



Family Support Hubs Newsletter

This edition includes: SPECIAL FOCUS

- Summer Activities
- School Uniform Schemes

PARENTS/CARERS

- COVID-19 Support & Resources
- Youth Wellness Web/Translation Hub
- Resource pack for C&Y People
- FSH Report Card/Family Samples
- Groundwork/Parenting NI
- Parent Support webpage
- Free School Meals/Additional Funding
- Parent support in Arabic and Polish
- Dad's Voice/Things to say when kids cry
- Parents Guide to Facebook
- Samaritans/Fostering
- NSPCC Letting the Future In
- Carers/Siblings as young carers
- Bolster Ability Services/
- SBNI/Pay Matters/Libraries NI
- Building our Children's Developing Brain
- State of the Nation/Family Mediation NI
- ParentLine NI Resources/Clanrye Group
- Rise & Shine/ParentLine NI
- Help Kids Talk/Online Safety Website

EARLY YEARS

- Expecting in 2022
- Free Online Antenatal Classes
- Baby and U/Feeding the Under 5s
- Tiny Happy People/BookTrust
- Childcare Partnership/SureStarts

KIDS ACTIVITIES

- Wash your hand/Stress Relief Giraffe
- 10 Multilingual games for children
- Gadgets/Everyday Activities

CHILDREN/YOUNG PEOPLE

- Outdoor Cinema Night/Rights Responder/Text A Nurse/CEOP Website
- Are you a Young Carer?/Shout Crisis/ESOL/JobApplyNI
- Belfast Apprenticeships/Youth in Action

CHILDREN/Y P WITH A DISABILITY

- Bolster Community/ASD Training Calendar 2022
- Feeding & Eating/Family Fund

- Contact Helpful guide
- Autonomie/Autism NI
- Rare Disease Partnership
- Free iPads/RNIB

CHILDREN/YOUNG PEOPLE'S MENTAL HEALTH

- Childline/Self Harm Awareness
- Mindful Ways to get out of your Head/Eating Disorders
- Young Persons Mental Health Guide
- Stop Bullying

MENTAL HEALTH & WELLBEING

- Jump back up July Calendar
- Lifeline/Self Help Guides
- Self-Harm & Mental Health Guide/Take 5
- 8 Ways to Connect/Signs of Burnout
- Drop-in Coffee/Stop Saying Sorry for...
- Confused/Minding Your Head/Helplines NI

BEREAVEMENT

- CRUSE Helpline/Hope Again
- Child Funeral Fund Payments

BAME

- Exploring Journeys of Refugee Integration
- NINES – Nurse Led Clinic/Protect your Rights
- Access to HSC Guidance
- Barnardo's 'Boloh' / Solace

DOMESTIC & SEXUAL ABUSE

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

DRUG & ALCOHOL SUPPORT/ADVICE

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

COMMUNITY

- ComKit Online Platform
- Dog Safety Code
- 6 Ways to Boost your Energy Budget
- The Trussell Trust/Foodbanks
- Ukrainian Cash Support Scheme
- Community Helplines/Phone First

GOOD NEWS STORIES

- New Inclusive Beach launched
- Fermanagh & Omagh Fundraiser

COVID ADVICE/GUIDANCE

- Covid-19 Advice & Guidelines

Welcome to Edition 3/2022 of the CYPSP Family Support Hub Newsletter providing advice, support, resources and updates as at 28th June 2022.

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:-

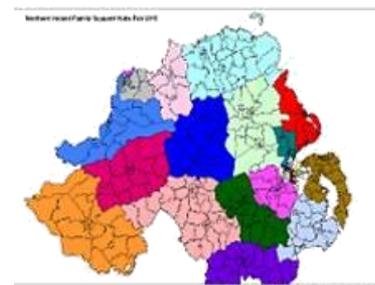
- To improve access to early intervention family Support services by matching the needs of referred families to family support providers.
- To improve coordination of early intervention family support services by creating a collaborative network of community, voluntary and statutory providers.
- To improve 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?

Click on map:-





Hello and welcome to the June edition of the FSH Newsletter.

I can't believe that summer and the school holidays are almost upon us. While many of us are looking forward to a well-earned break away, perhaps the first in several years. However, for some families and young people the summer break is not something they are looking forward to. This may be due to lack of structure in the day for children who have benefitted from being back in school or parents concerned about managing behaviours at home without the respite of school. Some may have concerns about keeping children entertained or just not on screens 24/7. For others, with the ever increasing cost of living it may be the additional expense of transport, food or trying to give their children the opportunity to attend activities. The other expense that families are facing is the cost of new school uniforms. This can be incredibly expensive, especially for secondary school children who also need school PE kits. With this in mind, we have included information on a range of activities and programmes to help support families over the summer period and you will also find information on a number of the uniform swap shops or recycling schemes that families can avail of to be able to get high quality uniform items for a much lower cost. We hope you find this edition of the uniform helpful and informative.

Hoping you all have a safe and enjoyable summer with a bit of time to relax whether that be on distant beaches or in your garden or local park. Take care.

Bronwyn Campbell
Regional Family Support
Hub Co-ordinator

SUMMER OF PLAY CHALLENGE

PLAYBOARD NORTHERN IRELAND
P B
LEADING THE PLAY AGENCIES

HAVE A WATER FIGHT WITH YOUR FRIENDS

MAKE A MAGIC POTION

BUILD A DEN

BUILD A SANDCASTLE

PAINT OUTSIDE

MAKE ART USING THINGS FROM NATURE LIKE LEAVES AND TWIGS

PLAY ROUNDRS

CHALK GRAFFITI

BUILD AN OBSTACLE COURSE AND RACE YOUR FRIENDS

GO SKIPPING, PLAY TUG O' WAR OR LIMBO

ORGANISE A SCAVENGER HUNT FOR YOUR FRIENDS

MAKE A DAISY CHAIN

PLAY STREET GAMES LIKE KERBY/CRIBBY OR 123 RED LIGHT

CREATE JUNK MODELS USING RECYCLING

PLAY STICK IN THE MUD

CLIMB A TREE

DRAW HOPSCOTCH WITH CHALK AND PLAY UNTIL IT DISAPPEARS

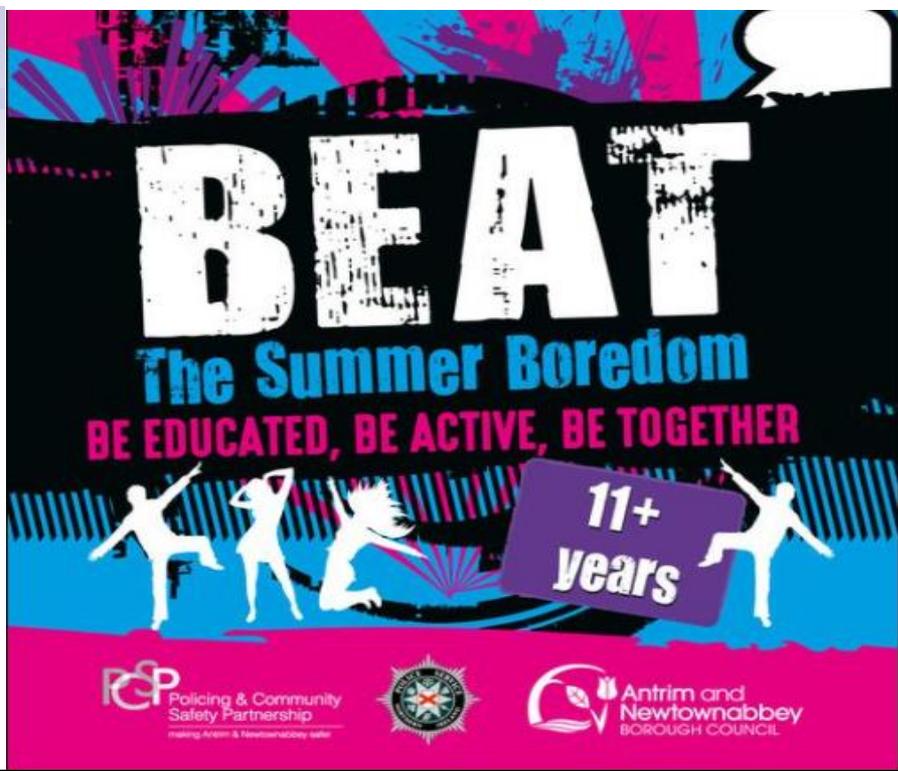
FIND SOME ROCK POOLS ON A TRIP TO THE BEACH AND INVESTIGATE

ROLL DOWN A HILL

MAKE A MUD KITCHEN

We support the summer ☀️ i play

PlayBoard NI is registered with the Charity Commission for Northern Ireland NIC104724, company limited by guarantee no. NI30225, charity no. XR88639. www.playboard.org #SummerOfPlay



BEAT the summer boredom with music, sports and art from **4 July-25 August, 7-10pm every evening!**

- Rathenraw Community Centre, Antrim (Mon & Thurs)
- Antrim Castle Gardens (Mon & Wed)
- Foundry House, Ballyclare (Mon, Tues & Thurs)
- Rathcoole Youth Centre (Mon, Tues & Wed)
- Lilian Bland Pavilion, Glengormley (Mon, Tues & Wed)
- Crumlin Youth Centre (Mon, Tues & Wed)

Registration opens next week - keep an eye on our social channels and website for details!

For any enquiries:
 E. pcsp@antrimandnewtownabbey.gov.uk
 T. 0300 123 4568



Places are filling up quickly! 📍
 Zoo Explorers' Club summer programme 🐾 🗨️
 Our Explorers' Club is a week-long summer programme for children aged 7 to 11. ☀️

Find out more: <http://belfastzoo.co.uk/explorers>

BELFAST EXPOSED LEARNING

SUMMER SCHEME

A WEEK FULL OF ACTIVITIES, WORKSHOPS & DAY TRIPS

KIDS (Age 5-11)
 25TH-29TH July, 10am-3pm

TEENS (Age 12-17)
 8TH-12TH August, 10am-3pm



Summer Schemes & Sports Camps

Our Summer Schemes provide an all-inclusive mix of sport and play, arts, crafts, drama and much more.

[Book Now](#)



Comhairle Ceantair
Lár Uladh
Mid Ulster
District Council

Summer schemes, leisure camps and special offers will make a welcome return this July and August, as Mid Ulster District Council leisure and sports facilities open their doors to children and young people, encouraging them to get active this summer.

Summer scheme will take place from 18 July – 12 August at Cookstown, Dungannon and Greenvale Leisure Centres, Meadowbank Sports Arena and Moneymore Recreation Centre, and from 25 July to 12 August at Maghera Leisure Centre.

Kids from the age of 8-11 years old will have the chance to take part in fun activities including arts and crafts, games and sports. To register, an online form must be completed via the Council's [website](#).

Summer camps including golf, gymnastics, canoeing, angling, and tennis will also be available at various locations for different age groups from 5 years old plus. These can be booked online via the [Leisure Hub](#).

20
22

CRUMLIN COMMUNITY HUB

SUMMER
SCHEME

25th - 29th July
&
1st - 5th & 8th - 12th August
10AM - 2PM
AGE 7 & ABOVE

Some of the activities include

- Roller Disco
- Gaming Bus
- Go Fly your Kite
- Cookery classes
- Nerf Wars

Lots more still to be confirmed!!

INCLUDES
LUNCH & SNACK

ASD FRIENDLY ACTIVITIES
& STAFF

£10 per day
or £35 for full week
Family discounts available

£10 Deposit
to secure a place

Terms & Conditions Apply

TEL: 02896 208284
INFO@ASAFESPACETOBEME.CO.UK
28 MILL ROAD, CRUMLIN BT29 4XL



Summer in the City

For the ultimate summer of fun and excitement check out our 'Summer in the City' 2022 programme available across the Lisburn & Castlereagh City Council area. We have a range of **summer activity schemes, sports camps and activity courses** to make sure your little rascals are well entertained throughout July and August. There are even sessions for adults too!

BOOK NOW

Booking now open

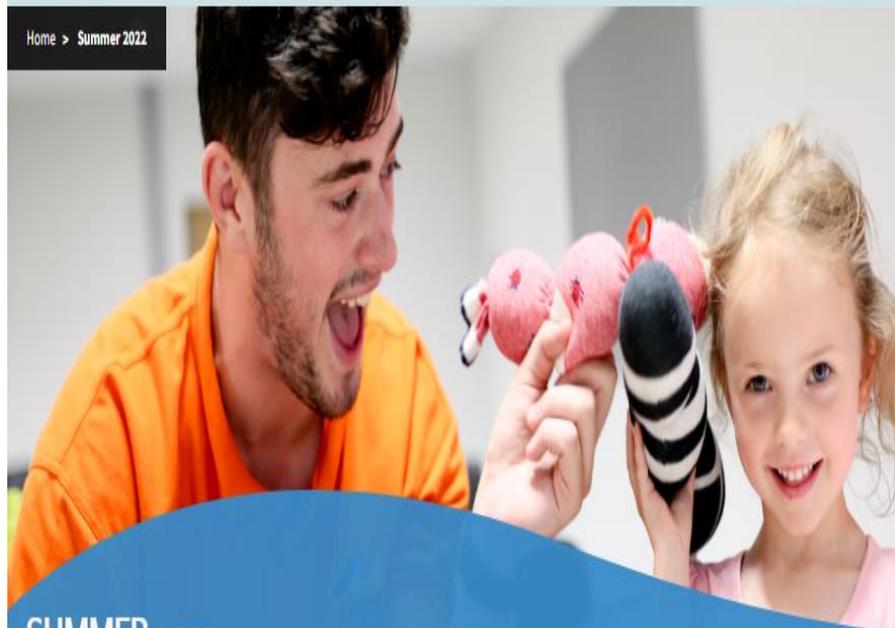


LEISURE ARDS AND NORTH DOWN

Latest News and Updates

- **Friday 10 June** - change to public swimming availability. [Click for details.](#)
- **Pan Disability Swimming is back for the summer** - [see here for details.](#)
- **Book Now** - Junior and Mini Summer Schemes at Ards and Comber
- **Summer Football Skills 2022** - [venues and dates now available for booking](#)

Home > Summer 2022

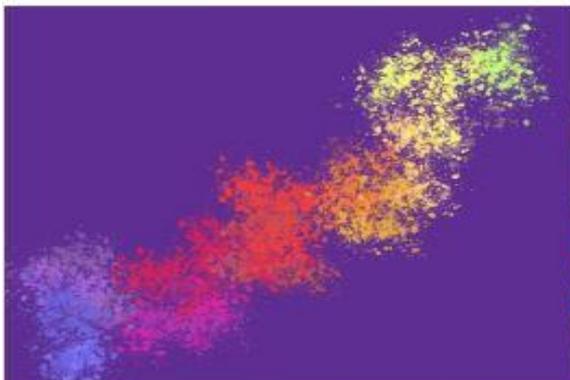


SUMMER 2022

Children from 4 years old can enjoy fun recreational and sport activities during school holiday.



SUMMER IS COMING!
Southern Area Locality Planning Groups
Summer Activities Directory 2022



CYPSP have produced this resource to promote summer activities for children and young people throughout the Southern Area. This resource was produced to link children and young people with summer activities and help reconnect with their friends, activities and services in the local area. Please share it amongst parents, young people and colleagues with whom you work.

[Download your copy HERE](#)

2022

SUMMER

Recreation Programme

for **YOUNG PEOPLE**
Ages 5-17 years

Sports Coaching Camps
4th July - 19th August 2022

Including:

- Athletics
- Golf
- Hockey
- Netball
- Open Water Swimming
- Football
- Gymnastics
- Judo
- Tennis

Apply online
www.causewaycoastandglens.gov.uk/live/sports-development/summer-recreation-programme-2022

Causeway Coast & Glens Borough Council
Sport and Wellbeing Development Unit

For more info email: sportsdevelopment@causewaycoastandglens.gov.uk
Like us www.facebook.com/causewaycoastandglenssportsdevelopment
www.causewaycoastandglens.gov.uk



PLAYBOARD NI IN PARTNERSHIP WITH
NEWRY, MOURNE & DOWN DISTRICT COUNCIL

FREEPLAY PROJECT

REGISTER NOW!

FREE play sessions for children aged 4 - 11 in Newry, Mourne & Down District Council area

Our fun, summer sessions will include arts & crafts, den building, team games, playing with loose parts and much more, and are an opportunity to create positive relationships through play.

Sessions take place Monday to Friday on the dates below, across the Council area. Those registering to attend must commit to attending all five weekly sessions in either the morning (9:30am - 12:30pm) or afternoon (1:30 - 4:30pm).




Register online at www.playboard.org/freeplay-project

For enquiries please email rebecca.smith@playboard.co.uk

DATE	LOCATION
4 - 8 July	Bridge Community Centre, Killyleagh
18 - 22 July	Newry Leisure Centre
25 - 29 July	Kilkeel Leisure Centre
1 - 5 August	Down Leisure Centre, Downpatrick
8 - 12 August	Bessbrook Community Centre
15 - 19 August	Castlewelan Community Centre
22 - 26 August	Kilbroney Forest Park





Playboard NI is registered with the Charity Commission for NI (SC020724), company limited by guarantee no. NI02025, charity no. 1098603

A project supported by the European Union's PEACE II Programme, managed by the Special EU Programme Body (SEUPB).

Mid & East Antrim Borough Council

Things to Do

Home > Things to Do



What's On



Parks and Open Spaces



Causeway Coastal Route



The Gobbins



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

Summer Activity Programme

Be Active Summer Programme - July and August 2022

Newry, Mourne and Down District Council have a fun filled summer programme for children of all ages and abilities to enjoy this summer. There are promotions across our Leisure Centres throughout the summer months and also the chance to sign up to Multi Sports and Pop Up Play Sessions for Primary School aged children.

There is a Teen Activity Week in plan as well as the opportunity to book into the 'Wheelie Active' programme and autism friendly swim sessions. The Council's summer programme includes everything from outdoor swimming, fishing camps as well as many more Council funded sports programmes throughout the district.

[Click here](#) to view the full Be Active Summer Programme.



CAUSEWAY NEURODIVERSITY
SUMMER ACTIVITIES

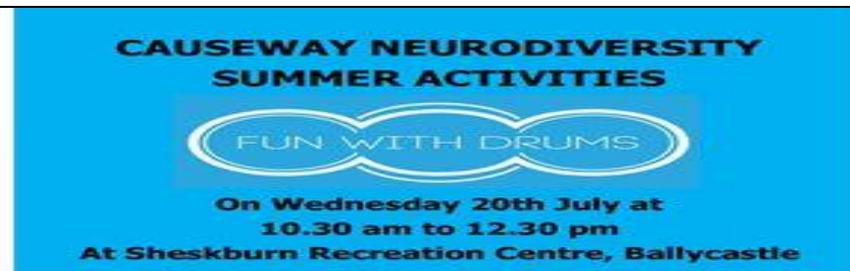
MOBILE GAMING
at
North Coast Integrated College
21 Cloyfin Rd, Coleraine BT52 2NU
on
Friday 8 July 2022
at
12 noon to 2 pm



CAUSEWAY NEURODIVERSITY
SUMMER ACTIVITY



Pony Trekking
at
Shean's Farm, 38 Coolkeeran Road, Armoyle, BT53 8XL
on
4 August 2022



CAUSEWAY NEURODIVERSITY
SUMMER ACTIVITIES



On Wednesday 20th July at
10.30 am to 12.30 pm
At Sheskburn Recreation Centre, Ballycastle



LEGO WORKSHOP AND PAPER CRAFTS



CAUSEWAY NEURODIVERSITY
SUMMER ACTIVITIES



Closed Swimming Session
at Joey Dunlop Centre
on 17th August 2.30 to 3.30

Causeway Neurodiversity are holding a number of events during July and August for children with neurodiverse conditions including ASD, ADHD, Tourette's Dyspraxia etc.

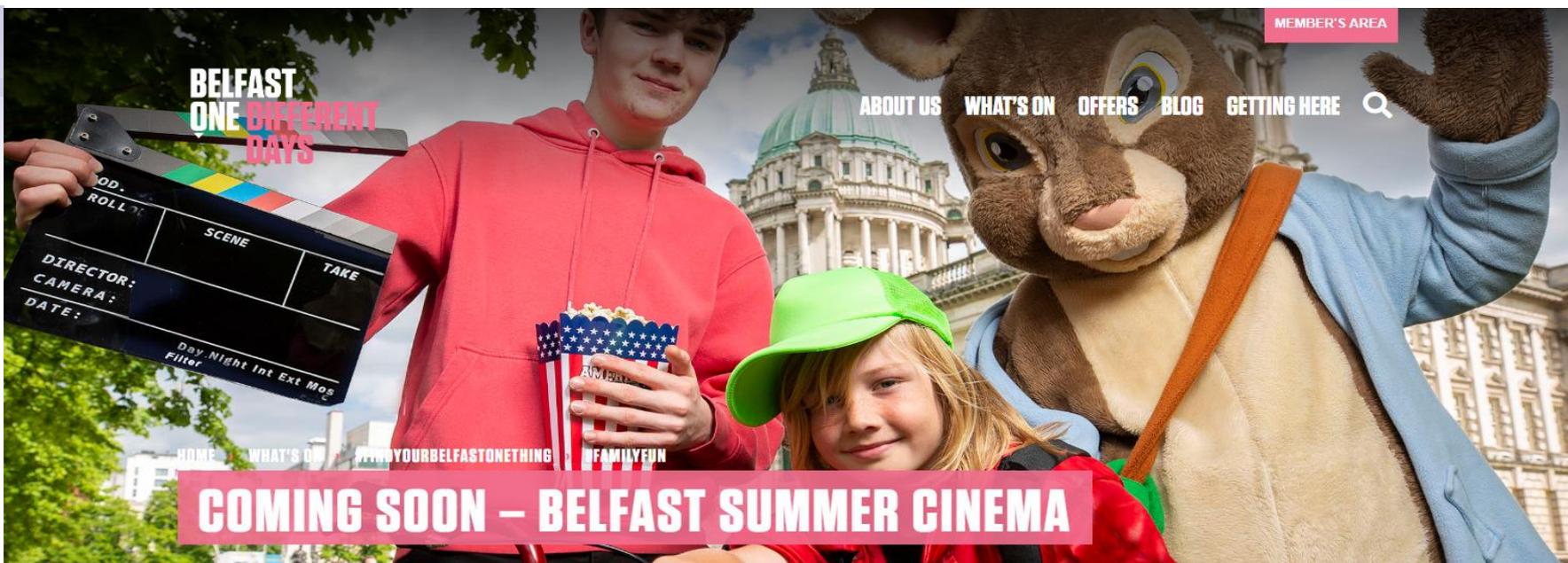
Mobile Gaming - 8 July 2022 - North Coast Integrated College, Coleraine ([download flyer for further information including cost & booking details](#))

LEGO Workshop & Paper Crafts - 20 July 2022 - Sheskburn Recreation Centre, Ballycastle ([download flyer for further information including cost & booking details](#))

Pony Trekking - 4 August 2022 - Shean's Farm, Armoyle ([download flyer for further information including cost & booking details](#))

Closed Swimming Session - 17 August 2022 - Joey Dunlop Centre ([download flyer for further information including cost & booking details](#))

Note: Activities incur a charge



COMING SOON – BELFAST SUMMER CINEMA



ELMER'S BIG BELFAST TRAIL



Armagh City, Banbridge and Craigavon Borough Council Health and Recreation Department

ACTIVITIES

Filter - All

All Activities

Outdoor Activities

Indoor Activities

Watersports

Search...



AQUA OBSTACLE COURSE & BANANA BOAT



AQUA OBSTACLE COURSE & RIDE



ARCHERY & BATTLE BOWS - LET IT FLY!



Foyle Maritime Festival 2022

Derry/Londonderry

20~24 July

Host Port Partner
Clipper 2019~20 Race

foylemaritime.com



Northern Ireland

Embrace a Giant Spirit



Foyle Port

Loughs Agency

VisitDerry



HSC Western Health and Social Care Trust
Facilitated by Health Visiting Team

OMAGH BUGGY WALK GROUP

WEDNESDAY AT 10:00AM
For more information contact
Paula: 07385414873

Strathroy Community Centre
29th June
6th July

Outdoor Theatre Season - Summer 2022

An exciting new outdoor theatre programme supported by Fermanagh and Omagh District Council takes place for the first time across the district this summer from 21 June - 23 July 2022. Performances take place in 6 different venues in outdoor settings in towns and villages. The whole family can pack up a picnic to enjoy while watching a fabulous, top quality open air show.



Cinderella



NEWTOWNBUTLER Summer Project

**FREE OF
CHARGE!**

Fun centre based Activities
Team Building Activities, Arts &
Crafts, Day Trips & much more!

**YOUNG PEOPLE AGED 11-14
NEWTOWNBUTLER COMMUNITY CENTRE
25TH-27TH JULY '22**

Limited spaces available.
To register contact Meadhbh

Email: meadhbh.o'goan@eani.org.uk or Call 028 6772 3509



ROSLEA SUMMER PROJECT

4TH-6TH JULY 2022

ROSLEA COMMUNITY CENTRE

FUN CENTRE BASED ACTIVITIES, ARTS
& CRAFTS, OUTDOOR ACTIVITIES AND
MUCH MORE!

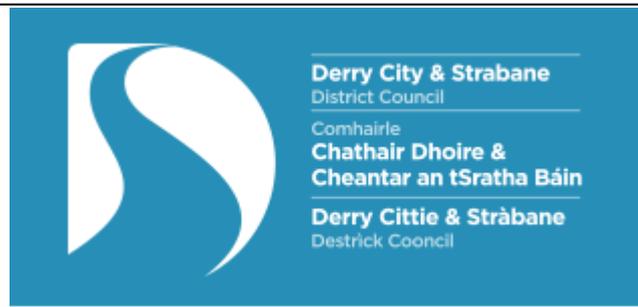
**FREE OF CHARGE!
YOUNG PEOPLE
AGED 11-15 YEARS
OLD**

TO REGISTER CONTACT MEADHBH BY EMAIL

meadhbh.o'goan@eani.org.uk OR CALL 6772 3509

LIMITED SPACES AVAILABLE. PLACES ARE FIRST COME FIRST SERVE.





Derry City & Strabane District Council
Comhairle Chathair Dhoire & Cheantar an tSraitha Báin
Derry Cittyie & Stràbane Destrìck Cooncil

Fun in the sun as Council summer camps open for booking Parents will be delighted to hear that there are plenty of fun activities planned to keep kids active and amused this summer, with the launch of Council’s summer leisure programme.

The Summer Sports Camp programme will open for bookings next week, alongside a wide range of sports and leisure activities for all ages and abilities. A packed programme will be hosted at the Foyle Arena, Templemore Sports Complex and Melvin Sports Complex over a six-week period throughout July and August.

<https://www.derrystrabane.com/Council/News/Fun-in-the-sun-as-Council-summer-camps-open-for-bo>



Fun things to try with disabled children



SUMMER SCHEME

Dennett Interchange Ltd
In conjunction with
The Drummond Centre Project Ltd
Annual Summer Scheme 2022

Having Trouble Entertaining the Children this summer!!!
Come along to Our Summer Scheme Which Promises to be Fantastic 5 days

****SUMMER SCHEME DATES****
Monday 4th – Friday 8th July 2022

Each Day from 2pm – 4pm

Limited Numbers: ****50****

Keep updated with us on Facebook throughout Our Summer Scheme!!!
Find us on Facebook

****Registration Day****
Saturday 11th June 2022
10am – 12pm @ the Drummond Centre

Activities Include:

- Football & Cricket with Professional Coach
- Arts & Crafts
- Games
- Cookery
- Trip
- Meeting New Friends

And loads more activities

Primary 1 – Primary 7

Our Annual Summer Scheme is Funded & Supported by:

RSP Policing & Community Safety Partnership
Derry City & Strabane

Cost
£10.00 per child
£18 for 2 children
£25.00 for 3 children

For more information Contact David/Teresa at Dennett Interchange (028)71397990 or David/Caroline at Drummond Centre on (028)71397757

EVERYONE WELCOME

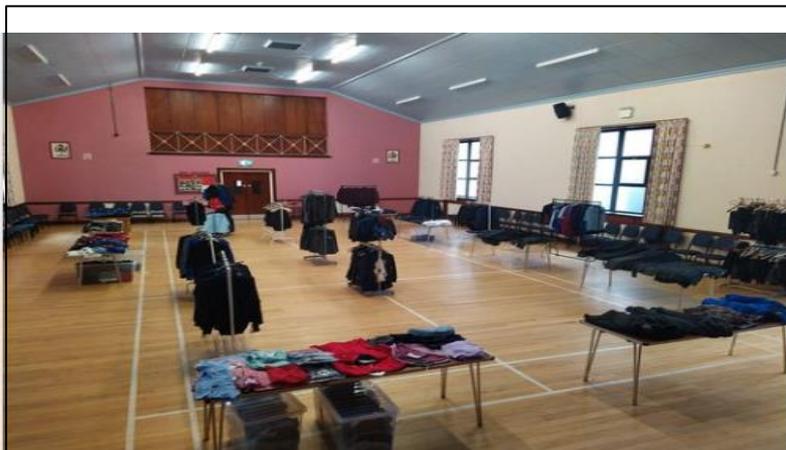
Dennett Interchange Ltd



Community School Uniform Recycling Scheme

School uniform re-use drop-offs and collection will be available at locations across the Borough.

Please see details attached - [School Uniform Recycling Scheme - Antrim & Newtownabbey Borough Council](#) (antrimandnewtownabbey.gov.uk)



Living Hope Community via St. James Church Ballymoney stock primary and secondary school preloved uniform for Ballymoney schools. **Contact:** - 07759 912 520

Vineyard Compassion Church Coleraine stock Coleraine area school uniforms. **Contact:** - 028 7022 0005



School Uniform Scheme

We are seeking donations of unused and preloved uniforms for the Mid and East Antrim uniform scheme. You can drop off donations at our centres from Monday 20th June.

If you would like to donate, please bring your items to one of our Household Recycling Centres before the end of term.

If your school would like to arrange a group pick up, please call **028 9600 1333**.

Please make sure all items are in good, clean condition, are bagged, and are labelled with the school's name.

Items needed:

- Blazers / Shirts / Blouses / Ties / Polo Shirts
- Trousers / Shorts
- Skirts / Pinafores / Summer Dresses
- Sweatshirts / Jumpers / Cardigans
- PE Kits / PE Equipment / School Bags
- School Shoes / Trainers / Football Boots
- Coats / Waterproofs Jackets

Ballymena

- Waveney Road Household Recycling Centre

Larne

- Redlands Household Recycling Centre
- Glenarm Household Recycling Centre
- Larne South Household Recycling Centre

Carrickfergus

- Sullatober Household Recycling Centre

The donated uniforms will be available to those who need them, free of charge from Mid and East Antrim Community Advice Centre local offices, from Larne Market and Pop-Up shops in each town during the month of August. For all enquiries, call **028 9600 1333**



www.midandeastantrim.gov.uk/uniform-exchange



EastSide Partnership
Avalon House
278-280 Newtownards Road
Belfast BT4 1HE
Tel: 02890 451900
Email info@eastsidepartnership.com
Twitter [@EastSidePship](https://twitter.com/EastSidePship)
Facebook facebook.com/EastSidePship



BIG UNIFORM exchange

Donate to us Drop your clean uniform, that still has life in it, into school during the last week of June

Receive from us Come along and get what you need for the start of next term @ Emmanuel Church on Tues 5th July from 10am-1pm

items we are receiving

Polo Shirts, Tracksuits, Trousers, Jumpers, Shirts, Skirts, Cardigans, Dresses, Ties

All items £1 with all proceeds going to Reach and Aspire






Emmanuel Church Lurgan
23A Castle Lane, BT67 9BD



pre-loved school uniform free to new homes

Kochany mundurki szkolny bezpłatnie do nowych domów
pre-jubită uniformă școlară gratuită pentru case noi
qabl almadrasar zy muahad mijani silaa manazil jadida

THURSDAY 11TH, FRIDAY 12TH & SATURDAY 13TH AUGUST
ALSO EVERY THURSDAY & SATURDAY FROM 18TH AUGUST TO 3RD SEPTEMBER
11.00AM - 2.00PM
MALL SHOPPING CENTRE (OPPOSITE SAINSBURYS)

Dropping off or collect uniforms is available to everyone

This project not only benefits local families but will also have an environmental impact by reducing, reusing and recycling outgrown uniforms



East Belfast Re-Cycle School Uniform Online Shop



Have you school uniform in good condition that you no longer need?
The Scaffolding Project is taking uniform donations for the following schools

- McArthur Nursery/Sandbrook Nursery/ Ravenscroft Nursery
- Elmgrove Nursery & Primary/Dundela Nursery & Infants/ St. Matthews Nursery & Primary Euston Street Primary/Nettlefield Primary/ Victoria Park Primary/Harding Memorial
- Cregagh Primary /Strandtown Primary/ St. Josephs Primary/ Belmont Primary/Orangefield Primary
- Ashfield Boy's High School/ Ashfield Girls High School
- Grosvenor Grammar School

Drop off your Donations at :
Carew Family Centre, 15 Tamar Street Belfast BT4 1HS.

From :
Monday 13th June 2022 - Thursday 7th July 2022
10.00am - 3.00pm

Online shop opens 25th July 2022.
Follow us on Facebook to find out how to order and collect uniform.



For further information email:
barbarasmith@eastsidepartnership.com
Facebook: www.facebook.com/EastSidePship/





MANNA is our gift and thrift store located right near our church centre. It specialises in high quality used children's clothing and accessories. We also have a school uniform scheme which helps with those struggling to meet the cost of children's uniforms for a variety of different schools in the Newtownabbey area. For further information please see our Manna facebook page. If you have any enquires about **school uniforms** please contact our team on: **07716 709439**

CARNMONEY PRESBYTERIAN CHURCH
Carmmoney Church
258 Carnmoney Rd,
Newtownabbey
BT36 6JZ



The School Uniform Bank
Trinity Church Ballymacoss Avenue Lisburn
07510 885 075
f @TheSUBLisburn

Crumlin UNIFORM Exchange

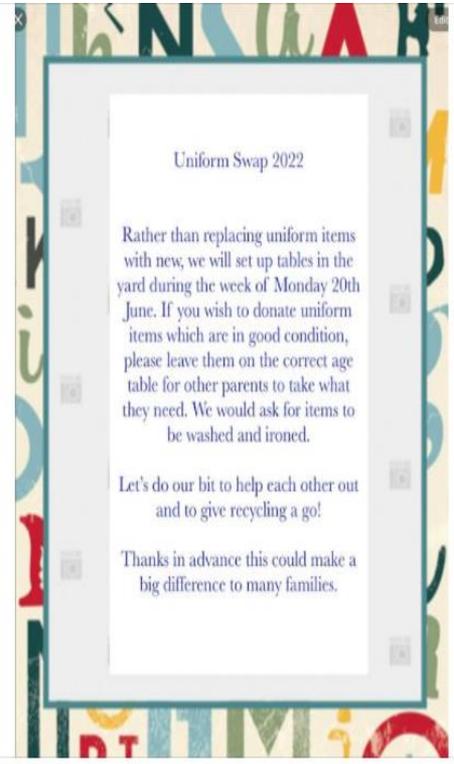
Huge selection of new & nearly new uniforms available from all Crumlin Schools

Open for "donations only" from 9am Wednesday 20th April. Uniforms can be viewed/selected from 1st June



02896 208 284
info@asafespacetobeme.co.uk

We are welcoming donations of uniforms for all local schools. We respectfully ask that any uniform donated is washed and in good condition.
www.asafespacetobeme.co.uk



Holy Evangelists' Primary School and Nursery Unit



School Uniform Projects

Summer 2022

Ballybeen - Dundonald
4th July & 4th August | 3pm - 7pm | Christ Church Presbyterian Church Hall

Ballysillan - North Belfast
21st July, 28th July & 18th August | 1pm - 3pm | Ballysillan Baby Bank at Joanmount Methodist Church

West Belfast
26th - 28th July | 2pm - 6pm | St John's Parish Hall

Shore Road - North Belfast
4th & 5th August | 2pm - 7pm | Alexandra Presbyterian Church Hall

Special Focus – School Uniform Scheme



COVID 19 Central Support & Resources

The COVID 19 Support & Resources webpage is a central repository for information and guidance across services, which is updated daily.

To find information on:



Visit the COVID 19 Support & Resources webpage at <http://www.cypsp.hscni.net/covid-19-daily-updates> or scan the QR code for instant access and filter by theme for the latest up to date information.



PARENTS/CARERS

Youth Wellness Web

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



SCHOOL BULLYING
WELLBEING
BEREAVEMENT
MENTAL HEALTH

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

Call Childline on:
0800 1111

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

Call LIFELINE on:
0808 808 8000

Scan QR code



Text Shout:
852558

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

CYPSP Translation Hub





Parent Support

The Parent Support webpage is designed for Parents and Organisations working to support families using group work approaches.

If you are looking for:

- The latest evidence based parenting programmes & workshops by Trust area
- Information / leaflets
- Training / development opportunities for professionals / staff

Visit the Parent Support webpage at <http://www.cypsp.hscni.net/ebpp> or scan the QR code for instant access



Free School Meals & Uniform Allowance

2022/23 Applications Now Open!

You can now submit an application for Free School Meals and Uniform Allowance.

Visit the link above to begin



“School holidays can create significant financial pressure for parents on low incomes and the ongoing cost of living crisis is causing further strain on household budgets across Northern Ireland.

“That is why I am allocating £12.6 million funding to provide the families of children entitled to free school meals with additional financial support over the summer holidays.”

Michelle McIlveen
Minister of Education



PARENTS/CARERS



**Parent
LineNI**

0808 8020 400

**WE ARE TRYING
SOMETHING NEW**

**ARE YOU AN ARABIC
SPEAKING
PARENT/CARER? OR
WORK WITH ARABIC
FAMILIES?**

PARENTLINE NOW HAS TELEPHONE
PARENT SUPPORT AVAILABLE IN ARABIC
WEDNESDAY MORNINGS 10AM-12PM.
CALL AT THIS TIME OR VIA REFERRAL
AVAILABLE AT
PARENTLINE@CI-NI.ORG.UK

0808 8020 400



**Parent
LineNI**

0808 8020 400

نقوم بتجربة شئ جديد
هل انت اب،ام،او مقدم
رعاية؟ او تعمل مع عائلة
تتكلم العربية؟
يقدم الان خط الاباء خط دعم
مكالمات باللغة العربية كل
يوم اربعاء من الساعة ١٠-١٢
يمكننا تلقي المكالمات في
الوقت الحالي عن طريق
الهاتف او من خلال الاحالة
على

PARENTLINE@CI-NI.ORG.UK

0808 8020 400



WE ARE TRYING SOMETHING NEW

**ARE YOU A POLISH
SPEAKING
PARENT/CARER? OR
WORK WITH POLISH
FAMILIES?**

PARENTLINE NOW HAS TELEPHONE
PARENT SUPPORT AVAILABLE IN POLISH
WEDNESDAY EVENINGS 6PM-8PM.
CALL AT THIS TIME OR VIA REFERRAL
AVAILABLE AT
PARENTLINE@CI-NI.ORG.UK

0808 8020 400



PRÓBUJEMY ROZPOCZAĆ COŚ NOWEGO

**JESTEŚ RODZICEM LUB
OPIEKUNEM POCHODZĄCYM
Z POLSKI LUB PRACUJESZ Z
POLSKIMI RODZINAMI?**

PARENTLINE POSIADA AKTUALNIE
TELEFON ZAUFANIA DLA RODZICÓW/
OPIEKUNÓW W JĘZYKU POLSKIM, CZYNNY
W ŚRODY WIECZOREM POMIĘDZY 18.00 I
20.00.
ZAPRASZAMY DO KONTAKTU W TYCH
GODZINACH LUB POPRZEZ FORMULARZ
(REFERRAL FORM) DOSTĘPNY NA STRONIE
PARENTLINE@CINI.ORG.UK

0808 8020 400



Dad's voice is an informal, relaxed and friendly group for dads.

It provides a safe space for dads to come together to share experiences and support one another through the challenges of life and fatherhood.

1st & 3rd Tuesday of every month
7.30pm - 9pm
62 Mill Street, Ballymena BT43 5AF

This group is open to Dads, Stepdads, Grandads, Foster Dads, Dads-to-be or any significant male role model in a child's life, within the Northern Trust area.

Contact us for more info

- 028 2564 8229
- darren@turningpointni.co.uk
- @Dads_voiceNI
- @DadsvoiceNI



11 THINGS TO SAY WHEN KIDS CRY...

- 1 We're on the same team. I will help you.
- 2 That was really sad/frustrating/disappointing.
- 3 Let's take a break.
- 4 I understand you're overwhelmed and that's OK.
- 5 Would you like help/ a break/ to try again?
- 6 I can hear you are crying, but I don't know what you need. Can you help me understand?
- 7 I love you. You are safe.
- 8 Let's come up with a solution together.
- 9 I remember when you...
- 10 I can see this is hard for you.
- 11 Maintain silence and hold loving space for your crying child.

Follow @gozenlove



A handy one stop shop guide from Parenting NI, for parent's who want to learn a bit more about Facebook & how to get your children safe on the app!
Check it out <https://buff.ly/37CKOWo>



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



NSPCC 
Cruelty to children must stop. FULL STOP.

Letting the Future In
Information for parents/carers

Leaflet for parents/carers
[NSPCC LTFI Parents leaflet.pdf](#)



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



CARERS are our unsung heroes for the pivotal work they deliver on a daily basis to family & friends THANK YOU! CYPSP have pulled lots of information, resources & advice together for Carers on their resource hub-visit <https://tinyurl.com/4cev29vv> & click on Carers

PARENTS/CARERS

- All
- Autism
- BAME / Translations
- Bereavement
- Carers**
- Child Protection
- Community
- Disability
- Domestic Violence
- Drug/Alcohol
- Early Years
- Education
- Food
- Funding
- Helplines
- Homeless / Housing
- HSC
- In Care
- Kids / Young People
- LGBTQ+
- Mental Health
- Newsletters
- Parenting
- Volunteers



Young Carers Advice

June 8, 2022

Siblings can become young carers at any stage in their childhood. Check out our advice written previously for My Family...

[Read More](#)



Contact - DLA Advice

April 26, 2022

The DLA care component is only paid at the middle or highest rate if a child has night-time needs, but...

[Read More](#)



Cost of Living Crisis

April 4, 2022

Parents are telling Contact about giving up food and heating just to keep their disabled child's equipment turned on

[Read More](#)



Checking Benefits Online

March 21, 2022

Checking Benefits Online If you are a carer, you may be entitled to additional benefits, grants or other financial



You are Not Alone!

March 28, 2022

You are Not Alone! Contact helpline advisers are available all week to give parent carers the advice and information they...



Supporting Young Carers' Mental Health

March 16, 2022

Supporting Young Carers' Mental Health Today is #YoungCarersActionDay and this year's theme is taking



myfamilyourneeds.co.uk

Siblings as young carers

Growing up with a disabled brother or sister, means home life can feel very different. Clare Kassa, Sibs, shares how parents can support ...

healthy sleep hygiene for kids

- consistent bedtime routine
- relaxing bedtime activities
- regular sleep & wake times
- reduced noise & light
- natural light during day
- no screens before bedtime
- bed used only for sleep
- cool temp in room
- maintain on weekends

@thechildhoodcollective



BOLSTER ABILITY SERVICES

FAMILY SUPPORT HUB

The Family Support Hub is a meeting of representatives from community, voluntary and statutory organisations who deliver services for children and families in the Newry and Mourne area.

To make a referral go to <https://bolstercommunity.org/services/family-support-hub/>

FAMILY SUPPORT For parents of children 0-18

Highly trained and experienced Family Support Workers will support families for up to 12 weeks, in their homes, schools or a community setting. Focus will be on the strengths of a family and to help parents and children build coping skills and develop resilience to enable participants to reach their true potential.

For more information contact 028 3083 5764 jena@bolstercommunity.org

BEST CLUB For primary school aged children

Afterschool club for school age children with a disability and their siblings. These play sessions are designed to develop resilience and confidence through play.

For more information contact 028 3083 5764 jena@bolstercommunity.org

MARKETHILL PARENTING GROUP

For parents with a pre-school child with a disability diagnosis or awaiting a diagnosis

The group meet fortnightly in a warm, safe and inclusive environment; where we can offer signposting and advice, support with self-care, friendship or just a listening ear. Come along and meet other parents who are at the start of their disability journey.

To register for this service contact 028 3083 5764 liz@bolstercommunity.org

PARENTS PLUS SPECIAL NEEDS PROGRAMME

For parents with a child of mixed ability

The group meet fortnightly in a warm, safe and inclusive environment; where we can offer signposting and advice, support with self-care, friendship or just a listening ear. Come along and meet other parents who are at the start of their disability journey.

BOLSTER BUDDIES For individuals aged over 18

Our Bolster Buddy service is aimed at helping people with learning disabilities or support needs to reconnect with their local communities as lockdown lifts. The service is aimed at promoting independence, building community connections and improving life skills.

For more information contact 028 3083 5764 jena@bolstercommunity.org

AUTISM CONNECT

Autism Connect is a new community-based autism support service for adults with an autism only diagnosis. This is a person centered service comprising of 1:1 support and a weekly social group.

For more information contact 028 3083 5764 jena@bolstercommunity.org





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.



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 solihull.approach@uhb.nhs.uk

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

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'

PLAY MATTERS
FOR AGES 0-18

PLAY FOR PARENTS GUIDE

New Issue Out Now!

Be Loving to yourself and others

High Five

Primary Behaviour Support & Provisions

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](#)

twinkl

Parents Hub

Northern Ireland

PARENTS/CARERS



State of the Nation Understanding and supporting young people who identify as LGBTQ+

Pride Month is about celebrating LGBTQ+ communities and shedding a light on the difficult everyday situations many young people face exploring their sexual identity. Our article focuses on understanding and supporting young people who identify as LGBTQ+ <https://bit.ly/3O2iXhP>

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

Parent Line NI RESOURCES

Download, keep and share

Parentine's Summer Suitcase 2022 Download	Keep Calm and Parent On Download	Postnatal Depression Download
Dealing with Difficult Issues with Social Media Download	Go To's - Parenting with Autism Spectrum Disorder (ASD) Download	Controlled Choice or Shared Control Download
Adjusting after Baby Download	Specific Praise Download	Breastfeeding Download
Managing Transitions Download	Parenting on Rainy Days Download	Expecting a baby...Packing for hospital Download
Fussy Eating Download	Toileting Download	Bereavement and Loss Download



Would you like to avail of a Community Health Trainer?

The Verve Network is a joint network of local community groups in the Newry & Mourne area that are passionate about improving Health and Wellbeing. We have 12 fully trained local Community Health Trainers who are available to start work on a one to one basis. This service is fully funded in your local area.

What does a Health Trainer do?

- A **Health Trainer** is a local member of your community who has a passion for improving health and wellbeing.
- They deliver 1-to-1 health coaching on nutrition, smoking cessation, physical activity, stress management and mental wellbeing.
- Completes a client-centred health plan (weight and measurements are optional)
- Signposts to local services
- Motivates individuals to make healthy lifestyle choices



For a self-referral form or for more information, please contact Holly at verve.network@clanryegroup.com or call on **028 3089 8119**



CARERS FIRST



The Carers First Programme will provide support to adult carers living within the Southern Health & Social Care Trust area.

The programme offers:

- Advocacy Services/ Signposting
- Education & Training
- Social Activities
- Health & Wellbeing
- Personal Development
- General Information



To register on this programme contact: Pauline Rice on **079 6677 1644** or email pauline.rice@clanryegroup.com

You can also contact us on **028 3005 0200** or info@clanryegroup.com

To find out more about Clanrye Group, please visit our website: www.clanryegroup.com or visit our Facebook Page.





June 2022
16th EDITION

HSC Northern Health
and Social Care Trust

RISE & SHINE

RISE NI (NHSCT) PRESCHOOL NEWSLETTER



PARENTS/CARERS

Welcome to the summer edition of the RISE NI NHSCT Preschool newsletter! It's hard to believe that we are coming towards the end of the school year and that the summer holidays are almost here. The 'holidays' will hopefully feel a bit more 'normal' this year, as COVID restrictions in the community have relaxed, meaning we are all able to spend more time with family and friends... not to mention travel to places close to home and further afield! No matter how you spend the 'holidays', one thing is certain, July and August will fly by and you will soon be celebrating your little one's first day at Primary School! This edition of RISE & Shine will focus on what you, as parents/carers/families can do to promote your child's readiness for school over the summer months. We hope you have an action packed and fun-filled summer trying out some of our suggested activities. [Rise & Shine Preschool Newsletter 16th Edition June 2022](#)



SUMMER SURVIVAL SUITCASE!!

We might not be jetting off far but at Parentline we have packed a suitcase with a difference 🧳 😊

As schools start to finish up and summer months are nearing, are you starting to worry about filling your days with kids at home once again??!! 😊

We at Parentline NI know that summer can be long (and expensive) when it comes to keeping children entertained. So we are here to help 😊

Our Summer Survival Suitcase is a helpful resource pack full of fun activities, ideas and helpful hints to keep kids entertained at home and for free. As well as some tips for keeping calm and time for you 😊

How do I get it!?

Find it on our NEW Parentline Resources page on our website; www.ci-ni.org.uk/parentline

Or give us a call for FREE on 0808 8020 400 📞 and we can arrange to send this out to you 👍
Please share so we can reach parents and carers in our communities 😊

Parentline is here for you throughout the summer and our dedicated staff are on the phone to offer a listening ear, support and guidance whatever your situation.

(And we all have our fingers crossed for some sunshine too ☀️)

PARENTLINE ARE HERE FOR YOU;
Monday-Thursday 9am-9pm
Friday 9am-5pm
Saturday 9am-1pm

0808 8020 400





Help Kids Talk



Our vision: "Everyone in our community working together to help kids talk".

We are a community wide initiative involving community, voluntary and statutory partners and managed by Early Intervention Lisburn and the South Eastern HSC Trust.

- We deliver key messages every month through our social media pages
- We run free Basic Awareness webinars & Level 1 Training.
- In our Basic Awareness webinars we discuss infant mental health, baby brain development and top tips for supporting speech, language and communication development in children
- In our Level 1 Training we discuss key skills children need for speech, language and communication development. We also talk about speech, language and communication developmental milestones, as well as strategies to support children to develop these skills.
- Suitable for both parents and practitioners
- Available across all Northern Ireland

Register to join a webinar or training via the QR code or the following link:
<https://view.pagetiger.com/basic-awareness-webinar-training-dates/help-kids-talk-training>



For further information, please contact us.
 email: helpkidstalk@setrust.hscni.net
 phone no: **028 92675172**



PARENTS/CARERS

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



We tend to think: if we can buy it, it must be safe. But there's been a worrying rise in dangerous toys for sale, especially on online marketplaces.

Learn more about toy safety: <http://ow.ly/nR7650JqxCH>

Choose sturdy,
age-appropriate toys
that comply with UK
safety standards





EXPECTING IN 2022??!!

Are you or someone you know expecting the arrival of new baby in 2022?
Preparing for a new baby can be exciting and a little daunting sometimes. Parentline have put together some helpful information for you, your partner, family and/or children to prepare for the new arrival.

Resources available...

- Adjusting after baby
- Breastfeeding
- Packing for hospital
- Preparing siblings
- Pregnancy tips
- Go To's for Birth Partners

For a copy of any of this information or to talk with someone, give us a call on 0808 8020 400 or email us at parentline@ci-ni.org.uk

#ParentlineNI
#InYourCorner



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.



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!

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

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



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 – <https://crowd.in/NZ7UOR> Browse 'Baby and U' on our website – <https://crowd.in/bXBqju>

Feeding the Under 5s



Advice on a healthy well balanced diet, portion sizes and snacks for kids under 5.

Wednesday 20 July 11am

<https://tinyurl.com/fu5-july>

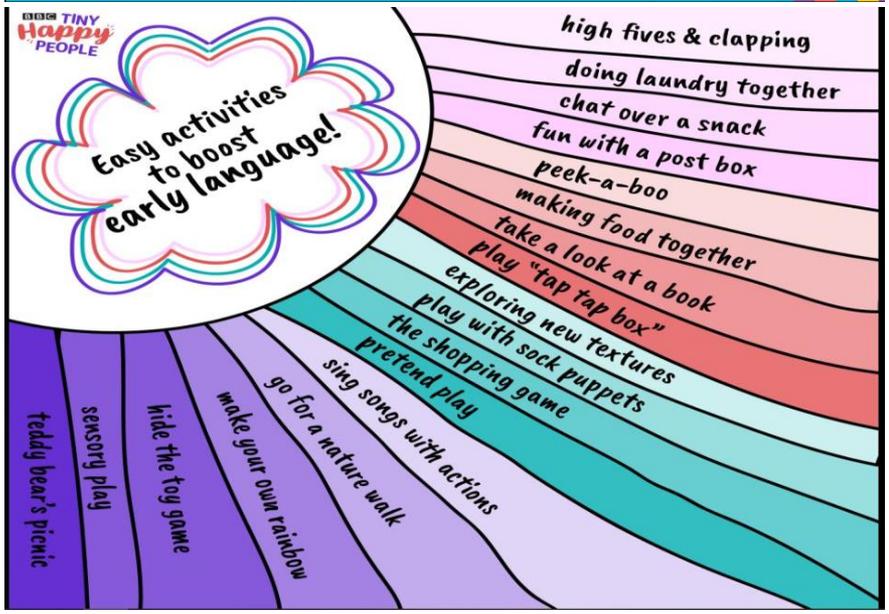


“ Calling all parents, caregivers and family members! ”



Speech and language support for children 0–6 years old
You are the most important people in a child's life, and you are best placed to help a child develop. There are lots of things you can do to help a child talk, listen, and understand. Help Kids Talk provides free online training for parents, caregivers, and family members, see details below on how to register

Scan the QR code to book dates for training sessions ▶ 



Easy activities to boost early language!

- high fives & clapping
- doing laundry together
- chat over a snack
- fun with a post box
- peek-a-boo
- making food together
- take a look at a book
- play "tap tap box"
- exploring new textures
- the shopping game
- pretend play
- sing songs with actions
- go for a nature walk
- make your own rainbow
- hide the toy game
- sensory play
- teddy bear's picnic

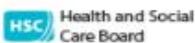


SureStart



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

#SureStartWorks



About CCPS Training & Quality Sure Starts For Childcare Providers Parent Resources



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 Bookstart Packs

Every baby in England, Wales and Northern Ireland is entitled to one of our free #Bookstart packs!

You'll normally receive your pack from your health visitor or another health professional (or at your local library). Find out more here:

<https://booktrust.org.uk/what-we-do/programmes-and-campaigns/bookstart/families/>

EARLY YEARS



Germs are everywhere



soap & water



palm to palm



between fingers



focus on thumbs



back of hands



focus on wrists

Wash your hands



10 multilingual games for children

For 3 years+

the whispering game

whisper something in one language into their ear and they pass it on in a different one

phone call game

stand at different corners of the room and have kids copy what you say to a teddy bear, who is learning a language

matching pairs game

make your own cards with words on in two languages, which kids then have to match

hide and seek with words

hide a word in one language around the house, then hold up the word in another language and your child must search for it

the corner game

put flags in the corners of a room and play music, when the music stops your child chooses a corner then must only speak in language of the "country" they're in

THE STRESS RELIEF GIRAFFE



OUT OF CONTROL

SCARED OF LOSING CONTROL

NERVOUS

UNSURE

CALM

WHAT YOUR CHILD CAN DO:

- Calm breathing exercises
- Use visualisation meditation techniques
- Body tightening exercises (progressive muscle relaxation)
- Sigh to become fully present in the moment
- Practice music therapy
- Change location / surroundings
- Use a stress ball / fidget toy
- Give themselves a 10-second hug to boost their mood
- Colour, draw, write, craft, etc.
- Practice positive self-talk / words of affirmation
- Exercise
- Go outside
- Play
- Hydrate with water





Gadgets Summer Reading Challenge 2022 in your local library!

Taking place from 25 June until 3 September in all public and mobile libraries across Northern Ireland.

Children aged 4 – 11 are encouraged to spark their curiosity about the world around them by signing up in their local library from Saturday 25 June, picking up their free collector's folder, setting their own reading goals and then reading any books they enjoy throughout the summer to collect special stickers and other rewards along the way – all for FREE. [Further Information](#)

Everyday Activities that count as Learning





YOUNG PEOPLE

OUTDOOR CINEMA NIGHT

WEDNESDAY JUNE 29
7-9:30PM

Linen Museum Big Screen
Market Square,
Lisburn BT28 1AG

FEATURED MOVIE:
JUMANJI: THE NEXT LEVEL

Scan QR code to book your tickets



No entry without ticket

Snack and Drink Provided!
BRING YOUR BLANKETS AND COMFIES AND ENJOY THE SHOW!

Services for young people: Information for Young People



- Northern Trust Text-A-Nurse
07480 635982
- Belfast Trust Text-A-Nurse
07507 328290
- South Eastern Trust Text-A-Nurse
07507 327263
- Western Trust Text-A-Nurse
07480 635984
- Southern Trust Text-A-Nurse
07507 328057

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 thinkuknow.co.uk CEOP Education at the National Crime Agency

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



REE
Rights Responder

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



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



Belfast Apprenticeships



Contact Centre roles

Studying Financial Services Customer Advisor apprenticeship (Level 2)

Starting Salary of £20,000

Find Us



Apply today – www.ltsb.charity/apply
Or contact me:
lynsey.mcevoy@leadershipthroughsport.org

#FODC in partnership with the [Rio Ferdinand Foundation](#), is delighted to announce this year's 'Youth in Action' programme. It will take place at [Fermanagh Lakeland Forum](#), Enniskillen, this August.

Young people, aged 14 to 18, from across the Fermanagh and Omagh area, are invited to participate in this unique and fun summer programme that promises new friendships, enjoyable activities as well as empowers them to take a lead in tackling sectarianism, racism and discrimination. For more info visit - bit.ly/3HH5IBp



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



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



YOUTH IN ACTION

August 2022
At Fermanagh Lakeland Forum, Enniskillen

- Are you aged 14 - 18?
- Passionate about sport and inclusion?
- Want to gain qualifications and experience in community sport and media?

Join our Youth in Action programme this summer!

09/08 - 10/08: 2-day OCN qualification in Equality, Diversity & Inclusion
22/08 - 26/08: 5-day accredited Community Sports Leadership Award
24/08 - 26/08: Film-Making Training & Production Opportunities
26/08: Youth-Led Community Event

Register for this Free programme
Email goodrelations@fermanaghomagh.com or scan



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



HSC Western Health
and Social Care Trust

ASD Training Calendar 2022 – Support for Parents & Carers

There is a range of help and support available across the Western Trust Area which is provided by a dedicated group of professionals offering intervention to families and young people up to 17 years of age. Appointments can be over the phone, via video consultation or face to face in a range of locations including Omagh, Enniskillen and Londonderry. Temporarily, following government public health advice, face to face parent based training has been switched to virtual means. See below for some more information on the intervention process. We hope to return to face to face training in the near future.

[ASD Training Calendar 2022](#)

How to Register

Contact the WHSCT Children's Autism Spectrum Disorder Service on:

- Children's Centre, South West Acute Hospital, Enniskillen: 028 6638 2103.
- Rivendell, Tyrone & Fermanagh Hospital, Omagh: 028 8283 5983
- Lilac Villa, Gransha Park Hospital, Londonderry: 028 7130 8313.

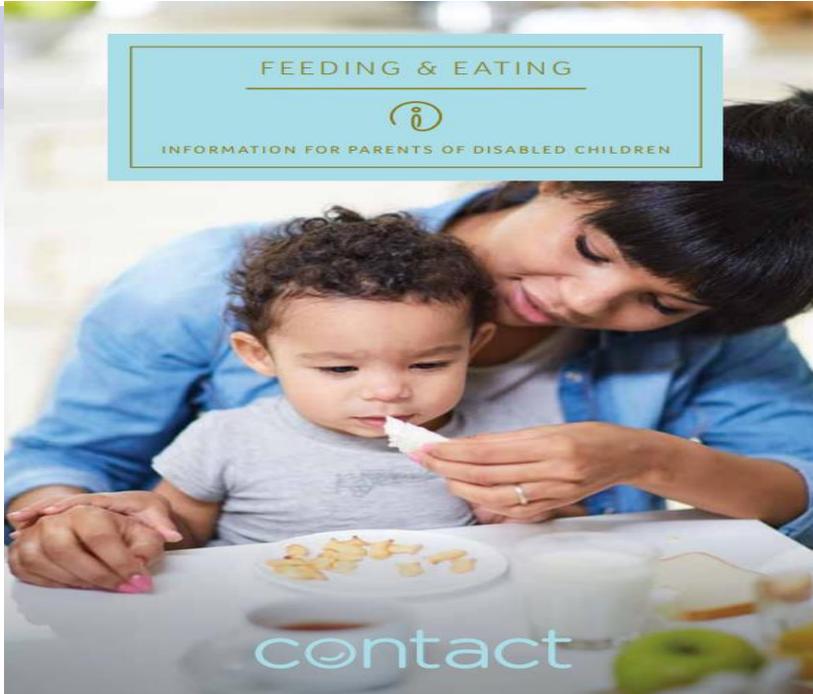
Please leave the following details:

- Your Name along with your child's name and their date of birth.
- Name of the training workshop you wish to attend.
- Date of the workshop you wish to attend.
- Your contact phone number and email address.

Once we have received all your details, we will send you an email with the Zoom link to join the meeting two days prior to the workshop.

Please contact us if you have any queries or questions.

We look forward to hearing from you!



FEEDING & EATING
INFORMATION FOR PARENTS OF DISABLED CHILDREN

Seeing your disabled child struggling to eat or refusing food can make many parents feel helpless. For helpful advice on how to understand and manage your child's eating difficulties, checkout this helpful guide from Contact <http://contact.org.uk/feeding-guide>



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 2021, 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](#)



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



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

Autonomie has scooped a duo of award shortlistings for its What Next? Programme supporting young people with additional needs

Autonomie, the Belfast-based disability charity was a finalist at the Belfast Telegraph IT Awards which celebrate the best of Northern Ireland's IT sector. The organisation was recognised in the 'Not for Profit' category for its seamless transition to digital services in response to the Covid-19 pandemic.

Autonomie has also been recognised in the World Health Organization Belfast Healthy City Awards 2021, with the charity shortlisted in the 'Community Prosperity' category going on to be a 'highly commended' winner. The award recognised the significant impact Autonomie's What Next? pilot project has made to the lives of young people with physical disabilities and allied additional needs in Belfast and surrounding areas.

Lynne Morrison, Chief Officer of Autonomie said, "I have run out of ways to express how amazing our What Next? team have been. Their commitment and drive to support young people with additional needs in such difficult circumstances the past 19 months has been exemplary.

"I am so delighted all of this is being recognised by being shortlisted and highly commended in these awards.

"These nominations are a great tribute to our highly committed staff and volunteer team, past and present, without whom none of this would be possible." - Lynne Morrison, Chief Officer, Autonomie

For more information about programmes available for 16-30 year olds with physical disabilities and allied additional needs, parent carers and siblings, please visit the Autonomie website: www.autonomie.org.uk
 Email: autonomieorg@gmail.com Telephone: **02895918051**





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 <https://www.autismni.org/autism-awareness-card> 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>



AutismNI
Northern Ireland's Autism Charity

Become a member!

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

So many reasons WHY!










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.



NORTHERN IRELAND RARE DISEASE PARTNERSHIP

Rare isn't rare!

More than 110,000 in NI affected

1 in 17

8,000 conditions and counting

Only 5% of conditions have a treatment

30% of children affected won't reach their 5th birthday

on average 5 years to diagnosis

1 in 17 people will be affected by a rare disease at some point in their lives. Individually we are RARE, together we are MANY!

Elevate
Working together to build healthier communities

No one should be disadvantaged because of the rarity of their condition!



NIRDP is an umbrella group working to raise awareness, connect, educate and innovate on behalf of the entire rare disease community!

Comments from the community

"They helped me out, so get in touch if you need support. Took 35 years to find out what my rare disease actually was!"

"I appreciate your help, it's so frustrating to be at this end, wondering what is happening..."

Contact
info@nirdp.org.uk
www.nirdp.org.uk

Find us on:



CONTACT US FOR
Information, support, guidance and signposting.

Who - we support any individuals, family member, carer, friend or even health care professionals living or working with a rare condition in NI.

How - we accept referrals or self referrals through social media or our website, by email or phone.

- We Can Provide:**
- Information to support diagnosis
 - Emotional support/a listening ear
 - Connections to support organisation in the rare disease community
 - Benefit advice
 - Access to mental health services
 - Practical support

Don't struggle alone... we're here to help!



We're excited to share that applications have now re-opened for free iPads for children aged 3-18 with a vision impairment, for use at home.

The devices will be completely free of charge, with the only requirement being proof of vision impairment.

Stocks are limited so we would encourage interested applicants to apply as soon as possible. More information, including how to apply, can be found on the following webpage: www.guidedogs.org.uk/techforall

RNIB

RNIB Parent Carer Facebook Group

See differently

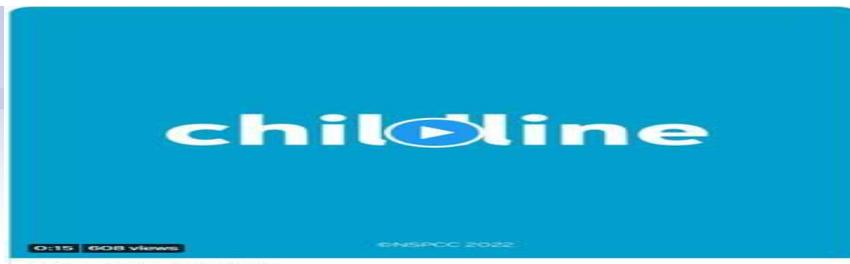
A community that brings together everyone who is a parent or carer of a child who's blind, partially sighted or lives with any degree of vision impairment:

<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>



Childline Launch New 'We All Feel It' Campaign Aimed at Young Males
 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/>



Self Harm Awareness
 However you feel, your feelings are valid. You matter and deserve help and support. You might still think about self harm, even if you've stopped, and that's okay.

You are not alone
 If you need help with self-harm or thoughts of self harm, our page on finding support might help . It also has peer-support resources, so you can talk to people who have been there, too.
[Suicidal feelings & crisis support \(mindwisenv.org\)](https://www.mindwisenv.org/)

MINDFUL WAYS TO GET OUT OF YOUR HEAD

- Get lost in a fictional world of your favourite book
- Listen to a mood playlist
- Do something creative
- Step outside and notice nature
- Write down some gratitude of little things that you can appreciate right now
- Seek out what makes you laugh

amh everyBODY taking action on eating disorders | action mental health

Eating disorders. Know the first signs?

- Lips**
Are they obsessive about food?
- Flips**
Is their behaviour changing?
- Hips**
Do they have distorted beliefs about their body size?
- Kips**
Are they often tired or struggling to concentrate?
- Nips**
Do they disappear to the toilet after meals?
- Skips**
Have they started exercising excessively?

If you're worried someone you care about is showing any signs of an eating disorder - even if they're not on our list - act quickly and get in touch. We can give you the answers and support you need to help them on the road to recovery as soon as possible.

Don't delay. Visit beateatingdisorders.org.uk/tips



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](#)

young
person's
mental
health

a guide...

HSC Public Health Agency
Project supported by the PMA

a resource for young people, their parents and carers to support mental well-being

Get in touch with our wellbeing advisors today



Whether you're seeking mental health advice or looking information for you or someone you know... we're here to help.

Call **TODAY** to speak to one of our advisors who can signpost you to support.

Available: Monday to Friday 10am to 1pm

0808 189 0036

WAYS TO PROTECT YOUR MENTAL HEALTH ON SOCIAL MEDIA

- Take a break! Set a timer to limit your exposure
- Keep in mind that social media is not reality
- Follow healthy communities
- Spend time with friends

#StopBullying

www.familylives.org.uk



Jump Back Up July 2022

MONDAY



4 Find something to look forward to today

11 Look for something positive in a difficult situation

18 Let go of the small stuff and focus on the things that matter

25 Notice when you are feeling judgmental and be kind instead

TUESDAY



5 Get the basics right: eat well, exercise and go to bed on time

12 Write your worries down and save them for a specific 'worry time'

19 If you can't change it, change the way you think about it

26 Catch yourself over-reacting and take a deep breath

WEDNESDAY



6 Pause, breathe and feel your feet firmly on the ground

13 Challenge negative thoughts. Find an alternative interpretation

20 When things go wrong, pause and be kind to yourself

27 Write down 3 things you're grateful for (even if today was hard)

THURSDAY

8 Shift your mood by doing something you really enjoy

14 Get outside and move to help clear your head

21 Identify what helped you get through a tough time in your life

28 Think about what you can learn from a recent problem

FRIDAY

1 Take a small step to help overcome a problem or worry

8 Avoid saying "must" or "should" to yourself today

15 Set yourself an achievable goal and take the first step

22 Find 3 things you feel hopeful about and write them down

29 Be a realistic optimist. Focus on what could go right

SATURDAY

2 Adopt a growth mindset. Change "I can't" into "I can't...yet"

9 Put a problem in perspective by seeing the bigger picture

16 Find fun ways to distract yourself from unhelpful thoughts

23 Remember that all feelings and situations pass in time

30 Reach out to a friend, family member or colleague for support

SUNDAY

3 Be willing to ask for help when you need it

10 Reach out to someone you trust and share your feelings with them

17 Use one of your strengths to overcome a challenge today

24 Choose to see something good about what has gone wrong

31 Remember we all struggle at times - it's part of being human



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:

Self Help Guides for Mental Health & Emotional Wellbeing

Self Help Leaflets

HSC Belfast Health and Social Care Trust
working expanding inspiring together

HZ

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-Harm and Mental Health – Guide for Parents

“Having found out my child was self-harming, I was so devastated and confused as to why. My emotions were all over the place, not knowing how to help her, where to go for professional help – it was so stressful.” Our advice can help: [A guide for parents](#)



A-Z Mental Health



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 Gallop Strategic Partnerships.

www.mindingyourhead.info

Public Health Agency, 10-22 Linenhall Street, Belfast BT2 8BS. Tel: 0300 555 0114 (local rates)

8 WAYS TO CREATE DAILY RITUALS OF CONNECTION WITH YOURSELF

@the.love.therapist

- Check in with yourself regularly
- Place a hand on your heart, take a deep breath, & think of 1 thing you're grateful for
- Practice affirmations while looking in the mirror or as you brush your teeth
- Review your goals for the day while making your bed
- Morning and nighttime routines - Meditate, journal, breathwork, etc.
- Smile and visualize your heart expanding with love, filling yourself & the whole room
- Step outside and ground your feet to the earth for a few minutes
- Give yourself a hug



SIGNS OF BURNOUT

@BLESSTHEMESSY

- HEADACHES
- INSOMNIA, CHANGE IN SLEEP PATTERNS
- FEELING NEGATIVE OR OVERLY CRITICAL
- ENDLESS ANXIETY
- UNEXPLAINED EXHAUSTION
- FEELING INADEQUATE &/OR HOPELESS
- IRRITABLE
- NEGLECT SELF CARE
- BECOMING PHYSICALLY ILL
- FEELING NUMB OR APATHETIC ABOUT LIFE

ALT



Join us for our weekly drop-in coffee morning at our Wellbeing Hub in Belfast from 10.30am every Monday. Meet other parents while your little plays with our range of sensory toys. Find out more: <http://ow.ly/EGpJ50I9XXJ>



Need some support for you or your child, but dont 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





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



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



COVID Wellbeing NI is an online hub to support the mental and emotional wellbeing of people across Northern Ireland during and after the coronavirus (COVID-19) pandemic.

It includes information, self-help guides and support and aims to help people take steps to look after their mental health and reach out for help and support when needed

[Click here for more information](#)

covidwellbeing
ni.info




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!





<http://Covidwellbeingni.info>



CRUSE NATIONAL HELPLINE

0808 808 1677

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



BEREAVEMENT

A Child Funeral Fund announced by Communities Minister Deirdre Hargey in March has come into operation today (June 1 2022).

A one-off lump sum payment of £3,056 will be payable from the Fund to help families with the cost of a funeral on the death of a child under 18 or in the event of a stillbirth after 24 weeks.

Further info: <https://communities-ni.gov.uk/news/child-funeral-fund-operational-today-hargey>



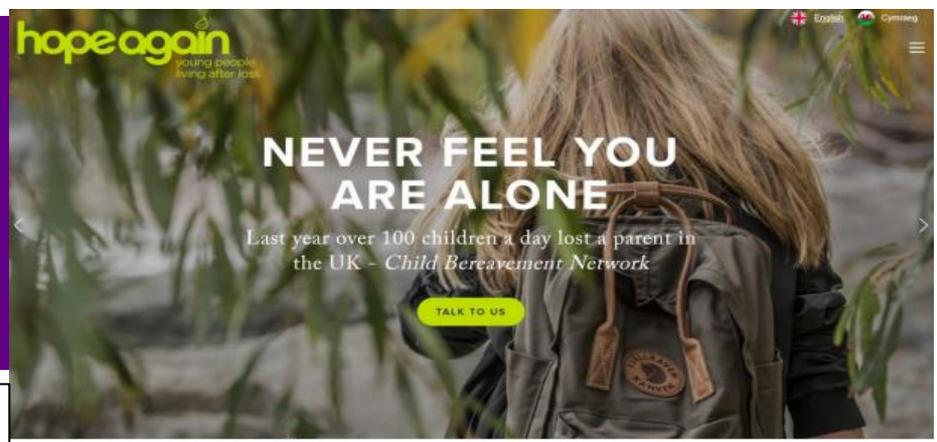
I am committed to making real change by supporting people when they need it most and there can be no more difficult circumstances than the loss of a child.

The Child Funeral Fund will help lessen financial stress for bereaved families during the most devastating of times.

The Fund will not be means-tested meaning it is available to everyone regardless of their financial status.



Communities Minister, Deirdre Hargey



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 of ways 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

Exploring Journeys of Refugee Integration in NI



Join us for an event led by refugee voices to explore the integration journeys for people seeking asylum, resettled and reunited refugees and destitute asylum seekers.

TEO Racial Equality Unit will provide an update on the Refugee Integration Strategy and we'll hear about some good practice from a community group in Belfast actively supporting refugee integration.

Participate in cultural exchanges with refugees from a range of nationalities, great conversations and enjoy lunch together.

Date: Friday 24 June 2022

Time: 10.30am-12.30 pm followed by lunch (registration starts at 10am)

Venue: Girdwood Community Hub, 10 Girdwood Avenue, Belfast BT14 6EG

Register for the event with Eventbrite (link provided below)

For more information contact: integrationNI@redcross.org.uk



In memory of our friend and colleague, Ronald Vellem, a true pioneer in refugee integration in NI

CYPSP Translation Hub



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, Carlant Road, Dungannon BT71 4AJ.
Tel: (0282) 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.





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	

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**



Course 1

Understanding Refugee and Asylum Seeker Mental Health and Wellbeing - eLearning



Would you like to be able to better support the emotional wellbeing of people seeking asylum in the UK, and influence others in your organisation to do the same?

Our new online course is aimed at people in any role who may find themselves coming into contact with asylum seekers and would like to develop their understanding of the issues impacting their wellbeing so they can provide effective help.

By completing the modules, you will build your awareness and understanding, to help you consider ways to support those who have fled to safety in the UK. With this shared learning it is our intention that together we can create a national network of informed individuals and services to offer the most compassionate and impactful wellbeing support for those who are seeking asylum in the UK.

The course is presented by Solace's clinical director, Anne Burghgraef, and fellow therapist Fiona Lothian. Through their work in this area Anne, Fiona and colleagues have seen people seeking asylum in the UK learn to cope, and progress following trauma and displacement.

As a guide we suggest completing one module per week over a 6 week period.

A follow up course, should you choose to continue your learning, contains in-depth modules on specific topics to help you to strengthen a therapeutic practice.

Head to our website - <https://www.solace-uk.org.uk/new-free-e-learning>

solace
surviving exile and persecution

 01138246796
 www.solace-uk.org.uk



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@btpopenworld.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>

DOMESTIC & SEXUAL ABUSE

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.

More than **4,000** officers are now trained in recognising coercive control and bringing offenders to justice.

16 DAYS OF ACTION AGAINST GENDER BASED VIOLENCE

psni.police.uk

we care we listen we act



Police Service of Northern Ireland

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



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

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

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



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



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

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.

www.drugsandalcoholni.info/RAPID

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



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

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?



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.



TO PROTECT LIFE
COMKIT

HOME ? ANSWER ?

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

COMMUNITY

Dog Safety Code

Be Alert

Always keep an eye on your children around dogs. Never leave them alone together.



Be Aware

Dogs use signals to tell us how they feel. What is your dog telling you?



Be Safe

Any dog can bite. Accidents happen fast.



Illustrations @CattleDog Publishing

Are you dog safe?

For tips and advice on how to keep safe when sharing your home with a dog, visit: [Sharing your house with a dog - what to consider | nidirect](#)

6 ways to boost your energy budget and make it stretch further



#1. Minimise your electricity usage

- Switch off appliances at the wall.
- Reduce your washing machine temperature to 30°C.
- Only use the water you need in a kettle.
- Use outdoor drying instead of tumble dryer.
- Turn off lights when leaving a room.
- Wait to use appliances like washing machine until there is a full load.

#2. Save on your home heating

- Pull your sofa away from the radiator.
- Keep your curtains closed to keep heat in.
- Use draught excluders at doors.
- Draught-proof windows and doors.
- Insulate your home.
- Turn down your thermostat by 1°C.

#3. Switch supplier and save

- 20 electricity tariffs available with suppliers.
- Your home heating oil supplier will have their own price.
- Shop around, switch and save.
- Switch from paper billings to direct debit e-billing.



#4. Switch to energy-rated appliances

- Replace household bulbs with LED alternative bulbs.
- Switch existing household appliances to energy-saving appliances.

#6. Emergency oil drums

- Avoid paying 20 litre emergency oil drums from forecourts.
- These are expensive and should only be used in emergency circumstances.

#5. Oil Buying Clubs and budgeting

- Enable householders to buy oil at a reduced price.
- More people that buy oil together, the lower the cost.
- Budget your money and make savings.



CORONAVIRUS (COVID-19)

**COMMUNITY HELPLINE
0808 802 0020**

COVID19@ADVICENI.NET
TEXT ACTION TO 81025



[Find a Food Bank Near You](#)



GET HELP

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



COMMUNITY



Ukrainian Cash Support Scheme
How to claim your £200 payment

Homes for Ukraine Scheme

Anyone arriving here under the Homes for Ukraine Scheme or Ukraine Family Scheme is entitled to a one-off £200 support payment to help them buy essentials. Find out more ↓

<http://nidirect.gov.uk/articles/ukrainian-cash-support-scheme>

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](#)



New Inclusive Beach launched at Portstewart Strand

We had a wonderful day celebrating our latest partnership with [National Trust - Portstewart Strand](#). Equipment is available to book at Portstewart via our website.

Thanks to [Blossomingbirds](#), [Sport Northern Ireland](#), [National Emergencies Trust](#) and [CYPSP](#) for funding our equipment. Thanks to [Harry's Shack](#) for supporting us today.



Our Fermanagh and Omagh Early Intervention Hubs fundraised along with our team due to the increase in poverty we are seeing. So, to try to do something to help we had decided along with some colleagues, family, friends and our AFC Pets to raise some money to support families within Fermanagh and Omagh area by taking part in the 5k at the Omagh half marathon on the 3rd April 2022. We were very nervous and excited at the same time and had been training really hard for it. We exceeded our target and raised so far £1051.00 in gift aid from donations and £170.75 to help us support local families. We know that this money will make a difference to children locally. www.justgiving.com/fundraising/actionforchildrenni



COVID-19 vaccine



Spring booster

- People aged 75 years and over
- Residents in care homes
- Those 12 years and over with weakened immune systems



HSC Public Health Agency



Meeting indoors? Let fresh air in. It'll help protect everyone as we live alongside #COVID.

Get the latest advice: <http://nidirect.gov.uk/coronavirus>

Or <http://nidirect.gov.uk/articles/coronavirus-covid-19-ventilation>

The COVID-19 spring booster vaccination

programme is getting under way in Northern Ireland, so the PHA is urging those eligible to get boosted. People aged 75 years and over, residents in care homes for older people, and those aged 12 years and over with weakened immune systems will be offered a spring booster dose of the COVID-19 vaccine.

It is advised that the spring booster should be offered around six months after an individual received their first booster dose.

Read more here

<https://www.publichealth.hscni.net/news/covid-19-spring-booster-vaccination-begin-april>

Find out more on how to get your booster vaccination at www.nidirect.gov.uk/covid-vaccine

DoH
www.health-ni.gov.uk

HSC Health and Social Care

COVID-19 vaccination

A guide for women who are pregnant or breastfeeding



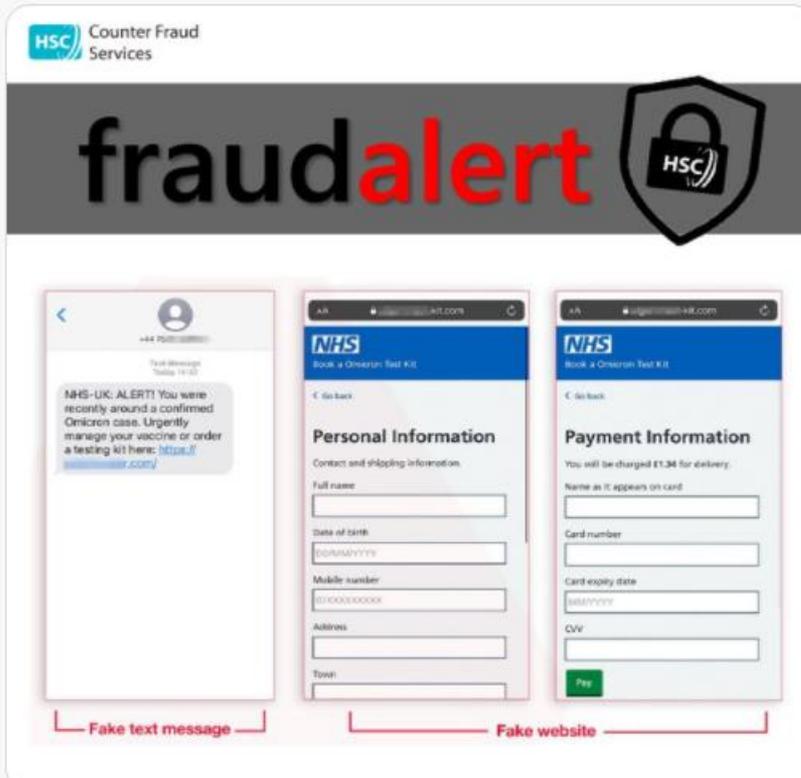
Fraud alert

Close contact testing & tracing **ceased** in NI on 22 Apr 2022.

Reminder to be vigilant regarding fake texts advising that you have been in contact with a COVID variant & encouraging you to buy PCR tests



This scam is designed to steal your money & info



HSC Counter Fraud Services

fraud alert

Fake text message

Fake website

INFORMATION FOR PARENTS & CARERS

Everyone has a role to play in keeping our schools safe and helping to stop the spread of COVID-19.

DON'T SEND YOUR CHILD TO SCHOOL IF THEY HAVE COVID-19 SYMPTOMS.

VISIT [NIDIRECT.GOV.UK/ CORONAVIRUS](https://www.nidirect.gov.uk/coronavirus) TO BOOK A TEST ONLINE. CALL 119 IF YOU CANNOT BOOK A TEST ONLINE.

YOU SHOULD BOOK A COVID-19 TEST IF YOUR CHILD HAS:

A HIGH TEMPERATURE

This means they feel hot to touch on their chest or back (you do not need to measure their temperature).

OR

A NEW CONTINUOUS COUGH

This means coughing a bit for more than an hour, or 3 or more coughing episodes in 24 hours if they usually have a cough. It may be worse than usual.

OR

A LOSS OR CHANGE TO THEIR SENSE OF SMELL OR TASTE

This means they've noticed they cannot smell or taste anything, or things smell or taste different to normal.

IF YOUR CHILD DOES NOT HAVE SYMPTOMS OF COVID-19 BUT HAS OTHER COLD-LIKE SYMPTOMS, SUCH AS A RUNNY NOSE, THEY DO NOT NEED TO BE TESTED AND THEY OR MEMBERS OF YOUR HOUSEHOLD DO NOT NEED TO SELF-ISOLATE. YOUR CHILD CAN ATTEND SCHOOL IF FIT TO DO SO.

HERE'S WHAT TO DO IF:

YOUR CHILD HAS COVID-19 SYMPTOMS

WHAT TO DO!

- DO NOT SEND YOUR CHILD TO SCHOOL
- Book a COVID-19 test
- Household self-isolates
- Inform school immediately about test result

YOUR CHILD TESTS POSITIVE FOR COVID-19

WHAT TO DO!

- DO NOT SEND YOUR CHILD TO SCHOOL
- Inform school immediately about test result
- Self-isolate for at least 10 days as advised by the PHA

SOMEBODY IN MY HOUSEHOLD HAS COVID-19 SYMPTOMS

WHAT TO DO!

- DO NOT SEND YOUR CHILD TO SCHOOL
- The household member should book a COVID-19 test
- Household self-isolates
- Inform school immediately about test result

SOMEBODY IN MY HOUSEHOLD TESTS POSITIVE FOR COVID-19

WHAT TO DO!

- DO NOT SEND YOUR CHILD TO SCHOOL
- Inform school immediately about test result

WHEN CAN MY CHILD RETURN?

Your child can return to school if the test is negative providing they are well enough, have not had a fever for 48 hours and if they haven't been advised to self-isolate by the PHA Contact Tracing Service

WHEN CAN MY CHILD RETURN?

Your child can return to school after 10 days even if they still have a cough / loss of smell or taste. These symptoms can last for several weeks.

WHEN CAN MY CHILD RETURN?

Your child can return to school if the symptomatic household member's test is negative and if they haven't been advised to self-isolate by the PHA Contact Tracing Service.

WHEN CAN MY CHILD RETURN?

Your child can return to school when they have completed 14 days of self-isolation without any symptoms.

CONTACT TRACING HAS IDENTIFIED MY CHILD AS A CLOSE CONTACT

WHAT TO DO!

- DO NOT SEND YOUR CHILD TO SCHOOL
- Self-isolate for at least 14 days as advised by the PHA Contact Tracing Service

WHEN CAN MY CHILD RETURN?

Your child can return to school when they have completed 14 days of self-isolation without any symptoms.

YOUR CHILD HAS BEEN IN CONTACT WITH SOMEONE WHO HAS BEEN IDENTIFIED AS A CLOSE CONTACT

WHAT TO DO!

- Attend school as normal
- If your child does not have any COVID-19 symptoms they should carry on with normal activities.

YOUR CHILD HAS TRAVELLED ABROAD AND HAS TO SELF-ISOLATE

WHAT TO DO!

- DO NOT SEND YOUR CHILD TO SCHOOL
- Self-isolate for 14 days in line with quarantine advice

WHEN CAN MY CHILD RETURN?

Your child can return to school when they have completed 14 days of self-isolation without any symptoms.

"If your child has been identified as a close contact of a case of COVID-19, or has returned from travel abroad and is self-isolating, they must self-isolate for 14 days regardless of a negative COVID-19 test result."

Further information, including frequently asked questions for Parents and Carers, can be found on the Department of Education's website at www.education-ni.gov.uk

EDUCATION RESTART



For further information on Family Support Hubs in your area?

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