



## Family Support Hubs Newsletter

### Special Focus: Easter Activities



Welcome to **Edition 1/2026** of the CYPSP Family Support Hub Newsletter providing advice, support, resources and updates as at 24 March 2026. 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](mailto:cypsp@hscni.net) Hubs are continuing to work hard to provide vital support to children and families. We have 29 Family Support Hubs in operation covering all of Northern Ireland since 2013.

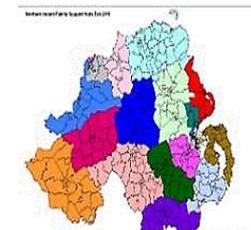
Hubs co-ordinate existing statutory/community and voluntary services:-

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

For **More information or to make a referral visit**

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

Where are the hubs?





**This edition includes:**

[SPECIAL FOCUS – Easter Activities](#)

- Welcome
- Easter Activities

[PARENTS/CARERS](#)

- CYPSP Easter Edition Resource Pack
- Parenting Support Programmes
- Healthy Habits Have an Eggs-cellent Easter
- Meningitis – know the symptoms
- My Family Matters Foundation
- Parentline NI/Family Support NI
- Help Kids Talk/Twinkl Parents Hub
- Ascertain Free Self help parent workbooks
- Changing Lives Initiative: Flourish & Thrive
- NSPCC Listen up Speak up
- Thinking about fostering/Samaritans
- Family Support NI – Childcare costs
- Book Trust -Bookstart
- Samaritans/Organ donation
- New Kids websites/Pharmacy First

[Professionals](#)

- Understanding your Child Free training for Professionals
- Youth Wellness Web Teacher's Zone
- Ygam – FREE workshops
- Parenting Programme Showcase 2026
- PHA E-Bug Science Resource for Teachers
- The Practitioners Toolkit – Mental Health and Ethnic Minority Groups

[EARLY YEARS](#)

- Before birth – you can make a difference
- Healthy Start Card/Baby and U
- Henry Programme Healthy Start, Brighter Future
- Has your child had their Vaccines?
- SureStart/Childcare Partnership
- In our Place Understanding your Child

[KIDS ACTIVITIES](#)

- How to make an Easter Treat Cup
- How to paint Bluey and Bingo Easter eggs

[CHILDREN/YOUNG PEOPLE](#)

- Relatable/ C-Card/CEOP Website
- CYPSP Exam Support/Apprenticeships NI
- In our place For Teenagers
- Are you a Young Carer?
- HEEDSSS Help and Advice for Young People
- Rights free legal advice
- Perfectly Proudful

[DISABILITY AND ADDITIONAL NEEDS](#)

- Bolster Community/Autonomie
- PHA Your Voice Matters
- 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/Shout
- Victim Support Phoenix Youth

[MENTAL HEALTH & WELLBEING](#)

- Active April 2026 Calendar
- Inspire Wellbeing/Recovery College Courses
- Find Help NI/Self Help Guides/Lifeline
- Mental Health Awareness Week – May 2026
- PHA Moving is the best medicine
- Parents supporting Parents/Aware NI
- Mental Health Benefits of Kindness
- 5 ways to reach your goals/ Comkit Online
- Emotional Burnout
- 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/Rape Crisis
- PSNI/Rainbow Project/Here to Help App

[DRUG & ALCOHOL SUPPORT/ADVICE](#)

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

[GOOD NEWS STORIES](#)

- CYPSP Schools Networking Event

[COMMUNITY](#)

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



“As we step into the brighter days of spring, this Easter edition of the Family Support Hub newsletter is bursting with energy, fresh ideas, and a fantastic line-up of activities and events for families across our communities. Inside, you'll find a vibrant mix of seasonal programmes, practical supports, and inspiring opportunities designed to help children, young people, and parents make the most of the weeks ahead.

Spring is a time of renewal and possibility, and we hope this edition captures that spirit — offering useful information, uplifting stories, and connections to services that make a real difference. Whether you're searching for exciting Easter activities, guidance to support someone you work with, or simply curious about what's happening across the network, there's something here for everyone.

We hope you enjoy diving into this lively spring edition and feel inspired to share it widely. Wishing you a hopeful, refreshing start to spring and a very happy Easter!”

The CSP Team

**Bronwyn Campbell**  
Regional Lead for Family  
Support Hub Network





National Trust

# Egg-citing Easter trails!

Every National Trust Easter trail is different and features 10 unique activity stations. And of course, at the end of the trail, you'll get a chocolate egg, or a vegan 'Free-From' chocolate egg, made in the UK using cocoa from Rainforest Alliance Certified farms.

- The Argory**  
25 March - 7 April
- Mount Stewart**  
28 March - 7 April
- Rowallane Garden**  
28 March - 7 April
- Castle Ward**  
3 - 12 April
- The Argory**  
30 - 31 March
- Florence Court**  
30 March - 7 April

National Trust Easter egg hunts cost £3.50 per child, plus normal National Trust admission/free admission for National Trust members.

For more events and details: [nationaltrust.org.uk/ni](http://nationaltrust.org.uk/ni)



# Easter adventures at National Trust

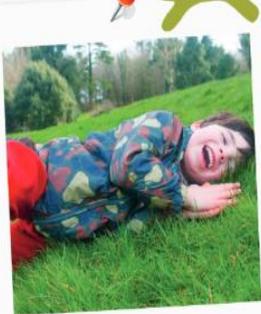
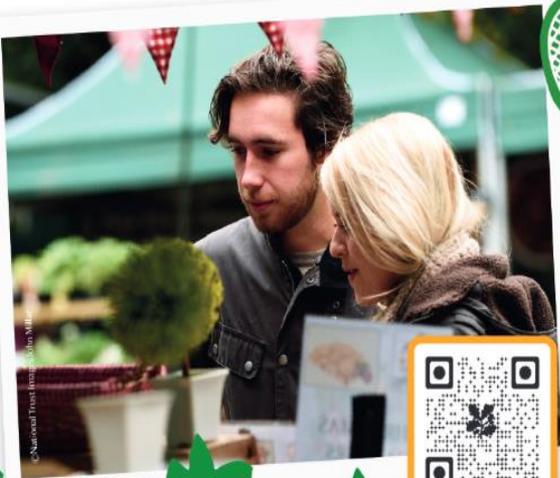
## Step into spring at Castle Ward!

Join us on 5 & 6 April for our brand-new **Spring Market**, bursting with colour, creativity and flavour. Discover a vibrant showcase of unique handmade crafts, artisan gifts and mouth-watering local food from talented makers and producers. Whether you're searching for the perfect present, a sweet seasonal treat or something special just for you, you'll find plenty to tempt and delight.

Make a full day of it with a fantastic family-friendly atmosphere, where little ones can follow the enchanting **Spring Trail** (3-12 April) through the gardens - the perfect excuse to explore, play and enjoy the fresh air.

And why not add a touch of history to your visit? Step back in time with fascinating **Servant Tours** of the stables and basement and uncover the stories of the staff who kept the grand 18th-century estate running.

*Did you know?*  
Frogs can't swallow with their eyes open



**5 OF 50**

TICK THE BOX EACH TIME YOU FINISH AN ACTIVITY!

## things to do before you're 11 3/4

**Build a den**

Imagine you're on a long journey in the forest. Where would you sleep for the night? You can build a small hut (called a den) out of big sticks. Collect them from the forest floor and lean them against a rock, log, or tree to form a roof. How long could you live in the wild?

Try it at: Castle Ward, Mount Stewart, Crom

## Roll down a really big hill

Rolling down big, grassy slopes is lots of fun - just check there's no rocks or roots in your way. Lie down like a log at the top, extend your arms over your head, then push yourself off! Try to walk in a straight line when you get to the bottom. Bet you can't do it!

Try it at: Castle Ward, Mount Stewart, The Argory, Rowallane Garden



## Catch a fish with a net

There's plenty of tiny fish living in the shallows. They're pretty hard to see down there, though. If you get a small net from the pet shop, you can scoop them up and have a closer look. Don't leave them out of the water for too long! A few seconds to see their colours, then pop them back so they can breathe.

Try it at: Castle Ward, Crom, White Park Bay



## Go on a really long bike ride

When's the last time you took your bike for a long ride? There's loads of trails on National Trust properties just waiting for you to explore. Strap on the helmet and get out there!

Try it at: Castle Ward, Florence Court



## Make a trail with sticks

It's easy to get lost in the forest. Mark the way you go with sticks. You can arrange three of them into the shape of an arrow to show the direction of travel. Lay a path for your friends to follow.

Try it at: Rowallane Garden, The Argory, Florence Court, Castle Ward



Share photos of your adventures on social media @nationaltrustni #nationaltrustni

We want to see spring the way you see it! Ask a grownup to help you take some snaps around our places and spaces and share them with us @nationaltrustni. Remember to leave a comment telling us where you were and what you were doing!

*Did you know?*  
A group of owls is called a parliament

*Did you know?*  
Dragonflies have six legs but can't walk



## EASTER FUN – PLAY MATTERS

As we approach the Easter holidays remember that good old fashioned fun needn't cost a penny.

Make the most of the outdoor environment and try to get outside at least once a day (even in the April showers). Explore the countryside, visit a park or help your children get to know their local neighbourhood.

Some Easter activities for you to try and some twists on old favourites...

### Daffodil Hunt

Have some fun spotting daffodils...in your local street, park, forest or countryside. Resist the temptation to pick the flowers instead have some fun seeing who can spot the first one or who can count 20. Younger children might like spotting the different varieties of spring flowers.

### Bunny Tag

Toddlers and young children can join this game. Pick one child to be the chaser and the other children to be the bunnies. The bunnies hop away from the fast walking chaser. If they are caught they crouch down and use their hands to make bunny ears on top of their head until the end of the game. The last bunny caught becomes the chaser.

### Egg Rolling

Hard boil some eggs and let the children paint or colour them once cool. Find the biggest hill and let the children roll them from the top (if there is more than one child - they can race the eggs down the hill). Do this a few times for lots of exercise and why not try some people rolling too!

### Tea Party Picnic

Take your lunch or snack outside with a rug or blanket and have an Easter tea party or picnic. Have a sing song too ... Five little ducks, Sleeping Bunnies, Humpty Dumpty.

### Animal Friends

The toddlers will love this one – encourage them to pretend to be some of their favourite spring animals (chicks, bunnies, butterflies, ducklings, lambs etc.). They'll soon be hopping, clucking, peeping, waddling ... and making lots of noise!





Free



Ards and North Down Borough Council

# Trail of the Easter Bunny

Thursday 2 April\* Linear Park, Bangor

\*11am-3pm (last entrance 2.45pm)



Special Focus – Easter Activities

## LINEAR PARK GETS A VISIT FROM THE EASTER BUNNY!

Hop Into Spring with the Trail of the Easter Bunny!

- 🐰 Thursday 2 April - Linear Park Bangor
- 🐰 Friday 3 April - Londonderry Park, Newtownards
- 🐰 Friday 10 April - Rope Walk, Portaferry
- 🕒 11am - 3pm (last entrance 2:45pm)

FREE for all the family

Get ready for a hopping good time and join us at events around the Borough during the Easter holidays.

Follow the clues and embark on a magical adventure to uncover sweet treats hidden by the Easter Bunny.

Bring your little ones, gather your friends, and make unforgettable memories as you solve clues and enjoy festive activities. Don't miss out on the fun—let's make this Easter one to remember!

Share your bunny adventures with us using #ANDPLAY and #EasterBunnyTrail

# Bloomfield

# Easter Fun Day

FREE!



Sat 28<sup>th</sup> March



1pm - 3pm



Bloomfield Community House  
189 Ballyree Drive  
Bangor  
BT19 7RG



- Bouncy Castle
- Donkey Rides
- Kids Activity & Games
- Food & Snacks
- Face Painting
- Easter Bunny





Special Focus – Easter Activities

**MAGAZINE  
ISSUE  
OUT NOW**



# ni4kids

## EASTER ISSUE




**ni4kids**  
MAGAZINE

**EASTER**  
2026

**At the heart of Family Life**

- **TRAITORS WINNER RACHEL DUFFY**  
The show's star is here for a chat
- **EASTER FUN WITH THE NATIONAL TRUST**  
Check out all the events throughout NI
- **FAMILY TRAVEL MADE EASY**  
Expert help to ease the stress

**Family Fun**  
Bumper WOW List  
Family Food Meal Plan  
And much more!

6 April  
11am-1pm  
Free/Drop In

**EASTER EGGSTRAVAGANZA**  
A day of storytelling, music, hands-on crafts and fabulous face painting for the whole family to enjoy!

Scan the QR code to discover more family events at the MAC!




[www.ni4kids.com](http://www.ni4kids.com)



**the WOW List**  
What's On Where in Northern Ireland

**GO ALL OUT**

**Opening September 2026**

Featuring **The W.O.W List**,  
**Page-Turning Articles**, **Craft Ideas**,  
**Family Food Recipes**, **Competitions**  
and much more in the  
latest issue of **ni4kids**



# Mayor's Easter Collection



Drop in an Easter egg and pick up a free class pass

Drop in an Easter Egg at any of our leisure centres for a free class pass to any class of your choice. All Easter eggs collected will be delivered to the Children's Ward at Altnagelvin Hospital. [www.derrystrabaneleisure/easterbunny](http://www.derrystrabaneleisure/easterbunny)

\*Ts & Cs apply



Derry City & Strabane District Council  
Easter Egg Swap for the Children's Ward, Altnagelvin Hospital

Help us support local children this Easter. Drop an Easter egg into any of our leisure centres and receive a FREE class pass as a thank you.

All eggs collected will be delivered to the Children's Ward at Altnagelvin Hospital by the Easter Bunny on Wednesday 1st April.

How it works:

Members – Donate an egg and receive a class pass for a family member or friend.

Non-members & casual users – Donate an egg and receive a class pass for yourself.

Last collection: Tuesday 31st March

Find out more:

[www.derrystrabane.com/services/leisure/easter-egg-swap](http://www.derrystrabane.com/services/leisure/easter-egg-swap)

Join the Lisburn City Centre Easter Egg Hunt!

From **Friday 27th March to Friday 3rd April**, there'll be Easter eggs hidden in Lisburn's local businesses. Pick up a clue sheet at the Visitor Information Centre (based in the Irish Linen Centre & Lisburn Museum), and drop it back when complete to pick up an Easter surprise!



## LISBURN CITY CENTRE EASTER EGG HUNT

Friday 27<sup>th</sup> March – Friday 3<sup>rd</sup> April

Find all of the eggs hidden in Lisburn's local businesses to win your very own Easter Surprise!  
Pick up a clue sheet in store or at the Visitor Information Centre!

**To claim your prize, return your completed clue sheet to the Visitor Information Centre in Market Square.**





Come along and join the fun this Easter with our Multi-Skills Camps. Perfect for children of all abilities, our action-packed sessions include running, dodging, tagging and ball games – all designed to enhance fundamental movement skills while promoting teamwork, communication and confidence.

Our camps offer non-stop fun, perfect for creating lasting memories and making new friends!

**ORCHARD LEISURE CENTRE**  
8, 9, 10 April | 2.00pm – 4.00pm

**DROMORE COMMUNITY CENTRE**  
8, 9, 10 April | 10.00am – 12noon

**SOUTH LAKE LEISURE CENTRE**  
8, 9, 10 April | 10.0am – 12.00pm

3 days £15pp | Suitable for age 5-11yrs

**BOOK NOW**

**EASTER MULTI-SPORTS CAMPS**

**FAMILY FRIENDLY EVENT**

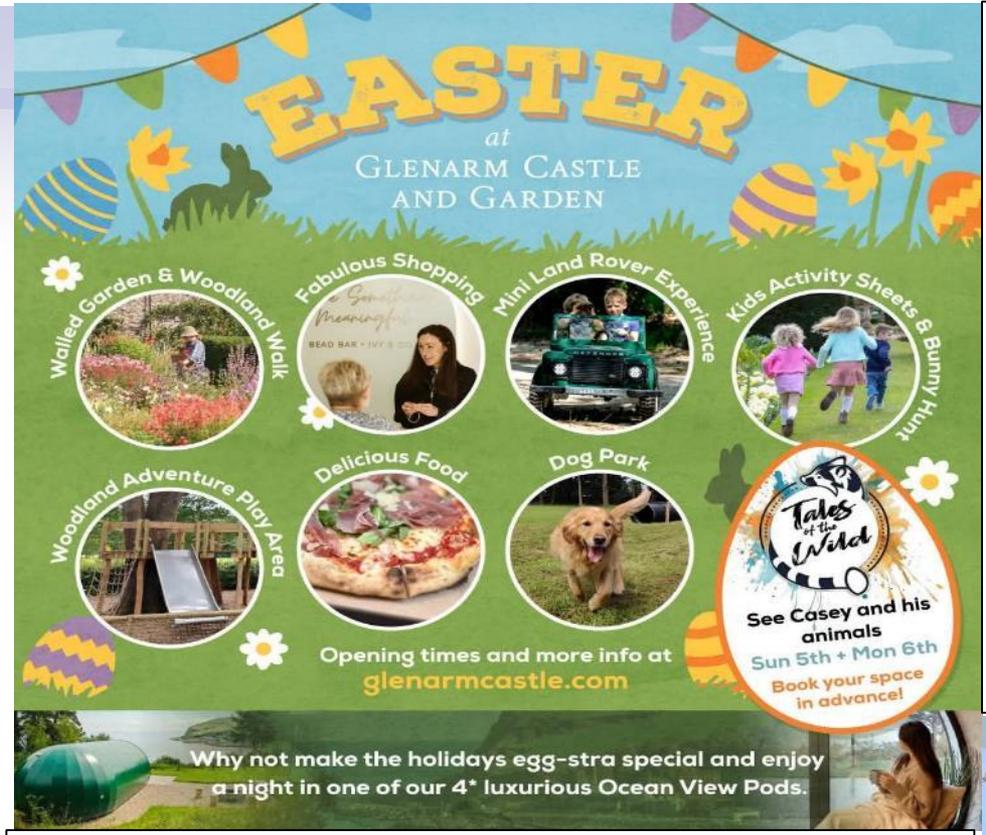
**BOOK ONLINE**

**ALL CAMPS SUITABLE FOR AGE 5-11YRS**

8, 9, 10 April	10.00am-12noon	Dromore Community Centre	£15PP
8, 9, 10 April	10.00am-12noon	South Lake Leisure Centre	£15PP
8, 9, 10 April	2.00pm-4.00pm	Orchard Leisure Centre	£15PP

[getactiveabc.com/easter](http://getactiveabc.com/easter)    

 Armagh City Banbridge & Craigavon Borough Council



Easter Family Fun at Whitehead Railway Museum!  
**Whitehead Railway Museum**  
 Saturday 4th & Monday 6th April  
 Looking for a fun-filled family day out this Easter? Hop on over to Whitehead Railway Museum for a fantastic day of railway history, adventure and Easter excitement!

**Event Highlights:**

- Explore the fascinating five-gallery railway museum
- Enjoy a 10-minute steam train ride
- Take part in the Easter Trail around the museum
- Meet the Easter Bunny and receive a chocolate egg for every child

Inclusive for all families:

- \*Sensory room will be open throughout the event
- \*Sensory bags available to borrow to make visits comfortable and enjoyable for everyone

Bring the whole family and celebrate Easter where history and holiday fun come together!



**EASTER FAMILY FUN  
WHITEHEAD RAILWAY MUSEUM**

Hop into Easter at Glenarm Castle !

Enjoy a magical day out with the whole family - explore the Walled Garden & Woodland Walk, let the kids burn off some energy in the Woodland Adventure Play Area, take a spin on the Mini Land Rover track, hunt for hidden bunnies, and grab some tasty treats or unique gifts

**Special Easter Treat: Sunday 5th & Monday 6th April** – meet Casey from Tales of the Wild and his incredible creatures in the Coach House! (booking required)

Fun, adventure, and memories await – don't miss out!

Plan your visit: <https://glenarmcastle.com/events/easter-at-glenarm-castle/>



If you have never taken the kids to Pomeroy Forrest, you are missing a real treat.

Check out our district guide on the website.

<https://www.mymagh.com/.../2404/k-m-property-maintenance>





**MO MOWLAM PARK**  
**WHERE?** Stormont Estate, Upper Newtownards Rd, Belfast  
**INFORMATION** Free entry (Generally open from 9:30 am until 30 mins before the estate closes (times change slightly with seasons) Free parking (but can fill up on busy days) Toilets on site plus a parent/baby room and Changing Places nearby Coffee/refreshment kiosk available during busy periods  
 Mo Mowlam Play Park is one of Belfast’s biggest and most inclusive outdoor playgrounds, designed so children of all ages and abilities can play together in a safe, imaginative space.  
 Older kids will love challenging themselves on twin cableways (zip lines), adventurous climbing structures, wavy slides, rope bridges and a five-point swing zone. For toddlers and little explorers there’s a dedicated space with smaller slides, gentle climbing features and plenty of room to run and explore.

Join us for two days of FREE family fun in the heart of Belfast City Centre on Friday 3rd & Saturday 4th April 🐰  
 Take part in our Easter Egg Hunt, visit the Butterfly & Bee Garden & so much more!  
 📍 2 Royal Avenue  
 📅 Friday 3rd & Saturday 4th April  
 🕒 10am - 2pm | Drop-in





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# A Springtime Sensory Walk



Write down some of the things you might see, hear, smell, feel and taste when out for a Springtime walk.

## I see

example: daffodils



- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_



## I hear

example: birds tweeting



- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_



## I smell

example: freshly cut grass



- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

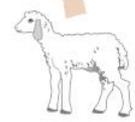


## I feel

example: baby animals



- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

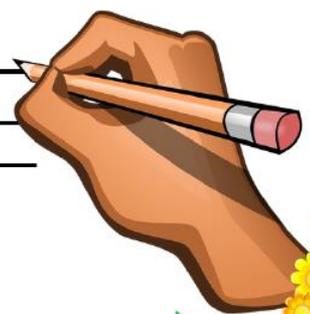


## I taste

example: ice cream

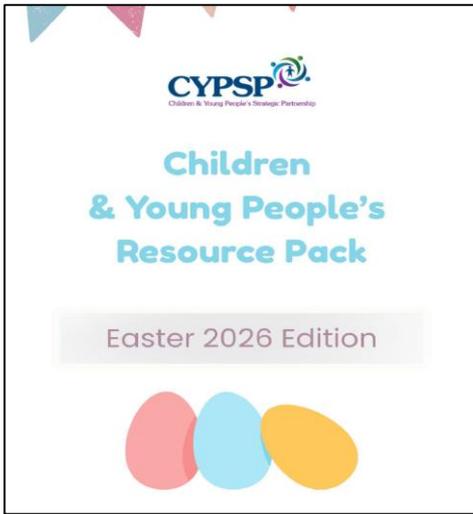


- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_



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Hop into Easter with the new Children & Young People's Resource Pack! 🧡💖

Packed with egg-cellent crafts, wellbeing tools, disability and bereavement support, safety tips and so much more — it's full of ideas to make the season fun, colourful and supportive for everyone.

Explore it, download it & share it to spread some Easter positivity! 🌸

<https://cypsp.hscni.net/download/426/cyp-resource-pack/47763/cyp-resource-pack-easter-2026.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!

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

# Evidence based PARENTING SUPPORT PROGRAMMES

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



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

[www.cypsp.hscni.net/ebpp](http://www.cypsp.hscni.net/ebpp)





# Have an Eggs-cellent Easter!



Healthy habits can disappear when Easter eggs and chocolate bunnies appear. It's all about moderation and you can still enjoy a chocolatey treat for the special occasion! It's a good idea to try to keep some healthy habits in place over the Easter period, for example:

- Start the day with your usual healthy breakfast like poached or scrambled eggs on toast, a wholegrain breakfast cereal or porridge with fruit: Find out more about eggs and cholesterol here

<https://youtu.be/O9I2IEiUOIU?si=QZikFL64hfFI7zAh>

- Get outdoors and be active when you can – gardening, a walk or maybe even an Easter egg hunt!

- Try to have some healthier snacks (in amongst the chocolate!) - for healthy snack ideas watch this short video from our Dietitians:

<https://youtu.be/bo7tJfIQ9J0?si=vJV25bSGHH--WvAL>

- Keep chocolate out of eyesight and easy reach. Keep it in a cupboard...out of sight out of mind!

- If you eat more chocolate than you planned, don't be too hard on yourself. Just take small steps to get back on track. Watch our new video series on healthier

habits: [https://youtube.com/playlist?list=PLVutsY\\_gd5AaPkG5Qr8AwTAs0qH\\_TcQt1&si=F6R0A3aro4d\\_2pa9](https://youtube.com/playlist?list=PLVutsY_gd5AaPkG5Qr8AwTAs0qH_TcQt1&si=F6R0A3aro4d_2pa9)





# Meningitis - know the symptoms

Symptoms of meningitis develop suddenly and can include:



Fever (over 37.5C)



Vomiting



Headache /Stiffness



Confusion



Rash



Dislike of  
bright lights



Fatigue



Seizures (fits)

If you become worried about yourself, your child, or a friend, particularly if symptoms are getting worse, seek medical help urgently.

## MenACWY vaccine



Pupils in year 11 and 12, are offered the MenACWY vaccine in school. The vaccine helps protect young people against four different causes of meningitis and septicaemia: meningococcal groups A, C, W and Y disease. If you're aged 25 or under, at university and haven't yet had the MenACWY vaccination, you should ask your GP for the vaccine.

There are other types of meningitis that there are no vaccines against, so it is important to still watch out for the signs and symptoms.

[www.pha.site/meningitis-nidirect](http://www.pha.site/meningitis-nidirect)

 HSC Public Health Agency



# MY FAMILY MATTERS FOUNDATION LTD



## 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

# PARENTLINE NI

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

Parentline NI  
CHECKLIST



- FREE
- Instant connection
- No waiting list

Call us today on 0808 8020 400



## PARENT & TODDLER GROUPS

WE WANT TO HEAR FROM YOU!



[FamilySupportNI.gov.uk](http://FamilySupportNI.gov.uk)





# MARCH MESSAGE OF THE MONTH

“BOOKS ARE FUN FOR EVERYONE... YOU CAN TURN A PAGE AT ANY AGE”



## HELP KIDS TALK 'TOP TIPS'

Reading books together should be encouraged from an early age. Reading stories helps children to learn new words, as they see the picture at the same time as they hear the word. Building books into a child's daily routine is a great way to connect and interact with them and it will also support their language development.

### For babies and toddlers:

- 'Lift the flap' books and 'touch and feel' books are great for encouraging your baby or toddler to hold the book and turn the pages
- You do not need to read every word on the page, just follow your child's lead and chat about what they are interested in.
- If your child says a word, try adding 1-2 words. So if they say 'dog' you could say "yes dog chasing a cat"
- Have fun! Make the noises for different animals or vehicles in books e.g. "Look a cow! Moo!" Or "Here comes the train choo-choo!"
- Remember reading the same story over and over will help your child to become familiar and comfortable with a greater number of words

### For older children:

- Take turns reading. Maybe your child will want to read their favourite story to you?
- Put on different voices for different characters or act out the stories.
- Talk about how the different characters might be feeling and why. Make predictions about what might happen next in the story.
- Use open ended questions or comments e.g. "I wonder..." "That reminds me of..."
- Discuss the books, don't just rush through them. Pause and chat about different issues raised and make connections to real life or other books you have read together
- Remember different children will like different styles of 'books'. Consider trying comics, magazines, science/facts books, joke books

Borrow books from your local library or try one of their Rhythm and Rhyme or Storytime sessions. Click here to find out what's on at your local library: <https://www.librariesni.org.uk/Libraries/>



Follow Help Kids Talk on Facebook, Instagram or X for more top tips to support speech & language skills.

You can also book on to our free training via our website.

Website: [www.helpkidstalk.co.uk](http://www.helpkidstalk.co.uk)

Email: [helpkidstalk@resurgamtrust.co.uk](mailto:helpkidstalk@resurgamtrust.co.uk)

Contact us on 028 92 670755, option 6

## @TheDaycareTeacher Simple Ways to Help Kids Feel Calm and Loved



Offer a big, warm hug.



Take deep breaths together.



Go outside and listen to nature.



Give them their favorite stuffed animal or blanket



Sit quietly with them.



Say, "It's okay to feel this way."



Rub their back gently.



Play soft, soothing music.



Hold their hand.



Let them cry without stopping them.

Smile and remind them, "You are loved no matter what."



Say, "I'm here for you."



Offer a snack or drink of water.



Draw or color together.



Read a favorite book together.



HSC South Eastern Health and Social Care Trust

Health Development Department



## 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.

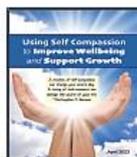
Building our Children's Developing Brain for parents to help build their children's emotional regulation.

<https://view.pagetiger.com/selfcareforfamilies>



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/>



This programme is of benefit to parents/carers whose child presents with behaviours that may be consistent with ADHD and/or Autism.

Your child does not need to have a diagnosis or be on the assessment pathway.

12 WEEK PARENTING PROGRAMME STARTS WEDNESDAY 15<sup>TH</sup> APRIL 2026 10AM-12:30PM

Venue:  
The Warehouse  
45-47 South Street  
Newtownards  
BT23 4JT



To express interest email:  
[info@changinglives.ie](mailto:info@changinglives.ie)

Building stronger relationships for the whole family  
Invest in play Parent Courses



### The Changing Lives Initiative: Flourish & Thrive

We have a new Invest in Play programme commencing in The Warehouse, Newtownards, starting Wednesday 15th April, 10am - 12:30 pm. This programme will run for 12 weeks in total (Every Wednesday).

This programme is for the parents of children with behaviours consistent with ADHD or Autism. This is a parents only programme. **\*\*Your child does not need to have a diagnosis\*\*** The iiP Programme, Six Bricks for Kids model, outlines research-based strategies that help caregivers build a strong foundation for their child's life.

✉ If you are interested in attending, please send an email to [info@changinglives.ie](mailto:info@changinglives.ie) with your contact details (Name, Tel number) and we will get back to you with further information.



NSPCC

Listen up  
speak up

## 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
- who you can contact if you're ever concerned about a child or their family.

### 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.uk](mailto:northernirelandcampaigns@nspcc.org.uk)

#### 2. Sign up to our 10-minute digital training

Visit our Listen up, Speak up page to find out more: [nspcc.org.uk/speakup](https://nspcc.org.uk/speakup)

NSPCC 2023. All rights reserved. Registered charity (England and Wales 264202, Scotland 0045771) and company 0167. Photographing Tom H.A. Patch Dicks and Shank. Adults and children are made to include them. 01233232.



**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](https://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](mailto:jo@samaritans.org)

[samaritans.org](https://samaritans.org)

**SAMARITANS**

PARENTS/CARERS



### BookTrust

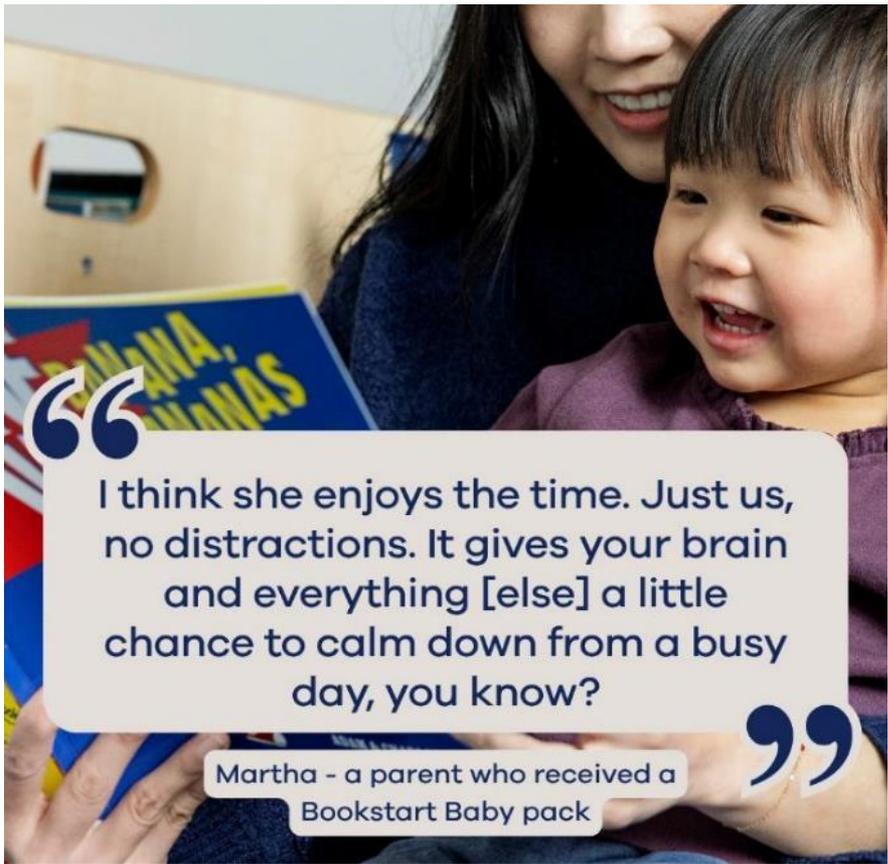
We know that sharing books from the earliest moments makes a huge difference to children and families.

That's something that mum Martha discovered when she received a #Bookstart Baby pack for her daughter Emily.

Read more of her story in our Impact Report:

<https://bit.ly/4bunmZK>

PARENTS/CARERS



“ I think she enjoys the time. Just us, no distractions. It gives your brain and everything [else] a little chance to calm down from a busy day, you know? ”

Martha - a parent who received a Bookstart Baby pack

# Daily Reminders

....  You are worthy of love. 

....  Take it one step at a time. 

 Focus on the good. 

....  You are doing your best. 

 Don't be afraid to rest. 

....  Practice gratitude. 

....  Believe in yourself. 





Did you know... you could get help with childcare costs. Most working families are entitled to some form of support with their childcare costs, including those on higher incomes. Find out more about the financial help that may be available to you if you are using Registered or Approved Childcare.

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](http://www.familysupportni.gov.uk)

# Fill Up A Child's Emotional Cup

@Lelise\_counselor



Share what you love about them



Listen to them



Help them identify their strengths



Validate their emotions



Spend quality time



Use words of praise

Empowering Kids Media



# SAMARITANS

Call free on  
**116 123**

We're here to  
listen 24/7



# YOU COULD BE A LIFESAVER

More than **7,000 people** in the UK are waiting for a kidney transplant, **82 of these in NI**

# 7000



**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](http://thinkuknow.co.uk/4_7)

**NEW**

An interactive website for 4-7s  
based on

**JESSIE & FRIENDS**

Online safety education for 4-7 year olds

[www.thinkuknow.co.uk/4\\_7](http://www.thinkuknow.co.uk/4_7)

## Pharmacy First



For **FREE** confidential advice and treatment ask your pharmacist **FIRST**



- ✓ Acne
- ✓ Athlete's foot
- ✓ Diarrhoea
- ✓ Ear Wax
- ✓ Groin area infection
- ✓ Haemorrhoids
- ✓ Head lice
- ✓ Mouth Ulcers
- ✓ Oral Thrush
- ✓ Scabies
- ✓ Threadworms
- ✓ Vaginal Thrush
- ✓ Verrucae

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...>



# 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 [solihullapproach@uhb.nhs.uk](mailto:solihullapproach@uhb.nhs.uk)

For technical support contact: [solihull.approach@uhb.nhs.uk](mailto: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](http://www.solihullapproachparenting.com)  
Select 'Online courses for professionals'  
OR  
Go to [www.inourplace.co.uk](http://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](http://www.solihullapproachparenting.com) or visit [www.inourplace.co.uk](http://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-training-solihull/>

# Youth Wellness Web Teacher's Zone

## Bereavement



**Education 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.



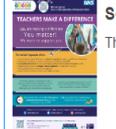
**CEA Preparing for exams**  
This guide aims to help answer your questions and provide you with advice and tips on:  
• how to revise;  
• looking after your mental health and wellbeing; and  
• knowing and understanding exam guidelines.



**Navigating exam season resources - Place2Be**  
We've created three tip sheets 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**  
The Solihull Approach offers a transformative way of thinking about emotional regulation, nurturing, wellbeing and behaviour



PROFESSIONALS

"The factual and statistical information that was shared in the learning was brilliant. The education resources that will be used with young people is also very valuable."

- Teacher, Belfast

FREE Gaming and gambling harm prevention workshops for Education professionals in Northern Ireland.

To register, scan the QR code or click the link.



Friday 27th March 2026, 15:30-17:30

Topics covered:

- Gaming and gambling harm
- Influences on young people
- Mental health and wellbeing
- Blurred lines between gaming and gambling
- How to spot the signs of harm
- Where to get help and support



For more info about us and our training please visit [www.ygam.org](http://www.ygam.org)



# PARENTING PROGRAMME SHOWCASE 2026: NEURODIVERSITY

## SAVE THE DATE:

March 31<sup>st</sup> 2026  
10am-12pm  
Online via Zoom

Register by clicking here for the link, or scanning the QR code



### Who?

This event is for parent programme facilitators, peer coaches, managers, funders and anyone interested in finding out more about parent programmes.

### What?

CDICs and key figures from four evidence-based parenting programmes currently active across NI will speak to their knowledge and experience, highlighting key information about each programme's work with neurodiversity.

### Why?

Hear about the dynamic range of support available, along with what specific programmes work best to support parents and families with neurodiverse children in NI.

### Any questions, contact:

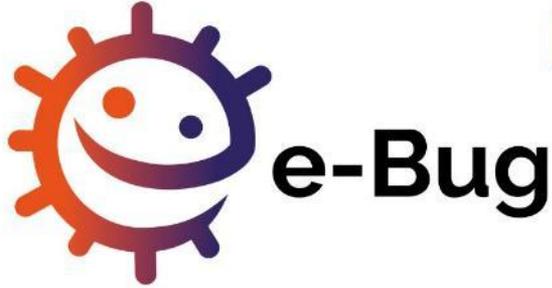
[cphillips@ncb.org.uk](mailto:cphillips@ncb.org.uk)  
[smckeever@ncb.org.uk](mailto:smckeever@ncb.org.uk)



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>



HSC Public Health Agency

e-Bug is an online health educational programme that aims to promote positive change among children and young people.

It provides free educational resources for ages 3-16 on microbiology, hygiene, infection and appropriate antibiotic use.

[www.e-bug.eu/en-xi](http://www.e-bug.eu/en-xi)

PROFESSIONALS

HSC Health and Social Care

Support Resources



## The Practitioner's Toolkit

Mental Health and Ethnic Minority Groups

Introduction

Quick Tips

Barriers to Accessing Services

Accessing the Appropriate Support - List of Resources



# Before birth - you can make a difference

**Babies learn all sorts of things before they are born...**

**12-16 weeks**

- I can hear Mum's heartbeat and breathing.
- I like to move about - sometimes I hiccup!

**16-20 weeks**

- I can hear your voice and other sounds.
- I have my own fingerprints.

**20-24 weeks**

- I'm learning to recognise the voices I hear most.
- If Mum taps her tummy I'll wake up.

**24-28 weeks**

- My heart beats faster when you play music to me.
- I practise sucking using my thumb - this helps me when feeding later.

**28-32 weeks**

- I can hear the difference between loud and soft, high and low sounds.
- After I am born I'll remember the music we share now.

**32-36 weeks**

- I can move in time to my favourite music.
- When Mum rubs her tummy I can feel it.

**36-40 weeks**

- I know the voices of the people that often talk and sing to me.
- My face shows if I'm feeling happy, sad or grumpy.



Developed by Speech and Language Therapy, Care and Learning



03/15 - DPA 4-01

## 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 – [Baby and U - Your pregnancy journey - Northern Health and Social Care Trust \(hscni.net\)](http://www.hscni.net)



**Henry Programme**  
7 week programme in CPTT  
Starts Friday 17<sup>th</sup> April  
10am – 12noon

The Henry Programme is for parents/carers of children aged 0–5 years old. Each weekly session gives support and tips on;

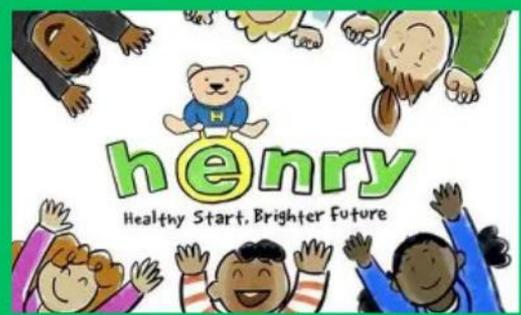
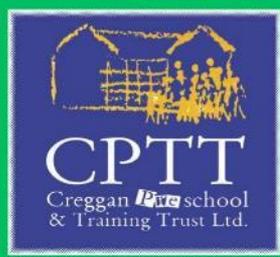
Creche  
Places  
Available

- Parenting Confidence
- Physical Activity for Children
- What Children and Families Eat
- Family Lifestyle Habits
- Enjoying Life as a Family

**Register Now**

Free HENRY Parent Toolkit for everyone completing the programme

☎ 02871 267060  
 🌐 earlyyears@cpttderry.org  
 📍 13 Cromore Gardens, Derry



Has your child had their vaccines?



Check their red book and speak to your GP or health visitor if they are due.

- chickenpox
- mumps
- whooping cough
- meningitis
- polio
- diphtheria
- measles
- rotavirus



If you are unsure if your child is up to date with vaccinations the easiest way to check is to look at your child's red book or speak to your health visitor. If your child has missed a vaccination, please contact your GP practice to book an appointment as soon as you can to make sure they have maximum protection against disease. For more information see [www.nidirect.gov.uk/mmr](http://www.nidirect.gov.uk/mmr)

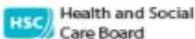


# SureStart



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

#SureStartWorks



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



[CHILDREPARTNERSHIPS.HSCNI.NET](http://CHILDREPARTNERSHIPS.HSCNI.NET)

Training & Quality – Childcare Partnerships

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



## 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



[www.inourplace.co.uk](http://www.inourplace.co.uk)



Residents of NORTHERN IRELAND

In paid partnership with: HSC Public Health Agency

Use Access Code  
**NIFAMILIES**

EARLY YEARS



## How to make an Easter treat cup

**Step 1:** Draw your cup upside down on the card and draw around it.

**Step 2:** Ask your grown up to cut out the the shape for you.

**Step 3:** Cut the circle shape in half, to make two semi-circles.

**Step 4:** Put some glue on one side of the semi circle shapes and stick one to each side of your cup. Carefully fold the semi-circle forward, so your chick cup has some wings.

**Step 5:** Using an orange felt tip pen, draw a triangle on your cup between the wings.

**Step 6:** Use a black felt tip pen to draw two dots for eyes.

**Step 7:** For the final touch, put some glue on the back of the cup, and stick your feather on to it for the chick's tail feathers.

You can make different themed Easter cups for your family or in the classroom. You can make a **rabbit** or a **carrot** instead, if you can't find any feathers.

# How to paint Bluey and Bingo Easter eggs

Follow the steps in the video tutorials to make these fantastic Easter-inspired Bluey and Bingo painted eggs.



### You will need

- Hard boiled or craft eggs
- Light and dark blue paint
- Light and dark orange paint
- Yellow paint
- White paint
- Pencil and black pen
- Blue and orange card
- Sticky tape
- Scissors (grown-up use only)



YOUNG PEOPLE



# Relateable.

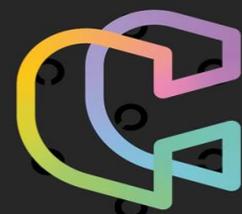
**Free Relationships & Sexuality Education for 15-16 Year Olds**

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

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

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

For more information please contact [office@relateni.org](mailto:office@relateni.org).



# C-CARD

## Northern Ireland C-Card Scheme

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

Find your local provider at:



**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](http://thinkuknow.co.uk/11_18)



# The internet, relationships & you

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



YOUNG PEOPLE

# Exam Support

Exam season can be tough, but you don't have to face it alone.

Whether you're feeling overwhelmed, stressed, or just need some study-balance tips, the Youth Wellness Web has loads of support for you.

<https://cypsp.hscni.net/youth-wellness-web/school-college-age-16/>

Working in Partnership since 2011



Areas include

Retail

Customer Service

Warehousing

Horticulture

# APPRENTICESHIPS NI GET STARTED. GET SKILLED.

This programme is open to all school leavers aged 16+

Clanrye Group, via Apprenticeships NI, can provide you with high-quality vocational training to help you build real skills and confidence.

Train in a real job

Earn while you learn

Build a career

Scan the QR code and take your first step - APPLY TODAY!



To get started contact us today ...

**CONTACT US**  
Chloe Marron  
028 3089 8119  
chloe.marron@clanryegroup.com

**LOCATIONS**  
Newry  
Slieve Gullion  
Lurgan

**FIND US ON**  
f o in

www.clanryegroup.com



An Roinn **Geilleagair**

**Apprenticeships**



# For teenagers

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

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

Designed by clinical psychologists in partnership with practitioners and teenagers



www.inourplace.co.uk



Residents of NORTHERN IRELAND



In paid partnership with:

Use Access Code  
**NIFAMILIES**

# 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](mailto: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.headsss.uk](http://app.headsss.uk)

**HEADSSS**

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



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



# Perfectly Proudful

## LGBTQIA+ & Allies Youth Group

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

**Perfectly Proudful is a Safe, Supportive and Inclusive Space for young people aged 13 to 18 years old.**



# Support services available through the Resurgam Trust

**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:**

[connectedmindsync@resurgamtrust.co.uk](mailto:connectedmindsync@resurgamtrust.co.uk)  
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:**

[connectedmindsync@resurgamtrust.co.uk](mailto:connectedmindsync@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](mailto: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 Hillhall, 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](mailto:Francie.ferris@resurgamtrust.co.uk)  
07895 757720

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



YOUNG PEOPLE



FAMILY

# Family Support Service for Families of Children with a Disability



## SERVICES:

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

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

Call us for more info 028 3083 5764

[bolstercommunity.org](http://bolstercommunity.org)



In partnership with:



Southern Health and Social Care Trust

DISABILITY AND ADDITIONAL NEEDS

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



## Family Voice Hub



[www.autonomie.org.uk](http://www.autonomie.org.uk)

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

Find out more!

Email: [sharon.autonomie@gmail.com](mailto:sharon.autonomie@gmail.com)

Tel: 078 7251 9900





# My Experience of Using Equipment to Live Better with a Disability

## Your Voice Matters

We want to hear about your experience of using equipment that helps you live more independently.

By sharing your story, you can help us improve services for everyone across Northern Ireland. Your story is private/confidential.

You can access the survey by visiting the link below.

If you would like a printed version or assistance, contact us:

 **028 9536 1124**

 **10000morevoices@hscni.net**

**<https://tinyurl.com/10KMVATE>**



## 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

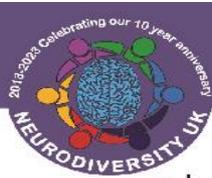


## WHY WE WANT TO HELP YOU ON YOUR JOURNEY

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





# NeurodiversityUK

To help and support individuals and families affected by:

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

Neurodiversity just means my brain has a different chemistry to yours.



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



DISABILITY AND ADDITIONAL NEEDS



Grants for families raising disabled or seriously ill children

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>



## Understanding your child with additional needs

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

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

Designed by clinical psychologists in partnership with practitioners and parents



[www.inourplace.co.uk](http://www.inourplace.co.uk)



Residents of NORTHERN IRELAND

in paid partnership with: HSC Public Health Agency

Use Access Code **NIFAMILIES**



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>



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](mailto:Amanda.Johnston@sense.org.uk)  
[Belfasthub@sense.org.uk](mailto:Belfasthub@sense.org.uk)  
 Telephone: 02890833430



[aine.donnelly@sense.org.uk](mailto: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**



**A**sk Questions  
**U**nderstand  
**T**alk to a Friend  
**I**nclude  
**S**how Support  
**M**ake 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](http://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 Card — Autism NI](#) or email [info@autismni.org](mailto: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?...



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



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.

DISABILITY AND ADDITIONAL NEEDS



# 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:  
[cypsp.hscni.net/youth-wellness-web/](http://cypsp.hscni.net/youth-wellness-web/)

Call Childline on:  
0800 1111

Call LIFELINE on:  
0808 808 8000

Text Shout:  
852558

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

Scan QR code



## 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

LGBTQ+ SUPPORT  
GROUP

WEDNESDAYS 4-5pm

## SUICIDE

the biggest killer of young people in the UK.

### 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.



Where to find  
mental health  
support online  
and on the phone





Exit social media

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>

## eating disorder myths debunked

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

@crazyheadcomics x @counsellingwithalix



## CRISIS DROP IN CAFE NEWRY

ARE YOU AGED 12-18?

FEELING DOWN, OVERWHELMED OR ANXIOUS?

CALL IN AND CONNECT WITH US

MONDAYS 3.30-7PM

RIVER HOUSE 41 THE MALL NEWRY 07703466075

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



### 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>



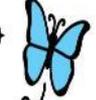
# SPRING SELF-CARE

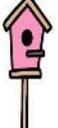
@POSITIVELYPRESENT

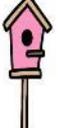
PROTECT YOUR PEACE ✨  + TAKE NOTE OF TINY BEAUTY ✨  + PUT YOURSELF OUT THERE ✨ 

 + MAKE YOUR OWN LUCK ✨  + REFRESH YOUR NEST ✨  + BE KIND TO EARTH ✨ 

 + ESTABLISH BOUNDARIES ✨  + PLANT IDEAS FOR THE FUTURE ✨  + UPROOT BAD HABITS ✨ 

 + GET SOME FRESH AIR ✨  + HELP OTHERS TO GROW ✨  + MAKE TIME FOR FUN ✨ 

 + CELEBRATE POSITIVE CHANGE ✨  + GO ON AN ADVENTURE ✨ 

 + GIVE OUT LOTS OF LOVE ✨  + ALLOW CHANGE TO HAPPEN ✨  + ENJOY YOUR ALONE TIME ✨ 

 + COLLABORATE WITH OTHERS ✨  + STAY HYDRATED ✨  + FOLLOW YOUR OWN RAINBOW ✨



**Active April 2026**

**MONDAY**



**TUESDAY**



**WEDNESDAY**

1 Commit to being more active this month, starting today

**THURSDAY**

2 Spend as much time as possible outdoors today

**FRIDAY**

3 Listen to your body and be grateful for what it can do

**SATURDAY**

4 Eat healthy and natural food today and drink lots of water

**SUNDAY**

5 Turn a regular activity into a playful game today

6 Do a body-scan meditation and really notice how your body feels

7 Get natural light early in the day. Dim the lights in the evening

8 Give your body a boost by laughing or making someone laugh

9 Turn your housework or chores into a fun form of exercise

10 Have a day with less screen time and more movement

11 Set yourself an exercise goal or sign up to an activity challenge

12 Move as much as possible, even if you're stuck inside

13 Make sleep a priority and go to bed in good time

14 Relax your body & mind with yoga, tai chi or meditation

15 Get active by singing today (even if you think you can't sing!)

16 Go exploring around your local area and notice new things

17 Be active outside. Plant some seeds and encourage growth

18 Try out a new exercise, activity or dance class

19 Spend less time sitting today. Get up and move more often

20 Focus on 'eating a rainbow' of multi-coloured vegetables today

21 Regularly pause to stretch and breathe during the day

22 Enjoy moving to your favourite music. Really go for it

23 Go out and do an errand for a loved one or neighbour

24 Get active in nature. Feed the birds or go wildlife-spotting

25 Have a 'no screens' night and take time to recharge yourself

26 Take an extra break in your day and walk outside for 15 minutes



27 Find a fun exercise to do while waiting for the kettle to boil

28 Meet a friend outside for a walk and a chat

29 Become an activist for a cause you really believe in

30 Make time to run, swim, dance, cycle or stretch today



**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](http://www.inspirewellbeing.org)

Email - [hello@inspirewellbeing.org](mailto:hello@inspirewellbeing.org)

Our phonedlines 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](http://inspirewellbeing.org)

Email - [hello@inspirewellbeing.org](mailto:hello@inspirewellbeing.org)





Southern Trust Recovery College  
Wellbeing education for everyone

# RECOVERY COLLEGE COURSES

We have a wide range of courses available



APRIL, MAY AND JUNE 2026

To register your interest / enrol on any of the courses, get in touch.

All our courses are free of charge.

Recovery College is at the heart of our commitment to support people to 'Live Well'.  
Courses and workshops are open to everyone aged 16 years+ that has an interest in mental health and general wellbeing.  
Click below to see full list  
<https://hscni.pulse.ly/u3gs0ai6zf>

MENTAL HEALTH & WELLBEING

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



## HELP AND ADVICE RESOURCES

SELF-HARM

ANXIETY

BEREAVEMENT

COMMUNICATING WITH YOUNG PEOPLE  
CYFATHREBU A' PHOBL IFANC

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





# Find Help NI.com

Funded by  
Department of Health

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

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



Find the right help at the right time!



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

# Self Help Guides for Mental Health & Emotional Wellbeing



HSBC Belfast Health and Social Care Trust  
working supporting inspiring together



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 place.
- ✓ 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.

Visit Website Today!



info@findhelpni.com



Become a Member!



*"Thank you for being there at my lowest time"*

Male caller to Lifeline service



Lifeline

0808 808 8000

Textphone:  
18001 0808 808 8000





# Get ready for Mental Health Awareness Week with our free resources



MENTAL HEALTH & WELLBEING

Mental Health Foundation

#MentalHealthAwarenessWeek is approaching fast! It's taking place from 11 - 17 May 2026. ❤️

This year's theme is 'Action', because we know that when we act, we can create real change.

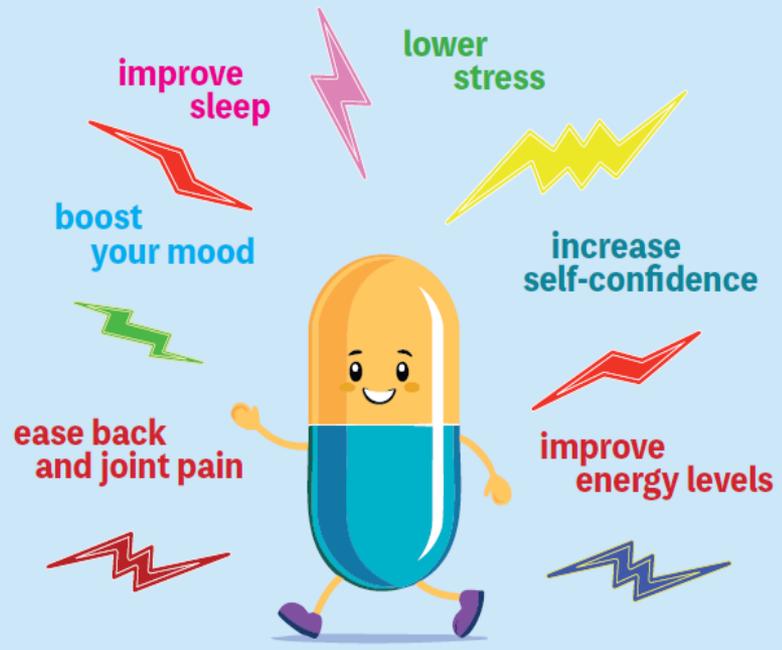
We're providing free downloadable resources to help everyone get ready for an empowering week dedicated to better mental health.

Head to our website for the first batch and look out for more as the week approaches!

<https://shorturl.at/eG6Yn>

# 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](http://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**



[aware-ni.org/lets-talk](https://aware-ni.org/lets-talk)

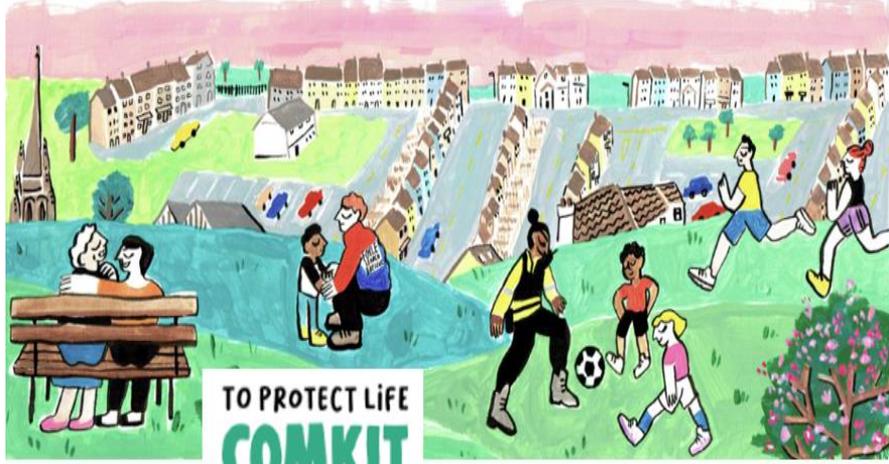


# What are the mental health benefits of kindness?

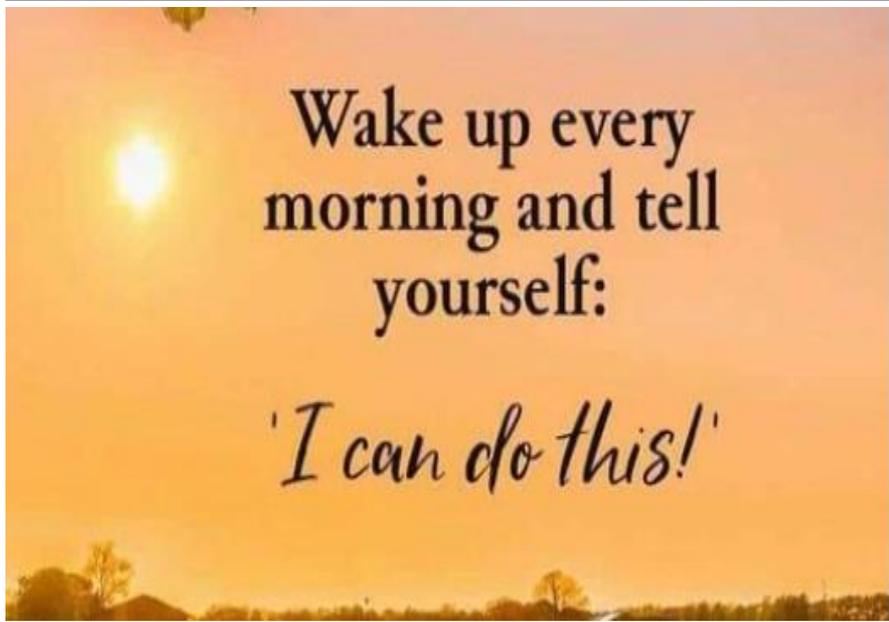


Being kind and compassionate is proven to benefit your wellbeing and happiness.

- Boosts optimism
- Reduces stress
- Promotes belonging
- Reduces isolation
- Boosts self-esteem
- Improves mood



**ComKit** is an empathetic communications toolkit to support families, communities, organisations, reporters and political representatives in what to do and say at a time of heightened suicide concern.



# 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.

thesunshine.therapist

## FIXED MINDSET vs GROWTH MINDSET

misses the OLD DAYS  
fear of MISSING OUT  
complains CONSTANTLY  
resists LEARNING  
fear of CHANGE  
afraid of trying NEW IDEAS  
thinks there's NEVER ENOUGH



lives in the THE PRESENT  
helps OTHERS SUCCEED  
considers FEEDBACK  
constantly LEARNING  
learns from MISTAKES  
lets go of BAD HABITS  
takes ACTION





# Mental Health Support Services & Crisis HELPLINES



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

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

For help and advice on taking care of your mental and emotional wellbeing, visit [mindingyourhead.info](http://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](http://www.mindingyourhead.info)

## Mental health and housing



community wellbeing .info

### women's aid Local groups

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

Whatever you're facing We're here to listen

Call free day or night on **116 123**

Email [116@samaritans.org](mailto:116@samaritans.org)



[www.helplinesni.com](http://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!





**Bereaved NI**  
NI Bereavement Network

Language ▼

Enter your search here



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

Cruse Bereavement Support

"You are not alone" [Click here for bereavement information and support](#)



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

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

Person who has died ▼

Circumstances of Death ▼

Age groups needing su... ▼

Types of support ▼

**CRUSE NATIONAL HELPLINE**

**0808 808 1677**

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



hopeagain  
young people  
living after loss

**NEVER FEEL YOU  
ARE ALONE**

Last year over 100 children a day lost a parent in the UK - Child Bereavement Network

TALK TO US

[www.hopeagain.org.uk](http://www.hopeagain.org.uk)

**BEREAVEMENT**

**Get bereavement support**

Winston's Wish provides grief and bereavement support for children and young people (up to 25) after the death of someone important, along with advice and support for the parents, carers and professionals supporting them.

**Grief is overwhelming.  
Let us help.**

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

We can provide information, advice or simply listen.

**Cruse**  
Bereavement Support



Find out more about how we can help you.

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

*You're not alone.*

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



# Protecting Your Rights

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

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

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

**Samaritans**  
0845 790 9090  
www.samaritans.org.uk

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

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

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

**Crimestoppers**  
0800 555 111  
www.crimestoppers-uk.org

Created by Police Service Print+Design RPDDT



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



Keeping People Safe



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

# NINES

NORTHERN IRELAND | NEW ENTRANT SERVICE

## NURSE LED CLINIC



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

Belfast Health and Social Care Trust  
 South Tyrone Health and Social Care Trust  
 Public Health Agency

**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.hscni.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	



# CYPSP Translation Hub

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



**1.9 million** people live and work in Northern Ireland  
approx. **54,500+** speak English as a second language

We completed a survey with **83** groups supporting **7,000+** families and analysed the results

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

CYPSP developed a Translation Hub that provides important information translatable into **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 partners

- Health & Social Care Board
- Public Health Agency
- Health Trusts
- Education Authority
- Business Services Organisation
- Police Service of Northern Ireland
- NI Housing Executive
- 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](mailto:cypsp@hscni.net)

[www.cypsp.hscni.net/translation-hub](http://www.cypsp.hscni.net/translation-hub)



**BLACK, ASIAN AND MINORITY ETHNIC**



## [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**

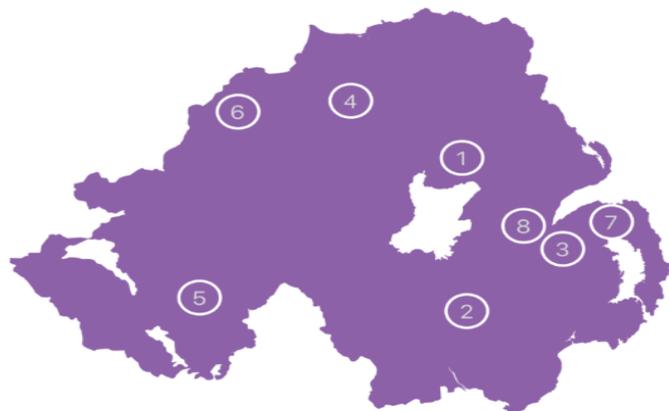
Call us on 0800 151 2605

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!



## Contact your local Women's Aid

If you are experiencing domestic abuse and need support or information, contact your local Women's Aid group Monday to Friday from 9am to 5pm.



1 Antrim, Ballymena, Carrickfergus, Larne & Newtownabbey Women's Aid  
028 2563 2136 →

2 Armagh Down Women's Aid  
028 3025 0765 →

3 Belfast & Lisburn Women's Aid  
028 9066 6049 →

4 Causeway & Mid Ulster Women's Aid  
0300 373 1055 →

5 Fermanagh & Omagh Women's Aid  
0288 2441 555 →

6 Foyle Women's Aid  
028 7141 6800 →

7 North Down & Ards Women's Aid  
028 9127 3196 →

8 Women's Aid Federation NI  
028 9024 9041 →

DOMESTIC & SEXUAL ABUSE

INFORMATION & SUPPORT LINE  
0800 0246 991  
Mondays & Thursdays  
6pm-8pm  
Listening, Believing & Support for All  
www.rapecrisisni.org.uk




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

**Belfast. 028 9024 1929**  
**Foyle. 028 7116 0001**

**ANYONE**  
Call the Domestic and Sexual Abuse Helpline  
**0808 802 1414**  
We are here for you confidentially 24/7.  
You will be heard, you will be believed.

  
**Victim Support NI**  
Belfast Hub: 02890 243133 | Foyle Hub: 02871 370086  
belfast@victimsupportni.org.uk | foyle@victimsupportni.org.uk



Domestic abuse is not just physical.

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

16 DAYS OF ACTION AGAINST GENDER BASED VIOLENCE

psni.police.uk

we care we listen we act



Police Service of Northern Ireland

EVERYONE THINKS HE'S GREAT...

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

#STILLABUSE



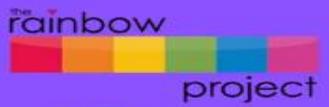
Visit: [nidirect.gov.uk/still-abuse](http://nidirect.gov.uk/still-abuse) call PSNI on: 101 or the confidential 24 hour domestic and sexual abuse helpline: 0808 802 1414



DOMESTIC & SEXUAL ABUSE

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

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



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

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



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



*11-25 and struggling with alcohol or drugs?*



DAISY provides confidential support over the phone or by video call

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

0800 2545 123  
daisy@ascert.biz



**Substance Abuse Support**  
If you or someone you know is impacted by substance abuse, contact ASCERT for free on 0800 254 5123. We're here to help.  
**Cruse Bereavement: 0808 808 1677**  
**Lifeline: 0808 808 8000**

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



ASCERT

Source: British Medical Journal, 2017; EMCDDA, 2018

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



NORTHERN IRELAND MEDICINES AWARENESS WEEK 2020

There are over 50 RAPID bins installed in Northern Ireland.



www.drugsandalcoholni.info/RAPID

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



VISIT [STEPSTSCOPE.CO.UK](http://STEPSTSCOPE.CO.UK) FOR TOOLS THAT CAN HELP YOU COPE DURING THIS TIME.

STEPS TO COPE ASCERT 21

**START 360** Connections services develop and deliver drug and alcohol-related projects, events and initiatives in the community.  
<https://www.start360.org/how-can-we-help-you/connections-north>

**PBNI CONTINUE TO WORK WITH PEOPLE WHO HAVE ADDICTIONS.**



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



**HAVING A CHAT OVER THE PHONE WAS ALL I NEEDED**



OUR COMMUNICATION MIGHT BE DIFFERENT BUT WE ARE STILL HERE TO SUPPORT YOU  
YOU CAN CONTACT OUR TEAM VIA EMAIL OR PHONE TO REFER TO OUR SERVICES

[www.addictionni.com](http://www.addictionni.com) or call 028 9066 4434

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

[www.drugsandalcoholni.info](http://www.drugsandalcoholni.info)

Affected by someone else's drinking or drug use?



HSC Public Health Agency

Drugs and alcohol support services are available in your local area. Reach out, get help. Find out more at <http://DrugsAndAlcoholNI.info> Support services are available for anyone impacted by alcohol and drug misuse, including family members.



# Schools Networking Event

[Newry & Mourne and South Armagh Areas]

Wednesday 4<sup>th</sup> February 2026

SCORECARD 26.2



HEY!!

**BOLSTER  
COMMUNITY**

HELLO!

Welcome

**AUTISM CONNECT**

Hi



**A place of community,  
connection & support**

- 📍 **Armagh**
- 📍 **Banbridge**
- 📍 **Newry**

For further info contact  
Bolster Community on 028 3083 5764

Funded by **COMMUNITY  
FUND**

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

**Newry & District**



[Find a Food Bank  
Near You](#)



GET HELP

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



COMMUNITY

# Apply for a free defibrillator for your community

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



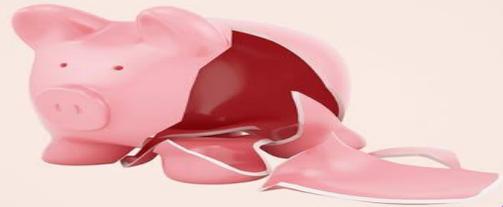


Our consumer service



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

### Financial stress?



Learn the true cost of borrowing and find help and support.



The Consumer Council is authorized and regulated by The Financial Conduct Authority to act as a credit broker. Our Firm Number is 913042.



#### 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](https://consumercouncil.org.uk/comparison_tool/begin)

**Join the stay warm scheme now**

Collect stamps to help pay for your home heating oil.

Belfast City Council  
[www.belfastcity.gov.uk/staywarm](http://www.belfastcity.gov.uk/staywarm)

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](mailto:cypsp@hscni.net) or Visit <http://www.cypsp.hscni.net/family-support-hubs/>