



Family Support Hubs Newsletter

This edition includes:

SPECIAL FOCUS

- Seána Connor Fermanagh FSH Coordinator

PARENTS/CARERS

- Cost of Living and CYPSP Resource
- Youth Wellness Web/Translation Hub
- Resource pack for C&Y People
- Family Support NI
- Parenting Support Programmes
- Engagement Events for EHWB
- COS Circle of Support for Autism
- CYPSP Disability Guide & All About ME
- Floating Support Service
- What a Child Needs to Hear
- Parentline NI
- Self-compassion/Bend Don't Break
- Children's Symptom Checker
- Budget Family Activities/Parent Rooms
- Samaritans/Fostering
- NSPCC Letting the Future In
- Immunisations Protects/How to Shop and Save/Parents, it's OK to...
- Bolster Family Programme Calendar
- SBNI/Parenting Additional Needs
- Libraries NI/Twinkl NI/Developing Brain
- Healthy Start Scheme/Parenting Family
- Parent Talk
- Understanding your teenager's brain
- Samaritans/Online Safety Website

EARLY YEARS

- Milestones – build better balance
- Online Antenatal Classes
- Age appropriate chores for toddlers
- Understanding your child
- Baby and U/Weaning
- Aware Mood Matters/Living life
- Childcare Partnership/SureStarts

KIDS ACTIVITIES

- Halloween Activities

CHILDREN/YOUNG PEOPLE

- Relateable/CCEA/ C-Card/
- Are you a Young Carer?/Rights Responder/Youth Voice
- In our place – for Teenagers

CHILDREN/Y P WITH A DISABILITY

- Bolster Community/Autonomie
- Neurodiversity UK/Family Fund
- Contact Helpful guide/Autism NI
- Autism Support Café/ Understanding your child with additional needs/RNIB

CHILDREN/YOUNG PEOPLE'S MENTAL HEALTH

- OUR Generation app/Childline
- Child Brain Injury/Mindwise
- Young Persons Mental Health Guide/Shout
- How to Create a Healthy Routine

MENTAL HEALTH & WELLBEING

- New Ways November 2023 Calendar
- Lifeline/Self Help Guides/Find Help NI
- Self-Harm & Mental Health Guide/Inspire
- Take 5/Inspire/Stress control course
- Self-care/Mum's Night Out
- Minding Your Head/Helplines NI
- Women's Aid/Samaritans

BEREAVEMENT

- Winston's Wish
- CRUSE Helpline/Hope Again

BAME

- Access to HSC Guidance/ESOL
- NINES – Nurse Led Clinic/Protect your Rights
- CYPSP Translation Hub
- New Diabetes Section/'Boloh'

DOMESTIC & SEXUAL ABUSE

- Women's Aid/Helplines
- PSNI/The rainbow Project
- Real-life Experiences

DRUG & ALCOHOL SUPPORT/ADVICE

- Daisy/Helplines/ RAPID Bins
- PBNI/Ascort/Start 360

GOOD NEWS STORIES

- Parents Plus ADHD Programme

COMMUNITY

- Police Property Fund/Autumn Vaccines
- ComKit Online Platform
- Be wise about your energy
- Making the most of your slow cooker
- The Trussell Trust/Foodbanks
- Small Grants Programmes
- Phone First

Welcome to Edition 5/2023 of the CYPSP Family Support Hub Newsletter providing advice, support, resources and updates as at 26 October 2023.

If you would like a service or information to be included in the next edition of the newsletter please send details to: cypsp@hscni.net
Hubs are continuing to work hard to provide vital support to children and families. We have 29 Family Support Hubs in operation covering all of Northern Ireland since 2013.

Hubs co-ordinate existing statutory/community and voluntary services:-

- To improve access to early intervention family Support services by matching the needs of referred families to family support providers.
- To improve coordination of early intervention family support services by creating a collaborative network of community, voluntary and statutory providers.
- To improve awareness of early intervention family support services.
- To assess the level of unmet need for early intervention family support services and inform the Trust's CYPSP Outcomes Groups.

For More information or to make a referral visit

<https://cypsp.hscni.net/family-support-hubs>

Where are the hubs?





Hello All and welcome to another FSH Newsletter packed with useful information about services and events. I have always been clear that the biggest strength of the Hub Network is the partnerships and relationships between Hubs, their members and the families they support. The key element to these relationships is the Hub Coordinator. We are very fortunate to have 23 fabulous Coordinators across our 29 Hubs. Each Hub is slightly different to fit with the area and people it serves. In the coming editions of the newsletter we are going to showcase our Coordinators and their Hubs. Kicking us off we have Seána Connor from the Fermanagh Hub hosted my Action for Children. Seána has been with her Hub right from the beginning and continues to bring an energy and passion to her role that is truly inspiring. I hope you enjoy getting to know more about our Hubs and the people behind them.

Bronwyn Campbell
Regional Family Support
Hub Co-ordinator





By Seána Connor Fermanagh Hub Co-ordinator

How long have you been a Hub Coordinator?

I started working with Action for Children in July 2012 and my role at the time was to firstly develop 2 family support Hubs in Fermanagh and Omagh. Once we developed both Hubs I co-ordinated both hubs for a couple of years until we received additional funding for a separate Hub co-ordinator for Omagh due to demand and area covered for 1 person. I have been the Fermanagh Hub Co-ordinator for 11 years with Fermanagh Early Intervention Family Support Hub and absolutely love what I do. We recently celebrated our 10th anniversary in March 2023 with everyone in Enniskillen.

How did you come to be in post?

My experience and background had been working in Health and Social Care within the voluntary sector. I was very aware of the great work Action for Children were doing in the local area and their values were something I shared and was passionate about. I knew they not only supported families and young people locally but also their staff with families to help find the balance of family life and work. This was something I wanted for me and my own family. I was excited to hear about the post from my manager, it was a new post and was perfect to develop with my degree in Community Development.

What is the best part of your job?

The best part of my job has to be all the people that I feel lucky to have met and continue to meet. From the families that I have had the privilege to meet, who bravely choose us and reach out to share their personal stories and who trust in us to help them to access support they need. These experiences inspire me and motivate me to continue to challenge the structural inequalities that I see. My experience of working in the Hub has also inspired me to complete a MA in social policy that I am doing part time in University of Ulster in Belfast.





Another amazing part of the job is being able to work alongside all the Hub Partners within the Statutory, voluntary and community sector who all work so hard and are passionate about the work they do. Without our Hub Partners support our Fermanagh Hub would simple not exist.

I feel very lucky also to have such a supportive team within Early Intervention Service that I have worked alongside for the last 11 years. Each member of this team has unique skills and experience in different backgrounds which complement the work that we all do at early intervention. I have developed great friendships over the years that I would not have if I had not been in this post.

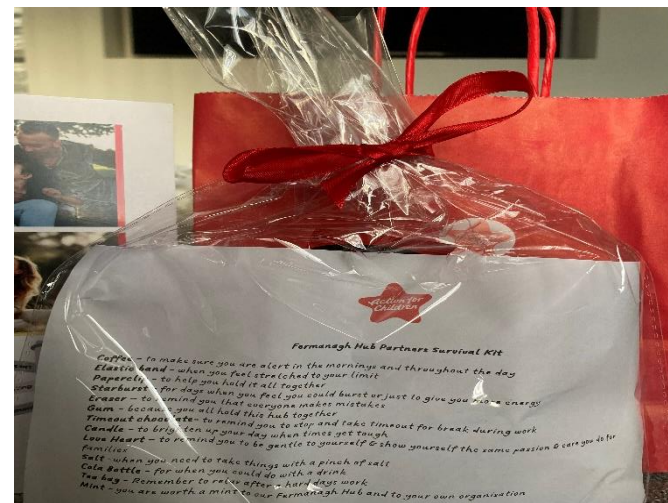
What do you think people don't understand about Family Support Hubs?

I think sometimes people might think that the Hub is a large team of people - in fact within Fermanagh most of the Hub referrals are dealt with by myself. I co-ordinate the Family support hub which covers a large rural area-the whole county of Fermanagh. As a result, this means the role is very fast paced and involves a lot of juggling and working alongside lots of smaller community and voluntary partners to ensure that families can be signposted to the right local services.

Some additional funding means that I have some support now within the Hub but with increasing demands on the Hubs and referral rates rising year on year the role is very busy and the main challenge is to ensure people are directed to supports as quickly as possible. Another big part of the role is connecting Hub partners with each other to share information and good practice and to prevent partners feeling isolated in a large rural area. This has been a very important part of my role and I am pleased to see the huge attendance at our monthly Hub meetings.

What makes your Hub special?

For me I smile proudly as I answer this - our Fermanagh Hub Partners of course. 😊 The Hub Partnerships that Fermanagh has developed are special, one not to take for granted or to underestimate the presence of this Hub in a rural area that has many inequalities throughout the sectors. The skills, knowledge and experience they all have combined in this hub is incredible - they help me to do my job. We are proud that Parental self-referrals were our top referrals in 2022-2023 so this means that we are all doing our job well when families feel safe to come and ask for help.





What is the hardest part of your job?

The hardest part of my job is trying to meet the demand and the high level of need presenting within the Fermanagh hub. At present we are seeing the issue of poverty, parents and children's mental health and the need for home-based parenting support as huge need. Through the Hub I see that the families here in Fermanagh are not always able to access the same level of services that there are available in other areas of NI. I admit that this is a frustration for me as I want all families to be able to get the right help when they need it and not have their names added to lengthy waiting lists. I feel great empathy for parents who have taken the step to ask for support and there may not be the service available in Fermanagh to support them. When regional services do not reach Fermanagh, this puts more pressure on increasing waiting lists on existing services. I am passionate about raising these issues locally and always want to advocate for the needs of people in Fermanagh to try to address the rural inequalities that are evident.

What would you say to anyone who is anxious about contacting their local FSH for support?

I would say lift the phone and take the first step, we are there for you and if we are not the right people to help we will certainly signpost you to someone who can help. We are only a phone call away or an email away whatever you feel comfortable doing. If your family has a support worker or another professional known to your family, it is ok to ask them to call in and enquire on your behalf to discuss your families needs.

What do you like to do outside when your not working?

I enjoy spending time with my family and friends as much as possible. My kids are turning 18 and 16 soon so my husband and I don't take this time for granted. We enjoy doing simple things together like walks with our dogs, dinner times together, movie nights, catch up's between our working patterns. I am good at booking great deals and enjoy travelling with my family having a bit of fun, trying new experiences together and importantly living in the moment and making memories together.





Cost of Living Crisis

A Guide to Locality Based Targeted Resources and Practical Support for Families and Children Struggling with the Current Cost of Living Crisis

Our Cost of Living Crisis resource provides details of targeted resources & support for families & children struggling with the current cost of living crisis. Please let us know of any initiatives that you have running/planned or you are aware of, which are aimed at helping support families and children struggling with the current cost of living crisis so that we can promote in our Cost of Living Resource.

[Download Cost of Living Resource](#)

If you would like to include info on your service, please email cypsp@hscni.net



CYPSP Support and Resources Hub

The CYPSP Support & Resource Webpage is a central repository for information and guidance from our partners, that is updated regularly
To find information on:



Visit CYPSP central Support and Resource Webpage at <https://tinyurl.com/4cev29vy> or scan the QR code for instant access and filter by theme



SCAN ME

Youth Wellness Web

A place where everyone deserves to be helped at any time, no matter how big or small the problem is!



If you're struggling, it's okay to reach out:

cypsp.hscni.net/youth-wellness-web/

Scan QR code



SCHOOL
BULLYING
WELLBEING
BEREAVEMENT
MENTAL HEALTH

Call Childline on:
0800 1111

Call LIFELINE on:
0808 808 8000

Text Shout:
852558

Deaf & hard of hearing
textphone users:
18001 0808 808 8000

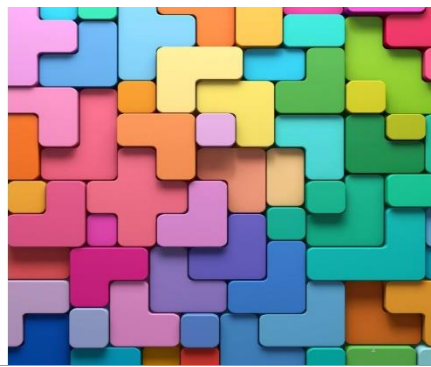
CYPSP Translation Hub





Resource Pack for Children & Young People

August 2023



Our Back to School edition of the Children & Young People's Resource Pack is out now!

It includes useful resources & information on exam results, return to school, looking after your mental health, disability, play ideas, colouring activities and recipes.

Download at: <https://cypsp.hscni.net/download/426/cyp-resource-pack/41338/cyp-resource-pack-august-2023.pdf>

(Note: Newsletter will download directly to your device. Look out for the pop-up box and click on open file when it appears).

Resources and activities are free and in the public domain. Please feel free to share with your contacts and those who you think would find it useful.

familysupport NI gov.uk
Helping You Find the Services You Need

Information on a wide range of family support services and registered childcare provision in Northern Ireland

Family Support Childcare Childcare Partnerships



HSC Southern Health
and Social Care Trust
Quality Care - for you, with you

Evidence based PARENTING SUPPORT PROGRAMMES

*Giving every child the best start /
opportunity in life*



For information on these and other programmes available to families in the Southern Trust area visit our webpage:

www.cypsp.hscni.net/ebpp



SCAN ME



As part of the preparations for publishing and implementing the Children's EHWP Framework SPPG have enlisted the support of the National iThrive Centre to facilitate a number of information and engagement events this autumn. These events are to inform key stakeholders about the concepts of using the Thrive system change model to help understand their role and the language used in and across EHWP services. It will help understand how to support children and young people with mental health, neurodiverse or neurodevelopmental needs. The online sessions will allow for an introduction and Q&A session. The face to face events will bring everyone together to have a facilitated conversation about language their role and responsibility what they believe others do how best to support children and meet their needs how we can best work together. There is capacity for about 120 at each online session and about 80 at each live event. For information here is a list of the dates we are planning to have iThrive information events and workshops. Please see below confirmed dates/times for the **virtual** iThrive events:

25th October 11.30am – 1pm

26th October 11.30am – 1pm

7th November 12.00pm – 1.30pm *please note that information event will have an EHWP in Education specific theme*

9th November 11.30am – 1pm

[Registration link iThrive online](#)

Also please see below confirmed **Face to Face** dates/times;

13th November 10am – 4pm; Antrim/Ballymena, (NHSCT)

14th November 10am – 4pm; Derry/Londonderry (WHSCT)

4th December 10am – 4pm; Dungannon (SHSCT)

5th December 10am – 4pm; Lisburn (BHSCT/SEHSCT)

[Registration live events](#)



Circle of Support (COS) is a parent led charity established in 2011 that is run by a committee who are all parents of Autistic children. We support more than 650 local families with autistic children. Our aim is to be child and family centred, reduce feelings of isolation and raise awareness and acceptance of autism in the local community.

Our Centre

The COS centre is a new purpose built community hub. The centre allows families to meet and provide support to one another through support groups, workshops, therapies and programmes.

- ✓ Main Hall
- ✓ Large Sensory Room
- ✓ Soft Play Room
- ✓ Art Room
- ✓ Kitchen
- ✓ Computer Suite
- ✓ Youth Room
- ✓ Office



Kids

Be Ausome Project

National Lottery Community Fund (2022-2027)

The programme will provide:

- ✓ Group and one-to-one therapies (Art, Music, Play) facilitated by a qualified professional
- ✓ Physical health and wellbeing programmes- Yoga, Mindfulness classes, Fitness, Jui Jitsu, Dance
- ✓ Activities and workshops- Teddybear making, Music, Swimming, Messy Play, Arts and Crafts
- ✓ Stay and play- COS bouncy castle
- ✓ Summer Schemes
- ✓ Midterm Activities



Parents

COS Carers Project

Community Fund Northern Ireland (CFNI) and Department of Health (DOH) (2023-2025)

This programme aims to:

- ✓ Promote wellbeing - yoga and meditation classes, craft making, wellness programmes, fitness workshops
- ✓ Parent/carer support groups
- ✓ Parents/carer daytrips
- ✓ Events- Pamper evenings, afternoon tea, social night
- ✓ Autism specific training - Behavioural, Sleep, Autistic girls, Puberty, Anxiety, Transitions, PDA, Sensory
- ✓ Autism related training- Makaton, FRT (functional reflex therapy), Bach's rescue remedy, First aid training
- ✓ 1-1 behavioural support & more...



Teenage Programmes - Project Awetism

Keadue Fund Community Foundation NI (2023-2026)

This programme provides:



- ✓ Support to autistic teenagers 11+
- ✓ Programmes and activities- Friendship club, Arts and Crafts, Yoga, Jui Jitsu, Football, Zumba, Comic Book Programme, Gaming sessions, Bowling
- ✓ Youth Club
- ✓ Movie Nights
- ✓ Daytrips



Trust Project

Community Fund through the Department of Health's Mental Health Support Fund (2022-2023)

This programme aims to:

Provide a one-to-one confidential counselling service to the parents and carers of autistic children and young people. These sessions will be undertaken by a British Association for Counselling and Psychotherapy (BACP) registered therapist who specialises in talking therapies and psychological therapies and is completely anonymous.

TALK
REASSURANCE
UNDERSTANDING
SUPPORT
TOGETHERNESS

www.circleofsupport.org.uk
N.I Charity number:
NIC100511

COS Centre
17a Springtown Avenue,
Springtown, Derry/Londonderry,
BT48 0LY
Contact:
Landline: 02871369224
Mobile (Derry): 07532791958
Email:
Info@circleofsupport.org.uk
admin@circleofsupport.org.uk



A GUIDE TO HELP **YOU** ON YOUR JOURNEY THROUGH DISABILITY/ADDITIONAL NEEDS

For Parents by Parents



Download at <https://tinyurl.com/YourJourneyGuide>

Or simply scan the QR code



All About ME





Floating Support Service



Making A Positive Difference By
Empowering People And Communities

FLOATING SUPPORT SERVICE

Our Floating Support Service will provide support and assistance to families who are experiencing or at risk of homelessness. The Floating Support will support service users to obtain and sustain accommodation within the community in the long term.

Type Of Support We Can Offer:

- Securing and/or maintaining a tenancy.
- Transitioning to a new tenancy.
- Moving on from supported accommodation.
- Finding suitable accommodation.
- Applying for accommodation via social or private landlords.
- Understanding the terms of your tenancy – rights and responsibilities in partnership with your landlord.
- Support to maintain safety and security of dwelling.
- Support in setting up and maintaining home or tenancy.
- Support in managing finances, maximising income and accessing benefits.
- Signposting and accessing other support services.
- Support into education, employment, or training.



- Developing domestic/ daily living skills.
- Developing social skills.
- Support in establishing social contacts and activities within the community, to promote emotional well-being and alleviate social isolation.

Who Is Eligible To Apply:

- Men and women with dependent children.
- Require support to maintain your independence and tenancy.
- Be willing to engage with the service and the support provided.

How To Make A Referral:

T: 028 9075 2310

E: homelesservices@arkhousing.co.uk

This service is available to families living in the **Greater Belfast** area.



WHAT AN ANGRY CHILD NEEDS TO HEAR

I am here
I see this is hard for you
How does your body feel right now?
It is ok to feel angry
I will keep you safe

Mummylon

WHAT AN ANXIOUS CHILD NEEDS TO HEAR

I am here
It is ok to feel like this
How does your body feel right now?
You can tell me
Shall we come up with a plan together?

Mummylon

WHAT A SAD CHILD NEEDS TO HEAR

I am here
It is ok to feel sad
Would you like to talk about what is making you sad?
It is ok to cry. Would you like a cuddle?
I feel sad sometimes too

Mummylon

WHAT A DISAPPOINTED CHILD NEEDS TO HEAR

I am here
It is ok to feel really disappointed
It is hard when things don't turn out like we thought they would
I hear you
Sometimes things *do* feel unfair

Mummylon

Need someone to listen without judgement?

 **Parentline NI**
0808 8020 400
#parentingweek



...Parentline are in your corner
#inyourcorner

Call us: 0808 8020 400
Email us: parentline@ci-ni.org.uk
Webchat: ci-ni.org.uk/parentline
Request a call back: ci-ni.org.uk/parentline

We're open:
Mon-Thurs 9am - 9pm
Fri 9am - 5pm
Sat 9am - 1pm



A workshop on Introducing Self-compassion

People in Northern Ireland tend to be their own worst critics. Using self-compassion can help. Join Ed Sipler from Health Development for an introduction to self-compassion and how to access self-help material on it.

Join our introduction to self-compassion workshop on Zoom

14th of November

10am – 12:30pm



More info & sign up here 📌

<https://www.eventbrite.co.uk/e/self-compassion-why-the-way-we-talk-to-ourselves-matters-tickets-677964639487>

A workshop to help us Bend Don't Break

Do you tend to over think things and dwell on the bad. This workshop will use the tools in Bend Don't Break, a low intensity self-help tool to strengthen the building blocks of resilience.

This workshop on zoom will introduce the contents of the self-help booklet and create the opportunity to keep the work going after the workshop.

Join our Bend Don't Break workshop on Zoom

7th of December

10am – 12:30pm



<https://www.eventbrite.co.uk/e/bend-dont-break-workshop-tickets-675870686417>

Feedback



An amazing resource – thank you! Really easy to navigate and practical advice for parents. Otherwise I would have contacted my GP. I'll be telling everyone I know with children about this."

PARENT WHO HAS USED THE SYMPTOM CHECKER



Our Children's Symptom Checker is one year old today!

Since then, we have had over 66,000 people using our Symptom Checker and we have received some great feedback 🙌

Find out more about the Symptom Checker here:

<https://belfasttrust.hscni.net/hospitals/childrens/childrens-symptom-checker/>



40 Budget family activities to try this autumn

PARENTS/CARERS

- 1. The City Walls
- 2. Creggan Country Park
- 3. The Playtrail
- 4. Benone Strand
- 5. Mussenden Temple
- 6. Jet Centre
- 7. Sperrin Fun Farm
- 8. Oakfire Adventures
- 9. Drum Manor Forest Park
- 10. Ballyronan Marina



- 11. Glenariff Waterfalls
- 12. Giant's Causeway
- 13. Galgorm Castle Fairy Trail
- 14. Carnfunnock Country Park
- 15. Carrickfergus Castle
- 16. Kilcreggan Urban Farm
- 17. Cave Hill Playground
- 18. Belfast Castle
- 19. Gruffalo Trail
- 20. Colin Glen Activities

- 21. Castle Archdale Activity Centre
- 22. Lakeland Forum
- 23. Share Discovery Village
- 24. Blessingbourne Bike Trails
- 25. OM Dark Sky Park
- 26. Parkanaur Forest
- 27. Peatlands Park
- 28. Gosford Forest Park
- 29. Navan Centre and Fort
- 30. Lurgan Park

- 31. Tannaghmore Gardens & Farm
- 32. Hillsborough Forest
- 33. Lady Dixon Play Park
- 34. Ulster Museum
- 35. Stormont Estate
- 36. Pickie Funpark
- 37. Delamont Country Park
- 38. Castlewellan Peace Maze
- 39. Kilbroney Park Narnia Trail
- 40. Slieve Gullion Forest park and Adventure Playground



A WALK THROUGH THE PARK

Every Thursday morning, 9.30am - 11am

Orangefield Park, Belfast (meet at the main entrance)

Meet other parents to chat





A registered charity

Whatever you're facing
We're here to listen

Call free day or night on
116 123

Email
jo@samaritans.org

SAMARITANS

samaritans.org

Thinking about fostering?

Our Foster Carers receive full training, ongoing support and financial allowances. Find out more
<https://adoptionandfostercare.hscni.net/>

Thinking about **fostering?**



Find out more

0800 0720 137

adoptionandfostercare.hscni.net



Letting the Future In
Information for parents/carers



The NSPCC Helpline

When you're worried about a child, talk to us.

Whatever your concern, the **NSPCC Helpline** offers advice and support. You don't have to say who you are. You could help us to protect a child.

Call **0808 800 5000**, text **88858**, email help@nspcc.org.uk
or visit nspcc.org.uk/helpline



Immunisation protects

Every hero needs a shield.
Don't forget to give your child theirs.



Shop, Cook & Save Video Series from Public Health Dietitians



Parents, it's OK to...



Not Know everything



Feel overwhelmed



Make mistakes



Be yourself



Not be OK



Start over



Ask for help



Say 'no'



Have a bad day

0808 8010 722



parentingni.org



FAMILY PROGRAMME CALENDAR

BOLSTER COMMUNITY



FUN FRIENDS - register your interest!

For children 4-7 years old

Fun FRIENDS guides the social and emotional development of children using fun, play-based group activities. It nurtures the child's development by teaching them to engage resilience skills early on.

Next start date: 2024 - TBC
Location: Newry, Duration 10 weeks
Contact us to register your interest



FRIENDS FOR LIFE - register your interest!

For children 8-11 years old

Friends for Life builds resilience, social and emotional skills in children. It is proven to reduce anxiety, as well as equip participants with the tools to rise to life's challenges.

Next start date: 2024 - TBC
Location: Newry, Duration 10 weeks
Contact us to register your interest

BABY MASSAGE - Starting soon!

For parents with babies 0-1yr

Before your baby learns language as a means of communication, touch is a basic way parents can communicate love to their baby. Learn about the benefits of infant massage in a small relaxed group.

Start date: 09/11/23
Time: 10am-11.30am
Location: Whitegates Newry
Duration: 5wks
Starting soon - contact us now to register!



THE PARENT/TEEN CONNECTION- Starting soon!

For parents of pre-teens and teenagers

This programme will guide and support you to build stronger relationships with your teenagers. You'll come away armed with techniques that you can put into practice straight away.

Start date: 21/11/2023
Time: 10am-11.30am
Location: Marcus St, Newry
Duration 3 weeks
Starting soon - contact us to register!

TOTS & TEA - every Wednesday

For parents or carers of pre-school age children with additional needs.

Tots and Tea is a group of friendly mums and children who are all on the first steps of their journey through disability, new members warmly welcome.

Every Wednesday
Time: 10.00am
Location: Newry/Markethill



PARENTS PLUS ADHD - register your interest

This is an 8wk programme for parents with a child diagnosed with ADHD or currently under assessment (for ages 6-11 yrs)..

Our next programme will be running in 2024 so please register your interest and we'll be in touch.

Next start date: 2024 TBC
Location: Newry, Duration 8 weeks
Contact us to register your interest

To enquire about any of the above programmes contact us on 028 3083 5764 or email on admin@bolstercommunity.org

bolstercommunity.org

**BOLSTER
COMMUNITY**



Southern Health
and Social Care Trust



ParentsPlus
Empowering Professionals to Support Families



UNDERSTANDING YOUR CHILD
SOLIHULL APPROACH



FREE for professionals* across Northern Ireland

Online courses:

- **Understanding Trauma** - This course covers Type 1 and Type 2 trauma, the window of tolerance, going through a traumatic experience, neurology and trauma, recognising trauma, recovery from trauma, and more...
- **Understanding Attachment** - This course is for practitioners who want to understand more about attachment, and shows how containment and reciprocity underpin the quality of an attachment.
- **Understanding Brain Development** - This course is for practitioners who want an introduction to brain development from antenatal period to adolescence.



Step 1: Create (or convert to) a 'professional' account
Go to www.solihullapproachparenting.com
Select 'Online courses for professionals'

OR

Go to www.inourplace.co.uk
sign in to existing account and click 'unlock professional courses'

Step 2: Once signed in to your professional account,
enter access code:

BETHECHANGENI

Step 3: To return to the course
go to www.solihullapproachparenting.com
or visit www.inourplace.co.uk
and click on 'Already have an account? Sign in'

Each course will take approx
3.75 hrs CPD per course

*To attain Solihull Approach Advanced Trained Practitioner status, just send a copy of your certificates for the 2 Day Foundation training and three Advanced Trainings (online or face to face) to solihullapproach@uhb.nhs.uk

For technical support contact:
solihullapproach@uhb.nhs.uk
or 0121 296 4448 Mon-Fri 9am-5pm

ACEs

Adverse Childhood Experiences
Dr Beth Chang

Parenting Additional Needs

Peer Support Group



WEDNESDAYS - ONLINE

9.30am - 10.30am

For more information, email hello@theparentrooms.co.uk
or call 02895 380404

libraries ni

Library NI Events

Remember that libraries are open and we've restarted our regular programme of events! If you're looking for some Rhythm and Rhyme, tea and newspapers or a bit of a Knit and Natter check what's on at your local library
Visit <https://bit.ly/LNIFind> to find out where your local library is.



**Building our Children's
Developing Brain**

Some ideas for parents and carers

[Download](#)





Many families in Northern Ireland who are eligible for the Healthy Start Scheme, which provides vouchers to help buy food and milk, are not availing of it. Check if your family is eligible : <http://bit.ly/42NMvXC>

WHAT IS PARENTING FAMILY?

ParentingNI

Parenting Family is a bespoke online resource for parents and families, providing a range of resources and support. Provided by Parenting NI

www.parentingfamily.co.uk



Parent Talk

Providing emotional, peer support and signposting to parents that have a child awaiting a behaviour assessment via Zoom.

7-8pm
Wednesdays
2023: 30th Aug, 27th Sept, 25th Oct, 29th Nov, 3th Dec
2024: 10th Jan, 31st Jan, 28th Feb, 27th Mar



To book call
0808 8010 722
Opening hours:
Mon-Thurs 9.30-15.30 &
Fri 9.30- 12.30





inourplace 

NHS

Understanding your teenager's brain

Free online course for all parents, carers, grandparents.

- Understanding your teenager's brain development in adolescence
- Reading your teenager's behaviour and understanding their feelings
- Reflecting on the importance of your relationship and how to nurture your teenager's mental health

Designed by clinical psychologists in partnership with practitioners and parents



Residents of NORTHERN IRELAND

In paid partnership with:



Public Health Agency

Use Access Code
NIFAMILIES

It's OK not to be
Ok as a parent...


We can help

 ParentingNI



 0808 8010 722



 parentingni.org

**Find a new
perspective
on a problem
you face**



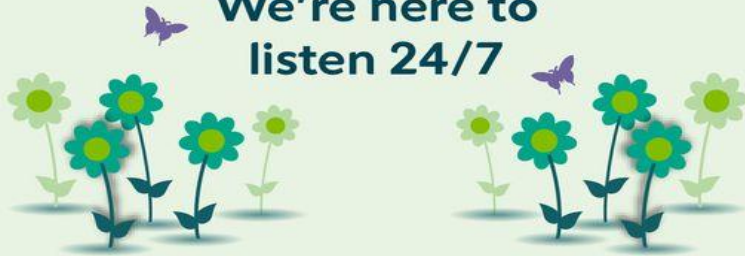
ACTION FOR HAPPINESS



SAMARITANS

Call free on
116 123

We're here to
listen 24/7



**Employers
For Childcare**



Family Benefits Advice Service

Freephone helpline: 0800 028 3008

Lines open Monday-Friday 9am-5pm

Email hello@employersforchildcare.org

www.employersforchildcare.org

Providing free, impartial and confidential advice to parents, employers and childcare providers on a wide range of childcare and work-related issues.

New Online Safety Education Website for 4-7 Year Olds

CEOP's new 4-7s website features characters from Jessie & Friends to provide age appropriate online safety information in a fun and engaging way. http://thinkuknow.co.uk/4_7

NEW

An interactive website for 4-7s

based on

JESSIE & FRIENDS

Online safety education
for 4-7 year olds








www.thinkuknow.co.uk/4_7



The family mediation process is NOT counselling. A Mediator's role is to empower and facilitate separated parents to be child and future focused, to negotiate arrangements for their children. Through mediation parents can put in place plans to parent apart effectively.

A family mediator will...

-  remain non-judgemental
-  listen actively
-  act impartially
-  encourage changes in perspective
-  seek out underlying needs and interests



familymediationni.org.uk



Milestones you may not know



BBC TINY
Happy
PEOPLE

STARTING CHILDCARE SURVIVAL GUIDE 5

build better **BALANCE!**



Birth-2 months
Holds head up



3-5 months
Rolls



6-8 months
Balances on tummy



9-11 months
Creeps or crawls



12-15 months
Walks independently



16-18 months
Climbs 1 stair at a time



19-24 months
2 foot jumps



24-29 months
Runs



2-3 years
Balances on 1 foot



3-4 years
Catches ball



4-5 years
Kicks ball



5-6 years
Rides bike

ilslearningcorner.com

QUESTION & ANSWER



Why does my child talk more at home than they do at nursery?

This is a very common for our little ones.

At home, they are in a familiar space, so are more used to the language opportunities.

They might just be shy, but they might be feeling anxious. Do they appear to freeze and not respond to anyone?



If, after a month of consistent nursery attendance, your child is still finding it difficult to use their wonderful language skills, you may want to seek some guidance or help from a health visitor or GP.



FREE Online Antenatal Classes across NI

Following the success of the online antenatal classes the PHA are now offering parents the opportunity to take part in further online courses free of charge. Go to <http://inourplace.co.uk> to join.

#gettingreadyforbaby #pregnancy #newbaby #children #parents



Online courses available for parents FREE (prepaid) for residents of Northern Ireland

1. Understanding pregnancy, labour, birth and your baby

Online course for everyone around the baby: Mums, Dads, Grandparents, friends and relations. Written by Registered Midwives and NHS Professionals.

2. Understanding your baby

Online course for everyone around the baby: supporting you and the new arrival. Written by Psychologists, Psychotherapists and Health Visitors.

3a. Understanding your child (0-19 yrs) (main course) or

3b. Understanding your child with additional needs

Popular online course about being the best parent, grandparent or carer you can be. Award winning with trusted content.

4. Understanding your teenager's brain (short course)

Find out what happens to the brain in adolescence and how this explains some of the changes you may have noticed in their behaviour.

For technical support contact:
solihull.approach@heartofengland.nhs.uk
or 0121 296 4448 Mon-Fri 9am-5pm

www.inourplace.co.uk
www.solihullapproachparenting.com



Go to:

www.inourplace.co.uk

and enter the 'access code'

NIBABIES

To return to the course(s) go to
inourplace.co.uk and sign in!



AGE-APPROPRIATE CHORES FOR TODDLERS

Put toys in bins	Wipe the table
Put books on shelves	Help set the table
Place clothing in hamper	Fold napkins
Help load the washer and dryer	Help load and unload the dishwasher
Help put away clothes	Help clear the table
Throw away trash	Rinse plastic dishes
Dust	Fill pets' food bowls
Wipe baseboards	Water plants
Mop small areas	Harvest garden
Help sweep floors	Rinse fruits and vegetables
Wipe up spills	Help rake leaves

thecraftathomefamily.com



SIMPLE FINE MOTOR ACTIVITIES

Peeling stickers Stringing Cheerios
Picking things up with tweezers / kitchen tongs
Painting with a squirt bottle
Lacing beads Using a hole puncher
Pushing coins through slots
Pushing pipe cleaners into a colander's holes
Painting with Q-tips Finger painting
Playing with play dough
Ripping and crumpling paper
Popping bubbles Cutting and pasting
Threading beads onto a pipe cleaner
Squeezing clothespins Doing puzzles
Playing with loose parts

thecraftathomefamily.com



Understanding your child: from toddler to teenager

Free online course for all parents, carers, and grandparents.

- Reading your child's behaviour and understanding their feelings
- Effective communication techniques
- Reflecting on your relationship and how to nurture your child's emotional health
- A transformative journey that can strengthen your bond with your child at every age

Designed by clinical psychologists in partnership with practitioners and parents



Residents of NORTHERN IRELAND

In paid partnership with:



Use Access Code
NIFAMILIES

Help Kids Talk Bitesize sessions

TOP TIPS for dummy use



Click here to give us
your feedback.



See below for additional resources and information including some top tips from parents. Feel free to download and share these resources with friends, family and colleagues.

'Top tips for dummy use' leaflet

'Dummy, speech sounds and teeth' leaflet

For access to lots more information, tips and advice to support children's speech, language and communication development subscribe to our mailing list.

Dummy Bitesize Poster - download here

Click here to subscribe to our mailing list.



BABY and U

Baby and U – Your Pregnancy Journey

A new Northern Trust webpage, 'Baby and U' has been produced to allow newly expectant mums to access up-to-date health advice and pregnancy information easily. As soon as you have a Positive Pregnancy Test you can refer yourself directly for Maternity Care in the Northern Health and Social Care Trust using the electronic Self-Referral form or Browse 'Baby and U' on our website – [Baby and U - Your pregnancy journey - Northern Health and Social Care Trust \(hscni.net\)](https://www.hscni.net/baby-and-u)



Health benefits of breastfeeding

- your breast milk is perfectly designed for your baby
- breast milk protects your baby from various infections and diseases
- breast milk is available whenever your baby needs it
- breastfeeding can build a strong emotional bond between you and your baby



For more info see www.breastfedbabies.org



The Formative Years Weaning

Parentline is delighted to have Dr Kirsty Porter, a Children's Dietitian, from Nutrition4kidsNI guide us through this exciting journey of introducing solid foods to your little one. Whether you're just starting or need some guidance along the way, this session is perfect for parents at all stages of weaning.

When: Thursday 2nd November, on Zoom
Time: 10 - 11.30am

To book a place call free

0808 8020 400

Coming soon -
Session 3: Potty Training
Session 4: Fussy Eating





PARENT & BABY WORKSHOP

A free online mental health awareness workshop for expectant parents and parents of young children (under 3 years of age) delivered by AWARE NI, the depression charity for Northern Ireland.

The workshop teaches you skills to:

- Look after your mental health
- Manage your feelings when you are stressed, anxious, or depressed
- How to identify mental ill-health
- Cope with challenges during and after pregnancy
- How and where to get help

Course delivery:

Delivered online via Zoom
Wednesday 15th November, 7-9pm
Sign up online on our website:

www.aware-ni.org/MMPB



HSC Public Health
Agency
Project supported by the PHA

AWARE
OVERCOMING DEPRESSION.
CHANGING LIVES.

Registered with the Charity Commission
for Northern Ireland with NIC100561
Company No. N.I. 30447

AWARE
OVERCOMING DEPRESSION.
CHANGING LIVES.

Living Life To The Full

Brought to you by AWARE NI

A free four-week mental health course using CBT techniques.
This course is specifically for parents with neonatal experience.

*This programme can make a big
difference in your life!*

When and Where?

Dates: Friday 3rd, 10th, 17th and 24th
November

Delivery: Online via Zoom

Time: 10am - 12pm

To book a place please visit our website:
www.aware-ni.org

OR scan the QR Code:



**Tiny
Life**

The **all**
Community
Foundation
Northern Ireland



SureStart

**Partnership working
is at the root of
what makes Sure Start work**

#SureStartWorks

Department of Education
www.education.gov.uk

HSC Health and Social Care Board



CHILDREPARTNERSHIPS.HSCNI.NET

Training & Quality – Childcare Partnerships

Training Queries - If you would like to cancel or amend course details please contact the relevant training office. Please [click here](#).



BookTrust NI

Through our reader development programmes and work as an arts organisation, BookTrust in NI makes a positive impact on children, families and local communities.

In line with the rest of the UK our aim is to ensure that everyone has access to books in their home and is inspired to engage with the world of reading for pleasure and to improve their life chances.

[BookTrust Northern Ireland](#) | [BookTrust](#)



Gaibhiúille Ceantair
an Iúir, Mhúrn
agus an Dúin
Newry, Mourne
and Down
District Council

NEWRY DEA PRESENTS

Wildlife In The City

Friday 3rd November
10.00am-1.00pm
Albert Basin, Newry

Free family event
Including Facepainting,
Petting Farm, Arts & Crafts

Guests From

Ulster Wildlife ☒

USPCA ☒

Keep NI Beautiful ☒

Native Irish Honeybee Society ☒

County Louth Beekeepers Association ☒

Ring of Gullion Red Squirrel Group ☒



HALLOWEEN ACTIVITIES



- **Pumpkin carving** - a classic Halloween activity! Smaller children can draw on a pumpkin using pens or paints.
- **Pumpkin hunt** - cut out pumpkin shapes and hide them around your home. Invite your children to find them. You could offer clues - "hotter" when they're getting closer and "colder" when they're further away.
- **Spooky songs** - put together a playlist of your favourite spooky songs and play musical statues.
- **Halloween charades** - write out some Halloween actions on pieces of paper and put them in a bowl. Invite all players to choose a charade and act it out without speaking. You could include some simpler ones for younger children (some ideas for charades - werewolf, mummy, a bat, bobbing for apples, stirring a cauldron).
- **Make your own Halloween word searches** - this is a great activity for older children who will enjoy putting together a word search and then challenging you to find their hidden words.





Watermelon Monster - fun for a Halloween party!

More healthy Halloween treats:

<https://helloyummy.co/25-spooky-healthy-halloween-treats.../>



AUTUMN & HALLOWEEN ACTIVITIES

As the months turn colder it is important to still enjoy time playing outside - dress for the weather and embrace the play opportunities and health benefits of spending time outdoors.

HALLOWEEN GAMES

- Mystery box - cover and cut a small hole in the lid. Fill with creepy things such as brains (cooked spaghetti or sponge), witch fingers (carrots with almond nails), eyeballs (peeled grapes or olives), a hand (rubber glove filled with flour), an animal (fake fur), a monster's tongue (sliced banana), witch hair (wool), maggots (rice) and try and guess what's in the box.
- Tasting competition - wear a blindfold and guess the different and unusual foods.
- Pumpkin bowling - see who can collect the most seeds in a cup afterwards.
- Play pumpkin bean bag toss or crazy golf after carving your pumpkin.

ARTS & CRAFTS

- Paint and decorate pumpkins.
- Make 3D pumpkins, dream catcher spiderwebs or a witch's hat.
- Spooky lava lamp - fill a bottle 1/4 full of water, then almost to the top with vegetable oil. Once separated add 6 drops of food colouring and effervescent vitamin tablets bit by bit to watch the bubbles form.

OUTDOOR FUN

- Chalk fireworks on your driveway.
- Have a winter BBQ, make s'mores over a fire pit and enjoy a spooky mocktail - blend a cupful of skimmed milk with 5 strawberries and 5 blackberries.
- Go for a walk in the woods and collect conkers and leaves. Try leaf printing or making a conker worm or necklace. Roll your conker in paint to make a picture.
- Go on a pumpkin hunt in your garden - use mini pumpkins, mark one, and see who finds it.
- Have fun on a spooky sweet hunt or Halloween scavenger hunt around your house or garden.
- Glow in the dark bowling - fill empty bottles with cold water, pop in a glow stick and close. Start bowling once it's dark.
- Slime splat - add some water to cornflower along with a little green food colouring and stir until it forms a slime that you can make into a ball, but returns to liquid when you let go. Set up a large card outside and try to hit your target with the slime.
- Go stargazing in your garden on a clear night.



PlayBoard NI is registered with the Charity Commission for NI NIC104724, company limited by guarantee no. NI30225, charity no. XR86639.



BBC TINY
Happy
PEOPLE

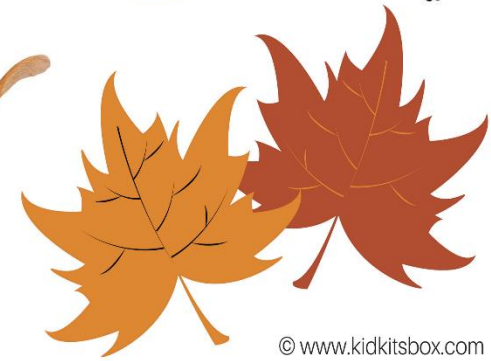
KIDS ACTIVITIES



Fall Scavenger Hunt

Can you find them all?

- | | |
|---|--|
| <input type="checkbox"/> red leaf  | <input type="checkbox"/> stone  |
| <input type="checkbox"/> yellow leaf  | <input type="checkbox"/> tree bark  |
| <input type="checkbox"/> orange leaf  | <input type="checkbox"/> twig  |
| <input type="checkbox"/> green leaf  | <input type="checkbox"/> bird  |
| <input type="checkbox"/> acorn  | <input type="checkbox"/> butterfly  |
| <input type="checkbox"/> pinecone  | <input type="checkbox"/> bee  |
| <input type="checkbox"/> pumpkin  | <input type="checkbox"/> animal tracks  |
| <input type="checkbox"/> winged seed  | |
| <input type="checkbox"/> flower  | |
| <input type="checkbox"/> grass  | |



© www.kidkitsbox.com



LESSONS from Autumn

@POSITIVELYPRESENT

LET GO OF WHAT'S WEIGHING YOU DOWN.

APPRECIATE WHAT'S FLEETING.

YOU'LL ONLY REAP WHAT YOU PLANT.

CHANGE IS HARD, BUT IT CAN BE BEAUTIFUL.

NO RAINY DAY LASTS FOREVER.

MAKE TIME TO SLOW DOWN AND REST.

STOCK UP ON HOPE FOR DARK DAYS.

NOT EVERYONE WILL LIKE WHAT YOU LIKE.

TINY Happy PEOPLE

HOW TO MAKE A SENSORY BOX

- 1 GO ON A WALK!
- 2 COLLECT SOME PIECE OF NATURE FROM OUTSIDE
- 3 ARRANGE THE ITEMS IN A BOX BY TEXTURE, COLOUR OR SIZE
- 4 LET THEM DESCRIBE WHAT THEY HAVE FOUND AND ASK QUESTIONS
- 5 HAVE FUN!

AUTUMN NATURE WALK BINGO

for your little one

 a pile of sticks	 a tree	 a pinecone	 hazelnuts
 a hedgehog	 a squirrel	 a pumpkin	 a red & brown leaf
 acorns	 mushrooms	 conkers	 a fox

Autumn Self-Care

Rest and allow yourself breaks

Enjoy your favorite tea

Write down what you want to let go of

Focus on warmth

Wear socks & warm pjs

Embrace hygge

Drink apple cider

Go to a Farmer's Market

Take a nature walk

Get creative with pumpkins

Curl up with a good book

Try out a new hobby

@BlessingManifesting



Relateable.

Free Relationships & Sexuality Education for 15-16 Year Olds

We can provide 4 x 2hr sessions over a 4-week period that may include:

- | | |
|--|--|
| Healthy relationships | Sexual & reproductive health |
| The human body & development | Violence and staying safe |
| Sexuality & sexual behaviour | Skills for health & wellbeing |
| Values, rights, culture & sexuality | Understanding Gender |

This service is available free to groups across Northern Ireland and is provided face to face at your premises.

For more information please contact office@relateni.org.



Relate NI



C-CARD

Northern Ireland C-Card Scheme

Free condoms and lubricants available for 16-25 year olds
Available across Northern Ireland.

Find your local provider at:



Public Health Agency

Project supported by the PHA

New CEOP Website Launched

Our new 11-18s website, giving information on sex, relationships and the internet.

Check it out now:- http://thinkuknow.co.uk/11_18



The internet, relationships & you

Advice from [CEOP Education at the National Crime Agency](#)



ARE YOU A YOUNG CARER?

If you can answer 4 or more of these questions, you could be a Young Carer. If you live in the Belfast, Southern or the South Eastern Trust please contact Action For Children for more information.

1. I am between 8 and 18 years old.
2. I have a family member with a physical / learning disability, mental health issue, addiction or life limiting illness.
3. I sometimes miss school or social events because I have to take care of a family member.
4. I worry more about my family member's health than myself.
5. Do you put the needs of your family members before your own.
6. I sometimes feel I have no one to talk to about my caring role.
7. I rarely get time to do things that I enjoy (like hanging out with my friends) because I am helping care for a family member.
8. Sometimes, I don't have the time to complete my homework because I am caring for a family member.

Action for Children: NIYoungCarers@actionforchildren.org.uk

Loughshore House, 10 heron road, Belfast, BT3 9LE (028) 90460500.

Banbridge Youth Resource Centre,
Hill Street, Banbridge, BT32 4DP (028) 4062 6516



Free legal information, advice and live chat for young people.



WHATEVER YOUR QUESTION ABOUT YOUR RIGHTS, ASK REE.
Always there, always safe, always right, always anonymous, always confidential, never judgemental.



YOUTH VOICE

Youth Voice is a group of diverse young advocates from across Mid Ulster including Dungannon, Magherafelt and Cookstown interested in making a difference to your community



15 - 18 YEAR OLDS FROM MID ULSTER

YOUNG VOICES COMING TOGETHER

A GROUP OF YOUNG PEOPLE TRYING TO MAKE THE VOICES OF OUR PEERS HEARD.

planning and hosting events

consultations

meet with local key stakeholders

develop community links

Mid Ulster Youth Voice is recruiting 15 - 18 year olds. The closing date for young people to register is Friday 3rd November at 12 noon. Follow link for application form:

<https://forms.office.com/Pages/ResponsePage.aspx?id=IlBpSmv1qkKriLaXIL-gxFg1EUdHS4JAhmM8E8n7nKYtUOEEdLVEtYVTc2UEwzMDhZUEFPMIZUNlM2Vy4u>



For teenagers

Free online courses to help you understand your feelings and brain development, to support your wellbeing

- **Understanding your brain** development and what this means for how you feel and behave
- **Understanding your feelings**, your mental health and how to nurture emotional wellbeing
- How your relationships and friendships may change and why
- Written for teenagers with teenagers

Designed by clinical psychologists in partnership with practitioners and teenagers



Residents of NORTHERN IRELAND

In paid partnership with:



Public Health
Agency

Use Access Code
NIFAMILIES



FAMILY

Family Support Service for Families of Children with a Disability



SERVICES:

- Navigation & Signposting
- Time limited practical support
- Social Activities

Covid-19 and the ensuing lockdown has been an extraordinarily difficult time for families. We are proud to introduce a new pilot service to better support and connect families with a disabled child to access community and voluntary supports in the Armagh and Dungannon area.



Call us for more info 028 3083 5764

bolstercommunity.org

BOLSTER
COMMUNITY

In partnership with:



Southern Health
and Social Care Trust

Practical and emotional support for families
in Northern Ireland raising a child or young
person with additional needs



Family Voice Hub

Workshops

Local Outreach

Signposting/Referrals

Parents Wellbeing and Support

Siblings Wellbeing and Support

Support with practical issues (Benefits, housing, accessibility)

Educational Advice (Including pre and post school age)

Support Hub (Both Face to Face and Virtual)

Advice and Guidance

Drop In Centre

Emotional Support

Legal Advice

Counselling



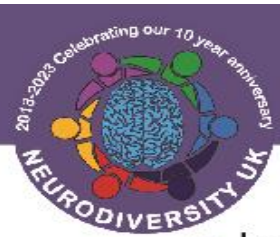
www.autonomie.org.uk

Autonomie, Lilac House, 4 Sandhurst St, Belfast BT7 1PW Registered Charity No 100421

Find out more!

Email: sharon.autonomie@gmail.com Tel: 078 7251 9900

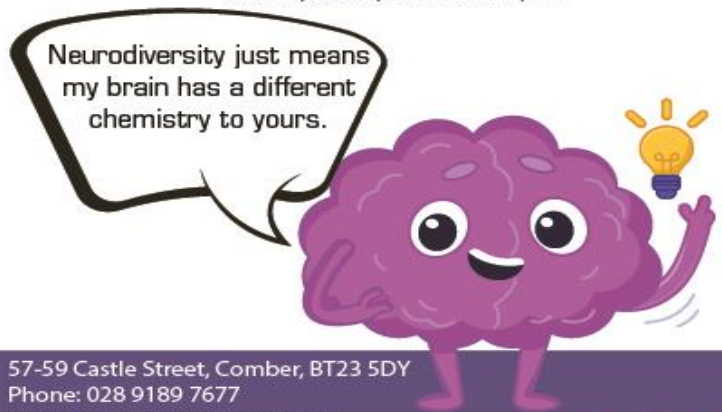




NeurodiversityUK

To help and support individuals and families affected by:

- **Learning Difficulties**
Dyslexia, Dyspraxia, Dysgraphia etc...
- **Mental Health Conditions**
Anxiety, Depression, OCD, Bipolar, PTSD, etc...
- **Neurodevelopmental Disorders**
Autism, ADHD, Tic Disorders, etc



57-59 Castle Street, Comber, BT23 5DY
Phone: 028 9189 7677
Email: comber.asg@outlook.com
NIC 100167



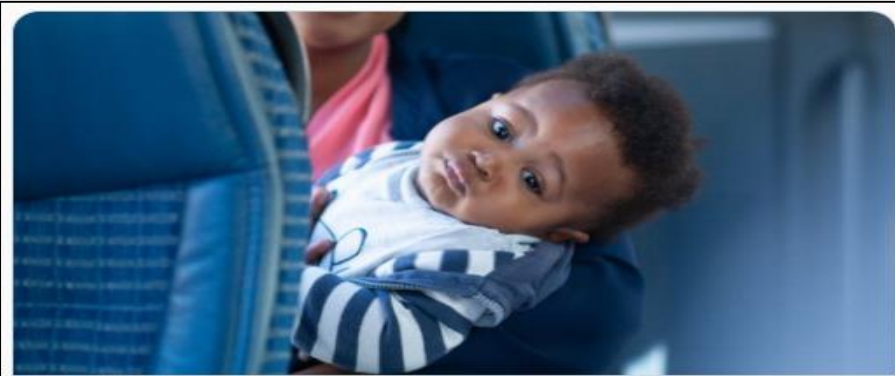
Family Fund
Helping disabled children

Family Fund – Apply for a Grant

If you are living in England, Scotland or Northern Ireland and raising a disabled or seriously ill child and have not had a grant yet in 2023, you can apply again today. Find out more: <https://bit.ly/3rqwftu>



Get our free Helpful Guide in the post for all the information you need to navigate life with a disabled child. Our 92-page book is packed with advice to support families from the early years right through to the adulthood transition. Order your copy <http://contact.org.uk/helpful-guide>



contact.org.uk

Do you care for a baby or toddler? We're here to help you | Contact Information, advice and support for parents of younger children whether you have a diagnosis for your child or you are waiting for one.

Do you know any families who have a baby or toddler with special needs? We offer lots of free support for new parents. From online workshops, information across a range of areas and advice on keeping babies well this winter, we can help. [Contact Northern Ireland](#) | [Contact](#)



Autism Awareness Card

Telephone:
028 9040 1729 (Option 1)




I am Autistic

Important information on reverse



www.autismni.org

Our Autism Awareness Card is a tool to support autistic individuals to communicate their needs in a wide variety of situations. To find out more information visit Autism NI or email info@autismni.org



AutismNI

Guidance for Parents/Carers with a Recent Diagnosis



Outdoor Play

CENTRE FOR AUTISM

Autism - Outdoor Play! It is full of practical ideas, social narratives and case study examples. So follow the link, access the resource and then get outdoors!

Link: <https://outdoor-play.middletownautism.com>



Autism NI
Northern Ireland's Autism Charity

Become a member!

Why?...

So many reasons WHY!

- ✓ Priority Queuing
- ✓ Carer Discount
- ✓ Family Fun Days
- ✓ Parent Training
- ✓ Parent Support Groups
- ✓ Helpline – 028 9040 1729 (Option 1)
- ✓ Access to up-to-date information and services

TAYTO PARK

JumpBoxx!
INDOOR TRAMPOLINE PARK

TITANIC BELFAST

THE ZOO
BELFAST ZOOLOGICAL GARDENS

Stena Line

THE NATIONAL TRUST

and many more...

As a member you will be contributing towards our services, ensuring that individuals with Autism in Northern Ireland are getting the help and support they need.



Autism Support Café



Help

Support

Guidance

WE ARE INVITING PARENTS AND CARERS OF CHILDREN OF ALL AGES, WHO:

- HAVE AN AUTISM DIAGNOSIS
- ARE AWAITING AN ASSESSMENT
- ARE DISPLAYING EARLY INDICATORS (SUGGESTING THEIR CHILD MAY BE NEURODIVERSE)

TO ATTEND OUR NEXT SUPPORT CAFÉS

Our aim is to bring together parents, carers and organisations, to provide support and information on local support services available. Workshops available on the day.

Autism Support Cafés

We are inviting parents and carers of children of all ages, who have:

- an autism diagnosis
- are awaiting an assessment
- are displaying early indicators (suggesting their child may be Neurodiverse), to attend our next Autism Social Café with local support groups, information stalls and short workshops.

Tea & Coffee provided *Booking is not required.*

Any further questions email

ClaireA.Hamilton@westerntrust.hscni.net

Autism Support Café

DATES:



Help

Support

Guidance

FERMANAGH

FRIDAY 17TH NOV 2023
LAKELAND FORUM

DERRY/ LONDONDERRY

THURSDAY 25TH JAN
2024
TEMPLEMORE SPORTS
COMPLEX

LIMAVADY

FRIDAY 23RD FEB 2024
ROE VALLEY LEISURE
CENTRE

STRABANE

FRIDAY 22ND MARCH
2024
MELVIN SPORTS
CENTRE

Times: 11am-1pm

Information Stalls.
Optional workshops on the day.





Understanding your child with additional needs

Free online course for all parents, carers, and grandparents.

- Reading your child's behaviour and understanding their feelings
- Effective communication techniques
- Reflecting on your relationship and how to nurture your child's emotional health
- A transformative journey that can strengthen your bond with your child at every age

Designed by clinical psychologists in partnership with practitioners and parents



Residents of NORTHERN IRELAND

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Public Health Agency

Use Access Code
NIFAMILIES

RNIB

See differently

RNIB Parent Carer Facebook Group



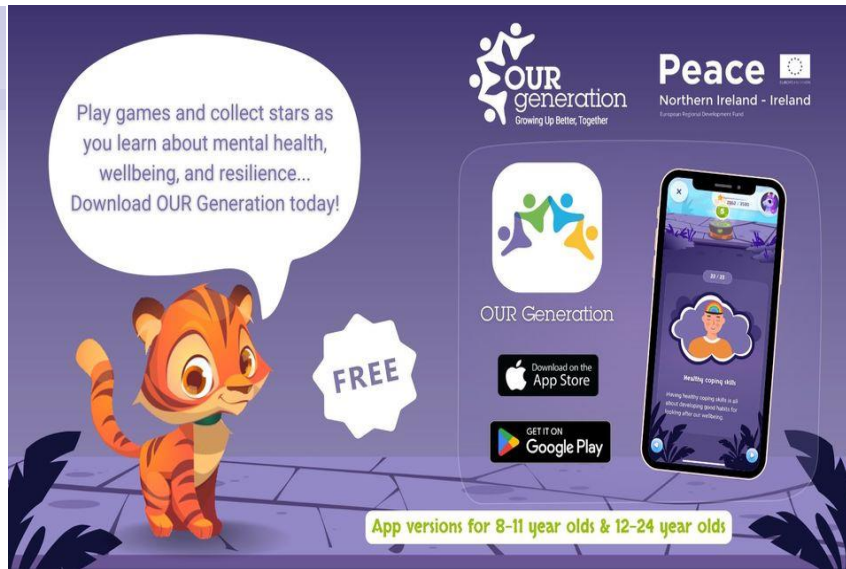
A community that brings together everyone who is a parent or carer of a child who's blind, partially sighted or lives with any degree of vision impairment:

<https://facebook.com/groups/140238563264750/>

Need to Talk Project

Support for people of all ages, as well as family and friends, to access emotional and practical support needed to adapt to life with sight loss.

<https://www.rnib.org.uk/your-area-northern-ireland/services-rnib-northern-ireland/need-to-talk>



The OUR Generation app is here! Who will you choose to guide you? 🐘 Hoofy 🐼 Stripey 🐶 Roby, or 🐛 Bulby? They'll be with you every step of the way!

#AvailableNow! 📱

Google Play: <https://bit.ly/43UrmMz>

Apple Store: <https://bit.ly/42jXdoD>



Childline has launched a new mental health campaign, 'We all feel it' to support young males to reach out for support. Watch the video

<https://cypsp.hscni.net/childline-launch-new-we-all-feel-it-campaign-aimed-at-young-males/>



≡ Hey you ≡

you'll GET THROUGH TODAY, JUST LIKE YOU GOT THROUGH YESTERDAY, AND THE DAY BEFORE THAT AND ALL THE OTHER DAYS BEFORE THAT... BECAUSE YOU ARE TOUGH.

@LaraBeeIllustrations



Where to find mental health support online and on the phone

Mind Wise



A new resource has been issued by the Public Health Agency for young people, their parents and carers to support mental wellbeing. Contents include healthy lifestyle tips to support your wellbeing, practical ways to manage your thoughts and emotions and useful websites and apps.

[Download Young Persons Mental Health Guide](#)



SOMETIMES
YOU JUST
NEED TO
TAKE A BREAK
(AND THAT'S OK)

shout
85258

Shout Crisis Textline

If you need immediate support, you can text SHOUT to 85258 and chat by text. The service is free on most networks and available 24/7, and trained volunteers will listen to you, and work with to help you take the next steps towards feeling better.

TEXT SHOUT TO 85258

How to Create a Healthy Routine

Did you know that having a regular routine is good for your well-being and can help with low mood?

Here's how to add structure

<https://www.childrensociety.org.uk/information/young-people/well-being/activities/keeping-busy> to your day and develop a routine that will help you get ready for going back to school [Keeping Busy & Creating Routine | The Children's Society \(childrensociety.org.uk\)](#)





New Ways November 2023

MONDAY



TUESDAY



WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

1 Make a list of new things you want to do this month

2 Respond to a difficult situation in a different way

3 Get outside and observe the changes in nature around you

4 Sign up to join a new course, activity or online community

5 Change your normal routine today and notice how you feel

6 Try out a new way of being physically active

7 Be creative. Cook, draw, write, paint, make or inspire

8 Plan a new activity or idea you want to try out this week

9 When you feel you can't do something, add the word "yet"

10 Be curious. Learn about a new topic or an inspiring idea

11 Choose a different route and see what you notice on the way

12 Find out something new about someone you care about

13 Do something playful outdoors - walk, run, explore, relax

14 Find a new way to help or support a cause you care about

15 Build on new ideas by thinking "Yes, and what if..."

16 Look at life through someone else's eyes and see their perspective

17 Try a new way to practice self-care and be kind to yourself

18 Connect with someone from a different generation

19 Broaden your perspective: read a different paper, magazine or site

20 Make a meal using a recipe or ingredient you've not tried before

21 Learn a new skill from a friend or share one of yours with them

22 Find a new way to tell someone you appreciate them

23 Set aside a regular time to pursue an activity you love

24 Share with a friend something helpful you learned recently

25 Use one of your strengths in a new or creative way

26 Try out a different radio station or new TV show

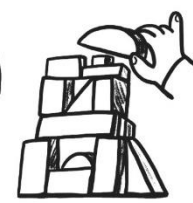


27 Join a friend doing their hobby and find out why they love it

28 Discover your artistic side. Design a friendly greeting card

29 Enjoy new music today. Play, sing, dance or listen

30 Look for new reasons to be hopeful, even in tough times



ACTION FOR HAPPINESS

Happier · Kinder · Together



"Thank you for being there at my lowest time"

Male caller to Lifeline service

Lifeline
0808 808 8000
Textphone:

THE RIGHT SUPPORT AT THE RIGHT TIME!

Chat to our team TODAY through our webchat service!
www.inspirewellbeing.org

Monday to Friday 10.00 am to 4.00 pm

ADVOCACY FOR ALL inspire

Self Help Guides for Mental Health & Emotional Wellbeing

Self Help Leaflets

Abuse Alcohol and You Anxiety Bereavement

Controlling Anger Depression and Low Mood Domestic Abuse Eating Disorders

HSC Belfast Health and Social Care Trust
caring supporting inspiring together

H+

A-Z Mental Health

Find Help NI.com

Funded by Department of Health

Find Help NI is a not for profit organisation, which has been created by experienced counsellors, to help our community find the right help, at the right time. Through years of front line experience working with people in crisis or despair, they recognised the need for a joined up approach to wellbeing that looks at the whole person, and everything in that person's life that contributes to their sense of wellbeing.

There are many dimensions to our wellbeing, and all these dimensions contribute to a healthy life.

- Family & Relationships
- Disabilities & Medical
- Ethnic Minority & Cultural
- LGBTQIA+ Abuse
- Addiction Bereavement
- Anxiety, Depression & Self-Harm
- Neurodiversity Eating Disorders
- Housing, Living, Finance & Benefits

Find the right help at the right time!

Founded by **Pamela Kirkpatrick & Cara Swanston**, who together have decades of experience specialising in mental health within the community, voluntary and statutory sectors.



Take5

steps to wellbeing

We know when we are mentally and physically well but sometimes we need a little extra support.
Here are five simple steps to practise every day:

- Connect**

Connect with the people around you: family, friends, colleagues and neighbours at home, work, school or in your local community. Think of these relationships as the cornerstones of your life and spend time developing them. Building these connections will support and enrich you every day.
- Be active**

Go for a walk or run, cycle, play a game, garden or dance. Exercising makes you feel good. Most importantly, discover a physical activity that you enjoy; one that suits your level of mobility and fitness.
- Take notice**

Stop, pause, or take a moment to look around you. What can you see, feel, smell or even taste? Look for beautiful, new, unusual or extraordinary things in your everyday life and think about how that makes you feel.
- Keep learning**

Don't be afraid to try something new, rediscover an old hobby or sign up for a course. Take on a different responsibility, fix a bike, learn to play an instrument or how to cook your favourite food. Set a challenge you will enjoy. Learning new things will make you more confident, as well as being fun to do.
- Give**

Do something nice for a friend or stranger, thank someone, smile, volunteer your time or consider joining a community group. Look out as well as in. Seeing yourself and your happiness linked to the wider community can be incredibly rewarding and will create connections with the people around you.

Adapted from work by the New Economics Foundation commissioned by the Foresight Project on Mental Capital and Wellbeing (www.neweconomics.org).
Artwork designed in association with Belfast Strategic Partnerships.

www.mindingyourhead.info

Public Health Agency, 10-22 Lincolns Street, Belfast BT2 8BS. Tel: 0300 335 0114 (local rate).

03/23



Are you living with drug or alcohol issues?
Are these impacting on your wellbeing?



HELP AND ADVICE RESOURCES

SELF-HARM

ANXIETY

BEREAVEMENT

COMMUNICATING WITH YOUNG PEOPLE
CYFATHREBU A PHOBL IFANC

Supporting your child Self-harm and Suicide
Cynorthwyo'ch plentyn Hunan-niweldio a Hunanladdiad





FREE ONLINE STRESS CONTROL COURSE

Course covers:

- What is stress

Controlling :

- Your body
- Your thoughts
- Your actions
- Panicky feelings
- Getting a good night's sleep
- Boosting your wellbeing



#StressControlNI
6 Sessions
90 minutes
per session

For course information and dates
visit www.ni.stresscontrol.org



Public Health
Agency

SELF-CARE WITHOUT SPENDING A DIME!



walk around
your neighborhood



read a book
from your TBR pile



listen to your
favorite songs



sleep and
rest well



write in
your journal



stay hydrated





Mums' Night Out in Portstewart

At Care for the Family we understand the phenomenal job mums do – no sick days, unsociable hours, and bathroom breaks are their only chance of solitude, if they're lucky!

We know they wouldn't trade their kids for the world, but we think they deserve a little time to themselves! Our popular event, *Mums' Night Out*, is a chance to have a night out and invest in their own wellbeing – because a happy, healthy mum benefits her family too.

They will join Cathy Madavan and Gill Lyth – two mums who get it – for an evening of laughter, real-life stories and encouragement! They'll leave feeling equipped and refreshed to face the many demands of motherhood, and those moments that make them worth it. Grab tickets: cff.org.uk/mumsnight

To make it easy to spread the word I have provided a link also to the media pack - [Mums' Night Out - Care for the Family](#).

Need some support for you or your child, but don't know where to start?

Parenting our children can throw up all sorts of challenges, questions and situations and it can be confusing where to look for support or find out what services are available.

We at Parentline can point you in the right direction. ANY question, big or small we can support you to find services available, offer advice and an ear to listen.

We are here; 0808 8020 400
Mon-Thurs 9am-9pm
Fri 9am-5pm
Sat 9am-1pm
Webchat; ci-ni.org.uk

**Parent
LineNI**
0808 8020 400



Mental Health Support Services & Crisis HELPLINES



Action Mental Health | 028 3839 2314
AWARE | 028 9035 7820
CAMHS | 028 3083 5400
Lifeline | 0808 808 8000
Mental Health Forum | 028 3025 2423

MindWise | 028 9040 2323
PIPS Upper Bann | 028 3831 0151
Samaritans | 116 123
Yellow Ribbon | 028 3833 1485
YoungMinds | 0808 802 5544

For help and advice on taking care of your mental and emotional wellbeing, visit mindingyourhead.info



Armagh City
Banbridge & Craigavon
Borough Council



Information, self-help guides and ways to find support on a range of mental health and wellbeing issues, available at:
www.mindingyourhead.info

Mental health and housing



community wellbeing
communitywellbeing.info

women's aid Local groups

Antrim, Ballymena, Carrickfergus, Larne & Newtownabbey 028 2563 2136

Armagh Down 028 3025 0765

Belfast & Lisburn 028 9066 6049

Causeway & Mid Ulster 028 7035 6573

Fermanagh 028 6632 8898

Foyle 028 7141 6800

North Down & Ards 028 9127 3196

Omagh 028 8224 1414

Whatever you're facing
We're here to listen

Call free day or night on

116 123

Email 116@amaritans.org

ALIT

SAMARITANS



samaritans.org



Helplines NI

listen. support. inform

www.helplinesni.com

New COVID-19 helplines added to website offering a wide range of support
Community Helpline
Diabetes Helpline
HMRC Helplines for businesses and many more!





GIVING HOPE TO GRIEVING CHILDREN

Helpline: 08088 020 021
winstonswish.org

**WINSTON'S
WISH**
Giving hope to grieving children

We give hope
to grieving
children.

GET SUPPORT

SUPPORT US

CRUSE NATIONAL HELPLINE

0808 808 1677

Monday & Friday: 9.30am - 5pm
Tuesday, Wednesday & Thursday: 9.30am - 8pm
Saturday & Sunday: 10am - 2pm



BEREAVEMENT

What children understand about death 5-10 years old

Children this age attend school and can get more information and misinformation.

It's important that the cause of loved one's death and the funeral process is explained.

Children will ask many questions. This will help them understand what has happened.

Let them talk about their feelings.

Cruse
Bereavement
Support



www.hopeagain.org.uk

**Grief is
overwhelming.**

Let us help.

Cruse
Bereavement
Support

If you're struggling after someone close to you has died, there's lots we can do to support you.

**We can provide
information, advice or
simply listen.**



Find out more about how we can help you.

Contact Cruse in North Down and Ards
028 9127 2444
Northdownandardsarea@cruse.org.uk
cruse.org.uk

You're not alone.

Registered Charity No. 208078 | A Company Limited by Guarantee No. 638709 (London) Unit 0.1,
One Victoria Villas, Richmond, TW9 2GW



Access to Health and Social Care Guidance

Belfast Trust has led on work on behalf of the region to put together some information which newcomers to Northern Ireland might find useful. This booklet aims to inform about health and social care services and how to access them. The booklet has been translated into the following languages - click on each language for the document.



English

Dari

Bulgarian

Pashto

Arabic

Ukrainian

Hungarian

Russian

Mandarin

Polish

Portuguese

Romanian

Slovak

Tetum

Lithuanian

ESOL

English for Speakers of Other Languages

Links and resources for general ESOL home learning and specific resources targeted at teenagers: - [ESOL websites and Apps for Teenagers and Study at Home](#).

NINES

NORTHERN IRELAND | NEW ENTRANT SERVICE

NURSE LED CLINIC



NINES is a nurse led service which provides health care advice and health assessments for adults and children who are new to Northern Ireland and not already registered with a General Practitioner (GP).

Southern Trust Area

NINES - Northern Ireland New Entrant Service,
South Tyrone Hospital, 8 Floor, Carlisle Road, Dungannon BT71 4AJ.
Tel: (028) 3756 1370 Email: nines@southerntrust.hscni.net

Protecting Your Rights

If you have been the victim of a racist incident contact the police, and some of the organisations listed who may be able to help you.

Northern Ireland Council for Ethnic Minorities
028 90 238645
www.nicem.org.uk

Bryson Intercultural
028 90 244639
www.mcrc-ni.org

Samaritans
0845 790 9090
www.samaritans.org.uk

Victim Support
028 90 244 039
www.victimsupport.org.uk

Equality Commission for Northern Ireland
028 90 500 600
www.equalityni.org

Northern Ireland Human Rights Commission
028 90 243987
www.nihrc.org

Crimestoppers
0800 555 111
www.crimestoppers-uk.org

Created by Police Service Print+Design RP001



Nobody deserves this.
And nobody deserves
to get away with it.
Racist Hate Crime is unacceptable.
To stop it, report it.




Keeping People Safe




New Parent Support section added to Translation Hub under Family Support - <https://cypsp.hscni.net/translation-familysupport/>


Parent Support




Parentline NI – Go To Parent Resources
Go to parent resources




Top Tips for Parents – Your Guide to Positive Parenting
Being a parent is a wonderful thing; however, it's not always easy. Hopefully, the information in this booklet will show you how you can use techniques to guide, nurture and encourage your child and build your confidence as a parent.



A Guide to help you on YOUR journey through Disability/Additional Needs
This resource is by parents for parents and its development has been parent led from the onset and addresses the whole life journey for parents of children with disability and additional needs. Also within this document is the All About ME booklet/passport co-designed by Barnardo's PosAbility Young People's Group



Translation Family Separation – Family Mediation NI
Find an agreement everyone can live with... Family mediation is a voluntary process in which a Professional Family Mediator helps family members to communicate more effectively and to make their own arrangements for the future, particularly for children. To benefit families



Parent Support – Children and Young People's Strategic Partnership (CYPSP)
This webpage is designed for Parents and Organisations working to support families using group work approaches:



Nuture your child's mental health through play
Play is crucial to children's healthy development and happiness and is vital for children's mental health and wellbeing.


New Diabetes Section on the Translation Hub

We are delighted to have worked with Diabetes UK Northern Ireland to develop a new section on the Translation Hub on understanding Diabetes

<https://cypsp.hscni.net/translations-understanding-diabetes/>

All information can be translated digitally to read or listen to.

Includes guides on Type 1 & 2 diabetes, gestational diabetes & eating well tips.



English

The CYPSP Translation Hub provides you with important information on Health, COVID-19, Education, Housing, Employment, Contacts for support and much more.....

العربية

www.cypsp.hscni.net/translation-hub

Boloh

The Black, Asian and Minority Ethnic family Covid-19 Helpline

We are here to ensure support and advice is provided to Black and Asian children, young people and families affected by Covid-19.

helpline.barnardos.org.uk

Contact the helpline on **0800 1512605**





Women's Aid Across NI

Women's Aid is the lead voluntary organisation challenging and addressing domestic violence and abuse in Northern Ireland. WAFNI is the umbrella body of nine Women's Aid groups across NI. Women's Aid groups throughout NI provide refuge and a range of emotional and practical support services, including outreach and aftercare to women and children suffering from domestic violence and abuse.



1. Antrim, Ballymena, Carrickfergus, Larne & Newtownabbey Women's Aid	reception@womensaidabcln.org	028 2563 2136
2. Armaghdown Women's Aid	admin@womensaidarmaghdown.org	028 3025 8704 or 028 3839 7974
3. Belfast & Lisburn Women's Aid	admin@belfastwomensaid.org.uk	028 9066 6049
4. Causeway Women's Aid	womensaidcoleraine@btinternet.com	028 7035 6573
5. Fermanagh Women's Aid	womensaidfermanagh@btopenworld.com	028 6632 8898
6. Foyle Women's Aid	info@foylewomensaid.org	028 7141 6800
7. Mid-Ulster Women's Aid	admin@midulsterwomensaid.org.uk	028 8676 9300
8. North Down & Ards Women's Aid	info@ndawomensaid.org	028 9127 3196
9. Omagh Women's Aid	info@omaghwomensaid.org	028 8224 1414
10. Women's Aid Federation Northern Ireland	info@womensaidni.org	028 9024 9041

Open Monday - Friday 09:00 - 17:00

Did you know that **free public transport travel is now available for those fleeing domestic abuse?**

Housing Executive



Did you know that free public transport is accessible to those fleeing domestic abuse? You can avail of this if refuge / emergency accommodation has been arranged for you through the NI Housing Executive, the 24hr Domestic & Sexual Abuse Helpline or Women's Aid Federation NI. Further information at: <https://bit.ly/2CfhHIX>

INFORMATION & SUPPORT LINE

0800 0246 991

Mondays & Thursdays
6pm-8pm

Listening, Believing
& Support for All

www.rapecrisisni.org.uk



Call The Mens Advisory Project today, for confidential support and information on

Belfast. 028 9024 1929

Foyle. 028 7116 0001

ANYONE

Call the Domestic and Sexual Abuse Helpline

0808 802 1414

We are here for you confidentially 24/7.

You will be heard, you will be believed.

Victim Support NI

Belfast Hub: 02890 243133 | Foyle Hub: 02871 370086

belfast@victimsupportni.org.uk | foyle@victimsupportni.org.uk



**Domestic
abuse is
not just
physical.**

**16 DAYS
OF ACTION
AGAINST
GENDER BASED
VIOLENCE**

psni.police.uk

**we care
we listen
we act**



**Police Service
of Northern Ireland**

**More than
4,000**

**officers are now
trained in recognising
coercive control and
bringing offenders
to justice.**

**EVERYONE
THINKS HE'S
GREAT...**

Coercive, controlling behaviour is still abuse and it's a crime.

#STILLABUSE



Visit: nidirect.gov.uk/still-abuse call PSNI on: **101** or the
confidential 24 hour domestic and sexual abuse helpline: **0808 802 1414**



the rainbow project

Cara-Friend here

**LGBTQ + Advocacy Officer
The Rainbow Project
Joe Walsh
advocacy@rainbow-project.org
T: 02890 319030
M: 07904 864957**

**LBTI Support Officer
Cara-Friend/HereNI
Amanda McGurk
amanda.mcgurk@cara-friend.org.uk
T: 02890 890202
M: 07849 912877**

**If you have
experienced
domestic abuse, you
can speak to us in
complete
confidence.**

**You will be believed
&
we are here to
support you.**



Powerful animation from Women's Aid Belfast & Lisburn, depicting the real-life experiences of children living with domestic abuse in Northern Ireland over the past 18 months.

Read more about the animation and view it at:
<http://belfastwomensaid.org.uk/launch-animation-children-domestic-violence-covid-19-lockdowns/>



11-25 and struggling with alcohol or drugs?



DAISY provides confidential support over the phone or by video call

Its ok to ask for help. We are here for you!

0800 2545 123
daisy@ascert.biz



RAPID:
Safely removing illegal drugs and unwanted prescription medication within the community.

NORTHERN IRELAND MEDICINES AWARENESS WEEK 2020

There are over 50 RAPID bins installed in Northern Ireland.

drugsand alcoholni
Developing advice and support resources

HSC Public Health Agency
Project supported by the PHA

NIBACTS facebook twitter

www.drugsandalcoholni.info/RAPID

ARE YOU LIVING WITH A PARENT/CARER WHO IS MISUSING DRUGS OR ALCOHOL OR DEALING WITH MENTAL HEALTH DIFFICULTIES?

VISIT STEPSTOCOPE.CO.UK FOR TOOLS THAT CAN HELP YOU COPE DURING THIS TIME.

STEPS COPE **ASCERT 21** **Believe in Children** **Barnardo's** **South Eastern Health and Social Care Trust** **AFINet** **COMMUNITY FUND**

Substance Abuse Support

If you or someone you know is impacted by substance abuse, contact ASCERT for free on 0800 254 5123. We're here to help.

Cruse Bereavement: 0808 808 1677

Lifeline: 0808 808 8000

THE UK HAS THE HIGHEST RECORDED RATES OF DRUG-RELATED DEATH DUE TO OVERDOSE IN EUROPE

ASCERT

START 360 Connections services develop and deliver drug and alcohol-related projects, events and initiatives in the community.

<https://www.start360.org/how-can-we-help-you/connections-north>

PBNI CONTINUE TO WORK WITH PEOPLE WHO HAVE ADDICTIONS.

We work with partners to tackle substance misuse and provide support and interventions to those under probation supervision.

PBNI Probation Board for Northern Ireland

HAVING A CHAT OVER THE PHONE WAS ALL I NEEDED

OUR COMMUNICATION MIGHT BE DIFFERENT BUT WE ARE STILL HERE TO SUPPORT YOU

YOU CAN CONTACT OUR TEAM VIA EMAIL OR PHONE TO REFER TO OUR SERVICES

www.addictionni.com or call 028 9066 4434

[addictionni](https://www.addictionni.com)

www.drugsandalcoholni.info

Affected by someone else's drinking or drug use?

I'm embarrassed by her drinking

HSC Public Health Agency

Drugs and alcohol support services are available in your local area. Reach out, get help. Find out more at <http://DrugsAndAlcoholNI.info>

Support services are available for anyone impacted by alcohol and drug misuse, including family members.



Parents Plus ADHD programme - Parents seeing progress!



Gemma Bowker

Gemma Bowker is a Family Support Worker at Bolster Community and delivers the Parents Plus ADHD programme – our current group are about to wrap up on the 24th October and here she shares how it has been received so far.

Gemma, who is the Parents Plus ADHD programme for?

The programme is for parents with a child diagnosed with ADHD or currently under assessment (aged 6-11 years).

How is it delivered?

The programme is delivered face to face at our Training Office in Marcus St Newry. In this group we've had 12 parents with us which is a good number for group discussion and engagement. We are about to wrap up the current programme on the 24th Oct and then we'll have a catch-up session 4 weeks after the completion of the programme to check in with parent's progress, and to offer further support on programme topics.

**BOLSTER
COMMUNITY**

ParentsPlus
Empowering Professionals to Support Families

If you'd like to register your interest for our next Parents Plus ADHD programme, contact Bolster Community on 028 3083 5764 OR on email at admin@bolstercommunity.org

What topics are covered?

Each week the programme is divided into three sections: Supporting families, Supporting children and the Importance of self-care. The programme delivers evidence-based strategies to support parents to work on their approaches and responses to their children in order to overcome the challenges faced by ADHD, and to build on their child's strengths leading to improved self-esteem and resilience. The topics we cover include:

- Responding positively as a parent and tuning into your child.
- Establishing routines, effective praise and encouragement.
- Managing concerning behaviour.
- Positive rules
- Building your child's self-esteem
- Problem solving with your child and as a family.

"Learning how to support my child's emotional dysregulation has helped with meltdowns."
Parent feedback

Do parents like the programme and feel it's been useful?

The feedback from parents so far has been really encouraging - their feedback makes us realise just how much this programme is needed. Some have told us that since joining the programme they no longer feel so isolated, and that the support from the group has really helped them find solutions to improve the issues they've been experiencing in the home - this is fantastic for us to hear and reinforces the value of this programme.

Will we be running the programme again in the New Year?

We hope to run it again in Feb/March 2024. Our current programme has been funded by SHSCT Promoting Wellbeing Team and was specifically for families living in neighbourhood renewal areas of Newry. We are hopeful that future programmes will be open to families living across the Newry and Mourne area. If you would like to sign up for further updates on this, please call us to register your interest and we'll be in touch.



Working on a project that needs funding?

☒ Are you working with local police on it?

☒ Does it contribute to community safety and/or building confidence in policing?

☒ Is your project idea aligned to a charitable purpose?

Register now

[nipolicingboard.org.uk/
police-property-fund](http://nipolicingboard.org.uk/police-property-fund)

Be wise about your energy

#EnergySavingWeek22

Do you know if you are on the correct tariff?
Check out The Consumer Council NI energy price comparison tool that will enable you to compare electricity and gas tariffs for every supplier in Northern Ireland https://consumercouncil.org.uk/comparison_tool/begin

AUTUMN VACCINES

The flu and COVID-19 vaccine will be offered to:

- Adults aged 65 years and over
- Residents in a care home
- Pregnant women
- Individuals in a clinical risk group*
- Persons aged 12 to 64 who are carers or household contacts*

**as defined by green book*

WHO ARE YOU?

Help us find the right platform for you.
[See below](#)

ComKit New Online Platform to support communities following suspected suicide

A new online platform has been launched to help support communities following a sudden death that is a suspected suicide. Comkit is supported by the Public Health Agency (PHA) and has been developed with Urban Scale Interventions (USI) in partnership with Families' Voices Forum as well as community and voluntary groups who are members of local Protect Life Implementation Groups (PLIGS) from five health and social care trusts. Comkit can be accessed at www.comkit.info For more information about Comkit contact Jak@urbanscaleinterventions.com



[Find a Food Bank Near You](#)



GET HELP

NO ONE SHOULD GO HUNGRY – WE'RE HERE TO HELP



NEW 'PHONE FIRST' SERVICE FOR EMERGENCY DEPARTMENTS AND MINOR INJURIES UNITS



The 'Phone First' number to ring is
0300 123 1 123

The 'Phone First' text relay number is 18001 0300 123
1 123

Interpreter Now – [Visit site](#)

For further information on Family Support Hubs in your area?

Email: cypsp@hscni.net or Visit <http://www.cypsp.hscni.net/family-support-hubs/>