

Community Stars – Supporting young families

A space for families

Young adults who have been brought up in care often find the lack of family support difficult when they start raising a family of their own. Regent Street Methodist Church in Newtownards, Northern Ireland, is taking part in a Parent Support Project to help young families across the area.



The church opens its doors every week so that parents and families can come and see specialist support workers in a calm and friendly environment. People can access a wide range of services ranging from advice about benefits through to counselling.

Over the years, the relationships between the parents, church volunteers and support workers have grown stronger than ever. Every Christmas the church makes up hampers for parents as Christmas presents, and has helped to organise two weddings for parents in the group.

The project has had a huge impact. Parents are now finding the support they need, and the church is reaching out beyond the four walls to make a real difference in the community.



The parents and children bring joy and life to the premises on Fridays and church members provide role models and gentle guidance when they offer their time.



Rev Andrew Kingston
Regent Street, Newtownards

Church details

- Regent Street, Newtownards, County Down
- Average congregation: 120

What you'll need

"It's important to work out what the need is, to see what's happening around you."

Laura Ewing, Regent Street, Newtownards

Caring by numbers

- 16 to 25: the age ranges helped by the project
- 2: number of weddings the project helped to organise
- 10 hampers donated to members every Christmas



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