



For Your Information

April 2024 : Issue 5

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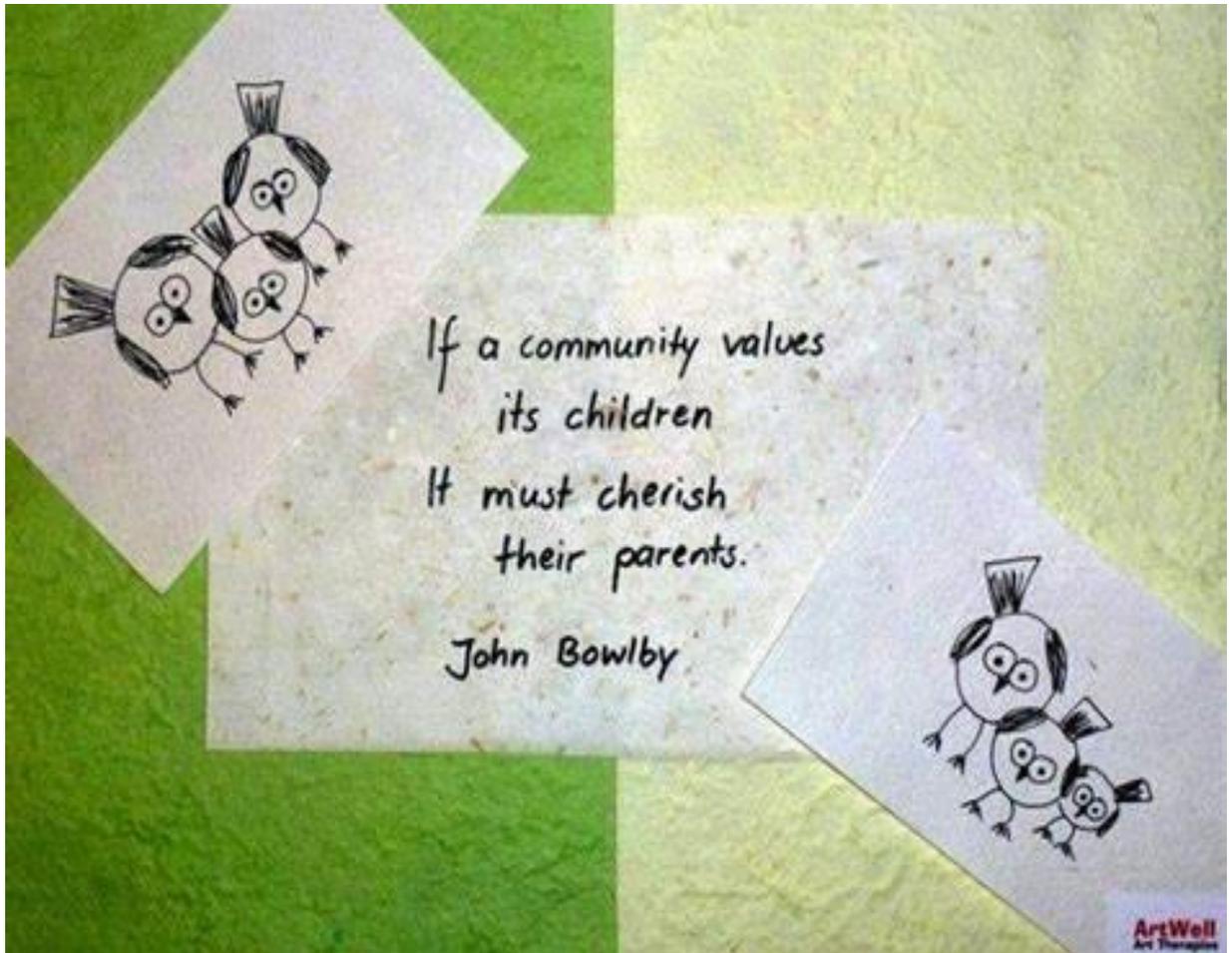
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Welcome to the 5th issue of FYI your monthly round up of all things family support and early intervention/ prevention.

If you would like to contribute upcoming consultations, training, articles, or events that practitioners from the community, voluntary or statutory sectors within the Western Trust will find useful please contact:

Dr Priscilla Magee – Mobile 07880723076
priscilla.magee@westerntrust.hscni.net

Paul Sweeney – Mobile 07387259117
paul.sweeney@westerntrust.hscni.net

What is Locality Planning?

The 25 Locality Planning Groups (LPG) at a geography that works best for planning of local services is an integral part of the Children and Young People's Strategic Partnership (CYPSP) infrastructure. Across Northern Ireland, there are approximately 1,532 members of LPG representing 600 different organisations. The strategic expectation is that these multi-agency groups of frontline leaders contribute to strategic planning through working closely with Outcomes Groups and Family Support Hubs.

If you wish to become a member of one of the Western LPGs, please contact either:

Dr Priscilla Magee
Southern Sector
(Fermanagh and Omagh)

Paul Sweeney
Northern Sector
(Limavady, Derry/L'Derry & Strabane)



Southern Sector LPG Meeting Schedule

[Fermanagh & Omagh LPG Meeting Schedule 2024.pdf](#)

Northern Sector LPG Meeting Schedule

Strabane LPG: 06/03/2024 11:00am – 12:30pm on TEAMS

Waterside LPG: 16/04/24, 2.00pm, Venue - Waterside NP Building

Section 1: Family Support



**Life's a journey.
Could you be a part of mine?**

Every child deserves to live in a loving and stable home where they can develop and thrive.

We are recruiting foster carers who can make a difference to a child's life. Our information events focus on the range of fostering opportunities available including emergency care and short breaks, as well as short and long-term foster care. If you're considering fostering, come along and hear foster carers share their inspiring stories, chat to our experienced and friendly staff about the process and support on offer, and discover if you could become part of our community of foster carers.

Fostering Information Events

Wed 10 April, 7.30pm-9pm

Enniskillen Castle, BT74 7HL

Thur 11 April, 7.30pm-9pm

Omagh Fire Station, 1 Killybrack Rd,
BT79 7DG

Tues 16 April, 7.30pm-9pm

Strabane Golf Club, 33 Ballycolman Rd,
BT82 9PH

No registration required. Everyone is welcome.

Thur 25 April, 7.30pm-9pm

Destined NW Disability Learning Centre,
1 Foyle Rd, Derry/L'Derry, BT48 6SQ

Thur 2 May, 7.30pm-9pm

Bethany Community Hall, Limavady,
BT49 9AQ

Thur 9 May, 7.30pm-8.30pm

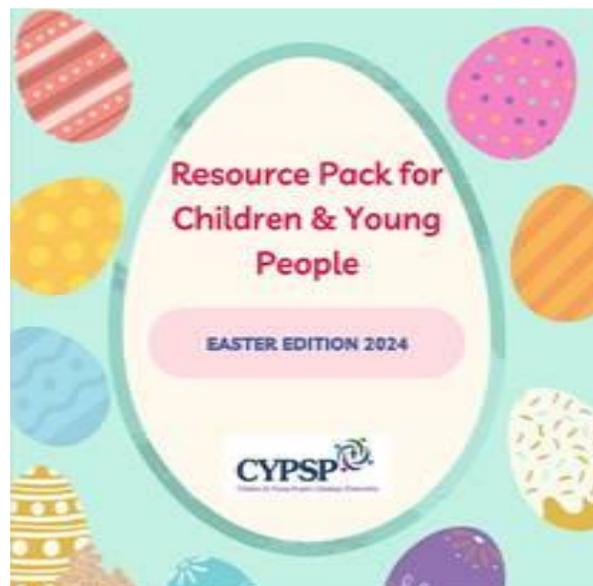
Virtual information event, Join via MS
Teams, Meeting ID: 354 658 134 12 /
Passcode: mrdao3

0800 0720 137 | adoptionandfostercare.hscni.net

Section 1: Family Support

<https://cypsp.hscni.net/download/426/cyp-resource-pack/42783/cyp-resource-pack-easter-2024.pdf>

The Easter Edition of the Children & Young People's Resource Pack is OUT Now!



Included is a range of resources & information on activities, disability, looking after your mental health and bereavement.

Download at <https://cypsp.hscni.net/download/426/cyp-resource-pack/42783/cyp-resource-pack-easter-2024.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 share with contacts who you think would find it useful.

Section 1: Family Support

[FamilySupportNI - Family support and childcare services across Northern Ireland](#)

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

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



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

Did you know...
You may be entitled to help with childcare costs, even if you both have full time jobs.

Anyone using a Registered or Approved Childcare provider may be eligible.



Section 1: Family Support

Cancer Support Available on FSNI

[FamilySupportNI - Family support and childcare services across Northern Ireland](#)

Cancer Support Available



Cancer Support

Family Support NI is a platform to host information about services available for people with diagnosis of cancer, and their families or carers.

Family Support NI are working with the Department of Health and Cancer Charities Coalition to use FSNI website as a platform to host information about services available for people with diagnosis of cancer, and their families or carers.

We recently added 'Cancer Support Services' as a category of service on the Family Support section.

If you provide a cancer support service to people in Northern Ireland - we would be very grateful if you would check whether details of your service are included / up-to-date ?

Search Results in Cancer Support Services Category (familysupportni.gov.uk)

These search results are for all of Northern Ireland - You can filter these search results by inputting your (full) postcode - indicate within 1/5/10 miles or you can use the Keyword Search to input name of service.

The website provides information on family support services in the statutory, voluntary and community sectors in Northern Ireland.

Contact details for services are geo-mapped which means postcode can be used to find services most local.

The information is updated on a regular basis. If details of your cancer support service are not on the website or if you would like to amend or update details of a service please contact info@familysupportni.gov.uk

Section 1: Family Support



Minding Hearts support group for mothers in the L'Derry / Derry area who have experienced pregnancy/baby loss is a new service which Minding Mums hopes to expand in the future. The following programmes are also on offer in April:

Programme	Commencing
Art Therapy	Tuesday 9 th April 10am Lincoln Courts Youth and Community Centre
Pregnancy Fit	Wednesday 10 th April 6pm Irish Street Community Centre
Mellows Minds- new programme specifically for those experiencing low-moderate anxiety/low mood.	Thursday 11 th April 10am An Chroi Community Centre
Muscle Mummies	Friday 12 th April 9.30am An Chroi Community Centre
Aquanatal	Friday 26 th April 1pm Foyle Arena
Mum Pods Group Therapy	Wednesday 8 th May
Maternal Mental Health Week Big Walk in the Park	Wednesday 1 st May
Social Café	Thursday 2 nd May 10am Foyle Arena
Walking group	Every Wed 10am Meet outside Foyle Arena

Referrals continue to be accepted for 1 to 1 counselling and birth trauma therapy (must be at least 12 weeks postpartum for birth trauma.) Referrals for Minding Mum can be sent to mindingmumwaterside@gmail.com / 07719532034.

Minding Mums provide pregnancy pamper packs for all Waterside mums following their 12 week dating scan.

For Further Details Please Contact : Rhonda Wooler, Minding Mum Project Manager Office 02871342959

Section 1: Family Support

<https://tinyurl.com/5djb4n73>



How are Children & Young People doing in NI?



Northern Ireland Outcome Monitoring Report with Trends 2016 – 22/23



Multi-agency Information to Support Integrated Planning for Children and Young People in Northern Ireland – (Published Mar 2024)

The 12th Outcome Monitoring Report shows how children and young people in Northern Ireland are doing and covers the period 2016 up to 2023 (where available).

The report presents the information collected against Executive agreed indicators for each outcome, providing trend analysis over time and comparison across geographical sectors.

This report will be kept as a live report under the publications page on the CYPSP website with information being updated as it becomes available and highlighting in the index where we are still awaiting data.

Contact valerie.maxwell@hscni.net for further information

Section 1: Family Support



Parent and Toddler Groups



in Co Fermanagh

Day	Time	Venue
Monday		
	10.30am-11.30am	Courthouse, Kesh
Tuesday		
	11am-12pm	Duplo Play Sessions, Enniskillen Library
	10am-12pm	Archdale Hall, Ballinamallarrd
	10.30am-11.30am	Oak Healthy Living Centre, Lisnaskea
	10am-11.30am	Toddle Tots, Largeness Centre, Tullymill, Florencecourt
<i>(alternate tues)</i>	10am-11.30am	Tiny Tots - Brookeborough Elim
<i>(2nd Tues)</i>	10am-12pm	Amazing Multiples - Safe Haven, Cornagrade Rd (for twins/triplets)
Wednesday		
	10am	Little Acorns - Fermanagh Christian Fellowship (FCF)
<i>(alternate wed)</i>	10am-11.30am	Kings Kids - Independent Methodist Church
	11am-12.30pm	Sunbeams - Salvation Army, Enniskillen
	10am-12pm	Rossorry Parents & Tots, Rossorry Parish Church
	10am-12pm	Tempo Mother and Toddler Group -
Thursday		
	10am-12.30pm	Mummy Mixer - Bellanaleck
	10am-12pm	Jelly Tots, Jones Memorial PS
	9.30am-11.30am	Belcoo Parent & Toddler Group, Community Centre, Belcoo
	10am-11.30am	Gilaroo Hall, Garrison
	10am-11.30am	Tiny Tots, Derrylin
<i>(1st & 3rd)</i>	10.30am-12.30pm	Little Lambs, Emmanuel Centre, Lisnaskea
	10.30am-12pm	Breastfeeding group – Safe Haven
	9.30am-11am	Bubbles – Brookeborough Methodist Church
Friday		
	11am-11.30am	Rhythm & Rhyme – Enniskillen Library
<i>(2nd Fri)</i>	10am-11.30am	Tea & Tots, Derrygonnelly
<i>(3rd Fri)</i>	9.30am-11am	Tempo Mother & Toddler - Tempo Primary School (£3)
<i>(alternate)</i>	10.15am	Independent Methodist Church, Irvinestown

The following businesses run groups for parents and children please contact them directly for more information:

Bridge Gymnastics – mobile 07701302851
 Splitz Gymnastics – mobile 07941837144
 Little Mess Fermanagh – mobile 07538651507

Toddler Sense – mobile 07851258033
 Jo Jingles – mobile 07843241237
 Rugby Tots – email justin@rugbytots.co.uk

Section 1: Family Support



PARENT/CARER AND TODDLER GROUP

Our parent/carer and toddler group is starting up again for children with special needs between the ages of three months and four years old

During the session the group will have the opportunity to take part in music and movement, play with toys, enjoy a healthy snack and explore the sensory rooms!

It is a great way to make connections and meet other parents and children with SEN.

If you would like to attend the group, to book a space, or for more information please contact the school office on 028 6632 9947 or email: info@willowbridge.enniskillen.ni.sch



FREE 12 WEEK GROUP

Starting Tuesday 20th February 2024 from 1.15pm - 2.45pm

Section 1: Family Support

[Translations – Children and Young People’s Strategic Partnership \(CYPSP\) \(hscni.net\)](#)

Welcome to the Translation Hub

This page is best viewed with the ReachDeck (Browsealoud) application open, click on the  icon in the top right corner and select the language of your choice by clicking  on the toolbar above.

Welcome to the CYPSP Translation Hub providing you with important information on Health, COVID-19, Education, Housing, Employment, Contacts for support and much more.

To help promote this page [click Here](#) to download translated leaflets.

Please feel free to bring to our attention any amendments, comments or if you would like to suggest more content or include your contact details email cypsp@hscni.net

How to use ReachDeck (Browsealoud) translation application



- | | | | |
|---------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------|
| 
Health | 
Family Support | 
SureStart | 
Carers |
| 
Cost of Living Crisis | 
Education | 
Housing | 
Employment |
| 
Safety / Community | 
Police | 
Money/Grant Advice | 
COVID-19 |
| 
Government Services | 
Tetum Translated Information | 
Ukraine Advice | 
Sign Language |



Section 2: Youth Support

YouthAction
NORTHERN IRELAND

Young Men's Group

Fermanagh House Enniskillen



**Support network to talk about life,
health, work, interests & more**

For 15-25 year olds



Last Wednesday of each month, 3.30-4.30 pm
Refreshments provided
Travel costs reimbursed



To find out more get in touch with
lee@youthaction.org or dwayne@youthaction.org
or call 028 66328534

Section 2: Youth Support

[Youth Wellness Web – Children and Young People's Strategic Partnership \(CYPSP\) \(hscni.net\)](http://hscni.net)



Have a look through the Youth Wellness Web and then Help us keep it relevant - [Click here to take our Survey and give us your feedback](#)

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

There are many resources that you can access to get the help you need. There may also be services around you that can help.

A place where you can come to access help and resources if you need it anytime, anywhere!

No young person should feel alone and should feel they can get the support they need when they need it at any time or any place, no matter how big or small the situation.

When you are struggling it's okay to reach out, the Youth Wellness Web has been co-designed by young people for young people for easy access to different resources and services that can really help you.

All you have to do is click on your age group below where you will find information on Bereavement if you are struggling after a death, Bullying and how to find help, Your Wellbeing on how to stay well and be happy, Mental Health for lots of advice if you are worried or anxious, view some great videos and podcasts and finally support and advice about school.



Please select your age group

AGE 8-10

AGE 11-15

AGE 16+

PARENT / TEACHER ZONE

TRAINING ZONE

Section 2: Youth Support

[Vaping factsheet | HSC Public Health Agency \(hscni.net\)](https://www.hscni.net)

Vaping factsheet



What is vaping?

Vaping is the inhaling (breathing in) of vapour created by an electronic device that can be known as a vape, e-cigarette or electronic nicotine delivery system (ENDS).

Vapes work by heating a liquid (called an e-liquid/e-juice). The liquid typically contains nicotine, propylene glycol, vegetable glycerine and flavourings, some of which may be potentially harmful to the body. When heated, the nicotine changes into a vapour. The nicotine and other ingredients are inhaled into the body.

Vapes come in a variety of shapes, sizes and colours. Some can be disguised as items including pens and USB memory sticks.

While they are being used by some smokers as a quit aid or harm reduction product, there are an increasing number of young people vaping who are non-smokers. There has been a rapid increase in the use, availability and promotion of vaping devices.

The health advice is clear: young people and people who have never smoked should not vape.

What does the law say?

Vapes are an age restricted product. It is illegal to sell a vape to someone who is under 18 and to purchase a vape for someone who is under 18 years old.

For any nicotine containing e-liquid the maximum legal limit of nicotine is 20mg/ml. At this concentration 1ml of e-liquid is roughly equivalent to smoking **20 cigarettes**. A device containing 20mg/ml liquid may say 2% nicotine. For disposable vapes the tank size must not exceed 2ml, which roughly equates to **600 puffs**.

However, there are a variety of vapes being sold which are unregulated (illegal). These may contain higher levels of nicotine than the permitted 20mg/ml and disposable vapes are being sold which contain more than 600 puffs. The content of these unregulated vapes isn't known and they may have serious health implications.



VAPING
ADDICTION
SOON TAKES
HOLD OF
YOU

Section 2: Youth Support

[Vaping factsheet | HSC Public Health Agency \(hscni.net\)](#)

Why do young people vape?

There are a number of things that could motivate young people to vape, such as peer pressure/influence, social image and perceived lower health risks of vapes compared with cigarettes.

Other common reasons reported include to support their mental health, reduce stress levels and address low self-esteem. Vapes are used as a perceived coping mechanism to address these issues. However, young people who vape for stress relief report significantly higher stress levels than those who don't vape.

Young people's brains are still developing, so they can't always think through the consequences of the things they do. This means they're more likely to try things like vaping out of curiosity or 'for fun' without considering the harm they could be doing to themselves. Vapes are colourful and come in lots of different flavours, which can seem appealing to young people. They don't seem scary or harmful, as cigarettes do.



Why is there concern about vaping among young people?

Although vaping is less harmful than smoking, we don't yet fully understand the long-term effects vaping has on our health. Evidence shows that e-cigarettes or vapes are not harm-free.

Vaping liquids can contain high levels of nicotine. The amount of nicotine you inhale from a vape can vary. Many young people who vape did not smoke cigarettes before they started vaping. But young people who vape are more likely to start smoking cigarettes than those who never vape.

The nicotine contained in vapes is **harmfully addictive**. Research on smoking has shown that nicotine addiction can affect your mental health. It can make you tired, and stressed, affect your concentration and impact your ability to learn and study. It can also lead to or increase depression and anxiety.

Vaping can contain other **harmful illicit substances** besides nicotine. High levels of THC or synthetic cannabinoids such as Spice or Pine could be present and have a negative outcome when vaped. Sharing vapes could lead to young people inhaling illicit substances without realising.

In addition, there is growing concern over the **environmental impacts** of disposable vapes given their lithium batteries and hard to recycle components and the increasing frequency in which these products are littered or thrown in the bin.



Public Health Agency
12-22 Linenhall Street, Belfast BT2 8BS.
Tel: 0300 555 0114 (local rate).
www.publichealth.hscni.net

Find us on:

For further information
on vaping please go to
www.pha.site/vaping



Section 3: Cost of Living



Our goal for financial education

MaPS leads delivery of the UK Strategy for Financial Wellbeing, working towards a vision of everyone making the most of their money and pensions. The Strategy includes a goal to ensure that, by 2030, two million more children and young people in the UK are receiving a meaningful financial education.

Learn more about the [UK Strategy for Financial Wellbeing](#).

How we support financial education in schools

To improve the provision of financial education, we;

Support the development of and access to financial education tools and services.

Fund the delivery of financial education programmes, to test new approaches and increase the availability of interventions that work.

Undertake and promote research to improve our understanding of children and young people's financial education needs and their financial wellbeing.

Run and contribute to networks that support the development of financial education tools and sharing of best practice.

Why financial education is important

Research shows that financial education makes children and young people more likely to;

save money

have a bank account

be confident with money management

Our research also shows that a majority of children and young people say they find financial education useful.

Financial education can enhance existing curricula or can be extra-curricular.

The subject can enhance an array of subjects too. It can bring the maths curriculum to life using examples relevant to students' lives, or can be

incorporated into personal development, health and wellbeing and citizenship topics.

Financial education enhances financial wellbeing and prepares students to understand and manage their incomes as adults.

Section 3: Cost of Living



Four ways to improve children's financial wellbeing

Start early: Evidence tells us that children's attitudes about money are well developed by the age of seven. So, incorporate learning about the world of money into your teaching from pre-school upwards.

Put learning into practice: Providing pupils with a combination of in-class and experiential learning has been shown to be most effective. You could organise a school savings bank, support groups of students to open bank accounts or the opportunity to manage a budget.

Make the most of everyday events: Financial education can be particularly effective if it coincides with an opportunity for the young person to put it into practice. For example, more detailed learning about banks and saving could coincide with students approaching the age of 11 when they can open an account.

Involve parents and carers: As in other areas of learning, school-based financial education will be most successful when parents are engaged too. Invite parents to get involved in experiential financial learning activities, or encourage students and parents to develop their learning together at home.

Resources to support financial education teaching

Talk Money schools toolkit

Learn more about [Talk Money Week](#). This toolkit for schools includes information and resources to help you promote the financial wellbeing of your pupils and students, during Talk Money Week and beyond.

[Download your toolkit](#) (PDF, 1.8MB)

Your Money Matters financial education textbook

Co-funded with Money Saving Expert's Martin Lewis, Young Money's secondary level financial education textbook is being tailored to curricula across the UK. It also comes with a teaching guide.

Learn more and [download free copies of the textbook](#)

Section 3: Cost of Living

<https://cypsp.hscni.net/download/390/lpg/39049/cost-of-living-crisis-resource.pdf>



Cost of Living Crisis Resource

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

This is a live document and will be updated on a regular basis
Updated February 2024

The information in this guide has been provided by services.
If you would like to include information about your service please
email: louise.dickson@hscni.net

Section 3: Cost of Living

familysupport NI.gov.uk

Helping You Find the Services You Need

Family Support

Childcare

Childcare Partnerships



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

Select Service Type >>

All Categories

Keyword

Search

Show Postcode Search

More News



MMR vaccine catch up clinics to run until end of March 2024



Working Parents - Financial Assistance with Childcare Costs

Childcare Choices

Childcare Providers - Have you activated your Tax-Free Childcare account?



Audit of Family Support NI

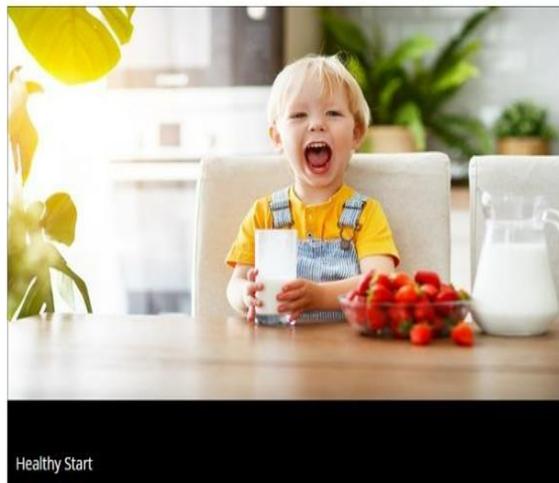


We all need advice and support at different times during our lives ...

UNDERSTANDING YOUR CHILD



Healthy Start Scheme



Healthy Start

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.

You can access up to £442.00 per year and can get it from the point of pregnancy to when your child is four years old.

If you're more than 10 weeks pregnant or have a child under 4, you may be entitled to get help to buy healthy food and milk.

If you're eligible, you'll be sent a Healthy Start card with money on it that you can use in some UK shops. We'll add your benefit onto this card every 4 weeks.

You can use your card to buy:

- plain liquid cow's milk
- fresh, frozen, and tinned fruit and vegetables
- fresh, dried, and tinned pulses
- infant formula milk based on cow's milk

You can also use your card to collect:

- Healthy Start vitamins - these support you during pregnancy and breastfeeding
- vitamin drops for babies and young children - these are suitable from birth to 4 years old

The details on applying are here: [Healthy Start Website](#)

Section 3: Cost of Living

[NI Audit Office Report - Child Poverty in Northern Ireland.pdf](#)



Child Poverty in Northern Ireland

Report by the Comptroller and Auditor General

Published
12 March 2024



Section 3: Cost of Living

[NI Audit Office Report - Child Poverty in Northern Ireland.pdf](#)

Northern Ireland Audit Office

Key Facts

Key Facts

18%

of NI children living in relative poverty (before housing costs)



8%

of children living in persistent poverty (three of the last four years)

11 – 15 years

gap in healthy life expectancy between the most and least deprived area



Poor children are **four times** more likely to develop a mental health problem by the age of 11

The last Child Poverty Strategy ended in

May 2022



0

specific poverty reduction targets in the 2016-22 Child Poverty Strategy

Section 4: Neurodiversity

<https://inourplace.heiapply.com/online-learning/course/128>



Moving up to secondary school for children with additional needs

PRETEEN TO TEENAGER



List of Modules

- 1. **Moving up** (9 Units) +
- 2. **Preparations** (9 Units) +

About this course

This short specialist course is for parents, relatives or friends of children who have **additional needs**. Your child may be dyspraxic, dyslexic, very anxious, autistic, really dislike change, have ADHD, a learning disability, a physical disability or any other additional need.

It is designed to support both you and them as they **transition into secondary school**. Building on the principles of nurturing emotional wellbeing shaped by the Solihull Approach, the course will help you to develop your communication and support their development.

It's also for you as a support for your emotional wellbeing. Parenting a child with additional needs can bring a range of big emotions, that at times may feel overwhelming. Recognising and processing these feelings is a really important part of the care you provide your child.

This course is for all parents, grandparents and carers of children who have additional needs and who are transitioning into secondary school. Some parents describe their child as differently abled, neuroatypical, neurodiverse or neurodivergent. The resources are tailored so that whatever their developmental age, you can use the ideas and techniques to help better understand your child, their emotions and how to help them process or manage



Course library Free access checker

SELECT LANGUAGE | ▼

Register | Learner

Register | Professional

Sign In

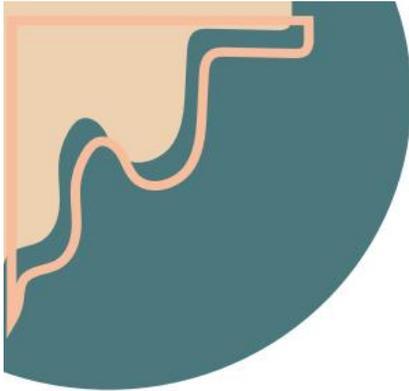


Child Psychotherapists. It is informed by experience and is designed to be practical, to help you and your family.

You may also be interested in our course **Understanding your child with additional needs**.

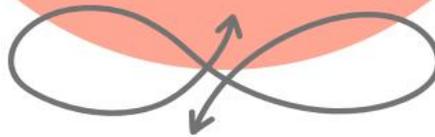
Section 4: Neurodiversity

[PD Support Sessions Brochure \(n-i.nhs.uk\)](http://n-i.nhs.uk)

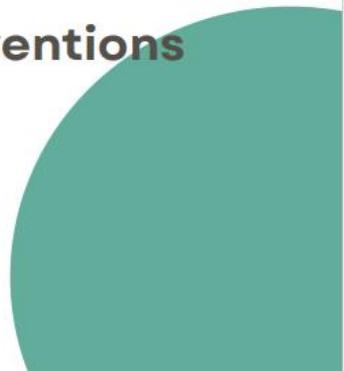
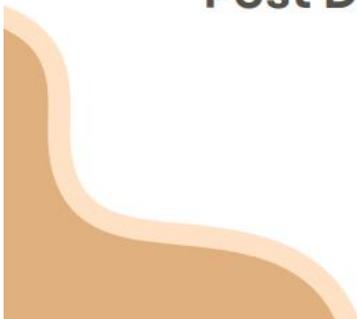


HSC Western Health
and Social Care Trust

WHSCCT
**Children and Young
People's
Autism Service**



Post Diagnostic Interventions



Section 4: Neurodiversity



The Western Trust Children and Young People's Autism Service is delighted to launch its [new Online Hub](#) in advance of World Autism Acceptance Week 2024.

We listened to what mattered to families engaged in our service and over the last number of months worked hard to develop this fantastic resource for everyone. Thank you to all the families who contributed.

We encourage you to visit our webpage [HERE](#)

We hope you find it useful!

#WTWAAW24

Section 4: Neurodiversity

[PD Support Sessions Brochure \(n-i.nhs.uk\)](https://n-i.nhs.uk)

As part of World Autism Acceptance Week, the Children and Young People's (CYP's) Autism Service is launching their calendar of Autism Intervention Sessions for 2024.

These sessions are open to all parents/carers of children with a diagnosis of Autism residing in the Western Trust area.

There are also Autism Intervention sessions for children and adolescents with a diagnosis who would like to increase their awareness of the condition.

Dates are available in the brochure - - [HERE](#)

The sessions focus on a number of areas including;

- Talking to my child/young person about Autism
- Building Autism Awareness for Child/Young Person
- Let's Talk about Behaviour
- Anxiety and Autism
- The Teenage Years
- Can't Sleep Won't Sleep
- Supporting Sensory Differences
- Using Visuals to Create Supportive Environments

Booking

Booking is essential and can be accessed through contacting the CYP's Autism Service on the following:

Enniskillen | 02866382103 Omagh | 02882835983

Derry/Londonderry | 02871308313

Sessions are delivered both face to face and virtual across the Trust areas, facilitated by Autism Clinicians. Please leave your name, contact number, email address, child's name and date of birth and which session you would like to attend as detailed in the brochure – [HERE](#)

Section 4: Neurodiversity

Outcome

Following assessment one of the following decisions will be agreed with you.

- If diagnostic criteria is not met, your child will be discharged from the Children & Young People's Autism Service. Onward referral to other agencies/services may be made as appropriate with consent.
- A period of time for a watchful wait is agreed to allow further time for a child to access intervention or further developmental maturation.
- A diagnosis is confirmed and you will be offered post diagnostic support.

Follow up supports may include:

- Information/Advice/Support
- Signposting
- Intervention Programmes
- Individual or Group intervention
- Social work assessment & Intervention



We all think differently

Contacts Details:

Rivendell
Tyrone and Fermanagh Hospital
1 Donaghlan Road, Omagh, BT75 0NS
Tel: 028 8283 5983



Lilac Villa
Gransha Park
Londonderry, BT74 6TG
Tel: 028 7130 8313



Children's Centre
South West Acute Hospital
Enniskillen, BT74 6DN
028 66382103



For further information go to:
<https://westerntrust.hscni.net/service/autism-spectrum-disorder-asd-childrens-service/>

HSC Western Health
and Social Care Trust

Welcome to the
Children & Young People's
Autism Service



Your Journey Starts here ...

This leaflet was co-produced by
Parent/Carers and
Autism Service staff

Who We Are

Your child was referred to this service as they were presenting with characteristics that may be associated with Autism. The Autism Service is made up of a range of professionals who are here to help and support you and your family through this journey. The service has been developed to offer early intervention as a first step in the process.

Who you might meet in the service:

The multi-disciplinary team consists of a range of professionals including: Community Paediatricians, Speech & Language Therapists, Psychologists, Occupational Therapists, Autism Practitioners, Social workers and Family Support workers.

Support networks you can access now:

- Education Authority Autism Advisory & Intervention Service (AAIS)
- RISE NI
- Family Support Hubs
- Middletown Centre of Autism
- National Autistic Society (NAS)
- Autism NI
- Autism Initiatives

See enclosed directory for additional support

Early Intervention

The Early Intervention Service is the crucial first step in your journey within our team. We aim to provide support, advice and intervention to you and your family in a timely fashion while recognising your child's individual strengths.

What Now

You are required to book onto the first information session at your earliest opportunity. This session will last approximately 1 hour and will focus on: what your journey through this service may look like, information on what is available to you now, how we can help you support your child and links to external supports and agencies.

Please contact your local office to book your place (see overleaf).

Following this session you will have the opportunity to avail of a wide range of other specialist supports.

What we can offer:

- Group intervention
- Family intervention
- Training
- Advice, support and signposting
- Useful resources

Assessment

This is the next step in your child's journey. This process is tailored to the individual needs of each child and their family and involves multi-professional specialist assessment.

This process may occur over a period of time and typically includes:-

- Completion of a neuro-developmental history if this has not been provided by the referrer or by another service which your child is known to.
- Assessments with your child to observe their social interaction, communication and behaviour.
- Liaison with or referral to other professionals or agencies involved with your child.
- School and/or Home observations.
- In some cases a meeting will be arranged for all professionals who are involved in your child's care to share information as part of the assessment process.



We all think differently

Section 5: Trauma Informed Practice

[SBNI Trauma Informed Practice Online Training Brochure – Children and Young People's Strategic Partnership \(CYPSP\) \(hscni.net\)](#)

SBNI Trauma Informed Practice Online Training Brochure



This brochure outlines training modules on understanding the impact of adversity and trauma informed practice currently available to support practitioners across Northern Ireland. All courses contained in this brochure are free for practitioners, funded by the Safeguarding Board for Northern Ireland.

The SBNI is committed to providing support to enable member agencies & partners to develop trauma informed practice to improve the health, wellbeing and safety of the children in Northern Ireland and the adults they become.

Section 6: Bereavement

[Bereaved | Bereaved \(hscni.net\)](http://Bereaved | Bereaved (hscni.net))



Language ▾

Enter your search here

[Home](#) | [Care Before Death](#) | [Practical Support](#) | [Bereavement Support](#) | [Helplines](#) | [Video Wall](#) | [For Carers](#) | [For Professionals](#)

Welcome to the new Bereaved NI website, if you would like to provide feedback about the website please use the [Website Feedback Form](#)



Information and support if you are experiencing grief and bereavement or helping other people who are bereaved

The search filter below can help you to find specific bereavement help and support

Person who has died ▾

Circumstances of Death ▾

Age groups needing su... ▾

Types of support ▾



Accessible Resources



Care Before Death



Section 6: Bereavement

<https://sendbereavement.lgfl.org.uk/>



Bereavement and pupils with SEND

Bereavement and pupils with SEND

"Whether you are working with pupils in a mainstream school or in an SEND setting, it is really important for them to have access to the truth."

[Read Introduction](#)

Click the button above to read an introduction to this resource or use the links below to access the content.

Discover more by using the links below



Pupils with SEND



Understanding death and grief



Communication and language



Strategies for support



Managing the death of a pupil



Policy and procedures



Headteachers and senior leaders



Looking after yourself

Section 7: Digital Safeguarding

[ineqe.pdf \(hubspotusercontent-na1.net\)](https://ineqe.pdf(hubspotusercontent-na1.net))



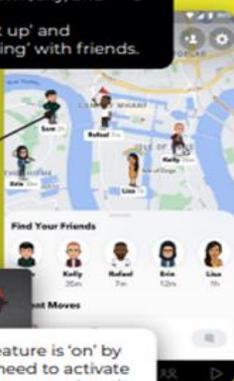
STREAKS, MEETS, AND SNAPS

YOUR HOW-TO GUIDE TO SNAPCHAT FEATURES

SNAPCHAT is a social media platform used to share customisable photos, messages, and short-form videos referred to as 'Snaps' which can disappear after 24 hours. But this app isn't only for turning your messages into ghosts. It has a multitude of features that keep it fresh and current with young people today.

SNAP MAP

- Shows real time location on an interactive map.
- Includes street, town/city, and building names.
- Options for 'meet up' and 'live location sharing' with friends.



CAUTION: This feature is 'on' by default. You will need to activate 'Ghost Mode' to stop your location from appearing on the map.

FILTERS

- A moving image 'overlayed' onto pictures and videos.
- Can range from colour changing to face/setting altering.
- A popular way for users to express themselves.



DID YOU KNOW...

Snapchat is the original disappearing messages app! It's been around since 2011.

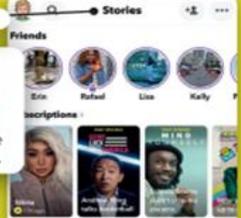


STORIES

- Personalised images or videos on your profile.
- Can be seen by select friends, all friends, or wider public.
- Posts will last for 24 hours before disappearing forever.



Stories



NEVER FORGET
If you want to stop a snap or story from disappearing, it can be archived in 'Memories' to be timestamped and reshared.

Discover



DISCOVER

- A live news feed featuring Snapchat's chosen publishers.
- Wall Street Journal, ESPN, and others are included.
- Influencers and brands are also featured.



SNAPSTREAKS

- Achieved when two users send messages daily for 3 or more days.
- Once reached, a flame emoji appears next to the friend's username.
- The number of days will appear as well to show how long the streak is.



SPOTLIGHT

- Short form videos used for viral video content.
- Users can like, reply, and share with friends on Snapchat.
- Videos cannot be downloaded or shared to other platforms.



THE PUBLIC EYE

Snapchat accounts must be 'public' to create Spotlight videos. This feature can be viewed and accessed by all users.



ALL ABOUT SNAPCHAT+

Snapchat launched a premium option for its platform called 'Snapchat+' in June 2022 across the world. Described as having 'exclusive, experimental and pre-release features', this paid version costs £3.99 per month and includes:



'Ghost Trails' - see up to 24 hours of a friend's shared location history.

'Story Rewatch Indicator' - view which users have rewatched a story.

'Friend Solar System' - use planetary order to highlight friendships.



RISKS, RISKS, AND MORE RISKS



AGE VERIFICATION - there is currently no effective process to verify user age.



STRANGER DANGER - 'friending' users is easy and opens up direct contact.



SCREEN TIME OVERLOAD - trends like 'Snapstreaks' could encourage bad habits.



CYBERBULLYING - disappearing messages may give bullies extra ammo online.



EXPLICIT INTERACTIONS - users may feel more comfortable 'sexting' others.



PRESSURE - users might experience pressure to send nude imagery to others.

'DISAPPEARING' DANGER

Just because images and videos 'disappear' within 24 hours doesn't mean that other users can't save them. Even though Snapchat tells you when another user screenshots your message, it does not consider secondary devices or video capturing software being used to record photos or videos.



TOP TIPS



TALK ABOUT ONLINE FRIENDSHIP CULTURE.
Remind young people that they should only ever share personal details with trusted friends who they know in-person.



TURN ON PRIVACY SETTINGS.
Explain the importance of protecting their privacy on apps where others may have access to their profile and their real-time location.



DISCUSS WHAT NOT TO SHARE WITH OTHERS.
By talking through the false security of 'disappearing' messages, you can help them feel more confident saying "no."



REMINDE THEM WHO THEY CAN TALK TO.
Check that your young person knows who their trusted adults are and that they can turn to them if something happens.

Section 8: UNICEF



CHILD FRIENDLY COMMUNITY

As Derry / L'Derry and Strabane District continue with the journey towards a [Child Friendly Community](#) we have made a commitment to train 'key audiences' in Council, WHSCT, EA Youth Service and other statutory, private, community, voluntary and arts and culture sectors to increase knowledge of the [United Nations Convention on the Rights of the Child](#) (UNCRC) and a [Child Rights based approach](#) to improve services.

Some of the sessions are targeted and some are open/ multi-agency. The content of the session will be the same, it will be the conversation in the group work that maybe targeted and the benefit of shared learning with a group of professionals in a similar field . If you are not available for your targeted session, please book onto any other session. For administrative purposes, bookings are being made on Eventbrite.

Introduction to Child Rights in Practice (ICRIP)

Introduces participants to human rights and the UNCRC

Targeted: Governance Groups, Western Area Outcomes Group, Local Growth Partnerships, Youth Participation Board, Cross Departmental Working Groups etc.

Part A: 7th March 2024, 2 – 4pm

Part B: 14th March 2024, 2 – 4pm

<https://www.eventbrite.co.uk/e/introduction-to-child-rights-in-practice-tickets-780218312977?aff=oddtcreator>

Child Friendly Communities



HOME > COMMUNITY > CHILDREN AND YOUNG PEOPLE > CHILD FRIENDLY COMMUNITIES

Child Friendly Communities

Unicef Child Friendly Communities

Where can a child or young person get support if they believe their rights are not being respected?

ASK REE is a chatbot designed to answer children and young people's questions about their rights. Giving them confidential advice and putting them in contact with someone to talk to if they feel that would help.

[REE Rights Responder](#)



The Northern Ireland Commissioner for Children and Young People (NICCY) promotes the rights of children and young people. You can seek advice and make a complaint if you feel your rights have not been respected.

<https://www.niccy.org/niccy-formal-investigations/legal-and-investigations/referral-form/>

Section 9: Emotional Wellbeing and Mental Health Support

Catherine@aware-ni.org



MOOD MATTERS
BY AWARE NI

A free mental health awareness workshop for adults
Delivered both online and in person

Free courses available April-June

Email Catherine@aware-ni.org

AWARE
OVERCOMING DEPRESSION.
CHANGING LIVES.

Aware NI are offering community and voluntary services within the Western or Northern Trust areas FREE Mood Matters Mental Health Workshops. These workshops are designed to promote wellbeing within your organisation by:

- Increasing awareness and understanding of mental health.
- Provide practical tools and strategies for managing stress and improving wellbeing.
- Create a supportive environment for open discussions.

Catherine@aware-ni.org

Section 9: Emotional Wellbeing and Mental Health Support

Catherine@aware-ni.org

Mood Matters Adults (18+)

This light and interactive mental health awareness training session is an opportunity for you to think about how to look after your own mental health. The workshop will explore mental health stereotypes and look more closely at how to spot the early signs of mental health illness, stress, depression, anxiety disorders and bipolar. This session will teach individuals coping skills for everyday life, how to avoid getting caught in a vicious circle and how to break unhelpful habits that we sometimes have when our mood is low, as well as where to get further help and support. This session will focus on you as an individual and will then allow you to apply these skills to supporting family, friends and others.

Duration	2hrs
Group Size	Minimum 12 / Maximum 25 people
Method of Delivery	Face to face or online

Living Life to the Full (+18)

This is a programme that can make a big difference to your life. It can help you manage your feelings when you are stressed, worried or depressed and learn simple practical skills to help you cope with life's challenges. Delivered over 6 weeks the programme looks more closely at the ways in which mental health can be impacted by life events and unhelpful thinking styles which may also then affect our physical health and overall enjoyment of life.

Duration	6 weeks @ 2hrs per week
Group Size	Minimum 10 / Maximum 18 people
Method of Delivery	Face to face or online

Delivery of short 1-off mental health awareness sessions & longer life skills engagement programmes. If interested in either the Mood Matters Adult or Living Life to the Full programme please contact Catherine on E:

catherine@aware-ni.org

Section 9: Emotional Wellbeing and Mental Health Support

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

Section 9: Emotional Wellbeing and Mental Health Support

<https://westerntrust.hscni.net/download/441/recovery-college/17621/recovery-college-prospectus2024-spring-summer-02-002.pdf>



The Western Trust Recovery College offers free courses and workshops that support people to better understand and manage their mental health and emotional wellbeing.

All courses are written and delivered by people with lived experience of mental health issues in partnership with those who have professional experience and knowledge. The College strives to promote hope and self-awareness; increase understanding of particular conditions and treatments; and encourages self-management with an emphasis on taking back control.

Free courses are open to all – those who use services, people with mental health issues whether diagnosed or otherwise, carers and supporters, students, health professionals – in fact anyone who is interested in good mental health.

Operating in 5 locations within the Trust area: Derry/Londonderry, Enniskillen, Limavady, Omagh and Strabane, the College is friendly and informal, and a place where we support and learn from each other.

Section 9: Emotional Wellbeing and Mental Health Support

www.tinylife.org.uk



Every year in Northern Ireland over 1900 babies are born too soon, too sick, or too small and may have to spend time in one of our seven neonatal units. TinyLife offers free support and services in hospital, at home or in local communities.

[TinyLife's Breast Pump Loan Service](#) helps parents provide essential breast milk for their premature or sick baby, crucial for growth and development. Hospital grade pumps can be obtained directly from the Neonatal Unit or TinyLife offices.

[Family Support Services](#) offer one to one emotional and practical support to families whose premature baby starts life in a neonatal unit. They also deliver the Growing Child programme, from birth to preschool, monthly in families' own homes, giving parents information and practical activities to help baby reach developmental milestones in a fun enjoyable way.

Family support facilitate monthly peer support groups for parent and baby based in local communities. Groups offer learning and support on premature baby development through the fun '*Five to Thrive*' Programme. A closed Facebook page [TinyLife Online Community](#) also brings opportunity for peer support.

The specialist [International Baby Massage Programme for Neonatal Babies](#) consists of five-weekly sessions delivered in each Trust area, focusing on attachment, wellbeing, and child development. Meanwhile, in partnership with NHSCT, a unique, specialised physiotherapy-based service teaches simple exercises to parents to aid the physical and cognitive development of their baby.

Section 9: Emotional Wellbeing and Mental Health Support



Free training and support is available for parents and teaching professionals, increasing knowledge of the impact of prematurity on childhood learning and development. Schools can show their commitment to supporting children born prematurely throughout their learning by achieving [‘TinyLearners Award.’](#)

TinyLife knows that parents and family's emotional wellbeing and mental health can be impacted if they have a premature baby. The [Positive Minds for Premature Parents](#) project, delivered in partnership with Aware NI and Parenting NI, focuses on emotional wellbeing outcomes and providing information on parenting across the whole family.

How to refer: Family supports services **are free of charge** and are a relaxing experience for babies and parents. A small charge applies for the Breast Pump Loan Service. You can access services through www.tinylife.org.uk.

Some recent parents said:

“Thank you for making the hardest journey of our lives a little easier, we felt loved and supported”.

“What you guys do is honestly amazing, TinyLife became my family during the most difficult and scary time of my life. You don’t know how much people need this support until you are in it yourself, keep up the great work!”

Section 9: Emotional Wellbeing and Mental Health Support

<https://solihullapproachparenting.com/news/baby-sleep-challenges-for-21st-century-parents/>



Solihull Approach in Northern Ireland

Sleepfullness: How to nurture positive sleep habits for infant and child mental wellbeing

New Sleep resources to nurture positive sleep for under-fives have been released. A dedicated 'sleep hub' on www.inourplace.co.uk has been launched in February and will bring together helpful practical advice with professional insights around emotional development and separation anxiety and focussed on five common sleep issues.

Please see link above to article on ***Baby Sleep Challenges for 21st Century Parents*** from The Solihull Approach.

Section 10: Western Area Sure Start Projects



[SureStart Shantallow – Home](#)

[Little Hands SureStart | Western Health & Social Care Trust \(hscni.net\)](#)

[Waterside SureStart | Action For Children](#)

<https://www.archlc.com/activity/cherish-sure-start/>

<https://www.facebook.com/people/LAST-Sure-Start/100068971487719/>

<https://www.dryarchcentre.org/work-and-impact/sure-start-planner/>

<https://www.facebook.com/profile.php?id=100064593163682>
(Rainbow Sure Start)

Section 11: Western Area Family Support Hubs

Western Family Support Hubs – Children and Young People’s Strategic Partnership (CYPSP) (hscni.net)



Early Intervention and Family Support Hubs



- [Family First Referral Form](#)
- [Dry Arch Referral Form](#)
- [Fermanagh Referral Form](#)
- [Omagh Referral Form](#)
- [Ethos Referral Form](#)
- [Outer West Dunluce Referral Form](#)
- [Strabane Referral Form](#)
- [Waterside Referral Form](#)

Contact Information	Telephone	Email
Family First – Sharon Doherty Family Support Hub Coordinator	(028) 7137 3870	Email here
Dry Arch – Donna O’Kane Family Support Hub Coordinator	(028) 7774 2904	Email here
Fermanagh – Séana Connor Family Support Hub Coordinator	(028) 6632 4181	Email here
Omagh – Shauna McKenna Family Support Hub Coordinator	(028) 8225 9495	Email here
ETHOS – Marty Daly Family Support Hub Coordinator	(028) 7135 8787	Email here
Outer West – Frances Breslin Family Support Hub Coordinator	(028) 7126 9833	Email here
Strabane – Shauna Devine Family Support Hub Coordinator	(028) 7138 2658	Email here
Waterside – Meghan Leonard Family Support Hub Coordinator	(028) 7132 9444	Email here

Section 12: Useful links

Cost of Living Resources Including Contact Details for Local Food Banks

Fermanagh and Omagh District Council

[Cost of living help – Fermanagh & Omagh District Council \(fermanaghomagham.com\)](https://fermanaghomagham.com)

Strabane and Derry/ Londonderry District Council

[Derry City & Strabane - Help with Cost of Living \(derrystrabane.com\)](https://derrystrabane.com)

Causeway Coast and Glens Council

[Advice and Support - Causeway Coast & Glens Borough Council \(causewaycoastandglens.gov.uk\)](https://causewaycoastandglens.gov.uk)



Family Support Hubs Newsletter:

<https://cypsp.hscni.net/download/391/family-support-hubs/42690/fsh-newsletter-feb23.pdf>

CYPSP Ezine:

[CYPSP Ezine 74 - October 2023 \(mailchi.mp\)](https://mailchi.mp)

Section 12: CRIS: Crisis Resources Information & Support



Western Health and Social Care Trust



Crisis Resources Information and Support

If you are worried about your mental health, this card provides details of supports you can call on in the Omagh and Fermanagh areas. The numbers below are available 24 hrs per day (except GP Out of Hours and Papyrus). The numbers on the opposite side can be accessed during the day Mon-Fri.

999 or 112

GP Out of Hours 028 7186 5195
Monday to Friday from 6pm / 24hrs during Saturday, Sunday and public holidays

Lifeline 0808 808 8000 24 hour support if you are in distress or despair.

SAMARITANS 116 123
For a listening ear 365 days a year.

Childline: 08001111 for young people under 19

24hr Domestic and Sexual Abuse Helpline for men and women: 08088021414 / email help@dsahelpline.org

PAPYRUS: Dedicated to preventing young suicide (under 35yo) 9am-midnight every day
Call free: 08000684141 / Free text 07860039967
email pat@papyrus-uk.org / chat: http://www.papyrus-uk.org

These services can be contacted during the day Mon-Fri

VOYPIC

Voice of Young People in Care
028 7137 8980 • info@voypic.org • www.voypic.org
Mon-Fri 9.30am-5.30pm

Aisling Centre

Enniskillen, Counselling, Psychotherapy and Wellbeing Service
028 6632 5811 • www.theaislingcentre.com • Mon-Fri 9am-5pm

The Tara Centre

Omagh, Counselling and Therapeutic Services
028 8225 0024 • www.taraomagh.com • Mon-Fri 9am-5pm

Aware NI

Support for people with depression, bipolar disorder, and anxiety
028 9035 7820 • www.aware-ni.org
Mon-Thurs 9am-5pm, Fri 9am-2pm

NEXUS NI

Support for people affected by sexual trauma
028 9032 6803 • www.nexusni.org
Monday-Wednesday 9am-9pm, Thurs 9am-5pm, Fri 9am-4pm

ASCERT

Addressing alcohol and drug-related issues
0800 254 5123 • www.ascert.biz • Mon-Thurs 9am-5pm, Fri 9am-4pm

For further information on drug and alcohol support services in your area, please go to <https://drugsandalcoholni.info/self-help-resources/> or scan this QR code and click on Western Area.



Western Health and Social Care Trust



Crisis Resources Information and Support

If you are worried about your mental health, this card provides details of supports you can access in the L'Derry, Strabane and Umevally areas. The numbers below are available 24hrs per day (except GP Out of Hours, Papyrus, and CCIS). The numbers on the opposite side can be accessed during the day Mon-Fri.

999 or 112

GP Out of Hours 028 7186 5195
Monday to Friday from 6pm / 24hrs during Saturday, Sunday and public holidays

Lifeline 0808 808 8000 24 hour support if you are in distress or despair.

Community Crisis Intervention Service (CCIS): If you feel in crisis and need support or if you have observed someone who is in distress and this comes to significant harm through self-harm and suicidal behaviour please call:

028 7126 2300

Thurs 8pm-Midnight • Fri 6pm-3am • Sat 6pm-3am • Sun 4pm-10pm

SAMARITANS 116 123
For a listening ear 365 days a year.

Childline: 08001111 for young people under 19

24hr Domestic and Sexual Abuse Helpline for men and women: 08088021414 / email help@dsahelpline.org

PAPYRUS: Dedicated to preventing young suicide (under 35yo) 9am-midnight every day
Call free: 08000684141 / Free text 07860039967
email pat@papyrus-uk.org / chat: http://www.papyrus-uk.org

These services can be contacted during the day Mon-Fri

VOYPIC

Voice of Young People in Care
028 7137 8980 • info@voypic.org • www.voypic.org
Mon-Fri 9.30am-5.30pm

Aware NI

Support for people with depression, bipolar disorder, and anxiety
028 9035 7820 • www.aware-ni.org
Mon-Thurs 9am-5pm, Fri 9am-2pm

NEXUS NI

Support for people affected by sexual trauma
028 9032 6803 • www.nexusni.org
Monday-Wednesday 9am-9pm, Thurs 9am-5pm, Fri 9am-4pm

ASCERT

Addressing alcohol and drug-related issues
0800 254 5123 • www.ascert.biz • Mon-Thurs 9am-5pm, Fri 9am-4pm

MAN Men's Action Network

For Male Victims of Domestic, Sexual and Coercive Behaviour
028 7122 6530 • 028 7137 7777 • Mon-Thurs 9am-4pm & Fri 9am-1pm

Koram Centre

Strabane, Counselling and Psychosocial Support
028 7188 6181 • Mon, Tues, Fri 9am-5pm, Wed & Thurs 9am-9pm
Phone lines closed for lunch 1pm-2pm every day.

Derry Well Women

Health and Social Care Services to Women of All Ages
028 7134 0777 • www.derrywellwoman.org
Mon-Thurs 9am-9pm, Fri 9am-4pm. Drop-in daytime only.

For further information on drug and alcohol support services in your area, please go to <https://drugsandalcoholni.info/self-help-resources/> or scan this QR code and click on Western Area.

