

COMMUNITY RESOURCE GUIDE



Health, well-being and support services in your area



Derry-Londonderry

Introduction

Hello and welcome to the first edition of your Community Resource Guide for Derry-Londonderry.

Every day the Extern team engage with other partner organisations to assist the communities they serve, and this guide is designed to enable you to access the support that you may need.

Inside you will find information on services that provide support, from who to reach out to for benefits and financial advice, to contact details for your local crisis support or where to find your nearest pharmacy. Whatever it is that you need, this guide is a reminder of the range of support services within the local community.

As well as offering a practical tool, this guide also demonstrates how much we in Extern value our relationships with the many other organisations who are also delivering much-needed support to local people. Their dedication and hard work is so vital in creating safer, happier communities and lives for people locally, and I pay tribute to their work.

I hope that this guide will provide what you are looking for and that you will find it a useful and worthwhile resource.

Kind regards,

Colin Hayburn
CEO, Extern



The *Community Resource Guide for Derry-Londonderry* is designed and published by Extern.

Extern is a registered charity in Northern Ireland.

Registered with the Charity Commission for Northern Ireland NIC105869

Company Registration No: NI 16083

While every care has been taken to ensure the accuracy of information in this publication, no responsibility will be accepted by the editorial team, contributors or designers for any alterations, errors or omissions which may occur.

Contact

Tel: +44 (0)28 9084 0555
www.extern.org



Follow us on Facebook:
@ExternCharity

The Community Resource Guide for Derry-Londonderry is jointly funded by SSE Renewables and The Community Foundation Northern Ireland.



Urgent/Emergency help and support

- **Emergency services - 999 or 112**

Police, Ambulance Service, Fire and Rescue Service, Coastguard.

- **GP out of hours services, Western Urgent Care**

028 7186 5195

- **Lifeline - 0808 808 8000**

- › Deaf and hard of hearing – Textphone users can call Lifeline on 18001 0808 808 8000
- › 24-hour support for those in distress or despair.

- **Samaritans helpline Freephone 116 123**

Local number 0330 094 5717

Listening ear to those in distress. Available 24/7, 365 days a year.

The Samaritans offer a safe place for you to talk any time you like, in your own way, about whatever's getting to you.

- **Social services out of hours arrangements**

028 9504 9999

- **Action on Hearing Loss**

0808 808 0123/Textphone 0808 808 9000

Support for deaf people.

- **Foyle, Search and Rescue**

028 7131 3800

Extern – Community Crisis Intervention Service

Providing one-to-one intervention, counselling and complementary therapies to those impacted by drugs, alcohol and mental health.

We accept referrals from all sources including self-referrals.

Referral criteria:

- Be aged 18 +
- Live in Derry/Londonderry/Strabane and outer areas
- Linked to one or more statutory agencies

If you would like further information or to request a referral form then please email CCIS@extern.org or tel: 028 7126 2300

Abuse

Women's Aid

Women's Aid Federation
Northern Ireland

Local Offices

9am-5pm Weekdays

- 24/7
- Self-referral

Phone: 0808 802 1414
(via Domestic & Sexual Abuse Helpline)

Email: helpline@womensaid.org.uk

Webchat Available:
chat.womensaid.org.uk (live chat)
Weekdays 10am-2pm

Foyle Women's Aid

A service for women and children affected by domestic abuse. Covering Derry/Londonderry and Strabane area.

Foyle Woman's Aid provides confidential support, information and emergency accommodation for women and children who are affected by domestic abuse in the above areas.

- Opening hours: 9am-5pm

Phone: 028 7141 6800

Email: help@dsahelpline.org

Victim Support NI

Emotional support for victims of crime

Phone: Foyle Office
028 7137 0086

Email: foyle@victimsupportni.org.uk

Nexus

Nexus Institute offers counselling to survivors of childhood sexual abuse and victims of sexual violence, including those who have experienced rape and sexual assault.



Alcohol/Drugs/Smoking

Alcoholics Anonymous

A service suitable for adults and children aged over 12. Information office for members of the public looking for help and support with problem alcohol use. Covering the whole of Northern Ireland.

Phone: 028 9035 1222

Start 360 Daisy West

Drugs and alcohol intervention service for 11-25 year-olds

Phone: 028 7137 1162

Foyle Haven

A safe space where street drinkers can access practical help and support.

Phone: 028 7136 5259

Northlands Centre

Treatment centre for people with alcohol problems.

Phone: 028 7131 3232

HURT (Have Your Tomorrows)

Offering people support with issues around drug and alcohol addiction.

Phone: 028 7136 9696

ARC fitness

ARC Fitness supports people with substance use disorders to achieve healthy and sustainable recovery through the application of physical activity and positive lifestyle choices.

Phone: 07510 475549 (Monday-Friday 9am-5pm)

Email: info@arcfitness.uk

Benefits and Financial Advice

Citizens Advice North West

Free, confidential, impartial advice; representation at tribunals; debt counselling services.

Phone: 0330 303 3650

Disability Action

Ensures that people with disabilities attain their full rights as citizens, by supporting inclusion, influencing Government policy and changing attitudes in partnership with people with disabilities.

Phone: 028 7136 0811

Personal Independence Payment

Can help with extra living costs if you have both a long-term physical or mental health condition or disability; or difficulty doing certain everyday tasks or getting around because of your condition.

Freephone: 0800 0121 573

Step Change

Offers free and impartial advice on debt and money management.

Freephone: 0800 138 1111



Learn new skills

Research shows that learning new skills can also improve your mental wellbeing by:

- boosting self-confidence and raising self-esteem
- helping you to build a sense of purpose
- helping you to connect with others

Even if you feel like you do not have enough time, or you may not need to learn new things, there are lots of different ways to bring learning into your life.

Keep learning



Bereavement

Cruse Bereavement Care

Cruse offers information, support and advice to anyone affected by bereavement.

Phone: Foyle Area: 028 7126 2941

Web: www.cruse.org.uk

Youth website;
www.hopeagain.org.uk

Barnardo's Child Bereavement Service

Barnardo's Northern Area children and young people bereaved by suicide support project

Phone: Advice line 028 9066 8333

Barnardo's Northern Area children and young people bereaved by suicide support project

Phone: Freephone 0800 282 986

Free for mobiles 0808 800 6019

Miscarriage Association

Phone: 019 2420 0799

Email: info@miscarriageassociation.org.uk

NI Stillbirth and Neonatal Death Society (SANDS)

Phone: 07740 993450

Suicide Liaison Officers/ Bereaved by Suicide Support

Phone: Londonderry/Strabane/Limavady
028 7132 0138

North West Bereaved by Suicide Group

This group meets on the first and third Monday of each month

Phone: 028 7131 3800

Carers

Carers NI

Benefits and carers' rights

Phone: 028 9043 9843

Cause

A local charity providing peer-led emotional and practical support to carers and families of people with mental illness.

Phone: 028 9065 0650

Helpline 0800 103 2833

Headway: The brain injury association

Dedicated to supporting people with a brain injury, as well as their families and carers

Phone: 028 2565 1521

Western Health and Social Care Trust Carers Coordinator

Phone: 028 6634 4000

028 6634 4163



Children/Youth Support

Childline

Free and confidential help for young people under 19 in the UK to support with any issue they're going through. Available any time, day or night.

Phone: 0800 1111

FLARE (Facilitating Life and Resilience Education)

Support service for young people (11-25 years old) experiencing mental health issues or impacted by suicide, delivered through youth work practice and interventions.

Phone: 028 7131 3444

Email: flare@eani.org.uk

DIVERT Project

Provides support and information to children, young people and parents on problem substance use.

Phone: 028 7126 9327

Start360

Treatment, counselling and support services for young people and families affected by problem substance use.

Phone: 028 7137 1162

CAMHS

Youth treatment, counselling and support.

Phone: 028 7186 5238

CLIC

Support for children suffering from cancer and leukaemia, and signposting for parents or anyone else affected.

Phone: 0300 330 0803

028 9072 5780

Children/Youth Support

Action for Children

Supports and speaks out for the most vulnerable and neglected children and young people locally.

Phone: 028 6632 4181

Family Nurse Partnership

Home visiting programme for first-time young mums and families.

Phone: 028 7186 5115

Voice of young people in care (VOYPIC)

Charity for children and young people with a lived experience of care in Northern Ireland.

Phone: 028 7137 8980

WHSCT Gateway Team (24hr)

First point of contact for anyone concerned about the welfare of a child or young person.

Phone: 028 7131 4090

Barnardo's

Supports vulnerable children and young people through frontline services addressing their health, wellbeing and safety needs.

Phone: 028 9067 2366

Strength 2 Strength

A community-based intervention provided to children, aged 8-13, and their families, who are assessed as being in need. It takes a holistic approach to the family, encouraging healthy development, safety, stability and a positive future.

Phone: 028 7126 2104

Email: carolann.mcintyre@extern.org



Counselling

CottageofHopeNI

Cottage of Hope NI offers sand play therapy, NADA Auricular Acupuncture, talking therapies and Bach flower remedies for adults 18+

Phone: 07743 584432

Email: cottageofhope2022@outlook.com



Connect



Connect with other people

Good relationships are important for your mental wellbeing. They can:

- help you to build a sense of belonging and self-worth
- give you an opportunity to share positive experiences
 - provide emotional support and allow you to support others

Take5
steps to wellbeing

Find a counsellor near you via the following online directories:

www.counselling-directory.org.uk

www.bacp.co.uk

Complementary Therapies

Good for the sole

Reflexology, Swedish body massage, Indian Head massage

Email: goodforthesoletmc@gmail.com

Hello Sunshine Therapy

Hypnotherapy that is offered on a 1–1 basis and can help with a range of issues including stress

Email: hs.hypnotherapy@yahoo.com

The Oxygen Therapy Centre

A service suitable for adults and children with neurological and physical conditions such as cerebral palsy, multiple sclerosis, rheumatoid arthritis, stroke, autism, emphysema, COPD, asthma, fibromyalgia, Parkinson's Disease, migraine, leg ulcers, Crohn's Disease and post operative healing, to name but a few. Oxygen therapy is used as an adjunct therapy when cancer patients are having radiotherapy and chemotherapy.

High dose oxygen therapy and electromagnetic therapy.

Email: info@oxygentherapycentre.co.uk



Cultural/Ethnic Minorities

Migrant Centre NI

Hate crime support

Immigration advice

Phone: 028 7141 4848

Strabane Ethnic Group

Phone: 028 7188 6419

Chinese Welfare Association

Phone: 028 9028 8277



Employability

CLEAR project training

Phone: 028 7138 3386



WHSCT Health Improvement Team

Phone: 028 7186 5127

AMH Foyle New Horizons

Helps people overcome the effects of mental ill-health and, in many cases, return to work.

Phone: 028 7137 3502

Condition Management Programme (CMP)

The condition management programme is a multidisciplinary team of healthcare professionals providing work-focused rehabilitation to overcome physical and mental health barriers to work.

Phone: 028 7137 6911



Family support

Social Services

Gateway is a Social Work service for children and families. They are the first point of contact for children or young persons in need of assistance or support.

They provide social work services Monday to Friday, 9am to 5pm.

Phone: 028 7131 4090

Action for Children

Supports and speaks out for the most vulnerable and neglected children and young people locally

Phone: 028 6632 4181

NI Newpin

Newpin supports parents through their difficulties and offers mothers and children opportunities to achieve positive and lasting change in their lives and relationships

Newpin offers:
"Our skills as parents" course
Family play programme

Phone: 028 7134 4477

Family Support NI

Phone: 0845 600 6483

Strengthening Families Programme – Developing Healthy Communities

Phone: 028 7161 1384

ACCORD

Marriage and relationship counselling

Phone: Local number
028 7136 2475

Northern Ireland regional office
028 9023 3002

Relate

Services include relationship counselling for individuals and couples, and counselling for children and young people.

Phone: 028 9032 3454

Family support

Derry Well Women

Phone: 028 7136 0777

Waterside Women's Centre

The Waterside Women's Centre is a safe neutral space for women in the Waterside area of Derry/Londonderry. They provide education and training for women.

Phone: 028 7134 1579

Galliagh Women's Group

Phone: 028 7135 6092

Children's Autism Spectrum Disorder Service

Phone: Londonderry
028 7130 8313

Omagh 028 8283 5983

Healthy Living Centres

Phone: The Old Library Trust
028 7137 3870

Bogside and Brandywell HF
028 7136 5330

Fertility Network

Phone: Support line
0121 323 5025

Men's Action Network

Phone: 028 7137 7777

Strength 2 Strength

A community-based intervention provided to children, aged 8-13, and their families, who are assessed as being in need. It takes a holistic approach to the family, encouraging healthy development, safety, stability and a positive future.

Phone: 028 7126 2104

Email: carolann.mcintyre@extern.org

Family support

Sure Start

Range of services for young children aged 0-4 and their families, aimed at improving health, children's social and emotional development, and their ability to learn.

Phone: Ballymagroarty/Hazelbank 028 7126 7524

Carnhill 028 7135 6110

Dungiven 028 7774 2904

Edenballymore 028 7137 1670

Shantallow 028 7135 2522

Strabane 028 7138 2658

Waterside 028 7134 7186

Parenting NI

Support for parents and carers including a Freephone helpline, counselling and parenting programmes.

Phone: 0808 801 0722

Contact for Families with Disabled Children

Freephone helpline – signposting and help with disabilities

Phone: 0808 808 3555

The Women's Centre

Phone: 028 7126 7672

Culmore Community Partnership

Culmore Community Partnership (rural) support services, activities, all ages from mothers and toddlers to older people.

Phone: 028 7116 3713

WHSCT Stop Smoking Service

Phone: 0800 917 9388

Foodbanks

Foyle Foodbank

The Foyle foodbank is the Trussel Trust foodbank serving Derry City Council area. Their mission is to make sure no one goes hungry and to end food poverty.

Open: Monday- Friday, 11am–3pm

Phone: 028 7126 3699

Strabane Food Bank

Open: Tuesday 11am-2pm
Wednesday 11am–2pm
Friday 11am-2pm

Phone: 028 7188 3102



Housing/Homelessness/Supported Living

Northern Ireland Housing Executive (NIHE)

Phone: 0344 892 0900

After hours
028 9504 9999

Simon Community

Provides accommodation and support to people who are currently homeless or at risk of homelessness.

Phone: 028 7131 1461

Central access point and emergency accommodation 24/7 helpline
0800 171 2222

First Housing Aid and Support Services

Phone: 028 7126 6115

House In The Wells

Phone: 028 7126 7957

Methodist City Mission For Homeless Men

Phone: 028 7130 9388

Depaul Ireland

For floating support and housing.

Phone: Day Centre
028 7136 5259

Phone: Floating Support
028 7126 0839

Shelter NI (slate project)

Phone: 028 8226 7010

Long-Term Conditions

MS Helpline

Gives emotional support and information to anyone living with MS. Free to call from landlines and mobiles within the UK.

Phone: 0808 800 8000

Hive Cancer Support

The Hive Cancer Support Group offer vital support and advice to anyone who has been directly or indirectly affected by a cancer diagnosis.

They offer female, male and carer's support.

Phone: 028 7141 4004

Macmillian Cancer Helpline

Offers confidential support to people living with cancer and their loved ones.

Phone: 0808 808 0000

Mencap

Phone: Local number
028 7126 2227

Helpline
0808 808 1111

Huntington's' Disease Association NI

Provides support, information, advice and social connections to those living with the impact of Huntington's Disease.

Phone: 07733 935863

Asthma + Lung UK

Phone: 020 7688 5555

Mental health support, including eating distress and anxiety support

Me4Mental

Listening ear and advocacy, breakfast club, and support groups, Facebook support page.

Monday–Thursday, 10am–4pm,
Friday 10am–2pm

Phone: 028 7141 3050

Youthlife

Helping children and young people who have experienced bereavement and loss

Phone: 028 7137 7227

Inspire

Inspire provides local support for those with mental health needs in locations across Northern Ireland

Phone: 028 9032 8474

Beat Eating Disorders

Beat is the UK's eating disorder charity. Founded in 1989 as the Eating Disorders Association, our mission is to end the pain and suffering caused by eating disorders.

Eating disorders are serious mental illnesses that ruin and, too often, take lives.

Phone: Adult helpline 0808 801 0677 (Freephone)

Studentline 0808 801 0811 (Freephone)

Youthline 0808 801 0711 (Freephone)

MindWise

Currently offers a wide range of support services from locations throughout Northern Ireland.

Phone: 028 9040 2323

Western Eating Disorder Service

Phone: 028 7132 0165

Mental health support, including eating distress and anxiety support

Eating Disorders Association helpline

Phone: 028 9023 5959

PRAXIS Care

Praxis provides care to adults and children with learning disabilities, mental health issues and dementia.

Phone: 028 7130 8020

SANELINE

For anyone coping with mental illness.

Helpline from 6pm – 11pm

Phone: 0300 304 7000

Apex (supported housing)

Offers supported living for people with mental health issues and other services to people in Northern Ireland.

WSC information on mental health conditions, treatments and medications

For information on more services and support:

www.mindingyourhead.info

www.lltff.com
(Living Life to the Full)

www.familysupportni.gov.uk

Older People

Age NI

Age Concern NI and Help the Aged in Northern Ireland

Phone: 0808 808 7575

North West Volunteer Centre

Phone: 028 71271017

Older people North West - Age Concern

Phone: 028 7134 7478

Alzheimer's Society

Phone: 028 7134 8887

Phone: 028 6634 4073

Limavady and Foreglen – Be Safe Be Well Men's Shed

Phone: 028 7776 9829



Sexual Health

Positive Life

Providing support services, advice and signposting to people living with and affected by HIV.

Phone: 028 9024 9268

Phone: Confidential helpline 0800 137 437

Informing Choices NI (formerly fpaNI)

Confidential information, advice and support on aspects of sexual health and family planning.

Phone: 0345 122 8687

Genito Urinary Medicine (GUM) Clinics

Phone: 028 7161 1269

Family Nurse Partnership

Phone: 028 7186 5115



Sexual orientation and gender identity

Cara-Friend

Provides information and support to the LGBTQI+ community.

Phone: 028 9089 0202

HERE NI

Support for lesbian and bisexual women in Northern Ireland.

Phone: 028 9024 9452

The Rainbow Project

Supporting health and wellbeing for the LGBT+ community and their families. Co-cultural counselling for individuals and couples; health and wellbeing sessions; befriending support; personal development (regional); sexual health testing.

Phone: 028 7128 3030



Student Support

Ulster University Student Support

Provides a professional
counselling service on all campuses

Phone: Main telephone number
028 9536 7000

24-hour counselling helpline
0800 028 5510



Be physically active

Being active is not only great for your
physical health and fitness.
Evidence also shows it can also improve
your mental wellbeing by:

- raising your self-esteem
- helping you to set goals or challenges
and achieve them
- causing chemical changes in your
brain which can help to positively
change your mood

Be active



Trauma

WAVE Trauma Centre

Offers care and support to anyone bereaved or traumatised through violence.

Phone: Londonderry/
Limavady/Strabane
028 7126 6655

Victim Support

Emotional support for victims of crime

Phone: Foyle Office
028 7137 0086



Apps

Here2helpapp

Here2help app can be downloaded for free from the Apple app store or Play store on your smartphone or device. This app gives access to emergency numbers in times of crisis and also to a community directory to access numbers without the need for sifting through lots of information.

SHOUT

Shout 85258 is a free, confidential, 24/7 text messaging support service for anyone who is struggling to cope.

Our trained volunteers are there for you 24/7 to listen and support you to get to a calmer and safe place. Shout is a free, confidential, anonymous service for anyone in the UK. It won't appear on your phone bill.

To start a conversation, text the word 'SHOUT' to 85258.

If your life is at imminent risk, call the emergency services on 999



GPs

Clarendon Medical

35 Northland Avenue

Phone: 028 7126 5391

Abbey Medical Practice

Abbey Street

Phone: 028 7136 4016

Quayside Medical Practice

84 Strand Road

Phone: 028 7126 2790

Bayview Medical Practice

Rath Mor Centre, Bligh's Lane

Phone: 028 7137 7027

Cityview Medical

121-137 Spencer Road

Phone: 028 7131 4930

North Side Medical Practice

The Strand Surgery, Racecourse Road

Phone: 028 7135 3054

Riverfront Medical Practice

127 Spencer Road

Phone: 028 7131 4910

Aberfoyle Medical Practice

120 Strand Road

Phone: 028 7126 4868

Foyleside Family Practice

30 Bridge Street

Phone: 028 7130 6400

Pharmacies

Boots

Crescent Link Retail Park

Phone: 028 7134 5545

Boots

47 Great James Street

Phone: 028 7126 7399

Bradleys

Unit 8, Lisnagelvin Shopping centre

Phone: 028 7134 8595

Bradleys

1 Ebrington Terrace

Phone: 028 7134 2454

Bradleys

157 Strand Road

Phone: 028 7126 2015

Murphy's Chemist

165 Spencer Road

Phone: 028 7131 1720

MacCaffertys Chemist

2 Clarendon Street

Phone: 028 7126 6627

Superdrug Pharmacy

30-32 Ferryquay Street

Phone: 028 7126 3334

MediCare

68 Racecourse Road

Phone: 028 7135 1810

MediCare

Glengalliagh Road

Phone: 028 7135 1678

MediCare

7 Central Drive

Phone: 028 7136 3454



Gyms & Fitness Guide – Derry/Londonderry Area

Foyle Arena

Foyle Arena 2,
Limavady Road,
Londonderry
BT47 6JY

Phone: 028 7137 6555

Templemore Sport Centre

Buncrana Road,
Londonderry
BT48 7QL

Phone: 028 7137 6585

ARC Fitness

ARC Fitness supports people with substance use disorders to achieve healthy and sustainable recovery through the application of physical activity and positive lifestyle choices.

Email: info@arcfitness.uk

Phone: 07510 475549 (Monday-Friday 9am-5pm)

Give



Give to others

Research suggests that acts of giving and kindness can help improve your mental wellbeing by:

- creating positive feelings and a sense of reward
- giving you a feeling of purpose and self-worth
- helping you connect with other people

It could be small acts of kindness towards other people, or larger ones like volunteering in your local community.



Extern CIT Factsheets

Free factsheets to download, print and share.

Our evidence-informed factsheets are suitable for anyone trying to find out more information about mental health conditions, treatments and wellbeing.

These can be accessed on the link below:

www.extern.org/looking-after-your-mental-health-factsheets



Pay attention to the present moment (mindfulness)

Paying more attention to the present moment can improve your mental wellbeing. This includes your thoughts and feelings, your body and the world around you.

Some people call this awareness “mindfulness”. Mindfulness can help you enjoy life more and understand yourself better. It can positively change the way you feel about life and how you approach challenges.

Take notice



Safety Plan

Whether you're facing tough times or simply want to be prepared, this safety plan can provide comfort and guidance. Let's take proactive steps towards wellbeing. This plan helps you to make sense of and understand your thoughts and behaviours. What can help when you are feeling distressed and can identify the things that you and others can do to support you.

Access the Extern Safety Plan on the link below:

https://bit.ly/Safety_Plan_Extern

extern
Safety Plan

A safety plan is a tool to help you stay safe when you have thoughts of suicide, feel overwhelmed or in distress.
The plan helps you to make sense of and understand your thoughts and behaviours. What can help when you are feeling distressed, and can identify the things that you and others can do to support you.

Signs I am struggling

Things I can do to take my mind of the problem

Reasons to live

People I can ask for help during a crisis

Places where I feel safe

What do I need to do to make my environment safe....

extern
Safety Plan

Examples below

Signs I am struggling
Thoughts, images, moods, situations or behaviours indicating to you that a crisis may be developing?

Things I can do to take my mind of the problem
What are some of the things that you can do on your own to help you not act on thoughts/urges to harm yourself?

Reasons to live
Things or people that are important to you and worth living for.

People I can ask for help during a crisis
Numbers of friends, family, professionals or other resources you can contact during a crisis.

Places where I feel safe
What healthy social settings can help take your mind of things?

What do I need to do to make my environment safe....
Any notes that may be helpful to you during a crisis.

Mindful breathing
Through deep focused breaths, the powerful connection between mind, body and soul can encourage the body to release tension, stress and relax. Try this technique below:

Breathe in for 4 seconds - Hold for 2 - Breathe out for 6 - And repeat...

If you are really struggling to cope, or feel overwhelmed by difficult feelings or thoughts of suicide, then reach out for professional help. It's OK to ask for more support to see you through this difficult time.

Lifeline 24/7 0800 808 8000 **SAMARITANS** 24/7 116 123 **extern** 9-5 Mon-Fri 0800 085 4808

COMMUNITY RESOURCE GUIDE

Health, well-being and support services in your area

Derry-Londonderry



Extern is a registered charity in Northern Ireland

Registered with the Charity Commission for Northern Ireland NIC105869

Company Registration No: NI 16083

Tel: +44 (0)28 9084 0555

www.extern.org

