**

**Blythswood Care invites you to fill a Shoe Box  
to bring joy to a child, teen or adult in need in  
Eastern Europe this Christmas.**

**Please return filled shoe boxes to First Larne  
Church TODAY, Sunday 24<sup>th</sup> October.**

**Leaflets with details are available in church  
or visit shoeboxappeal.org**

**WOMENS CIRCLE meet on  
Tuesday 26th October at the Curran Court  
for a 60th Birthday Lunch**



**GIRLS BRIGADE meet alternative Tuesday evenings**

Next date: Tuesday 2nd November

All previous and new girls welcome.

**BOYS BRIGADE meet alternative Tuesday evenings**

**THIS TUESDAY 26<sup>th</sup> October**

All previous and new boys welcome

**ANCHOR BOYS** (age 5-P4) from 6.00– 7.00pm

**JUNIOR SECTION** (P5-P7) from 7.00–8.30pm

**COMPANY SECTION** (Y8–Upper 6<sup>th</sup>) from 7.30-9.00pm

If you feel you can help with Boys Brigade in any way this year, please get in contact with Company Captain Wesley Magill – 07721 746793



**FIRST LARNE INDOOR BOWLERS**

the **MONDAY** afternoon bowlers have resumed in the Sports Hall each Monday from 2.00-4.00pm.

*All old and new members very welcome.*

**TUESDAY “SMALL GROUPS”**

**THIS Tuesday 26th OCTOBER at 10.30am in Room 4**

and every 2<sup>nd</sup> and 4<sup>th</sup> Tuesday of the month.

All existing and new members very welcome.

If you require further information about joining please speak to Bev Moore



**“IN STITCHES” CRAFT GROUP**

meet every 1<sup>st</sup> and 3<sup>rd</sup> Tuesday of the month.

**2<sup>nd</sup> November at 10.30am in Room 4**

All existing and new members very welcome.

PART OF THE  
ON THE TRAIL  
SERIES

IN SEARCH OF  
*Light*

Follow the light!  
Scan the code and let  
the adventure begin!

SCAN ME

Contact your local church for more details:  
**Launching at our  
ALL-AGE service  
NEXT SUNDAY  
31<sup>st</sup> October 11am**



Jax McCallum-Murphy is now fully engaged in her role as the East Antrim Scripture Union E3 worker. She will be coming to us on 21st November to share something of her work. On that occasion we hope to make a gift presentation to her to mark her 5 years or so as our Community Support Worker. If you wish to be associated with that presentation place your contribution in an envelope marked “Gift for Jax”. You may also include your name, address and FWO number.

Return with offerings or give to a steward, an elder or committee person or deposit in the Church Office **on or before 7<sup>th</sup> November.**

# LATEST NEWS AND UPDATES



## Communicant Membership

If you would like to consider becoming a full communicant member speak with the Rev. McClure or mention to one of the stewards. We welcome the opportunity to discuss this with “no strings attached”.



## BRIDGE NEWS Winter Edition 2021

All news, articles, photographs to be with the Editor, Michael Bailie on or before Sunday 21<sup>st</sup> November 2021

## PCI League of Church Loyalty Cards

These are now available from Kids Church

## VOLUNTEERING

### COULD THIS BE YOU?

As young families return to services and some more senior members remain housebound we will need volunteers in the following “ministries:

**CRECHE** – With the resumption of the creche facility we welcome additional help. Is this something you could assist with on an occasional rota?

Contact Rev. McClure or Church Office for further details.

**DVDs & CDs** – The team at the desk are always looking for new recruits – but we also need to expand the team who can edit, copy and distribute recordings.

**There are a few specific roles that do not require you to be a computer whizz!**  
The equipment is all there. All we need is willingness and about an hour a week!

## Notification of Death

Thomas Baxter, 7D Sallagh Park



# CRECHE

A creche facility has been available but now, in another significant step to safely welcome everyone to worship service, there will be a member of the creche team there to welcome you from 15 minutes or so before the service. They are there to ensure you and your baby/toddler have the best and the safest experience. For the first few weeks we recognise that parents may wish to stay with their babies and toddlers – and would welcome that. The service is relayed into the creche room.

Perhaps you could help. We are keen to recruit helpers to join the rota from mid-November. Speak to the team member on duty or to the Rev. McClure or contact Sheila at Church Office for further details.

## NEW

**Remembering  
PCI chaplains who served  
during the First World War**

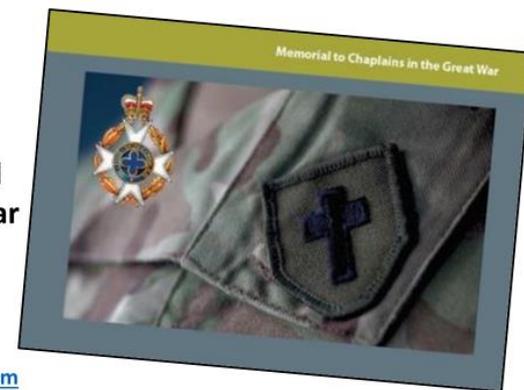
**Cost £3 (plus p&p)**

Order online

[www.presbyterianhistoryireland.com](http://www.presbyterianhistoryireland.com)

or contact PCI Mission Department

on 028 9032 2284 or [mission@presbyterianireland.org](mailto:mission@presbyterianireland.org)





## Commit

### 10 PRACTICAL STEPS

There are lots of ways in which we can and should change our lifestyles.

- 1. Repent.** If you've been sore on God's world, confess that to him and change your ways.
- 2. Remember It's still God's world.** That includes people, animals, the soil, plants, air, sea, the lot.
- 3. Reduce, reuse, recycle.** Do we really need all that 'stuff'? Sure? There are over 7,000 million of us!
- 4. Think travel.** Take the Bus more and the car less. For short journeys, could you go by bicycle or walk?
- 5. Love animals** and buy products which respect God's creatures and contribute to their well-being.
- 6. Wear better clothes.** Ethical clothes so that all the people in the chain get a fair deal. No slave labour!
- 7. Wear more clothes.** Turn down the heat, and turn to renewable energy for a lower carbon footprint.
- 6. Eat your veg and fruit.** Aim for at least five portions a day especially local, organic and fair trade. Fair's fair.
- 7. Think sustainable** – paper, fish and everything else; there's a lot of us and we need to think of the next lot!
- 8. Be aware of nasties** – chemicals, cleaners and the like. Buy ones not tested on animals and not harmful to God's world.
- 9. Enjoy.** It's still a wonderful world so get outdoors, and get indoors to church every Sunday to worship the Maker too!
- 10. Be a steward of creation.** Make ethical choices and show producers that right and wrong still matter.



# E3 EAST ANTRIM COMMISSIONING SERVICE

Sunday 7 November  
7pm  
Ballynure Presbyterian Church

[facebook.com/E3EastAntrim](https://www.facebook.com/E3EastAntrim)  
No pre-booking required & live-stream available





Following on from the “For Now...” booklet issued to every household, our small groups will be looking at a specially prepared resource for discovering more of what the Bible says to us at this unusual and challenging time in our history. The series is accompanied by specially commissioned videos, allowing us to link up with the experience of other Presbyterians.

**Topics include:**

- Caring for one another
- Following Jesus together
- Engaging with God in worship
- Encouraging young people
- Encouraging families with younger children
- Sharing our faith

**THERE IS A SMALL GROUP NEAR YOU!**

**TUESDAY GROUP**

**THIS Tuesday 26<sup>th</sup> OCTOBER at 10.30am in Room 4.**

and every 2<sup>nd</sup> and 4<sup>th</sup> Tuesday of the month.

**For further information speak to Bev Moore.**

**WEDNESDAY at 7.30pm**

Email Sandy Lindsay: [sandy30654@gmail.com](mailto:sandy30654@gmail.com)

Next meeting – details to follow

**WOMEN’S GROUP – WEDNESDAY’s at 7.30pm**

Email Rev. McClure: [cmccclure@presbyterianireland.org](mailto:cmccclure@presbyterianireland.org)

Next meeting Wednesday 3<sup>rd</sup> November

*“Engaging with God in worship”*

**Paper copies of the notes to accompany Small Groups available in the vestibule.**

**INFORMATION for Your PRAYING**

On our website homepage, under “Resources for you to share”, each week you can pick up prayer points from various home and overseas sources, including:

1. “Let’s Pray” – PCI’s own weekly bulletin
2. Christian Aid updates
3. The latest Leremore family bulletin from Kenya



**GETTING READY FOR THE FUTURE**

**FLY (First Larne Youth)** are gearing up for the new session. Our young people have been through these strangest of times and are now looking to navigate the way ahead with our help.

Could that be you?

We are looking for adults to join the team – to be a presence, to be a friend. Could you have even a little to offer for the future?

**REFRESHING OUR ROTAS**

It’s not too late to join the following teams:  
**Stewarding**  
**Grass-cutting**  
**AV Team**

If you think you could join any of these teams you will not be left alone but will be introduced to the work by others with some experience and you will be working alongside others.

Contact the Rev. McClure or leave a message on the Church Office answering machine or make direct contact with

- Bev Moore – Stewarding
- Jan McKay – Grass cutting
- Neill Murray – AV Team



# First Larne's Youth App Is currently being developed...



**IT'S STARTING TO HAPPEN!**

**Watch out for opportunities to catch up.**

**Organisations are creatively finding safe ways to meet again!**

## **Blog of the Week**

*Easy on Me: A road to redemption?*

A comment piece on Adele's latest release.

Go to homepage of website – "BLOG"



**Refined**  
Ardens sed Virens

A wealth of resources for this exceptional time in our lives produced by PCI for PCI.

Check it out!



**Go to our website homepage "Resources" for these latest updates and much more...**

## **A selection of RESOURCES**

- ❖ "Spiritual Healthcheck" 16 steps to a thriving Christian life
  - ❖ "Hope in an Anxious World" 6 truths for when things feel overwhelming
- Available by contacting the Rev. McClure**



## **"Presbyterian Herald"**

### **"Word for Today" Bible reading notes**

An online version of the Herald is available on the PCI website.

The November-January edition of "Word for Today" is now available.

## **RESOURCES PAGE ON WEBSITE**

Find a variety of links to resources for you and to share.

**1. CLIMATE CHANGE** – A PCI statement prior to the forthcoming COP conference in Glasgow.

**2. Reflection by the Methodist President** who preached at Thursday's service in Armagh organised by the Church Leaders.

### **3. Habit Checker**

What should you keep after "lockdown"? What needs to go?

### **4. State of Hunger Report**

This prophetic call from the Trussell Trust (who coordinate many Foodbanks) demands our attention as we move forward to the new normal.



# UPDATE

September 2021



Last year you helped provide Christmas Hampers of food and other items to those in our Community who suffer food poverty. Because of your gifts it was a wonderful work greatly received. We ask for your help again to provide food over the festive period. In order to have the food and toiletry items needed we will be asking for particular items over the months of October and November ready to be packed and delivered in early December. Each week we plan to request 2 or 3 items that we need, so look out for our weekly requests on Facebook or on our website [www.larne.foodbank.org.uk](http://www.larne.foodbank.org.uk) Thank you to those who have already been in touch to see what we need.

**Thank you so much** to all who responded to our requests over the summer.

We currently have plenty of: Breakfast Cereal, Beans, Pasta so if you normally donate these items can we politely ask that you please consider donating one of the items on the list below instead, as they are the things that we are most in need of.

This month we are short of:

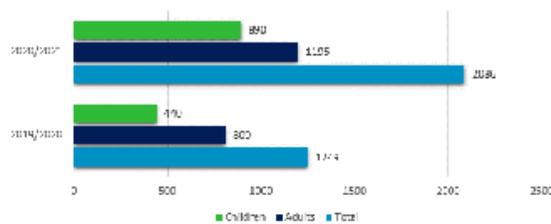
- Tinned Tomatoes
- Tinned Rice and Custard
- Instant Mash
- Red & Brown Sauce
- Tinned Fruit



## Larne foodbank Held its AGM on 1st July

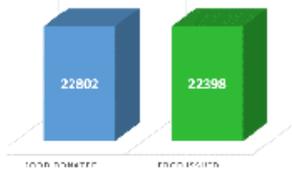
On the 1st July 2021, eighteen members and supporters of Larne Foodbank met socially distanced at our AGM to hear about the work over the past year. Those who attended were informed that from 1st April 2020 to 31st of March 2021 Larne Foodbank had supplied at least 3 days to 2086 people, 1196 adults and 890 children. This is up 60% on the previous year. (see graph below)

Number of People fed over the past two years



Thank you to all who donated food, most of which was donated through the ASDA collection point. Your generosity resulted in you donating almost exactly what we needed to give out. So a huge thank you.

FOOD DONATED AND ISSUED IN KG



As well as food, toiletry and household cleaning items in our parcels, we were able to issue vouchers for those referred to us to purchase fresh meat, fruit and vegetables, milk and bread. We want to thank those businesses and organisations who donated and grant aided this important addition to our work.

**Thank you to our Referrers** those who worked in partnership with us and helped to make sure people in food poverty were given additional help to solve their crisis. Our largest referrer, this past year, was Christians Against Poverty (CAP) who received food parcels to support people while they worked with them to become debt free and able to face the future.

## 8 New Volunteers at Larne Foodbank

Our two Joans have welcomed and given training to eight new volunteers at Larne Foodbank. It is great to have these additional volunteers join with our wonderful teams who have kept Larne Foodbank going throughout the lock downs, and the worst of the pandemic.

Gamble Library (Union Theological College)

Annual electronic membership offer:

Access to 750+ eBooks and

ATLA Databases

Cost: £50

(plus a one-off library card fee of £10).

Further reductions may be available.

Contact [librarian@union.ac.uk](mailto:librarian@union.ac.uk) or 02890205093 for details.

## JOURNEYING TOGETHER INTO 2021

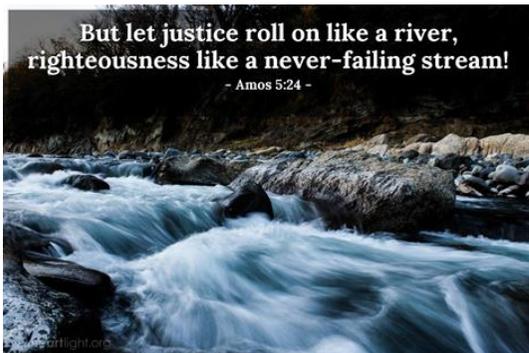
After the year we have had what's the 2021 journey going to be like?

To make sense of any journey you should know where it begins, where it is heading for and how to get there.

In our services throughout 2021 join us as small step by small step we journey towards greater understanding of the big story for us, as relayed to us in the Bible.

As we attempt to make sense of the new normal we will explore more of the Bible – a story, from beginning to end, that makes sense of life, makes sense of us and makes sense of life for us!

Is this not what you need in 2021?



This Christian charity has been contracted by the Northern Trust to help provide friendship, emotional and practical support for families in vulnerable situations. Perhaps you could help.

Please [CLICK HERE](#) to take a look at how Daphne was helped through the support of a Safe Families volunteer. Please [Click Here](#) to see how Toby's life was changed by the intervention of a volunteer in his life. You can also find more information about Safe on our website: <https://www.safefamilies.uk/>



Safe Families

Most of us know that if we were facing difficult times our friends and family would be there to support us and help out. But for some people, there is no-one there to turn to for help.

Safe Families are a Christian charity who partner with churches to offer support, hope and belonging to improve the lives of families in crisis.

Safe Families UK started in England in 2013 and came to Northern Ireland in 2021, with over 1100 churches and 4,900 volunteers involved. We have helped church volunteers connect with almost 6,000 families and over 13,000 children – this support has reduced the flow of children into the care system and helped struggling families to cope with difficult situations.



We believe that love in action towards friend and stranger alike is at the heart of the Christian gospel, and that your church is vital for the transformation of your community and the support of families in Larne.

There are 3 ways you can get involved with Safe Families:



- Volunteering - getting alongside someone in the community, such as meeting a parent for a chat or taking a child to the park.
- Giving - donating resources for a family or by supporting our work financially.
- Praying - we would love it if you could pray for us, volunteers and the families they support.

You can keep up to date with us on Facebook @SafeFamiliesUK or via our website [www.safefamilies.uk](http://www.safefamilies.uk) or get in touch with our team at [NorthernIreland@safefamilies.uk](mailto:NorthernIreland@safefamilies.uk)

## “HERITAGE” – The Presbyterian Historical Society of Ireland

Magazines now available to lift from the hall table.

### Scripture Union E3 Workers in Schools throughout East Antrim

The latest edition of their prayer letter is now available.

Go to the home page of our website and you will find a link with the other resources.

### Connect with services ONLINE, CD, DVD and by PHONE

Live feeds are still on Facebook and YouTube.

Let the Rev. McClure know if you know somebody who would simply like to watch or hear our services on a DVD or CD player. We can provide audio recordings on a CD or videos on DVD (preferably user's own player).

### Important INFORMATION for Online Users

Our services are now live streamed on Facebook and YouTube.

After the live stream the service is available to view immediately on **Facebook**.

On **YouTube** it can be up to 24 hours after the live stream before the video is available.

Similarly, it can be up to 24 hours before the service recording is on our website.

Listen to the latest service by phoning local number 028 91249550.

### Update on PCI Ministries supported via United Appeal

Check *Resources* on our home page for fresh information and updates from a range of the ministries and initiatives supported by our giving to United Appeal.

This Week: Galway

“Opening Doors in the West” –

featuring the Rev Helen Freeburn (Galway Presbyterian Church).

### HOSPITAL and other PASTORAL VISITATION

Continue to inform the Rev. McClure of hospital admissions and other pastoral situations.

Whilst routine in-person visitation is still limited we are working closely with hospital chaplains to ensure our members are receiving the best possible support.

As well as continuing pastoral phone calls throughout the congregation the Rev. McClure is giving priority to a programme of in-person visits, where possible, with our members in care facilities and those unable to attend services. For some this will involve sharing communion.

If you or someone you know could be added to this list please contact the Rev. McClure directly on 028 28272441 or 07984030881

or email: [cmclure@presbyterianireland.org](mailto:cmclure@presbyterianireland.org) to discuss suitable arrangements.

# INTO THE FUTURE

## An Update on some strategic ongoing work undertaken by Kirk Session.....

When we held the 2021 Kirk Session Conference on Saturday 30<sup>th</sup> January we were almost one year into the pandemic.

The Conference theme was

### “MOMENTUM IN THE MOMENT:

#### How do we move on from here?”

The purpose of the conference was set out as follows:

“We have already experienced some of the obvious health, educational, economic and societal effects of the pandemic.... But what is still to come? By the time we are all vaccinated and we can contemplate anything approaching ‘normal’ church activity resuming at least 18 months will have passed. SO WHAT DO WE DO TO PREPARE FOR THEN?”

Each elder was asked to submit up to 10 questions they felt needed to be addressed as we looked ahead. From that we drew agreed a “Top 10” list of questions covering topics such as:

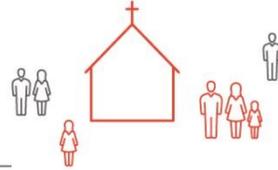
- Streaming of services
- Post-Covid and Returning to ‘Normal’
- Children, Young People and Family Ministry
- Role of elders
- Reviewing and learning from pandemic experience
- Staffing
- Worship
- Community ministry, care and outreach
- Stewardship and finance
- Services
- Property
- Volunteering
- Opportunities to explore faith

Four working groups within Session are now engaged in strategic considerations which will impact future vision.

Please pray for wisdom and guidance.



# Stay SAFE at church



## S A F E

### Stick to the rules

- Follow advice and instruction issued by the kirk session at all times
- Follow arrangements for signing up in advance to attend activities or organisations
- Follow signage for entering, using and leaving the building



### Assess the risks

- If you are displaying any of the symptoms of COVID-19, or have been in close contact with anyone displaying such symptoms, do not attend any church activities or organisations
- Take primary responsibility for your own health and wellbeing by carefully considering the level of risk involved in coming to any gathering of people at church
- Do not feel under any pressure to be present if you are uncomfortable about any aspect of attending



### Foster good routines

- Wash your hands before, after, and during if necessary, time spent in the church premises
- Arrive in good time and leave promptly to limit unnecessary contact with others
- Be aware of what is involved in applying social distancing from others at all times

### Encourage individual responsibility

- Hold yourself and others lovingly accountable for taking advice and instruction seriously
- Resist the temptation to become careless as necessary practices become more familiar as week follows week
- Be understanding of limitations on normal activities remaining so that we might love our neighbour as we love ourselves

## KEEPING EVERYONE SAFE

- In order to ensure the safety of our entire community it will be necessary to ensure we keep numbers attending worship within the approved limits.
- Therefore you will be asked to register your intention to attend by using the “Eventbrite” app (link from our website or Facebook age) or phoning or emailing the church office by the Friday morning prior to each service.
- You simply need to give the number from your household who intend to attend.
- For instance: “Four of us are coming on Sunday.”
- As you come into the Meeting House your presence will be recorded.
- You will be asked to complete a sheet giving your name and contact phone number unless you have previously registered with “Eventbrite”.
- You will then be shown to one of the designated seats.
- You will notice stewards filling up the seats in sequence from the front.
- Your details are required should it be necessary to alert you to a possible risk of infection by someone subsequently identified as a carrier.
- You will be directed to a specific seat to maintain the required distancing and thus reduce the chances of cross infection. If we did not do this and anyone subsequently developed symptoms then everyone in the building would have to self-isolate!

# PHONE FIRST-24/7

Make sure you PHONE FIRST before going to Antrim or Causeway Hospital Emergency Departments, or Mid Ulster Hospital Minor Injuries Unit.

## 0300 123 1 123

TEXT RELAY NUMBER: 18001 0300 123 1 123  
or Interpreter Now app

Get directed to  
the right care

Avoid busy  
waiting rooms

Stay safe

Save time



**FOR EMERGENCIES - 999**

Including: stroke, heart attack, loss of consciousness, breathing difficulties, severe bleeding or major trauma

**ALWAYS CALL 999 IMMEDIATELY**



Health and  
Social Care



DoH  
[www.healthni.gov.uk](http://www.healthni.gov.uk)



Two key areas of our ministry are expanding and need YOUR help.

1. **READERS:** Could you read – live in church or recorded at home?
2. **STREAMING OF SUNDAY SERVICES** – Now that we have the marvellous facility of streaming our services we have realised how important this is going to be into the future. Some of our senior members who are not able to attend will continue to be part of our worshipping community. However, this can only happen if we have more volunteers to assist at the AV desk. We would love you to have a go and see if this is for you. Speak to Neill Murray or the Rev. McClure who can arrange to let you see what is involved.



### Contact Details

**OFFICE** Tel: 028-28269968

Email: [admin@firstlarne.org.uk](mailto:admin@firstlarne.org.uk), Website: [www.firstlarne.org.uk](http://www.firstlarne.org.uk),

Facebook: [www.facebook.com/Firstlarne](https://www.facebook.com/Firstlarne)

**Minister: Rev. Dr. Colin D. McClure**, Tel: (028)28272441,  
Mobile: 07984030881 Email: [cmclure@presbyterianireland.org](mailto:cmclure@presbyterianireland.org)

Registered Charity in Northern Ireland (NIC104895)

## Not online? USE YOUR PHONE

**First Larne Service** – Dial this local number (028) 91 249550

Normal charges apply. However, for most landlines there will be no charge if phoned at those times your supplier gives free calls of up to one hour. Likewise, mobile charges will vary according to your contract.



### 2. “Daily Hope”

A freephone service provided by the Church of England.

Dial **0800 804 8044**

The Archbishop of Canterbury is still there to greet you!

You can then choose from several options, including favourite hymns, the stories behind some hymns, prayers, reflections and other services.

## **Holiday tour to Austria including the Oberammergau Passion Play (10-17<sup>th</sup> August 2022)**

Interested?

Contact the Rev. McClure for  
further details.

Although taking place in 2022 this historic, once-in-a-decade, event books up quickly. As travel opens up the prime seats and accommodation in the village of Oberammergau will come under pressure.



## **TAKE UP THE OPPORTUNITY OF FREE HOME ENERGY SUPPORT**

**Are you or anyone you know struggling to heat your home, have difficulty understanding energy bills, or how to work your heating controls?**

**If so Mid and East Antrim Borough Council have a free home energy service to help with these issues around the home.**

**They can:**

**Refer you to energy efficiency grant schemes available for a range of home improvements (including wall & roof insulation and heating) to maximise the energy efficiency of your home (eligibility criteria apply).**

**Provide advice on current household energy use and managing your heating system.**

**Provide advice on budgeting for fuel.**

**Should you require further information, contact one of the Community Health and Wellbeing Officers.**

**Email [wellbeing@midandeantrim.gov.uk](mailto:wellbeing@midandeantrim.gov.uk) (giving your name, address and a contact telephone number)  
Tel. **028 28 262 498** - open Monday to Friday, 9am to 5pm**

**If you need help with getting food, medicine or supplies you can call**

**Mid and East Antrim Community Advice Service.**

**Tel. 028 96 001 333**

**advice line open Monday to Friday,  
9am to 5pm (closed 12-1 for lunch)**

**Email [michele.campbell@meacas.com](mailto:michele.campbell@meacas.com)**