

Edition 4/2025

December 2025



Family Support Hubs Newsletter

Special Focus: Christmas Activities

Hello December

Wishing you a month filled with love, hope, peace, and happiness. Stay positive. Stay strong. Stay healthy. Stay blessed.

Welcome to **Edition 4/2025** of the CYPSP Family Support Hub Newsletter providing advice, support, resources and updates as at 04 December 2025. 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.

or More information or to make a referral visit https://cypsp.hscni.net/family-support-hubs

Where are the hubs?





This edition includes:

SPECIAL FOCUS – Christmas Activities

- Welcome
- Christmas Activities

PARENTS/CARERS

- CYPSP Christmas Edition Resource Pack
- Parenting Support Programmes
- Parents Plus ADHD Programme
- Parents Plus Early Years Programme
- Autism NI Parent/Carer Support Courses
- My Family Matters Foundation
- Parentline NI/Family Support NI
- Dry Arch Family Support
- Twinkl Parents Hub/NI4kids Magazine
- Ascert Free Self help parent workbooks
- It's OKAY if December makes you feel...
- NSPCC Listen up Speak up
- Thinking about fostering/Samaritans
- Job Assist Centre Greater Shankill
- The Changing Lives Initiative Dec workshops
- Samaritans/Organ donation
- New Kids websites/Pharmacy First

Professionals

- Understanding your Child Free training for Professionals
- Youth Wellness Web Teacher's Zone
- PHA E-Bug Science Resource for Teachers
- Autism Awareness Training for Practitioners

EARLY YEARS

- Online Antenatal Classes
- Before birth you can make a difference
- Healthy Start Card/Baby and U
- Mellow Bumps/Mellow Dads-to-Be
- Dry Arch Antenatal/Postnatal Family Support
- Dry Arch Learning & Development
- Help Kids Talk December Message
- SureStart/Childcare Partnership
- In our Place Understanding your Child

KIDS ACTIVITIES

- Wildlife Watch Make a glitter-free snow globe
- Make a pine cone Christmas tree

CHILDREN/YOUNG PEOPLE

- Relateable/ C-Card/CEOP Website
- Dry Arch Youth Support
- Youth Assembly
- Have a Ho-Ho Healthier Holiday Season
- In our place For Teenagers
- Are you a Young Carer?
- HEEADSSS Help and Advice for Young People
- Rights free legal advice
- Perfectly Prideful

DISABILITY AND ADDITIONAL NEEDS

- Bolster Community/Autonomie
- Dry Arch Neurodiversity Champion
- Your Journey Through Disability
- Neurodiversity UK
- Understanding your child/additional needs
- Family Fund/Contact NI
- The Together Project Sense
- Crisis Café Newry Autism
- I am Autistic/Middletown Autism
- Become an Autism Inclusive School
- Become a member of Autism NI

CHILDREN/YOUNG PEOPLE'S MENTAL HEALTH

- Youth WellnessWeb/Hopeline247
- Crisis Café LGBTQ+ support group
- Exit Social Media/Crisis Drop in Café
- Eating disorder myths debunked
- Victim Support Phoenix Youth

MENTAL HEALTH & WELLBEING

- December Kindness 2025 Calendar
- Inspire Wellbeing/ Work-related stress
- Self-Care for December
- Find Help NI/Self Help Guides/Lifeline
- PHA Moving is the best medicine
- Parents supporting Parents/Aware NI
- Mental Health Benefits of Kindness
- 5 ways to reach your goals/ Comkit Online
- P.I.P.S Christmas Service
- Mental Health Helplines

BEREAVEMENT

 Bereaved NI/Winston's Wish/CRUSE Helpline/Hope Again

BAME

- Protect your Rights/ESOL/Nurse Led Clinic
- Access to HSC Guidance/Translation Hub
- YP Guide living in NI/'Boloh' Helpline

DOMESTIC & SEXUAL ABUSE

- Women's Aid/Helplines
- PSNI/Rainbow Project/Here to Help App

DRUG & ALCOHOL SUPPORT/ADVICE

- Daisy/Helplines/ RAPID Bins
- PBNI/Ascert/Drug & Alcohol Start 360

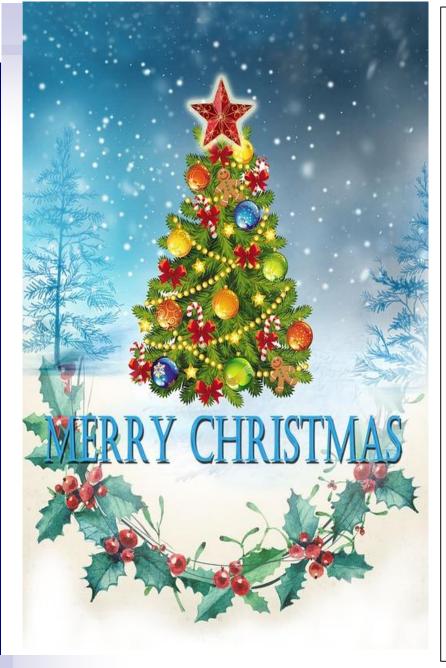
GOOD NEWS STORIES

- CSP Team Celebrating Excellence
- Family First Hub Fun Activities

COMMUNITY

- Bolster Autism Connect/TrussellTrust
- Foodbanks/Money Helper/Financial Stress/Consumer Council/Phone First





Hello and welcome to the Christmas edition of the Family Support Hub Newsletter!

As we approach the festive season, this edition is filled with events, activities, and services designed to support families across our region during what can be both a joyful and challenging time of year. Whether you are a parent, carer, or professional working with families, we hope you find something helpful and uplifting within these pages. This newsletter is a celebration of the incredible work happening in our communities and the commitment of everyone involved in supporting families. It's also a reminder that help is always available, no one should feel alone during the holidays.

On a personal note, this will be my final Newsletter as Regional Lead for Family Support Hubs. I have recently moved into a new interim role within CYPSP, and while I will continue to champion Family Support Hubs, I want to take this opportunity to thank everyone who has supported me over the past 4 years. I would also like to give a special thanks to Yvonne Neill, whose hard work and attention to detail ensures this newsletter comes together seamlessly. Yvonne not only collates and designs each edition but also manages all the hub data behind the scenes, a vital role that keeps everything running smoothly. Her commitment is truly appreciated.

Wishing you and your families a peaceful, joyful Christmas and a bright start to the New Year.

Bronwyn Campbell

Regional Lead for Family Support Hub Network







North West Transport Hub Banana Block Derry~Londonderry Saturday 6th December 11am - 4pm

Belfast Sunday 7th December 12 noon - 5pm

Clear your calendars - it's time for our favourite weekend of the year: Santa Paws 🐻

- 🐾 Saturday 6th December Translink North West Transport Hub, Derry~Londonderry, 11 AM - 4 PM
- Sunday 7th December Banana Block, Portview Trade Centre, Belfast 12 Noon - 5 PM

The suggested donation for your pup's paw-trait with Santa is £10, and we will be announcing more exciting activities for each of the days over the coming weeks \triangle





∆ Jingle Bell Trail ∆

Free Family Event

Saturday 6 December to Sunday 21 December 2025

10-3pm daily

Bangor Castle Walled Garden

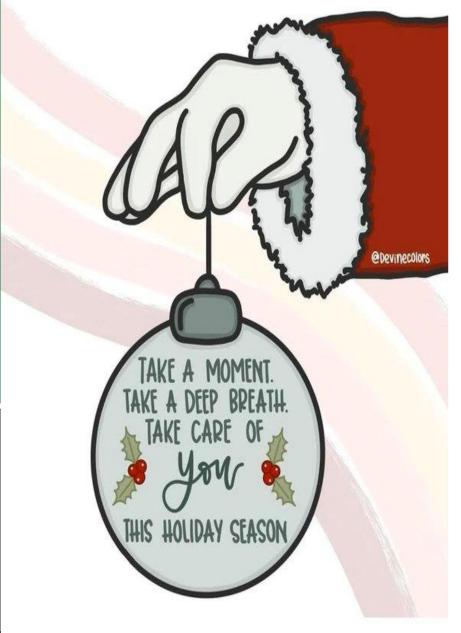
No booking required | Suitable for all age ranges |

Parental supervision is required at all times | Festive

Dress /

Christmas Jumpers encouraged!

- * Free parking
- * Wheelchair & pram accessible



Edition 4/2025





COME JOIN US AND ENJOY

CHRISTMAS COOKING FOR FAMILIES

LEAD BY LOCAL CHEF LAURENT.

DECEMBER

5PM-7PM

CONTACT: NATASHA TO BOOK PLACE 02871 373870



(a) Sometimes Cooking for Families!



Join us for a festive and fun evening as local chef Laurent teams up with Family First **Hub** to help families learn how to create a delicious Christmas dinner!

- ₩ What to expect:
- Hands-on cooking with Chef Laurent
- Experience and taste all Christmas recipes
- A relaxed space to learn for parents, along with a Christmas film for the children.
 - Perfect for getting into the holiday spirit!

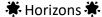
Date: December 10

Time: 5pm – 7pm









Everyone is welcome to attend our annual Christmas Fair at Ards Arena on Saturday 13th December 2025 from 1-4pm.

Our Ards and Castlereagh South Horizons groups have been working hard to organise this and create handmade gifts for their stalls along with some of our other youth groups from across the area.

We will have Santa's Grotto, local business stalls, music, crafts, treats and more! So come along and support our young people, who will be donating all proceeds to Assisi Animal Sanctuary and Simon Community NI. We look forward to seeing you there!











Surviving the Season:

Fussy Eating & Autism Made Easier

Join our session on fussy eating and autism, led by Dr Kirsty Porter a Children's Dietitian from Nutrition4kidsNl.

Discover practical strategies to help master fussy eating including mealtime challenges, sensory eating and food acceptance tips.

When: Wednesday 10th December

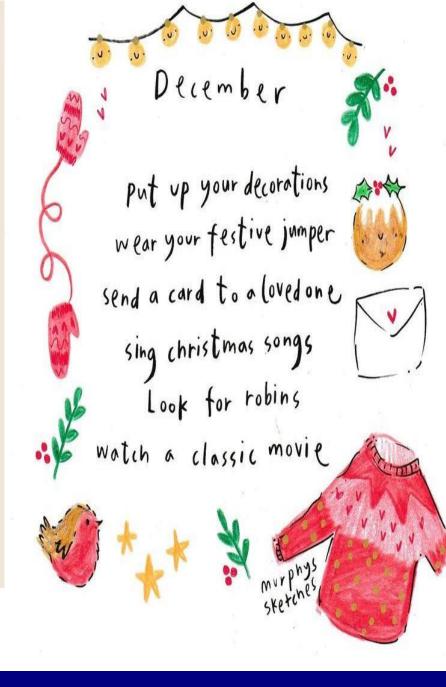
Time: 7-8.30pm, on Zoom

To book a place call free

0808 8020 400











Christmas Events

Free Festive Fun for Families in Libraries This December

Christmas is a magical time of year, but it can also be an expensive one for families. This December. libraries Northern Ireland are offering a welcomina warm. completely free way to enjoy the Families can drop in to enjoy festive season together.

With hundreds of events taking place Storytimes and seasonal crafts

to choir erformances, LEGO

You can view the full programme of events here and find your nearest library here.

Booking recommended

sessions and family fun days libraries are inviting children and families to step into the magic of Christmas without spending a penny. Every activity is free, and each library provides a cosy, friendly space to relax, play, create and enjoy time together.

festive fun, discover new books memories comfortable space that feels extra special at this time of year.





Connect with us www.librariesni.org.uk





Hints and tips for an inclusive Christmas



Christmas Hints and Tips

Christmas is a magical time of year filled with family celebrations and social occasions with friends, but for some autistic people and their families, Christmas can be challenging. Christmas time brings an increase in sensory experiences and social expectations that can be overwhelming.

Check out our helpful tips that may help you plan for the upcoming Christmas celebrations

https://autismni.org/.../visuals-socialstories/christmas





It's that time of year when days are more likely to be filled with changes and unusual events. You can use this calendar from Middletown Centre for Autism to clarify what is happening each day, especially when there is a change to the normal routine.

https://middletownautism.com/files/shares/Resources/Mon 1st Dec My Countdown to Christ mas Calendar.pdf





Mid and East Antrim Borough Council

Give your pre-loved toys a new home this Christmas!

Our Pre-Loved Toys Scheme is back for its 7th year! Drop off your clean, complete, and good-quality pre-loved toys at any of our Household Recycling Centres (HRCs) or leisure centres by 12 December 2025. Let's make Christmas brighter - one toy at a time Find out where you can donate your pre-loved toys here: https://orlo.uk/w3Q4c

Habitat ReStore Ballymena Habitat for Humanity Ireland

Donate preloved toys



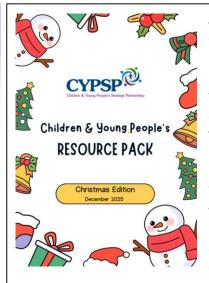
Derry City & Strabane District Council Let's Re-Play! Doing a clear out of pre-loved toys before the arrival of Santa?

Why not take them along to your local charity shop rather than the recycling centre. There's still lots of play left in them and they will give a child hours of fun and enjoyment.

②And by donating rather than binning, you're helping reduce waste and giving toys another chance at being played with.

Check out your local charity here https://pulse.ly/jexx6yic87





As Christmas draws near, we are excited to share the Christmas Edition of the Children and Young People's Resource Pack - packed with fun, creative, and seasonal activities to support children, young people, and families across Northern Ireland.

Whether you are a parent, carer, youth worker, teacher, or young person looking for something exciting to do on the run up to Christmas, this pack is bursting with:

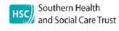
- Creative Crafts & Activities from doodling prompts to festive garlands
- Inclusive Resources neuro-friendly Santa letters and sensory-friendly tips
- Wellbeing & Kindness Calendars promoting mental health and positive actions
- Bereavement Support gentle ways to remember loved ones during the holidays

Download your free copy here:

https://cypsp.hscni.net/download/426/cyp-resource-pack/47234/children-young-peoples-resource-pack-christmas-dec-25.pdf

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

Resources and activities are free and in the public domain. Please share widely with colleagues, families, and community groups!



Quality Care - for you, with you

Evidence based PARENTING SUPPORT PROGRAMMES

Giving every child the best start / opportunity in life



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

www.cypsp.hscni.net/ebpp







PARENTS PLUS ADHD Programme - Limited places available

Parenting a child with ADHD can bring special challenges but with the right support parents can learn to overcome these challenges and help their children reach their full potential.

This 8 week evidence-based parenting programme addresses the needs of parents raising a child with an ADHD diagnosis, helping them manage behaviour and emotional problems.

Location: Armagh Business Centre 2 Loughgall Rd, Armagh, BT61 7NH

Start Date: Thurs 22nd Jan to Thurs 19th March 2026

Time: 10:30am-12:30pm.

Criteria: For parents with a child diagnosed with ADHD/awaiting an assessment, aged 6-11 years and who are resident in the Southern

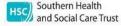
Trust area.

Call Gemma at Bolster Community to register on 028 3083 5764 or email gemma@bolstercommunity.org

Delivered bu:



Funded by:





PARENTS PLUS Early Years Programme

A practical and positive parenting course promoting confidence, learning and good behaviour in young children aged 1 to 6 years.

This programme is for <u>parents/carers of children 1-6 years with</u>
Special Needs/additional support needs, resident in the Armagh & Dungannon locality.

Time: Every Tues 9.45am-12.15pm x 6 weeks

Dates: 17th February-24th March 2026

Location: Barnardo's, Grange Building, Towerhill, ARMAGH

To apply: Call Caroline 07561024675 or

email caroline.williamson@barnardos.org.uk



Parents Plus is an Irish charity that develops practical, evidence-based parenting and mental health programmes. We crain professionals working with children and formities to deliver the programmes in communities and clinical settings. Our programmes support families to communicate effectively, build sacisfying relationships and overcome employed and behavioural mobilems.

www.parentsplus.ii



Parent and Carer Support Courses 🖺 🧸



We still have some places left on our upcoming parent/carer support courses, with topics like sleep, school related anxiety and supporting your young child with a learning disability all available. https://autismni.org/help-support/support-for- parents-carers/parents-carers-support-courses





Parent/Carer Support Courses



Topics include:

School-related anxiety Sleep Learning Disability

Book Now



PARENTS/CARERS

MY FAMILY MATTERS FOUNDATION LTD



PARENTLINE NI

A safe space for every parent, every step of the way!



Call us today on 0808 8020 400

How to Refer

Telephoning: 028 71 163 138

Website contact form Please visit https://myfamilymattersfoundation.co.uk

Please note, you can only refer if you meet the criteria below:



You are aged 18+ years



Both adults (parent/carer/ guardian/anyone with parental responsibilities) consent



You have no current/previous or pending convictions of a domestic abuse nature

familysupport NI.gov.uk

Helping You Find the Services You Need

Working parents, are you using formal childcare?

You could be eligible for help with your childcare costs.

Find out more at: www.familysupportni.gov.uk





BUILDING BETTER BOUNDARIES

- What every parent needs to know: linking children's stage of brain and emotional development to appropriate expectations of behaviour
- Growing together: a readiness for change & creating the conditions for change to
- Descriptive guidance and praise. Communicating clearly, being responsive to child's needs.
- Naming and showing empathy towards children's feelings
- Reacting and responding appropriately to children's behaviour
- Setting limits and Holding Poundaries.
- 7 C's of Respectful Parenting Wellbeing for parents / carers

5 Sessions

PARENT / CARER **FAMILY SUPPORT -**LIMAVADY & DUNGIVEN

FLOURISING FAMILIES

The course for parents and carers will look at healthy relationships. exploring why we make certain decisions. effective use of finances, setting boundaries and cyberpal internet safety for the whole family.



HENRY - (HEALTH. EXERCISE & **NUTRITION FOR THE REALLY YOUNG)**

The HENRY Programme aims to explicitly build family resilience through a strengths-based, solution-focused partnership approach that supports families to take control of their own lives, identify their own lifestyle goals and plan to achieve them in a way that will work for their family. Families are then able to make and sustain lifestyle changes, contributing to a healthier community culture.

8 Sessions



SureStart

SOLIHULL PARENTING APPROACH

- The Solihull Approach aims to Promote understanding of children's behaviour within the context of developmental issues
- Promote the development of parent/child relationship
- Increase confidence and self-esteem in both parents and children
- Give parents a strategy for repair when things go wrong
- Promote reflective, sensitive and effective parenting

6 Sessions

For more information contact Caroline 0'Kane on 028 7744 6317

Caroline.OKane@dryarchcentre.co.uk www.dryarchcentre.org



THE PARENTING PUZZLE

- This programme explores the following topics:
- Empathy and the 4 building blocks required for effective relationships
 - Appropriate expectations of behaviour and how to promote boundaries
 - Praise & Encouragement
 - Family Rewards And much more.

5 Sessions



COOK WITH CONFIDENCE

Each week parents/carers will learn how to make authentic meals to spice up their dinner plans. ingredients are provided and a facilitator is on-hand to guide everyone through the recipes step by step. And because it's interactive everyone can chat and cook together. Each block of sessions has a different theme (family meals, fakeaways, tastes of the world etc).

4 Sessions

CRAFT CIRCLE

Whether you're a seasoned pro or picking up needles for the first time, there's a place for you in the Craft Circle. Each gathering is a lively blend of laughter. camaraderie, and creativity, as members bond over their shared passion for yarn and thread. Peyond the joy of crafting together, the Craft Circle also serves as a hub for giving back to the community. Members often collaborate on charity projects such as yarnbombing for Stendhal or creating hats and blankets for newborns.





Parents Hub

Northern Ireland

Free Northern Ireland Parents Taster Packs













Getting support at an early stage Online work you can do at your own pace

Do you tend to over think things and see the bad before the good?

As a parent, do meltdowns from your children exhaust you?

Do you over criticize yourself with mistakes and put yourself down?

ASCERT and the South Eastern Health & Social Care Trust have created 3 on-line self-help resources with workbooks that can be downloaded and visual clips that guides the viewer through the workbooks at their own pace. They are all free.

Building our Children's Developing Brain for parents to help build their children's emotional regulation.





Self Compassion to Improve Wellbeing and Support Growth. https://www.ascert.biz/self-compassion





Bend Don't Break: Low intensity CBT based self-help to support resilience. https://www.ascert.biz/bend-dont-break/





IT'S OKAY IF DECEMBER MAKES YOU FEEL...



- ... FILLED WITH FESTIVE, WINTRY EXCITMENT. ... LONELY AND LONGING FOR CONNECTION.
- ... NOSTALGIC FOR DECEMBERS OF THE PAST.
- ... PROUD OF THE PROGRESS YOU'VE MADE.
- ... OVERWHELMED BY LENGTHY TO-DO LISTS.
- ... MOTIVATED TO GIVE TO THOSE IN NEED.
- ... HEARTBROKEN BY SEASONAL REMINDERS.
- ... FRUSTRATED BY A LACK OF ASSISTANCE.
- ... EAGER TO MAKE NEW FUN MEMORIES.
- ... SURPRISED BY UNEXPECTED FEELINGS.
- ... GUILTY FOR FEELING JOY IN HARD TIMES.
- ... COMFORTED BY SHORTER, DARKER DAYS.
- ... ENVIOUS OF OTHERS' FUN CELEBRATIONS.
- ... INSPIRED TO MAKE POSITIVE CHANGES.
- ... EXCITED ABOUT THE ARRIVAL OF WINTER.
- ... VULNERABLE AND EMOTIONALLY FRAGILE.
- ... HOPEFUL FOR THE UPCOMING NEW YEAR.

NSPCC



Free training to help

keep children safe

Sign up now and learn how to play your part

It's up to all of us to keep children safe. That's why we're encouraging every adult in the UK to Listen up, Speak up.

When we all listen up and speak up for the people around us, we can make sure that children always come first. It might mean stepping in to help juggle childcare, providing a listening ear to a struggling teen, or calling the NSPCC Helpline if you think a child is at risk.

Our Listen up, Speak up training will show:

- · the signs a child might be at risk. and steps you can take to help
- · how to approach difficult conversations to help keep children safe

There are two ways to get involved:

1. Host a workshop

We can deliver an hour-long workshop at your workplace, school, club or community group. These are completely free of charge and will be delivered from February 2024 onwards. Anyone aged 18+ is welcome to attend.

To book a workshop, please contact northernirelandcampaigns@nspcc.org.

2. Sign up to our 10-minute digital training

Visit our Listen up, Speak up page to find out more: nspcc.org.uk/speakup



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

A registered charity

Talk it through We're here to listen Call free day or night on 116 123 Email

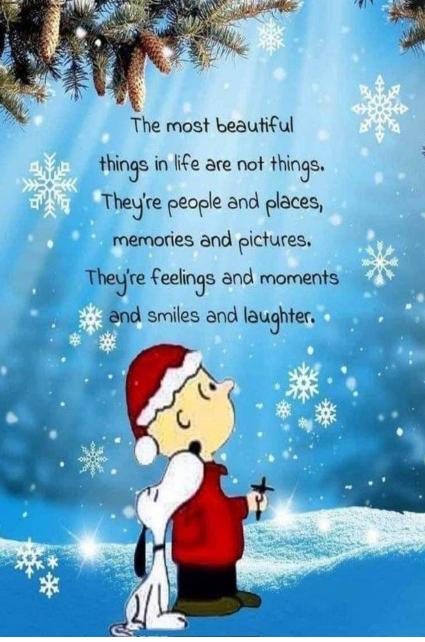
jo@samaritans.org

samaritans.org

SAMARITANS











December 2025 Workshops



Dec 5 th	10:30AM -11.30AM Social Smarts Helping Your Child Build Meaningful Connections	SCAN ME
Dec 9 th	10:00AM -11.30AM Thinking Outside the Box: How Different Brains Grow & Learn	SCAN ME
Dec 11 th	7:30PM -9.00PM Thinking Outside the Box: How Different Brains Grow & Learn	SCAN ME
Dec 12 th	10:30AM -11.30AM Sensory SOS: Practical Strategies for Kids Who Feel Everything	SCAN ME
Dec 16 th	10:30AM -12.00PM Thinking Outside the Box: How Different Brains Grow & Learn	SCAN ME



Thinking outside the box

How Different Brains Learn & Grow

Raising a child who learns differently brings both joys and challenges. This workshop helps parents understand how children's brains grow and adapt, with simple strategies to support learning at home.

Whether your child has a diagnosis, is waiting, or you're just beginning to wonder, this session offers knowledge, confidence, and practical strategies you can use straight away.

In this workshop you can expect:

- Parent-friendly information on how children's brains learn
- Everyday strategies to support your child
- A focus on strengths as well as challenges



Free Workshop For Parents and Caregivers

Event Details:

- 9TH DECEMBER 2025
- 10:00AM 11:30PM
- Glenwood Business Centre, 57-60 Springbank Place, Springbank Industrial Estate, BT17



SCAN HERE





A project supported by the PEACEPLUS Programme, managed by the Special EU Programmes Body (SEUPB).* Delivered by Archways as part of The Changing Lives Initiative: Flourish & Thrive



SAMARITANS

Call free on 116 123

We're here to listen 24/7





YOU COULD BE A LIFESAVER

Organ donation law has changed to help save more lives.

The organ donation system has become an opt-out system. 'Dáíthí's Law' means that in the event that organ donation is a possibility after you die, unless you choose to opt out, or are in an excluded group*, you will be considered as a potential organ donor.



Learn more or register your decision at: organdonationni.info or call 0300 123 23 23



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







For FREE confidential advice and treatment ask your pharmacist FIRST

- Acne
- Athlete's foot
- DiarrhoeaEar Wax
- Ear WaxGroin area infection



- Haemorrhoids
- O Head lice
- Mouth UlcersOral Thrush
- ThreadwormsVaginal Thrush
- Verrucae

Scables

For everyday health conditions including Emergency Hormonal Contraception, Urinary Tract Infection (UTI) and sore throat please visit your local Community Pharmacy. More info on Pharmacy First services https://bit.ly/PharmacyFirstNI More info about Community Pharmacy services visit https://bit.ly/CommPharmacistsInfo...





UNDERSTANDING YOUR CHILD

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'

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'



The Solihull page on the CYPSP website has been updated to include all the latest free training available for parents/carers and a new section at the bottom of the page for free training for professionals – please share widely https://cypsp.hscni.net/free-online-parent-trainingsolihull/

Youth Wellness Web Teacher's Zone

Bereavement

NHS



Lducation Authority - Staff training

Critical Incident/Emotional Health & Wellbeing Service 2023-24



Cruse Bereavement Support NI

Helpful resources for parents/guardians and professionals supporting bereaved children and young people



Child Bereavement UK | Education Sector

Child Bereavement UK's mission is to ensure the accessibility of high-quality child bereavement support and information.



Bereaved NI website

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



Bereavement and Pupils with SEND

All children and young people, regardless of their circumstances, have a right to have their grief recognised, hear the truth and to be given opportunities to express their feelings and emotions. It is often assumed that young people with learning difficulties need protection from death and dying, or that they do not have the capacity to understand. However, it is important not to underestimate a pupil's ability to cope with difficult life events



Every Mind Matters Public Health School Zone

Helping you teach PSHE, RHE and RSHE to Upper KS2, KS3 and KS4 students, with flexible, FREE ready-to-use content, videos and lesson plans co-created with teachers, and young people.



CEA Preparing for exams

- This guide aims to help answer your guestions and provide you with advice and tips on:
- · looking after your mental health and wellbeing; and
- · knowing and understanding exam guidelines



Navigating exam season resources - Place2Be

We've created three tipsheets to help young people, schools and families navigate exam season, with tips and practical advice on managing exam stress.



EBSA Guide | Emotionally Based School Avoidance - How to help children back into school

Educational psychology experts at the Carnegie Centre of Excellence for Mental Health in Schools have developed a guide for teachers and school leaders to address emotionally based school avoidance (EBSA)



Solihull Approach- Teachers Make A Difference

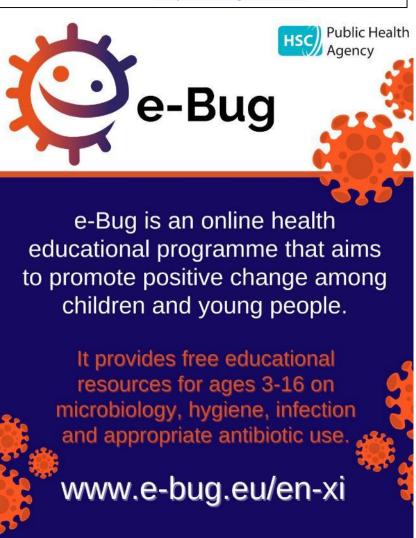
he Solihull Approach offers a transformative way of thinking about emotional regulation, nurturing, wellbeing and behaviour



PHA launches e-Bug a free, online educational science resource for teachers.

e-Bug brings the world of microbes and antibiotics to life for children in the school environment.

To find out more see http://e-bug.eu/en-xi



Autism Awareness

Training for practitioners

Tuesday 27th Jan 2026 2-4.30pm Online

Closing Date
Tuesday 13th Jan 2026







Join the Autism Services team online for an awareness session aimed at professionals working with a child or working with a parent of a child who has:

- A confirmed diagnosis
- Waiting on an assessment or
- Concerns that their child may be on the spectrum

The session aims to provide you with an increased understanding of:

- How children and young people with autism perceive the world
- How children and young people with autism think and learn
- How to use children's and young people's strengths to help them reach their potential
- The reasons behind the difficulties faced by children and young people with autism in learning, social interaction and communication
- Applying strategies when teaching, supporting and interacting with children and young people with autism.

To Apply Click here: https://forms.office.com/e/zC3t0ZyiYy





Healthy Start Prepaid Card

With Healthy Start, you could receive money towards the cost of fresh, frozen and tinned healthy essentials. If you're pregnant, or have a child under the age of 4, you could be eligible. Find out in as little as 5 minutes: https://www.healthystart.nhs.uk/how-to-apply/



What can I buy with my NHS Healthy Start prepaid card?



BABY and U

Baby and U – Your Pregnancy Journey

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















WELCOME TO THE WORLD"

- Develops parents' understanding of their baby. Infant brain development.
- Breast-Feeding.
 - Infant care.
- Parent's emotional health and well-being. Communication between parents and their relationship as a couple.

HYPNOBIRTHING

- Deep Preathing
- Relaxation Techniques Conversations you can have with your midwife
- Pirth partner support



BUILDING HAPPY BABIES

Gentle stretches and breathing exercises to help Building Happy Babies is a one-off workshop keep you comfortable during pregnancy and prepare designed to help parents and caregivers for hirth understand the incredible development of a Focusing on pregnancy wellness & mindulness baby's brain in the first 1001 days of life. This

session explores the importance of infant mental health, highlighting how early experiences shape emotional well-being and

- future development. Key topics include: What infant mental health is and why it
- matters The role of strong attachments in
- emotional growth Mow to build a secure foundation for lifelong well-being
- Supporting parental mental health and self-care
- Available programs and services for guidance and support Join us to gain valuable insights, practical tips. and resources to help nurture a happy, healthy start for your baby.

SOLID START WEANING

Preparing parents for the weaning process:

When and how to start First Foods

Finger Foods Family Meals **Baby Led Weaning**

BLOSSOM & BOND PARENT & BABY

GROUP

Through interactive sessions, parents and non

nobile babies come together to share experiences

laughter, and advice. Facilitated by experienced

caregivers, these gatherings foster friendships

that can last a lifetime, creating a network of

support that extends beyond the programme.

BABY PEEP

The PEEP Learning Together programme supports

parents to make the most of everyday learning

opportunities - listening, talking, playing, singing,

sharing stories and books.

PEEP's Focus is on babies & children learning

alongside their parents/carers.



BUSY BABIES SENSORY PLAY

Mobile babies can explore a range of sensory play

activities at these engaging social social sessions



ANTENATAL / POSTNATAL FAMILY SUPPORT -LIMAVADY & DUNGIVEN







Our Preastfeeding Support Group is suitable fo antenatal, new and experienced breastfeeding parents Led by a trained faciliator, these programmes allow parents to share experience and gather information and support about feeding

INFANT MASSAGE

PREASTFEEDING SUPPORT

Infant Maccage improves circulation, relieves teething discomfort, stimulates weight gain strengthens muscle tone, and sparks brain development

For more information contact Caroline O'Kane on 028 7744 6317

Caroline.OKane@dryarchcentre.co.uk

www.dryarchcentre.org

REWIND / CRT

The Rewind technique is a therapeutic approach particularly helpful for trauma, phobias, and anxiety. which utilizes relaxation and guided imagery to reprocess traumatic memories. It works by helping individuals access and re-record their traumatic memories in a way that reduces the emotional charge associated with them. This is achieved by guiding the individual to revisit the traumatic event while in a safe and relaxed state, often visualizing it through a "television screen" in their mind, creating emotional distance.

Cognitive behavioural therapy (CBT) is a talking therapy that can help you manage your problems by changing the way you think and behave.

CPT aims to help you deal with overwhelming problems in a more positive way by breaking them down into smaller parts. You're shown how to change these negative Herns to improve the way you feel. Unlike some other talking treatments. CPI deals with your current oblems, rather than focusing on issues from your past. It looks for practical ways to improve your state of mind on a daily basis.





TINY TACKLERS FOOTBALL FUN

Tiny Tacklers is an engaging and dynamic 4 week football programme specifically designed for children aged 18 months to 3 years. The programme introduces young children to the basics of football in a playful and supportive environment, fostering a love for the sport from an early age.

- Development Focus: Emphasizes motor skills development, coordination, balance, and social interaction
- Fun-Filled Sessions: Sessions are packed with fun games and activities that keep the children entertained while they learn
- Parental Involvement: Encourages parents to participate in sessions, enhancing the bonding experience and supporting the child's learning Journey.
- Safe Environment: All activities are conducted in a safe, welcoming, and child-friendly environment

SURE START DEVELOPMENTAL

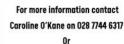
PROGRAMME FOR 2-3 YEAR OLDS /

READY STEADY PRESCHOOL

Our Sure Start Developmental Programme is designed for children aged two to three years, preparing them for preschool, This initiative, coordinated by The Health & Social Care Poard and supported by the Department of Education, emphasizes the importance of play in Fostering self-regulation, language development. cognition, and social skills.

- Programme Penefits: Physical Development: Opportunities to enhance physical skills and enjoy outdoor activities.
- Cognitive Growth: Activities that help children understand their world, develop problem-solving abilities, and practice emergent skills.
- · Social Interaction: Encourages children to interact with others and build social competence.
- Emotional Expression: Provides a safe space for
- children to express and manage their emotions. Symbolic Play: Activities that promote symbolic

thinking and creativity. Our monthly Stay and Play sessions are a highlight. offering parents and children the chance to learn and grow together through interactive play.



STAY & PLAY WITH ME

Stay and Play with Me is an enriching

programme designed for parents, babies, and

young children to explore the world

together through hands-on play and learning

activities. Our sessions provide a unique

opportunity for parents to actively engage

with their children, fostering a deeper bond

while supporting their developmental

Interactive Play Sessions: Engaging

activities designed for parents and

children to enjoy together.

Developmental Focus: Activities

tailored to support sensory exploration

and developmental milestones.

Expert Tips: Access to a wealth of ideas

and tips that you and your child can try

at home, extending the benefits of our

sessions beyond the programme.

Caroline.OKane@dryarchcentre.co.uk



LEARNING & DEVELOPMENT

FAMILY SUPPORT -LIMAVADY & DUNGIVEN



STAY & SING WITH ME

Stay and Sing with Me is a vibrant programme that invites parents and children to bond over the joy of singing, rhyming, and moving together. Our weekly sessions are designed to create a fun and interactive environment where children can express themselves through music and movement, while parents join in the fun and learning.

- Engaging the Censes: Cinging and dancing stimulate a child's auditory, visual, and kinesthetic senses, hiding in comprehensive learning and development.
- Physical Coordination: Movement activities help children develop their motor skills, balance, and coordination.
- Language Development: Singing and rhyming enhance vocabulary, phonemic awareness, and language skills

MINI MOVERS / LITTLE STEPS

SureStart

Mini Movers / Little Steps is an exciting four-week physical play programme designed for parents and their toddlers aged 18 months to 3 years. Join us as we explore a variety of fun and engaging ways to move your body together, including running, jumping. crawling, and balancing. Each session is crafted to promote physical development, coordination, and a love for active play in a supportive and joyful environment.

SURVIVING AND THRIVING IN THE TODDLER YEARS

Bathroom Breakthroughs - Smoother potty training Sweet Dreams Sleep Success - Calmer bedtime

Digital Palance for Developing Prains - Healthy screen-time habits

From Fuss to Fun - Happier, hassle-free mealtimes

THE POWER OF PLAY

The Power of Play is a dynamic four-week programme designed for parents and their children aged 1 to 3 years. Each week, we focus on a different type of play, offering a variety of activities that engage your child's imagination and development. These sessions provide a wonderful opportunity for parents to actively participate in their child's playtime, creating lasting memories and fostering a strong bond. Weekly Play themes include the following: Messy Play: Dive into the fun of messy play, where children can explore different textures and

materials. Role Play: Encourage your child's imagination with role play activities. Whether they're pretending to be a chef. a doctor, or a superhero, role play helps develop social skills, language, and creativity

Physical Play: Get moving with physical play sessions that focus on motor skills, balance, and coordination From obstacle courses to ball games, these activities promote physical development and healthy movement. Sensory Play: Engage all the senses with sensory play activities that stimulate touch, sight, sound, taste, and small. These experiences are crucial for brain development and help children make sense of the world around them.







Through play and interaction, babies and children learn about the world around them. Join in with your child as they play, follow their lead and let them explore what they want. As you play together, talk to your child about what they are doing or seeing, and know that you are helping to build their understanding and talking skills!

Top tips for all children:

With young babies, nursery rhymes, Peekaboo and tickles are all great for skin-to-skin contact, bonding and having fun together. "This little Piggy" and "Round and Round the Garden" are particularly good with babies because they involve gentle loving touch.



- Once your little one is familiar with these songs, watch how they communicate with you they may smile, laugh or wriggle when you start the song because they are already anticipating the tickles at the end!
- Have a tea party with your child's favourite dolly or teddy: this is great for imaginary play, social skills and language development. When playing with your child, use simple phrases to talk about what your child is doing e.g. "you're drinking tea" "Teddy is eating a sandwich"
- Play I Spy games on walks: this helps keep them entertained whilst out walking, helps practice turn-taking, and also gets children thinking about all the different characteristics of objects they can see e.g. colour, size, shape



- Take time to chat to your child about events during their day: this will encourage them to use their memory and use the past tense. Ask simple questions e.g. "what did you see at the park today?" Get the whole family involved and ask simple questions to help your child expand their words.
- Talk to your child when getting dressed: this helps them practise following simple instructions and also helps
 them to understand and learn words for different body parts and items of clothing. Letting children choose
 what they want to wear can help them make choices and express preferences.
- Practise washing up with your little one by using child-friendly cutlery, plates and pots.
 Bring in new action words such as washing, scrubbing, and cleaning. Use simple phrases to talk through what you are doing, for example, "Daddy is scrubbing the plate".

Remember to have regular times throughout the day when you turn off the television and put away your phone this makes it easier for babies and children to listen and learn.

Watch our message of the month video below:

December video clip - watch here

Email: helpkidstalk@resurgamtrust.co.uk

Phone: 028 92 670755 option 6

Visit our website:

https://www.helpkidstalk.co.uk

Fun games to help development and bonding -BBC Tiny Happy People

Check out the Help of State Facebook or Instagram pages fc or acvice and tips this month!

SureStart

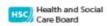


Partnership working is at the root of what makes Sure Start work

#SureStartWorks













CHILDCAREPARTNERSHIPS.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.



inourplace 🕯

NHS

Understanding your child: from toddler to teenager

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

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

Designed by clinical psychologists in partnership with practitioners and parents

Residents of NORTHERN IRELAND









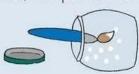
Make a glitter-free snow globe





Traditionally, glitter is made up of shiny microplastics that are really damaging to the environment and animals, especially in our seas. Try this glitter-free snow globe for an eco-friendly alternative!

Paint tiny white dots on the inside of your jar to imitate snow, then put aside to dry.



On the inside of your jar lid, glue down scrunched-up tissue paper or cotton wool to look like snow, or try dried moss for a natural look.





(3) Glue your decorations on top of the 'snow' or moss. This is where you can get creative!



Screw your lid back onto the jar, and turn upside down to create a snow globe decoration!











Pine cones

Acorns



Holly leaves



Make a pine cone Christmas tree Watch





www.wildlifewatch.org.uk - For more activity ideas







Sexuality Education for 15-16 Year Olds

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

Healthy relationships

Sexual & reproductive health

The human body & development

Violence and staying safe

Sexuality & sexual behaviour

Skills for health & wellbeing

Values, rights, culture & sexuality

Understanding Gender

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

For more information please contact office@relateni.org.



Relate NI







Northern Ireland C-Card Scheme

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

Find your local provider at:





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



 \mathbf{C}

The internet, relationships & you

Advice from CEOP Education at the National Crime Agency





YOUTH SUPPORT - LIMAVADY & DUNGIVEN



A Youth Mentor helps you believe in yourself, hold on to hope, make sense of your world, and see your future more clearly whei it feels clouded and uncertain. Young people often feel alone, even in our busy world. They might struggle in school, get into conflicts, or cause trouble. In reality, they just want to share what they're going through, but often keep it bottled up to avoid burdening their parents.

Our Dry Arch Youth Mentors work with young people in a caring and sensitive manner, helping them explore their feelings and supporting them through tough times. Our mentors assist with:

High anxiety & coping skills

ADULTING 101

Introducing Adulting 101, a comprehensive programme

designed to equip our young people with the skills they

need to navigate adulthood with confidence.

and developing essential life skills. Adulting 101 is your

go-to resource for preparing for the challenges and

opportunities of adult life.

Programme Overview:

Delivered in partnership with North West Regional

College, Limavady Men's Shed and Shane Mulgrew, our

programme covers a wide range of topics to ensure

young people are well-prepared for adulthood:

REFLECTIONS - SUPPORTING THE

EVAWAG JOURNEY

Empowering Programme rooted in the

EVAWAG (Ending Violence Against Women &

Girls) philosophy, designed to help girls and

young women navigate the complex world of

emotions and personal growth

Aimed at Fostering independence, building relationships,

Self-esteem & confidence Identity

Peer pressure & belonging Exam pressure

Planning for their future Bullying

Relationship and life skills

Family issues

Digital safety

You can complete a request for support by filling out our referral form at www.dryarchcentre.org and we will get back to you.



CREATIVITY WORKSHOPS - LEGO

OR ARTS BASED A carefully crafted Arts or Lego-based workshop where young people can engage freely in activities that spark creativity. This environment is safe, secure, and relaxed. allowing children and young people to express and release their issues and concerns through a creative process.

INSIDE OUT EMOTIONAL RESILIENCE

Our dynamic and engaging psycho-educational and therapeutic group for Key Stage 2 children is inspired by the colorful emotions of the film Inside Out.

This interactive program uses movement and activities to help children understand and express their feelings in a fun and supportive environment. Through engaging sessions, they will develop practical self-help strategies. confidence-building techniques, and selfsoothing methods to manage and regulate big emotions affectively

FOOD FOR THOUGHT

Join our 4-week Parent and Child Cooking Programme, designed to strengthen bonds and enhance relationships. Created by the Dry Arch Centre, this attachment-based programme supports parents in connecting with the I-Generation of children and young people. Through cooking together, you'll learn practical strategies for fostering respectful, healthy, and happy family dynamics. Our no-nonsense approach

addresses the challenges of parenting teens while understanding their perspective. Gain valuable insights and tools to navigate the complexities of modern parenting and build a more harmonious family life.

BEYOND BANTER - SUPPORTING THE EVAWAG JOURNEY

Empowering Programme rooted in the EVAWAG (Ending Violence Against Women & Girls) philosophy.

Creating a safe space for boys and young men to examine violence, including violence against women, the "bystander role" and male "banter"

TICKED OFF

Our interactive and fun-based programme is tailored for Key Stage 3 children. focusing on understanding and managing emotions and feelings. This programme teaches that emotions and feelings are a natural part of who we are.

Throughout the sessions, a variety of therapeutic exercises are used to connect participants with each other and regulate their bodies and senses, preparing them to absorb the teachings effectively. Designed

to be engaging and enjoyable, this programme offers valuable insights and skills in a way that resonates with young people in this age group.

YOUTH SUPPORT -LIMAVADY & DUNGIVEN



STRENGTH 2 STRENGTH WITH EXTERN

Strength 2 Strength is a community-based programme which utilises a strength based approach to address the needs of vulnerable children aged 8-13 years and their families who may be experiencing difficulties at home in school and in the community. Tailor made programmes include: Individual and group

- Activity sessions and day trips
- Residential overnights Care/career support
- Promoting involvement in positive activities in the community



INCTRL - IN PARTNERSHIP WITH

NSPCC

InCtrl is a service that is designed to help keep children aged 9- to 13-years-old safe online to prevent technology-assisted child sexual abuse TA-CSA). We support children and young people to build digital resilience by helping them recognise the risks they encounter online, promoting their emotional wellbeing and strengthening the supports around them.

The programme is tailored to the individual needs of children and young people. We encourage parents and carers to get involved in the work we do so that we can help them support and protect their child from technology-assisted child sexual

EMOTIONALLLY-BASED SCHOOL NON ATTENDANCE PROGRAMME FOR PARENTS AND CHILDEN

Join us in a safe space where every child is heard, every parent is supported, and small steps lead to meaningful change.

For more information contact Donna O'Kane on 028 7744 6317

Donna.OKane@dryarchcentre.co.uk www.dryarchcentre.org

TEENAGE ACTION GROUP (TAG)

Discover a dynamic space where young people can freely express themselves through a range of engaging activities. Our programme includes cooking, baking, board games, group projects, and outdoor adventures designed to ignite creativity and foster growth. Youth-led initiatives empower participants to take ownership and develop leadership skills in a safe and supportive environment. Whether addressing challenges big or small, teens learn to approach issues positively and constructively.

Throughout the programme, participants build confidence, cultivate healthy relationships. and strengthen teamwork abilities. Join us to explore new interests, forge lasting friendships, and evolve as a leader in our vibrant community.

PHYSICAL ACTIVITY

Our Physical Activity Programmes are designed to provide young people with a healthy outlet for expressing their emotions, building resilience, and enhancing their overall wellbeing. In partnership with local gyms and experienced trainers, we offer a range of activities tailored to meet the diverse needs of our youth.

HOPEFUL MINDS

Tested and approved by teens, the 'Hopeful Minds for Teens' programme introduces the Five Keys to SHINE HopeTM:

- Stress Skills Happiness Habits
- Inspired Actions
- Nourishing Networks
 - Eliminating Challenges.

MIND MATTERS

Our programme focuses on developing skills that foster resilience and instill hope. Through practical, hands-on activities grounded in current neuroscience and psychology. participants learn methods to manage their emotions effectively, enhancing their ability to overcome challenges and strengthen relationships.

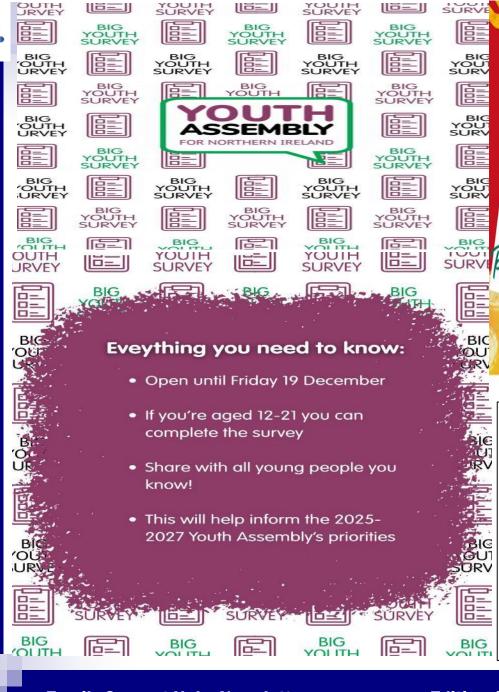
Participants are guided in addressing their physical, emotional, relational, and mental health, promoting overall well-being. Specifically designed for young people who have experienced trauma, the programme explores Adverse Childhood Experiences (ACEs) and their impact, helping participants understand and navigate their feelings and experiences. We are committed to supporting young people in building a foundation of resilience and hope for a brighter future.













At Christmas we're often surrounded by so much delicious food and drink...festive fries, boxes of chocolates and cheeseboards galore! You can absolutely still enjoy the festive period without overdoing it.

Find out top tips from our Public Health Dietitians in this short video.

Scan the QR code or click the link to watch:

https://youtu.be/u 8Upqynyq4?si=EZQekFLF1Q o kFZM









For teenagers

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

- Understanding your brain development and what this
- Understanding your feelings, your mental health.

Residents of NORTHERN IRELAND





Use Access Code

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



Help and advice for young people

New website for young people with local and national resources for topics like:

- Anxiety and Depression Drugs and Alcohol
- Gender and Sex
- Staying Safe Online Education & Employment
- Eating Bullying Problems at Home



app.heeadsss.uk



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





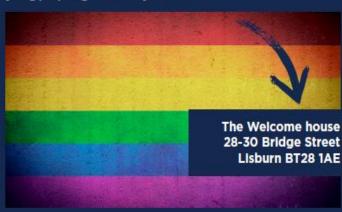


Perfectly Prideful

LGBTQIA+ & Allies Youth Group

Are you looking somewhere to be yourself, have fun and engage with like minded others?

Perfectly Prideful is a Safe, Supportive and inclusive Space for young people aged 13 to 18 years old.





Support services available through the Resurgam d support service eople aged 8-24

The Connected Minds Empowering Youth project – a mentoring and support service for children, and young people aged 8-24 years old in Lisburn.

We provide

- 1-1 Support for emotional health and wellbeing issues.
- Support for parents and family members.
- Connect to and develop services to directly address the issues of emotional health and wellbeing.
- Listen and respond meaningfully to the voices of children, and young people.

Contact

connectedmindsyc@resurgamtrust.co.u 028 9267 0755 (option 6)

Connected Minds Youth Committee

This committee is for young people aged 14-24 years who are passionate about raising awareness and positive change around mental health within our community. The group aims to inspire, motivate, and empower young people, make positive changes within our local area. We are also grant makers where local groups can apply for funding to deliver mental health activities for children, and young people.

Contact:

connectedmindsyc@resurgamtrust.co.uk 028 9267 0755 (option 6)

Resurgam Healthy Living Centre

We provide free advice, support, information, and programmes to help you with your health and wellbeing needs.

Programmes include:

- Living with pain and self-management
- Healthy eating and practical cooking for the whole family
- · Stop smoking support
- · Mental health and wellbeing
- Information in a wide range of conditions including local support/ services.

Contact:

healthylivingcentre@resurgamtrust.co.uk

028 9252 8233

Resurgam Youth Initiative

We provide youth services for children and young people aged 5-25 years old. We have centres in Hilhall, Old Warren, Ballymacash, Hilden, and the Maze. We deliver programmes on health, education, youth voice and participation, equality, and diversity. We are an OCN accredited centre, and we offer a range of OCN training options for young people.

Contact:

Francie.ferris@resurgamtrust.co.uk 07895 757720

> Scan the QR code to access all help line support available in Northern Ireland















NEURODIVERSITY CHAMPION LIMAVADY / DUNGIVEN

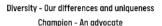


Meet Colleen - Our Neurodiversity Champion

Hello, I'm Colleen, and I've been proudly serving as the Neurodiversity Champion since January 2023.

Here's how I like to explain my role:







Neurodiversity embraces the idea that everyone experiences and interacts with the world in their own unique way. There is no single 'right' way to think, learn, or behave. Importantly, differences are not deficits. While many people follow a more common pattern of brain function and learning, known as being Neurotypical, others experience the world differently – and that's where my role comes in.

As a Neurodiversity Champion, I advocate for children and young people who see and experience the world through a different lens.

I collaborate with parents and schools to identify and implement environmental accommodations that help Neurodiverse children not only cope but thrive, both at home and in the classroom.

If you'd like to learn more or have any questions, feel free to reach out to me at Colleen.OHara@dryarchcentre.co.uk .

NEURODIVERSITY INFORMATION SESSIONS

Join us for engaging Neurodiversity Information Sessions designed to foster understanding and inclusion for all. These sessions provide insights into key areas of neurodivergent experiences, including:

- Sensory Processing: Explore how individuals
 perceive and respond to sensory input, and
 learn strategies to support diverse sensory
 needs in daily environments.
- Executive function: Gain a deeper understanding of cognitive processes along with tools to enhance flexibility and reduce stress within the home environment.
- Visuals and Transitions: Discover the importance of visual supports and structured transitions in creating clarity and comfort for neurodivergent individuals navigating change.

These sessions are ideal for educators, caregivers, and anyone interested in building a more inclusive world. Come away with practical tools, empathetic insights, and a renewed commitment to celebrating neurodiversity.

Let's make every environment a space where everyone can thrive!

READY STEADY SHINE - STAY AND PLAY SESSIONS

aimed at supporting children with additional needs, this programme conveys simple narratives using a mixture of sensory experiences. Each step of the programme is accompanied by a sensory activity to interest and delight your child's senses so where appropriate, touch, smell, sounds, taste and

visual stimuli.

INSIDE OUT EMOTIONAL RESILIENCE

Our dynamic and engaging psycho-educational and therapeutic group for Key Stage 2 children is inspired by the colorful emotions of the film Inside Out

This interactive program uses movement and activities to help children understand and express their feelings in a four and supportive environment. Through engaging sessions, they will develop practical self-help strategies, confidence-building techniques, and self-soothing methods to manage and regulate big emotions effectively.

CONNECTED PARENTS COFFEE

MORNINGS

These coffee mornings offer parents / carers of neurodiverse children & young people an opportunity to connect with other, to access support, and to share and receive information.

SENSORY SANTA

Christmas Event tailored for neurodivergent families







YOUR JOURNEY THROUGH DISABILITY

For Parents by Parents

Download at: - https://tinyurl.com/YourJourneyGuide

A Guide to help YOU on your journey through disability/ additional needs



WHY WE WANT TO HELP YOU ON YOUR JOURNEY

Parents have worked closely with statutory, community and voluntary services to develop this resource as an easy read guide for YOU, to help signpost you to information, advice and support that you as a parent may need on learning your child has additional needs/a disability. This guide was devised to be a source of help available when it's needed, at whatever stage of your journey.

This guide includes information on support services and counselling available along with lots of tips and advice. We hope you can dip in and out of this guide, to source whatever information and support you may need







Family Fund provide grants to families raising disabled or seriously ill children.

You can apply to Family Fund now for items like clothing, kitchen appliances, furniture, technology items, or even a family break. Find out more about our grant programmes online, and apply today: https://www.familyfund.org.uk/grants/schemes



Residents of NORTHERN IRELAND

In paid partnership with:

Public Health
Agency



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

NIFAMILIES



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



The Together Project



Supporting families of disabled children from 0-12 years with complex needs across Northern Ireland, including those with deafblindness.

Activities include:

Family Fun Days

Early Intervention (0-5 yrs)

Stay & Play sessions

Home visits

Sibling activities



All activities are free and designed to help families connect and create positive memories

If you are interested in being involved, please contact:

Amanda.Johnston@sense.org.uk

Belfasthub@sense.org.uk

Telephone: 02890833430





aine.donnelly@sense.org.uk

CRISIS CAFE NEWRY

Talking Autism - Parents and Carers Peer Support Group.

This group was set up by parents and continues to be facilitated by parents. They meet on the second Tuesday of each month at Crisis Cafe from 7-8.30pm. New members always welcome.

Parents and Carers Autism Peer Support Group aims to create a supportive and understanding community for parents and carers of autistic children and young people. (A diagnosis is not necessary).

For further information DM page or just come along. Anne Small Carla Quinn Clare McLoughlin Grace Clarke

For parents and carers



Ask Questions

Understand

T alk to a Friend

I nclude

Show Support

Make a Difference

2nd Tuesday of each month

River House 41 The Mall Newry TALKING AUTISM PEER SUPPORT GROUP



Autism Awareness Card

Telephone:

028 9040 1729 (Option 1)



I am Autistic

Important information on reverse









www.autismni.org

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

Become an autism inclusive school



Receive training and expert guidance to support neurodivergent students in the classroom



Nursery, Primary, Secondary & tailored options available



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



Become a member!

Why?.



- ✓ Carer Discount
- ✓ Family Fun Days
- ✓ Parent Training
- ✓ Parent Support Groups
- Helpline 028 9040 1729 (Option 1)

So many

Access to up-to-date information and services













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.



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/

Scan QR code



Call LIFELINE on: 0808 808 8000

> Text Shout: 852558

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

SUICIDE

HOPELINE247



HOPELINE247 | Papyrus UK |

Suicide Prevention Charity

Are you having thoughts of suicide or are concerned for someone who feels suicidal? Then contact HOPELINE247 for free confidential support on 0800 068 4141.

Crisis Cafe

LGBTQ+ peer support group for young people 13-17yrs Wednesdays 4-5pm (upstairs room). Everyone Welcome #peersupport #socialcafe #lgbtq #youngpeople #support #community #newry



Crisis Cafe

LEBTOS SUPPORT GROUP

WEDNESDAYS 4-5pm



Where to find mental health support online and on the phone







Social media can be fun and a great way to find out what your friends and family are up to. But sometimes it can be overwhelming, especially when you're dealing with difficult emotions. It's OK to exit social media or take a break. Read more tips: http://ow.ly/jmcK50PQH14



CRISIS DROP IN CAFE NEWRY

ARE YOU AGED 12-18?

FEELING DOWN, OVERWHELMED
OR ANXIOUS?

CALL IN AND

MONDAYS 3.30-7PM RIVER HOUSE 4) THE MALL NEWRY 07703466075

eating disorder myths debunked

you can be any weight and the main tell of an eating have an eating disorder disorder is being underweight eating disorders have the eating disorders aren't highest mortality rate on any that serious psychiatric disorder eating disorders affect eating disorders are a people of all genders woman's illness eating disorders generally eating disorders in teens begin in adolescence and it are just a "phase" needs to be taken seriously @crazyheadcomics x @counsellingwithalix

SOMETIMES
YOU JUST
NEED TO
TAKE A BREAK

(AND THATS OK)

shout 85258

Shout Crisis Textline

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

TEXT SHOUT TO 85258



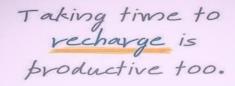
Victim Support NI

We offer long-term creative arts therapy to young people aged 8-21 living in the Northern Health & Social Care Trust area through our Phoenix Youth project. It's available to young people suffering the effects of trauma. Find out more here: https://bit.ly/3JxcU4A













2025 Kindness December

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

Spread kindness and share the December calendar with

others

- Contact someone you can't be with to see how they are
- Offer to help someone who is facing difficulties at the moment
- Support a charity, cause or campaign you really care about
- Give a gift to someone who is homeless or feeling lonely
- Leave a positive message for someone else to find
- Give kind comments to as many people as possible today

Do something helpful for a friend or family member

- Notice when you're hard on yourself or others and be kind instead
- Listen wholeheartedly to others without judging them
- Buy an extra tem and donate it to a local food bank
- Be generous. Feed someone with food, love or kindness today
- 13 See how many different people you can smile at today
- Share a happy memory or inspiring thought with a loved one

15

Say hello to your neighbour and brighten up their day

- Look for something positive to say to everyone you speak to
- Give thanks. List the kind things others have done for you
- Ask for help and let someone else discover the joy of giving
- 19 Contact someone who may be alone or feeling isolated
- Help others by giving away something that you don't need
- **Appreciate** kindness and thank people who do things for you

- Congratulate someone for an achievement that may go unnoticed
- Choose to give or receive the gift of forgiveness
- Bring joy to others. Share something which made you laugh
- 25 Treat everyone with kindness today, including yourself!
- Get outside. Pick up litter or do something kind for nature
- Call a relative who is far away to say hello and have a chat
- Be kind to the planet. Eat less meat and use less energy



29

Turn off digital devices and really listen to people

Let someone know how much you appreciate them and why

Plan some new acts of kindness to do in 2026







ACTION FOR HAPPINESS

Happier · Kinder · Together



Getting the right support isn't always easy, especially when problems are affecting your mental health.

It's not always clear where to go for support. That's where we can help.

If you are over 18 and live in Northern Ireland get in touch with our team today:

Freephone - 0808 189 0036

Use our webchat - www.inspirewellbeing.org

Email - hello@inspirewellbeing.org

Our phonelines and webchat are open from 10:00 am to 4:00 pm Monday to Friday!

IF YOU NEED US... CONTACT US

We are here to listen:
Freephone - 0808 189 0036
Webchat - inspirewellbeing.org
Email - hello@inspirewellbeing.org



#StressAwarenessMonth Are you experiencing Nork-Related Stress? Let's break it down together

Not Everyone Feels Holly And Jolly This Season, Some Are Grieving, Stressed & Drained. Be Kind, You Never Know What Someone Is Going Through...



SELF-CARE for DECEMBER





HELP AND ADVICE RESOURCES







Find Help NI).com



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

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

Family & Relationships

Disabilities & Medical

Ethnic Minority & Cultural

LGBTQIA+

Addiction Bereavement

Anxiety, Depression & Self-Harm

Neurodiversity Eating Disorders

Housing, Living, Finance & Benefits







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

Self Help **Guides for Mental Health** & Emotional Wellbeing



A-z Mental Health



OUR MISSION

- To put health and wellbeing in the hands and pockets of every single person in Northern Ireland.
- Connecting our community to people, services, and organisations that can help, through a comprehensive online directory with all NI's fantastic services in one
- Inspiring people to take control of their health and wellbeing through information, education, helpful resources, inspiring blogs and content that will benefit Wellbeing & Mental Health

Find Help NI wants to be part of a bigger picture of creating a collaborative and joined up Northern Ireland, who puts the health and wellbeing of our community at the centre of everything it does. Helping to create a motivated and inspired nation of help seekers, who know where to find help and how to also help themselves and their loved ones.



















"Thank you for being there at my lowest time"

Male caller to Lifeline service



0808 808 8000

Textphone: 18001 0808 808 8000







Sleigh bells ringing, Christmas trees twinkling - it's a time when you should be Merry and Bright.

Christmas time along with the new year will mean different things to different people. What if it's not a time when you feel merry and bright? What if it's a time that adds stress to your life? How can you balance the expectations of those around you as well as looking after your own mental health and wellbeing.

First thing to remember is you are not on your own with the Christmas dread.

Here are a few tips to help you through the Christmas period

- *It's ok to prioritise what's best for you, even if others don't seem to understand.
- •Think about what you need and how you might be able to get it.
- Consider talking to someone you trust about what you need to cope.



Be prepared

Think of what you can put in place to help you to manage

- If you are going somewhere that you've never been before think about what would make this easier for you. Some people prefer to do a practise run beforehand just to help manage their anxiety
- Think about whether you really need to do things if you're not looking forward to them. Can you do them differently or for less time?
- Make a list of any services that you might need and their Christmas opening hours.
- If you're worried about feeling lonely or isolated this Christmas, think of some ways to help pass the time. For example doing something creative or spending time in nature.
- There may be people that you can't be with this Christmas. If it is someone that
 is away, can you make a video call? If you have lost a loved one, think of a way to
 remember them on the day, light a candle or hang a special bauble on the tree.
- . You can't beat fresh air, try to get out for a good walk to clear your head.

Finally, its ok to say NO, if you really don't want to do something don't feel pressurised to go along just for the sake of it.

Check out our planner to see if there is something fun that you can look forward to in the New Year.



We want you to know that Abbey SureStart is here for you. If you have never engaged with us before it's never too late. The Family Support team will be offering 1-1 on site chats.

We hope to see you all soon for lots of fun filled activities.

Moving is the best medicine

If physical activity was a drug, we would call it a miracle cure.



Regular physical activity can also help to reduce your risk of high blood pressure, high cholesterol, heart disease, type 2 diabetes and certain cancers.

To find out more, pick up your free *Moving is the best medicine* leaflet in pharmacy.





www.choosetolivebetter.com/getting-active







PARENTS SUPPORTING PARENTS

Stronger Together

Navigating the challenges of supporting young peoples mental health

First Thursday of each month 7-8.30pm

Crisis Cafe River House 41 The Mall Newry BT34 1AN 07703466075 Info@crisiscafe.co.uk

FREE MENTAL HEALTH SUPPORT AVAILABLE

- No need to pre-register
- No referral needed
- No waiting lists
- No official diagnosis needed

Find your nearest support group today!

LEARN MORE





Edition 4/2025



What are the mental health benefits of kindness?



Being kind and compassionate is proven to benefit your wellbeing and happiness.



Boosts optimism



Promotes belonging



Reduces isolation



stress

Boosts self-esteem



Improves mood





ComKit 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

Wake up every morning and tell yourself:

'I can do this!'



EMOTIONAL BURNOUT

((Sometimes looks like...))



Saying "I'm fine" because explaining feels like too much work.



Avoiding texts because you don't have the energy to connect.



Feeling relief when plans get canceled.



Forgetting the last time you did something just for fun.



Functioning so well people assume you're okay.



Being exhausted by even small decisions.

the sunshine. the rapist



Public Initiative for the Prevention of Suicide & Self-Harm



of Remembrance, Hope & Healing

For families and friends of loved ones lost through suicide

at

St Marys Church Of Ireland Hill Street, Newry

OII

Sunday 14th December 2025 at 4.00pm

Service Includes: Memory Tree Ceremony, Candle Light Procession Everyone Welcome, Light refreshments will be served afterwards.

For Further Information
Telephone: 028 3026 6195
Email: info@pipshopeandsupport.org





Mental Health Support Services & Crisis

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





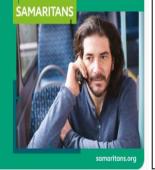
Minding your head has information, advice and support to help people in Northern Ireland look after and improve their mental health and wellbeing and find out what to do in a crisis. www.mindingyourhead.info

women's aid Local groups

Antrim, Ballymena, Carrickfergus, Larne & Newtownabbey	028 2563 2136
Armagh Down	028 3025 0765
Belfast & Lisburn	028 9066 6049
Causeway & Mid Ulster	028 7035 6573
Fermanagh	028 6632 8898
Foyle	028 7141 6800
North Down & Ards	028 9127 3196
Omagh	028 8224 1414



Whatever you're facing We're here to listen





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!









0808 808 1677

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

ध्य



www.hopeagain.org.uk



25) after the death of someone important, along with advice and support for the parents, carers and professionals supporting them.

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



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



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

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+Besign RP051





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



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, B Floor, Carland Road, Dungannon BT71 4AU. Tel: (028) 3756 1370 Email: nines@southerntrust.hsonl.net



Access to Health and Social Care Guidance

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



English	Dari	Bulgarian	Pashto
Arabic	Ukrainian	Hungarian	Russian
Mandarin	Polish	Portuguese	Romanian
Slovak	Tetum	Lithuanian	





brings together a range of agencies to improve outcomes and lives of children, young people and their families in Northern Ireland





A Key area identified was: Lack of Interpreters / Translations in a Central Resource

CYPSP developed a Translation Hub that provides important information translatable into f 110 languages on Health, Family Support, Education, Housing, Cost of Living, Employment and much more for Parents, Carers, Professionals and Support groups

The Translation Hub was launched in August 2022 and is now recognised as a key resource

The Translation Hub brings together information from our partner

- Health & Social Care Board
 - Business Services Organisation
- Public Health Agency
- Police Service of Northern Ireland

Health Trusts

- NI Housing Executive
- Education Authority
- Community / Voluntary Sector Groups



Frontline Social Workers , Social Care & Health Care staff can access the Translation Hub on their phones just scan the QR code

If you would like to know more or suggest new content email : cypsp@hscni.net

www.cypsp.hscni.net/translation-hub



A Young Persons Guide to living in Northern Ireland under the United Kingdom's National Transfer Scheme (NTS)

This is your guide to help you know what to expect when you arrive in your new home, who is there to support you and some helpful things you should know about Northern Ireland.

Boloh Helpline

Call us on 0800 151 2605

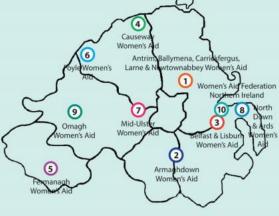
In Urdu and Hindi the word Boloh means "to speak or to talk". We called the service Boloh Helpline because by sharing your experiences we are able to support you. We are here to help!





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.



Antrim, Ballymena, Carrickfergus, Larne & Newtownabbey Women's Aid	reception@womensaidabcln.org	028 2563 2136
2. Armaghdown Women's Aid	admin@womensaidarmaghdown.org	028 3025 8704 or 028 3839 7974
3. Belfast & Lisburn Women's Aid	admin@belfastwomensaid.org.uk	028 9066 6049
4. Causeway Women's Aid	womensaidcoleraine@btinternet.com	028 7035 6573
5. Fermanagh Women's Aid	womensaidfermanagh@btopenworld.com	028 6632 8898
6. Foyle Women's Aid	info@foylewomensaid.org	028 7141 6800
7. Mid-Ulster Women's Aid	admin@midulsterwomensaid.org.uk	028 8676 9300
8. North Down & Ards Women's Aid	info@ndawomensaid.org	028 9127 3196
9. Omagh Women's Aid	info@omaghwomensaid.org	028 8224 1414
10. Women's Aid Federation Northern Ireland	info@womensaidni.org	028 9024 9041
Open Monday - Friday 09:00 - 17:00		

INFORMATION & SUPPORT LINE

O800 0246 991

Mondays & Thursdays
6pm-8pm

Listening, Believing
& Support for All

www.rapecrisisnl.org.uk



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

Belfast. 028 9024 1929 Foyle. 028 7116 0001



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





Belfast Hub: 02890 243133 | Foyle Hub: 02871 370086

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





More than

4,000

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

16 DAYS AGAINST GENDER BASED VIOLENCE

000000

psni.police.uk

we care we listen



Police Service

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

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





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

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









friend.org.uk T: 02890 890202

M: 07849 912877



EVERYONE

GREAT...

#STILLABUSE

THINKS HE'S

The Here2Help App provides quick access to advice and support services for anyone in crisis and needing help. It contains details of local, not-for-profit organisations who can help with many issues such as mental health, addiction, housing and domestic abuse.

INFO + ADVICE 24/7





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



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







Drugs and alcohol support services are available in your local area. Reach out, get help. Find out more at

http://DrugsAndAlco holNI.info

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



CELEBRATING EXCELLENCE

CHILDREN'S SERVICES PLANNING TEAM RECOGNIZED FOR OUTSTANDING CONTRIBUTIONS



THE YOUTH WELLNESS WEB

Driving Success Through Collaboration



INTERACTIVE MAPPING AND PERFORMANCE SYSTEM

Innovation in Data Intelligence



TRANSLATION HUB

Breaking Down Barriers

At this year's SPPG Recognition and Awards event, the Children's Services Planning Team was celebrated for its exceptional work in supporting the Children and Young People's Strategic Partnership (CYPSP). The team received multiple commendations for initiatives that have made a real difference to children, young people, and families across the region.

Driving Success Through Collaboration

The team was highly commended under the *Partnership* and *Driving Success* category for its work on The Youth Wellness Web. This innovative online platform provides young people with easy access to mental health and wellbeing resources, empowering them to find support when they need it most.

"The Youth Wellness Web is about giving young people the tools to take control of their wellbeing. It's a collaborative effort that reflects our commitment to listening and responding to their needs," said a spokesperson from the Children's Services Planning Team.

Explore the Youth Wellness Web

Innovation in Data Intelligence

The team was also highly commended in the *Innovation in Data Intelligence* category for its Interactive Mapping and Performance System. This system represents a significant step forward in how data is used to inform planning and service delivery for children and families. By visualizing key indicators and trends, the platform enables decision-makers to target resources effectively and respond to emerging needs with precision.

Learn more about CYPSP Mapping Tools



Breaking Down Barriers with the Translation Hub

In addition, the team's Translation Hub was recognized under the *Excellence and Outstanding Performance* category. This initiative ensures that vital information and resources are accessible to families whose first language is not English. By providing translated materials and culturally sensitive communication, the hub promotes inclusivity and equal access to services, strengthening support for diverse communities.

Access the Translation Hub

Commitment to Children and Families

These achievements highlight the unwavering commitment of the Children's Services Planning Team to improving the lives of children and young people across the region. Their work demonstrates how collaboration, creativity, and data-driven approaches can lead to meaningful change and better outcomes for families.

"These projects show what can be achieved when we work together with a shared vision for children and young people. Congratulations to everyone involved," said Tracey McCaig, Chief Operating Officer.

Congratulations to Bronwyn, Valerie, Louise, Sharon and Yvonne







been busy recently delivering a range of child-based programmes within the Old Library Trust we hosted a Halloween Event for children to enjoy some fun, games and of course show off their Halloween costumes! We also had The Nurturing Bee Brenna delivering 4-week programmes of Yotism and Lego **Based Therapy** sessions to support children in building social and emotional skills, exploring creativity and releasing emotions through calming relaxation skills.

Family First Hub have

COMMUNITY



BOLSTER















For further info contact Bolster Community on 028 3083 5764











Find a Food Bank Near You







Apply for a free defibrillator for your community

Find out if your community group is eligible for a free, BHFfunded defibrillator. Having a defibrillator and knowing how to do CPR will give members of your community a better chance at surviving a cardiac arrest.





COMMUNITY

Our consumer service



MoneyHelper
provides
clear, free, impartial
money and pensions
guidance that's on your
side and backed by
government.



Learn the true cost of borrowing and find help and support. The Consider Australian to an investment of the State of the Consider Conference of the Conference of the Consider Conference of the Consider Conference of the Consider Conference of the Conference of the Consider Conference of the Consider Conference of the Conference of the Consider Conference of the Confere

Do you know if you are on the correct tariff?

Check out The Consumer Council NI energy price comparison tool that will enable you to compare electricity and gas tariffs for every supplier in Northern Ireland

https://consumercouncil.org.uk/comparison tool/begin

Belfast City Council fuel stamp scheme 'Stay Warm' helps householders save for home heating oil by spreading the cost. You can buy oil stamps from participating retailers, collect them on a savings card and use the value of the stamps to pay for all, or part of, your oil when placing an order. The scheme is available throughout Belfast. https://www.belfastcity.gov.uk/staywarm

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



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

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

Interpreter Now – Visit site

For further information on Family Support Hubs in your area?

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