



Family Support Hubs Newsletter

Special Focus: Back to School



Welcome to **Edition 2/2026** of the CYPSP Family Support Hub Newsletter providing advice, support, resources and updates as at 27 August 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 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 – Back to School](#)

- Welcome
- Back to School

[PARENTS/CARERS](#)

- CYPSP Back to School Edition Resource Pack
- Family Support NI Childcare Providers
- SHSCT Parenting Partnership Support Programmes for Parents and Carers
- PHA Help protect yourself from Meningitis
- My Family Matters Foundation
- Parentline NI/Family Support NI
- Positive Words
- Twinkl Parents Hub
- Ascertainment Free Self help parent workbooks
- Youth Action – Access to Resilience
- NSPCC Listen up Speak up
- Thinking about fostering/Samaritans
- Action Mental Health – Our Generation
- Book Trust/The Autism Brain
- Family Support NI – Childcare Costs
- Help Kids Talk
- Invest in Play/The Changing Lives Initiative
- CEOP Online Safety websites/Pharmacy 1st
- Dry Arch – Building stronger relationships for the whole family
- Parenting Apart/The Oak Healthy Living Centre
- Can you spot Coercive Control?

[Professionals](#)

- Understanding your Child Free training for Professionals
- Youth Wellness Web Teacher's Zone
- Bridge the Gap School Isolation
- AWARE – Free upcoming courses Sept. 26
- PHA E-Bug Science Resource for Teachers

[EARLY YEARS](#)

- Do's and Don'ts for Encouraging Speech at Home
- Healthy Start Card/Baby and U
- Tools for Talking/Has your child had their vaccines?
- HomeStart Tiny Steps/Mellow Dads-to-Be
- Helping Kids Build Resilience
- SureStart/Childcare Partnership
- In our Place Understanding your Child

[KIDS ACTIVITIES](#)

- The Great Garden Adventure
- Back to School Routine Checklist

[CHILDREN/YOUNG PEOPLE](#)

- Relatable/ C-Card/CEOP Website
- EA – Expression of Interest
- Apprenticeships NI
- In our place For Teenagers
- Are you a Young Carer?
- HEEADSSS Help and Advice for Young People
- Rights free legal advice
- Rural Youth in NI/Layered Lives/Victims Support NI/Perfectly Proudful

[DISABILITY AND ADDITIONAL NEEDS](#)

- Bolster Community/Autonomie
- Angel Eyes NI – Equine assisted learning
- 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
- Incredible Years/Parents Plus Programme
- 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
- Social Bytes Café/Mind Wise
- Exit Social Media/Crisis Drop in Café
- Victim Support Phoenix Youth
- Cruse – Grief as a teen

[MENTAL HEALTH & WELLBEING](#)

- Self-care September 2026 Calendar
- Inspire Wellbeing/ World Suicide Day
- Minding your Head/Inspire Resources
- Find Help NI/Self Help Guides/Lifeline
- P.I.P.S./PHA Moving is the best medicine
- Parents supporting Parents/Aware NI
- Mental Health Benefits of Kindness
- 5 ways to reach your goals
- Things you might not know are BURNOUT
- Northern Trust – Bereavement Group
- Mental Health Helplines

[BEREAVEMENT](#)

- Bereaved NI/Child Bereavement UK
- CRUSE Helpline

[BAME](#)

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

[DOMESTIC & SEXUAL ABUSE](#)

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

[DRUG & ALCOHOL SUPPORT/ADVICE](#)

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

[GOOD NEWS STORIES](#)

- Family Fayre/Making a Splash at PGA

[COMMUNITY](#)

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



As summer holidays come to an end and a new school year begins, many families will be busy getting back into routines, preparing school bags, and helping children and young people settle into the months ahead. While this time of year can be exciting, it can also bring a few worries and challenges, especially when children are starting a new school, moving up a year group, or adapting to new routines.

In this edition, we've gathered together a range of information, activities and support services to help families make the transition back to school as smooth as possible. Whether you're looking for practical advice, local opportunities, or information about the support available in your area, we hope you'll find something useful inside.

A big thank you to Yvonne for pulling together another fantastic newsletter packed with helpful resources and updates from across our Family Support Hub network.

As we say goodbye to summer, we wish all children, young people and families a happy, positive and successful start to the new school year.

Happy reading!

The CSP Team



10 THINGS TO DO BEFORE YOUR CHILD STARTS SCHOOL

Small preparations that can make a big transition feel more familiar.

- | | |
|----------------------------------|------------------------------------|
| 1 Look at photos of the school | 6 Talk through drop-off |
| 2 Practise the journey | 7 Practise the toilet routine |
| 3 Shift the morning routine | 8 Introduce school-day meal times |
| 4 Practise opening the lunchbox | 9 Plan for after-school downtime |
| 5 Get used to the uniform | 10 Make space for their feelings |



The Contented Child
HELPING CHILDREN BE UNDERSTOOD

► Save this post so you can come back to it, and share it with someone who might find it helpful.

MY MORNING SCHOOL CHECKLIST

Let's get ready for a great day!

- | | |
|--------------------------|----------------------|
| ☐ | 1 GET OUT OF BED |
| ☐ | 2 GET DRESSED |
| ☐ | 3 EAT BREAKFAST |
| ☐ | 4 BRUSH MY TEETH |
| ☐ | 5 WASH MY FACE |
| ☐ | 6 BRUSH MY HAIR |
| ☐ | 7 PUT ON MY SHOES |
| ☐ | 8 PACK MY SCHOOL BAG |
| ☐ | 9 PUT ON MY COAT |
| ☐ | 10 READY TO GO! |

ALL DONE — HAVE A LOVELY DAY!

Simple Play & Craft Ideas



Tension and stress might be high for many young people heading back to school.

If your child or loved one is feeling apprehensive about going back to school after Summer, our blog provides tips for calmness and coping skills ♥

Read the full blog here- <https://ow.ly/Tr7G50ZF3Xe>

BACK²SCHOOL

Help your child manage going back to school with the 7C's.

- | | |
|----------------|-------------------------------|
| 1 Conversation | 5 Changes |
| 2 Connection | 6 Check in & monitor progress |
| 3 Calm | 7 Celebrate success |
| 4 Coping | |

action
mental
health

ARDS RURAL PROJECT

ea Education
Authority
Youth Service

CALLING ALL YEAR 7S AROUND THE ARDS
PENINSULA - INTER-VILLAGE TUESDAY
NIGHT YOUTH PROVISION 6.30PM - 8.30PM

YEAH!

Venue: Portavogie
Community Centre

Registration evening:
Tues 8th September

Youth Club
commencing 15th
September

LISA CARNDUFF

Supporting the transition
to post primary:

confidence building
social development
fun and friendships

Contact Lisa.carnduff@eani.org.uk





Parent + Pencil 

5 THINGS TO DO Tonight

FOR AN EASIER SCHOOL MORNING

 Simple steps tonight can mean a calmer, smoother morning tomorrow. 

Swipe for the 5 steps 



1 PACK BACKPACKS *before bedtime*

 Check the schedule and pack everything your child needs—books, homework, lunch box, water bottle, and sports gear.

No last-minute rushing! 



PARENT + PENCIL 

2 LAY OUT TOMORROW'S *clothes*

 Pick out outfits (including shoes and socks!) so mornings are quick and stress-free.

Little decisions done tonight = less stress tomorrow. 



PARENT + PENCIL 

3 PREP LUNCH & *snacks*

 Make lunches, wash fruits, and portion snacks ahead of time.

Future you will be so grateful! 



PARENT + PENCIL 

4 CHECK FOLDERS & *school notices*

 Look through folders, permission slips, and school emails so nothing important gets missed.

A quick check now saves headaches later. 



PARENT + PENCIL 

5 CREATE A SIMPLE *10-minute buffer*

 Wake up 10 minutes earlier or build in a little extra time.

It gives everyone space to start the day with calm. 



PARENT + PENCIL 



A calmer morning starts the night before. 

You've got this! 



MAKING SCHOOL LIFE EASIER



7 EFFECTIVE TIPS FOR SUPPORTING TRANSITIONS



1 CREATE A FEELINGS FORECAST

2 MAKE A CONNECTION CHAIN

3 SPY MISSIONS TO THE NEW SETTING

4 CREATE A TRANSITION TREASURE BOX

5 USE VISUAL TIMELINES WITH REAL PHOTOS

6 PACK A GOODBYE BAG



7 USE ROLE REVERSAL PLAY



Happy



Scared



Sad



Joyful



Angry



Shocked



Surprised



Worried



Annoyed



SNACK

PLAY

HOME





Ready For Big School

Helping Your Child Thrive in Their First Term

Find out more in our latest issue:

www.ni4kids.com/latest-issues



Lunchbox Ready



Find out more in our latest issue:

www.ni4kids.com/latest-issues





September is getting closer, but what happens if your child still doesn't have a school place?

If your child is disabled or has additional needs and you're still waiting for a placement to be confirmed, you may be feeling worried, frustrated or unsure where to turn.

Your local authority or Education Authority still has responsibilities to make sure your child can access an appropriate education. You do not simply have to accept that they will be left without one.

@contactfamilies updated their guidance to explain:

- ♥ What the law says
- ♥ What to do if a school hasn't been named
- ♥ How to challenge delays
- ♥ Your rights across England, Scotland, Wales and Northern Ireland
- ♥ Where to get further advice

Find our updated guidance here: [What to do if your child doesn't yet have a school place](#)



Uni/College checklist

Laptop ☐

Text books ☐

Bedding ☐

MenB vaccine ☒



Get student ready

HSC Public Health Agency

DoH www.health.ni.gov.uk

Cruse Bereavement Support

GCSE Results Day can be full of pride, excitement and celebration but it can also remind you of the person who isn't there to congratulate you, give you a hug, or tell you everything will be okay.



The new school year is the perfect opportunity to focus on road safety and make sure your children know how to cross the road safely.

At school drop-off and pick-up times, roads can be especially busy. Not only does this make crossing more difficult it can also be really distracting and children may not remember their road safety rules, especially if they're excited or spot a friend across the road.

Fortunately, there are plenty of things you can do to help keep them safe. Visit our road safety hub for tips and free activity sheets for children:

<https://capt.org.uk/csw-road-safety/>

Staying safe on the school run



child accident
prevention trust

Attention grabbers to use this



this September



Teacher: All set

Students: You bet!

Teacher: Macaroni cheese

Students: Everybody freeze

Teacher: 1,2,3 eyes on me

Students: 1,2 eyes on you

Teacher: Scooby dooby doo

Students: Where are you?

Teacher: Snap, crackle, pop

Students: That means stop!

Teacher: We will, we will

Students: Rock you!





GCSE Results Day

Remember to be kind to yourself. Whatever your results, support is available for your mental health and wellbeing.



Youth Wellness Web:

<https://cypsp.hscni.net/youth-wellness-web/>

Wellbeing Support

You don't have to figure things out on your own.

The Youth Wellness Web is a safe place to learn about feelings, worries and wellbeing.

We're here for you.

For help and support visit:

<https://cypsp.hscni.net/youth-wellness-web/wellbeing/>

Working in Partnership since 2011



HOW SCHOOL AVOIDANCE BEGINS

School avoidance rarely begins with refusing school. It often begins with small changes that are easy to miss while you're living through them.



IT STARTS WITH SMALL SIGNS

School avoidance rarely begins with a child refusing to go to school overnight. It often starts with subtle changes such as worrying more, tummy aches, headaches, difficulty sleeping, or becoming unusually emotional before school. These early signs are often a child's first way of communicating that something doesn't feel right.



THE BRAIN STARTS PROTECTING

As anxiety grows, the brain begins to see school as something to be cautious about. Each difficult morning, overwhelming lesson or stressful experience strengthens the brain's belief that school may not feel safe. The child isn't choosing this fear; their nervous system is learning to protect them.



MORNINGS BECOME HARDER

What began as occasional worries can gradually become daily distress. Children may cry, cling, argue, become withdrawn, or desperately try to stay at home. Parents often find themselves negotiating, reassuring or trying everything they can to get their child through the school gates.



SUPPORT EARLY, NOT JUST AT CRISIS

The earlier we recognise these changes, the greater the opportunity to understand what is driving them. Looking beyond the behaviour to identify the child's individual challenges—whether anxiety, sensory needs, friendships, learning differences or something else—can help prevent the cycle becoming more entrenched.



The Contented Child

HELPING CHILDREN BE UNDERSTOOD



Contacting the Careers Service If you or your child need support after receiving exam results, the Careers Service can provide practical advice and guidance Support is available for young people at different stages of their educational and career journey, including those who have already left school Telephone: 0300 200 7820 E-mail Careers Service by completing the online form [HERE](#)

Go online and chat with a Careers Adviser [HERE](#)

The Careers Service is available to provide support to students and parents/guardians from 9.30am to 4:30pm Monday to Friday (excluding public holidays)

A Level Students - Links for UCAS Clearing/Universities

UCAS Results, Confirmation & Clearing

Queen's University Belfast

Ulster University

Stranmillis University College

St Mary's University College

Open University





Options after Year 12

At the end of Year 12 you need to start thinking about the career path you want to take. You should find out what qualifications are required if you have a particular career in mind. You can carry on learning, get a job or do a training course or apprenticeship.

Contents

- [Careers service advice when you receive GCSE results](#)
- [Careers guidance for Year 12 students](#)
- [Staying on at school](#)
- [Further education](#)
- [Apprenticeships](#)
- [Careers Service advice on apprenticeships](#)
- [Skills for Life and Work](#)
- [Employment](#)
- [Help with your decisions](#)

Options after Year 14

After year 14 there are lots of options open to you. The choice you make will be influenced by many things such as your career aspirations, financial situation, if you want to continue with your education and also employment opportunities.

Contents

- [Careers service advice when you receive A Level results](#)
- [Careers guidance for Year 14 students](#)
- [Higher Education \(HE\)](#)
- [Further Education \(FE\)](#)
- [Training](#)
- [Careers Service advice on apprenticeships](#)
- [Work Experience Programme](#)
- [Employment](#)
- [Volunteering](#)



What school means to me...

The name of my school is:

Things that make me happy at school are:



Things that make me sad at school are:

My favourite subjects at school are:

My friends are called:

I wish my teacher knew this about me...

The best thing about school is:

I think it is important to go to school because:



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Back to School

We have developed a resource kit to prepare your child for going back to school, including top tips for returning to school, a social story, weekly planner and visual boards.

To download for free, visit

<https://autismni.org/help.../resources/education-resources>



Back to School resources



The School Day



Child holds it all together at school because of routine and structure, Child builds up stress and anxiety throughout the whole day.



School finishes, child goes home MELTDOWN/sensory overload Teachers don't see the problem teachers don't believe the problem

FB/Autism storms and rainbows

Parents often wonder why their kids can keep it together at school but lose their cool the moment they get home. Keep in mind many kids spend ALL of their energy trying to be good at school so there are little reserves left at the end of the day. Also, we are considered their safety zone. A place where they can let out their emotions and know they will still be loved. The Sensory Spectrum.



They deserve
to celebrate
no matter
what



Getting to
this day is
an achievement
in itself



Results
don't
define them



They're
not alone

**Results day
reminders
for young
people ...**



They'll find
their way



Results are
a small part of
their journey



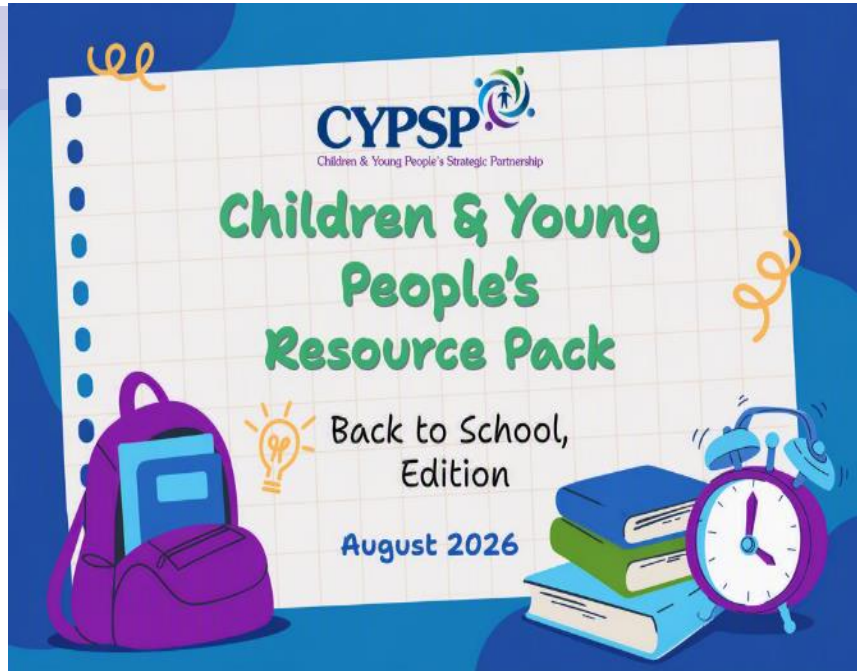
They don't
need to have
everything
figured out



It's okay if
their journey
looks different

your grades do not
and never will
define your worth.





The countdown to a new school year is on! Whether you are getting ready for your very first day, moving up to a new school, packing lunches, preparing for exam results, or supporting a young person through a big transition, we have gathered together a range of resources to help make the journey a little easier.

Packed with activities, wellbeing tips, practical advice and useful signposting, there is something for children, young people and families of all ages.

Here's to a year filled with confidence, curiosity, learning and lots of reasons to smile! Download your free copy at: -

<https://cypsp.hscni.net/download/426/cyp-resource-pack/48924/cyp-resource-pack-august-2026-back-to-school.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.



Childcare Providers

**Keep your vacancies / offerings updated!
through the FSNI Self-Service Portal**

Tax Free Childcare ✓ Pick-up/Drop off ✓

Special Needs/Disability ✓

Vacancies ✓



www.familysupportni.gov.uk



Teen programmes

Parents Plus Special Needs Programme 11-18 yrs

Start date: Thurs 10th Sept — Thurs 22nd Oct 2026
Times: 7 weeks (10am —12.30pm)
Location: Clannye Group, Armagh
Attendees: Parents/carers of young people 11-18 years in the Southern Trust with a confirmed Autism diagnosis.

Delivery partners: Clannye & Parenting Partnership
Enquires/Referrals: e claire.convery@clannye.com
t: 07483 059876

Referral form: <https://forms.office.com/e/3Me891Nhsa>

Start date: Wed 13th Jan—Wed 3rd March 2027
Times: 7 weeks (10am-12.30pm)
Location: St Pauls High School Bessbrook
Attendees: All parents/carers of young people 11-18 years with special needs within Newry & Moume area

Delivery partners: Parenting Partnership & Newry MDT Team
Enquires/Referrals: Parenting Partnership-07880474747
e parenting.partnership@southerntrust.hscni.net
t: Newry GP MDT Team 074503937693
e john.flett@southerntrust.hscni.net

Start date: Thurs 28th Jan—Thurs 18th Mar 2027
Times: 7 weeks (6.30pm-9pm)
Location: Online
Attendees: Parents/carers of young people 11-18 years in the Southern Trust with a confirmed Autism diagnosis.

Delivery: Clannye
Enquires/Referrals: e claire.convery@clannye.com
t: 07483 059876

Referral form: <https://forms.office.com/e/3Me891Nhsa>

General Enquiries

Parenting Partnership

☎ 07880 474747

Child Development

Interventions Co-ordinator

☎ 028 3756 4462 / 07795 450278

Visit the webpage for more
programmes and information:

[Parent Support – Children and Young
People's Strategic Partnership
\(CYPSP\)](#)



Evidence Based

SUPPORT PROGRAMMES FOR PARENTS AND CARERS

Giving every child
the best
start/opportunity
in life



HSC Southern Health
and Social Care Trust
TOGETHER, IMPROVING CARE, TRANSFORMING LIVES



Early Childhood

Programme Details	Dates	Time	Location	Referrals
Mellow Dads to be (where Mum is 20+ weeks gestation)	Wed 16th Sept 26—Wed 21st Oct 26. 6 weeks.	7pm—8.30pm	Online	t: 028 37 564489 e: mellow.parenting@southerntrust.hscni.net
Mellow Bumps for mums to be 20+ weeks gestation Referrals can be taken at any time for future programmes.	Thurs 17th Sept—Thurs 22nd Oct 26. 6 weeks.	11am—1pm	Newry Sure Start	t: 028 37 564489
	Tues 3rd Nov 26—Tues 8th Dec 26. 6 weeks.	6.30pm—8.30pm	Online	e: mellow.parenting@southerntrust.hscni.net
Tiny Steps inc. of Incredible Babies. Parent and Baby 0-4 months living outside Sure Start area Face-to-face Parent/Infant programme will also include Infant Massage. Additional 6 sessions to include e.g. Sleep support, weaning, sensory play / physical activity sessions.	Monday 14th Sept 26. 19 weeks.	10am—12 noon	Home Start, Banbridge	t: 028 406 626234 e: homestartbanbridge1@btconnect.com
	Tues 15th Sept 26. 19 weeks.	10am—12noon	Home Start Armagh & Dungannon	t: 028 8778 9489 e: homestartad@btconnect.com
	Mon 21st Sept 26. 19 weeks.	1pm—3pm	Home Start, Newry (based in Kilkeel)	t: 028 3026 6139 e: info@homestartnewry.com
Tiny Steps inc. of Mellow Growing Together. Parent and baby 0-4 months living outside Sure Start area Face-to-face Parent/Infant programme will also include Infant Massage. Additional 6 sessions to include e.g. Sleep support, weaning, sensory play / physical activity sessions.	Wed 21st Oct 26 19 weeks.	10am—12 noon	Home Start, Craigavon	t: 028 38 345357 e: homestart.craigavon@btpopenworld.com
Togetherness (Solihull) Understanding Your Child For parents of children in the toddler and pre-school age range across the Southern Trust.	Wed 14th April 27—Wed 16th June 27. 10 weeks.	7pm—9pm	Online	t: 07880 474747 e: parenting.partnership@southerntrust.hscni.net
IY Autism & Language Delay Programme Available to parents of children 2-6 years with a confirmed Autism diagnosis or awaiting assessment. Delivery Partners: Parenting Partnership & Southern Trust Autism services.	Thurs 10th Sept 26—Thurs 17 Dec 26. 14 weeks.	10am—12noon	Autism Services, The Oaks, Old Longstone Hospital site, Armagh, BT61 7PR	t: 07880 474747 e: parenting.partnership@southerntrust.hscni.net
	Tues 12th Jan 27—Tues 27th April 27. 14 weeks.	10am—12noon	Banbridge Leisure Centre, 15 Downshire Place, Banbridge, BT32 3JY	t: 07880 474747 e: parenting.partnership@southerntrust.hscni.net
Parents Plus Early Years Programme Available to parents of children 1-9 with mild/ moderate special needs in the Armagh & Dungannon locality.	Tues 19th Jan 27—Tues 10th Mar 27. 7 weeks.	9.45am—12.15pm	Barnardo's Grange Building, Towerhill, Armagh	t: 07561 024675 e: caroline.williamson@barnardos.org.uk
Parents Plus Children's Programme Available to parents/carers of children 6-12 years.	Tues 8th Sept 26—Tues 10th Nov 26 . 9 weeks.	10am—12noon	Online-priority for parents/carers in N and M area	t: 07880 474747 e: parenting.partnership@southerntrust.hscni.net
	Wed 14th Oct 26—Wed 16th Dec 26. 9 weeks.	10am—12 noon	Online-priority for parents/carers in A and D area	
	Thurs 14th Jan 27—Thurs 18th Mar 27. 9 weeks.	10am—12 noon	Online-priority for parents/carers in C and B area	
Parents Plus ADHD Programme Available to parents/carers of children 6-12 years with a confirmed diagnosis/awaiting an assessment.	Wed 7th Oct 26—Wed 2nd Dec 26. 8 weeks. Priority for families in the C and B area	10.30am—12.30pm	NIACRO Offices, 26 Carolton Street, Portadown, BT62 3EP	t: 028 308 35764 e: gemma@bolstercommunity.org
	Tues 26th Jan 27—Tues 23rd Mar 27. 8 weeks. Priority for families in the N and M area	10.30am—12.30pm	Altnaveigh House, 51 Downshire Road, Newry, bt34 1ee	
Invest in Play (5-12 years) Available to families across the Southern Trust	Tues 15th Sept 26—Tues 8th Dec 26. 12 weeks.	10am—12noon	Cianrye, Unit 34 Armagh Business Centre, Loughgall Road, Armagh BT61 7NH	t: 07880 474747 e: parenting.partnership@southerntrust.hscni.net
	Thurs 21st Jan 27—Thurs 29th April 27.12 weeks.	10am—12noon	Dungannon Leisure Centre, Circular Road, Dungannon, BT71 6BH	

School Age



In June, Health Minister Mike Nesbitt announced that a one-off Meningococcal B (MenB) vaccination programme for adolescents would be rolled out in Northern Ireland, aimed at helping to protect those who are considered to be at the highest risk of MenB.

PHA has released details of the programme and are urging thousands of young people heading to university and further education colleges this autumn to book their potentially lifesaving free MenB vaccine.

Vaccinations are being offered through GP practices and participating community pharmacies across Northern Ireland. Two doses of the MenB vaccine given at least four weeks apart are needed for the maximum possible protection.

Call 999 immediately or go to your nearest A&E if you think you or a friend/family member could have meningitis, septicaemia or sepsis. Trust your instincts and do not wait for all symptoms or for a rash to develop. People with meningitis, septicaemia or sepsis can become seriously unwell very quickly.

Download Poster:

<https://www.publichealth.hscni.net/publications/help-protect-yourself-meningitis-poster>

You can find out more at

www.nidirect.gov.uk/MenB

Help protect yourself from meningitis

Meningitis and septicaemia can cause serious illness, often without warning. If eligible, you could get a free MenB vaccine to help protect you from the dangers of meningococcal group B disease. You are eligible if you:

- were born between 2 July 2007 and 1 July 2008
- are starting as an undergraduate at university for the first time in autumn 2026 (and were born on or after 21 July 2001)
- will be living in further education accommodation or student halls for the first time in autumn 2026 (and were born on or after 21 July 2001)

You will need 2 doses for full protection.

Scan the QR code or follow the link to check if you're eligible and find out where to get vaccinated.



www.nidirect.gov.uk/menb-vaccine





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

familysupportNI.gov.uk
Helping You Find the Services You Need



PARENT & TODDLER GROUPS

WE WANT TO
HEAR FROM
YOU! 

FamilySupportNI.gov.uk





POSITIVE WORDS THAT CAN CHANGE HOW YOU SEE YOUR CHILD



Strong Willed
Stubborn
Wild
Emotional
Dramatic
Unpredictable
Talkative
Quiet
Forceful
Clingy
Bossy
Intense
Loud
Impatient
Dreamy
Hyper-Sensitive
Shy
Aggressive
Fussy
Serious
Troublesome
Restless
Brooding



Spirited
Persistent
Energetic
Caring
Expressive
Spontaneous
Communicative
A Thinker
Determined
Loving
A Leader
Focussed
Expressive
Passionate
Imaginative
Responsive
Reflective
Assertive
Selective
Contemplative
Challenging
Active
Serious

PARENTS/CARERS

Northern Ireland

Free Northern Ireland Parents Taster Packs

@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.



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/>



ACCESS TO RESILIENCE: TRAINING OPPORTUNITIES

**FREE FOR MEMBER GROUPS SUPPORTING
YOUNG PEOPLE IN RURAL AREAS**

LEVEL 1, 2 & 3 AWARD IN YOUTH WORK PRACTICE



ACCREDITED WITH OCN NI

**SEPTEMBER 2026
FERMANAGH, COOKSTOWN,
ARMAGH, NORTH WEST REGION**

ADDITIONAL SUPPORT:

**£500 Small Grants
Good Governance Support
Connector Events
Pre -Training Meeting**



CLICK HERE!

Access to Resilience Training 2026 – Registration Form

TO EXPRESS INTEREST EMAIL: HELEN@YOUTHACTION.ORG



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

2. Sign up to our 10-minute digital training

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



©NSPCC 2023. All rights reserved. Registered charity (England and Wales 264625, Scotland 252771, and Jersey 104). Photographing Tom Vial, Felix Dimes and Shana. Adults and children are made and volunteers. 20230326.

Thinking about fostering?

Our Foster Carers receive full training, ongoing support and financial allowances. Find out more

<https://adoptionandfostercare.hscni.net/>

Thinking about fostering?



Find out more

0800 0720 137

adoptionandfostercare.hscni.net

A registered charity

Talk it through We're here to listen

Call free day or night on

116 123

Email

jo@samaritans.org

samaritans.org

SAMARITANS



Mental Health Ambassador

The **Mental Health Ambassador Programme** by Action Mental Health is a dynamic young leadership initiative designed for individuals aged 16-25 who are passionate about mental health, peer support and making a positive impact. This programme equips young people with the skills, knowledge, and confidence to become mental health ambassadors in their schools, colleges, universities, and communities.

The programme is delivered over the course of five sessions. Sessions one to four last for 1.5 hours. The fifth session is a full-day event, consisting of two parts: a morning intergroup workshop and an afternoon featuring the accredited **safeTALK** course.

The programme is delivered using diverse and engaging methods, including group discussions, real-life scenarios and interactive workshops, creative planning sessions, peer-led projects, mental health tool kits community mapping, vision-building and opportunities to collaborate with other youth groups.



A project supported by PEACEPLUS, a programme managed by the Special EU Programmes Body (SEUPB).

What the Programme Covers...

Ambassadors will:



Understand mental health and its impact on daily life, relationships, and communities



Learn how to be a positive peer and promote inclusive, respectful relationships



Develop skills in communication, empathy, and active listening



Explore the CBT model to build resilience and support others



Gain knowledge of safeguarding, referral pathways, and peer support boundaries



Create action plans for mental health events and inclusive support spaces



Improve awareness of local and NI-wide support services and groups



Use community mapping to build sustainable support networks



Earn a SafeTALK qualification to help identify and assist those at risk of suicide

Participants will build:



Confidence in mental health literacy, peer support, and emotional intelligence



Skills in empathy, leadership, communication, and planning



Ability to deliver inclusive, purposeful mental health activities



Awareness of diverse identities and how to build community belonging

Completers receive:



- A Mental Health Ambassador badge
- A certificate of completion for the full programme/SafeTALK accreditation

To find out more, scan the QR code or contact us:
OUR Generation Project
Bloomfield House
395-405 Newtownards Road
Belfast BT4 1RH
E: ogteam@amh.org.uk
T: 02891828494

SCAN ME



www.ourgeneration-cyp.com
www.amh.org.uk

Follow us on social media:

- @OURGenCYP1
- @OURGenCYP1
- @OURGenCYP1



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>

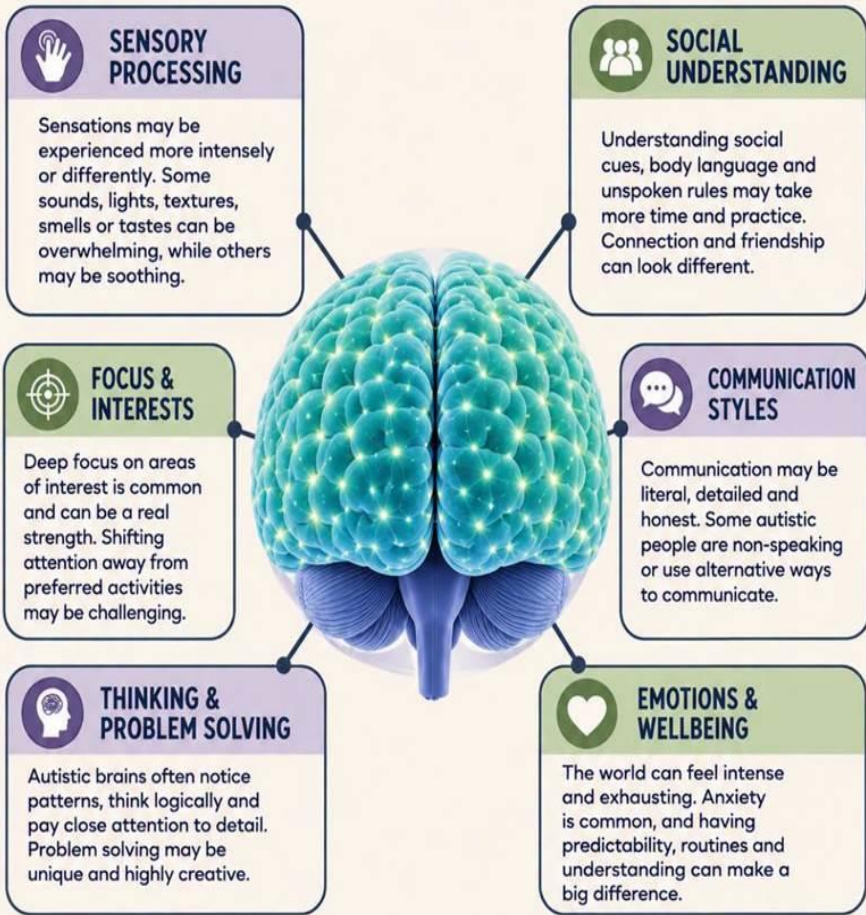


“I think she enjoys the time. Just us, no distractions. It gives your brain and everything [else] a little chance to calm down from a busy day, you know?”

Martha - a parent who received a Bookstart Baby pack

THE AUTISM BRAIN

AUTISM IS ABOUT DIFFERENT, NOT LESS



Different neurology. Different experiences. Different strengths.
When we understand the autistic brain, we can truly support it to thrive.

The Contented Child
HELPING CHILDREN TO BE UNDERSTOOD

Want to keep this? Tap the image, then the ... in the top right corner and select Save.



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.

familysupportNI.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

**PARENTS
AND CARERS!**

**YOU ARE SO WELCOME TO ATTEND
OUR FREE MONTHLY ONLINE
TRAINING!**

HKT Basic Awareness Training

This session looks at how our day to day interactions- as parents or carers - impact our baby or child's brain development, and their speech, language and communication skills!

Discover the vital role we as adults play, in shaping children's futures - impacting their education, employment, relationships and long term mental health.

(Approximately 1 hour)

HKT Level One Training

This session focuses on the ages and stages of speech, language and communication development, between 1 and 10 years of age.

You will be offered tips, strategies and activities to support each area of speech, language and communication, and guidance on when a referral to Speech and Language Therapy may be needed.

(Approx 2 hours)

**BOOK YOUR FREE PLACE ONLINE AT
THE HELP KIDS TALK WEBSITE**

or email helpkidstalk@resurgamtrust.co.uk





"The programme has helped strengthen my relationship with my child"

"It has been a really good investment of my time. We have made so many positive changes"

"Getting that connection with your child through play, the relationship improves, cooperation improves, everything improves."

invest in play®

Building Stronger Relationships For The Whole Family

A 12-week programme for parents/carers of children aged 5-12 years, living in the Southern Trust area

Start Date: Tuesday 15th September 2026

Time: 10am-12pm

Location: Clanrye, Unit 34, Armagh Business Centre, 2 Loughgall Rd, Armagh BT61 7NH

For more information please contact:
Maria Killen, Parenting Partnership
Phone: 07880 474747

Email: parenting.partnership@southerntrust.hscni.net



Click or scan here for the Referral Form



The Changing Lives Initiative @ the Warehouse

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

The Changing Lives Initiative are running a series of Workshops & Parent Programmes for parents whose children display behaviours associated with ADHD

Parent Workshops:

- ADHD Workshop September 9th & September 16th
- Thinking Outside the Box - How neurodivergent brains learn & grow 23rd September



Parent Programmes:

- Parents Plus (ADHD)

For Parents with children aged 6-12 years-old. Begins Wednesday September 30th @ 10am

- Incredible Years (ADHD)

For Parents with children aged 3-7 years-old. Begins Wednesday 13th January 2027 @10am



All Workshops/Programmes begin at 10am. To book your place email: info@changinglives.ie or Tel: 02895 900378

(A project supported by PEACEPLUS, a programme managed by the Special EU Programmes Body (SEUPB))





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

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



Pharmacy First

for help with everyday
health conditions



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

SAVE TIME
AND AVOID
WAITING TO
SEE A GP



- ✓ 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...>



THE DRY ARCH
PRESENTS

THE HIGHLY SUCCESSFUL
EVIDENCE BASED INVESTING IN PLAY COURSE

BUILDING STRONGER RELATIONSHIPS FOR THE WHOLE FAMILY

12 SESSION COURSE
FOR PARENTS & CHILDREN 2-12



BUILD CHILDRENS
SOCIAL COMPETENCE,
SELF-CONFIDENCE
AND EMOTION REGULATION SKILLS.



HELP PARENTS
DEAL WITH CHALLENGES
AND CREATE A BETTER EVERYDAY LIFE.



HELP CHILDREN
WITH LOW SELF-ESTEEM,
BEHAVIOURAL
DIFFICULTIES, ADHD AND AUTISM.



LEGO Foundation



For details please contact:
manager@dryarchcentre.co.uk

THE DRY ARCH CHILDREN'S CENTRES PARENTING APART

WHEN PARENTS WORK TOGETHER,
CHILDREN DO BETTER

Separation can be challenging for
parents and children alike

This programme offers
PRACTICAL ADVICE,
POSITIVE PARENTING
STRATEGIES, and SUPPORT
to help PARENTS REDUCE
CONFLICT, COMMUNICATE
EFFECTIVELY, and PROMOTE
their CHILDRENS
WELLBEING.

For more information contact
claire.heaney@dryarchcentre.co.uk

THE OAK HEALTHY LIVING CENTRE

PROGRAMME OF ACTIVITIES

SEPT - DEC 2026

THE OAK
HEALTHY
LIVING
CENTRE

The LITE House
179 Cross Street, Llaneskeas
Co Fermanagh, BT92 0JE

Phone: 028 677 23843
Email: admin@oakhlc.com
Website: www.oakhealthylivingcentre.com

Registered Charity: NIC100296





0808 8020 400

New Workshop

WHEN EVERY DAY PARENTING FEELS LIKE FIGHTING FIRES...
TAKE A STEP BACK AND JOIN US TO

Step 1: Think about how you Parent
Step 2: Explore what works and why

Wednesday 9th September
7-8.30pm on Zoom

Call 0808 8020 400 for more information or to book a place.

Can you spot the warning signs of Coercive Control?



Relate NI





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

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

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

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

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

BETHECHANGENI

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



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



BRIDGE THE GAP

SCHOOL ISOLATION

School isolation is a growing issue in NI. This webinar will explore behaviour through the foundations of child and adolescent development, emotional literacy and mental health – considering what behaviour may be communicating

**Tuesday,
8th September**

2:00 – 4:00PM

Online

- ✓ Understand School Isolation
- ✓ Learn Engagement Strategies
- ✓ Emotional First Aid
- ✓ Interactive session



The OUR Generation Team at Co-operation Ireland are delighted to announce a free webinar taking place on **Tuesday 8th of September, 2:00-4:00pm!** In partnership with **Bridge the Gap**, this webinar is for anyone working in a youth facing capacity with an emphasis on how to re-engage students isolated from education.

Participants will be introduced to the emotional first aid approach and will learn principles of emotional literacy and emotion coaching. Furthermore, the ACT principles (Acceptance and Commitment Therapy) will be explored, proving useful for participants to respond to distress with flexibility and compassion.

If you or anyone else in your organisations are interested in joining, please follow the **link below** or use the **QR code** in the [attached flyer](#).

<https://www.eventbrite.co.uk/e/school-isolation-webinar-tickets-1996168238938>



FREE Upcoming Courses | September 2026

Learn more about mental health! Options for individuals, parents and more!

Mindfulness for Teachers

Intro to mindfulness for teachers & classroom assistants.



Tuesdays, 15 Sep to 20 Oct, 7-9pm

OR

Wednesdays, 16 Sep to 21 Oct, 7-9pm



Delivered online (Zoom)

Mindfulness - based CBT for Teachers

In-depth look at mindfulness practice/ meditation for use within the classroom and personally. Includes a one day full mindfulness retreat.



Mondays, 21 Sep to 16 Nov, 4:30pm - 6:30pm
AND

Sunday 8 Nov, 10am - 3pm



Delivered online (Zoom)

Mental Health Course for Parents

For expectant parents and parents of children aged 3 and under.



Wednesday 16 Sep, 7-9pm



Delivered online (Zoom)

A Course to Help Anxiety, Low Mood and Challenge Negative Thinking

A Cognitive Behavioural Therapy (CBT) based programme.

TWO DATES:



23 Sep to 21 Oct, 2-4:15pm



Delivered face-to-face at
AWARE NI, 40-44 Duncairn
Gardens, Belfast, BT15 2GG



24 Sep to 29 Oct, 11am-1pm



Delivered face-to-face at
AWARE NI, 2 Crawford
Square, Derry, BT48 7HR



To sign up, visit aware-ni.org or use the link in our post



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>



e-Bug

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



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



Do's and **Don'ts**

For Encouraging Speech at Home

Do Model Modeling language shows your child how to communicate	Don't Ask for Labels Don't ask "what is this?" repeatedly
Do Extend Add 1-2 words to what your child says	Don't Say "Say" Try modeling instead. Saying "say" decreases spontaneous communication
Do Wait Waiting gives your child an opportunity to talk	Don't Question Too many questions is not natural. Make comments too!
Do Repeat Repeating confirms you heard your child and validates their communication	Don't Pressure Talking can be hard and adding pressure does not help
Do Respond Responding to your child will support future conversations	Don't Get Frustrated It's okay to get frustrated, but DO NOT let your child see this

mrsspeechieP

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/>

NHS

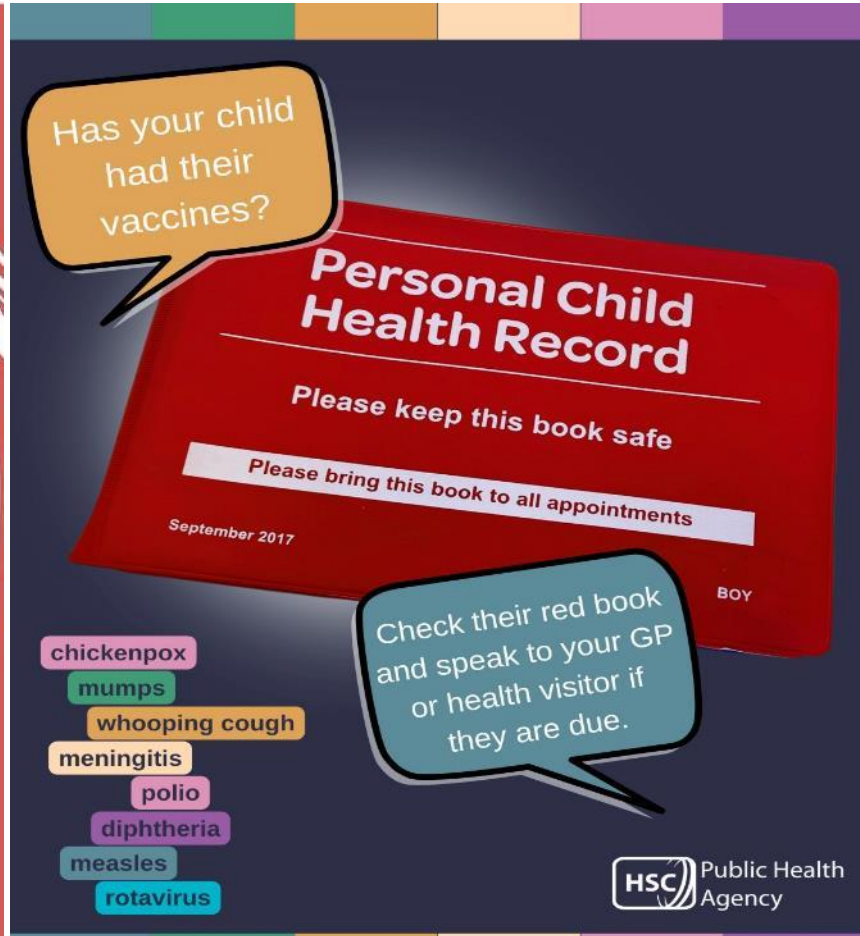
What can I buy with my NHS Healthy Start prepaid card?



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 \(hscni.net\)](https://www.babyandyoujourney.nhs.uk/)



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



Tiny Steps

19 week parent infant (0-4 months)
programme facilitated by Home-Start

HOME START

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

Key programme criteria

- For parents/carers and infants 0-4 months resident outside Sure Start areas in the Southern Trust
- Primarily, but not exclusively first-time parents/carers

Plus one or more of the following:-

- Parent experiencing isolation/loneliness
- Parent reporting anxiety/low mood
- Family needing additional support as identified by Health Visitors or other family support services.



What's included? (19 weeks)

- Incredible Babies (A & D, Banbridge & Newry) or Mellow Parenting Programme (Craigavon) x 8 weeks
- Infant Massage x 5 weeks
- Additional 6 sessions to include e.g. sleep support, weaning, sensory play/physical activity sessions

Programme details/Next steps?

Expressions of interest will be taken from parents, carers and supporting organisations by contacting the relevant Home-Start in your Locality.



Newry & Mourne: based in Kilkeel
Start date: Mon 21st Sept '26. 1-3pm
Tel: Home-Start on 028 3026 6139
Email: info@homestartnewry.com

FULL

pm

Armagh & Dungannon: based in Moy
Start Date: Tues 15th Sept '26. 10-12
Tel: Home-Start on 028 8778 9489
Email: homestartad@btconnect.com

FULL

Banbridge: based in Banbridge
Start date: Mon 14th Sept '26. 10-12
Tel: Home-Start on 028 4062 6234
Email: homestartbanbridge1@btconnect.com

LIMITED AVAILABILITY

Craigavon, Lurgan & Portadown:
based in Lurgan
Start date: Wed 21st Oct '26 10-12
Tel: Home-Start on 028 3834 5357
Email: homestart.craigavon@openworld.com

AVAILABILITY



Facilitated Online
Mellow Dads-to-Be

For Dads to be

A 6-week online program to support you get
ready for the birth of your baby

Starting Tuesday 16th September 2025

7pm - 8.30pm

For further information please contact:

Jacqueline Masterson, Promoting Wellbeing Team,

[Southern Health & Social Care Trust](mailto:mellow.parenting@southerntrust.hscni.net)

02837564489 / 07867208352

mellow.parenting@southerntrust.hscni.net





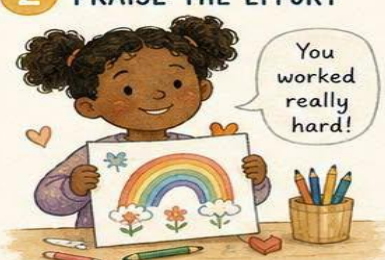
HELPING CHILDREN BUILD RESILIENCE



1 LET THEM TRY



2 PRAISE THE EFFORT



3 NORMALISE MISTAKES



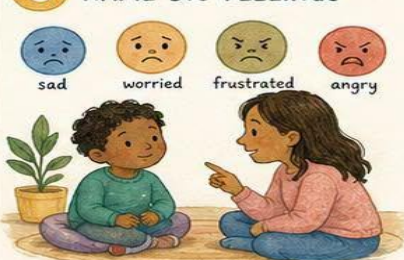
4 LET THEM SOLVE PROBLEMS



5 TEACH THEM TO TRY AGAIN



6 NAME BIG FEELINGS



7 SHOW THEM HOW TO CALM



8 ENCOURAGE INDEPENDENCE



9 REMIND THEM OF PAST WINS



10 TEACH POSITIVE SELF-TALK



11 BE THEIR SAFE PLACE



12 CELEBRATE GETTING BACK UP



Resilience isn't about never struggling.
It's learning that hard moments can be faced,
feelings can be managed, mistakes can be learned from,
and we can always try again. ❤️

Simple Play & Craft Ideas

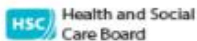


SureStart



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

#SureStartWorks



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



CHILDREPARTNERSHIPS.HSCNI.NET

Training & Quality – Childcare Partnerships

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



inourplace

NHS

Understanding your child: from toddler to teenager

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

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

Designed by clinical psychologists in partnership with practitioners and parents



www.inourplace.co.uk

Residents of NORTHERN IRELAND

In paid partnership with:



Public Health
Agency



Use Access Code
NIFAMILIES



Mid Ulster District Council

Just 1 week to go until tickets are released for The Great Garden Adventure at Maghera Walled Garden!

Join us on **Saturday 5 September, 12 noon – 4pm**, for a magical afternoon of outdoor family fun, live entertainment, hands-on activities and garden adventures!

Reminder: Activities inside the Walled Garden require a **FREE** one-hour ticket (one per person, including babies, toddlers and children).

FREE tickets for The Great Garden Adventure at Maghera Walled Garden go live next Tuesday 25 August.

50% of tickets released at 12 noon

The remaining 50% released at 7pm

Book your **FREE** tickets next Tuesday, 25 August at:
www.midulstercouncil.org/greatgardenadventure

BACK TO SCHOOL

ROUTINE CHECKLIST

NIGHT-TIME ROUTINE

- Put away toys ☐
- Have a bath or shower ☐
- Put on pyjamas ☐
- Brush my teeth ☐
- Choose tomorrow's clothes ☐
- Pack my school bag ☐
- Read a story ☐
- Get a good night's sleep ☐

MORNING ROUTINE

- Wake up and make my bed ☐
- Wash my face ☐
- Brush my teeth ☐
- Get dressed ☐
- Brush or comb my hair ☐
- Eat breakfast ☐
- Put on my school shoes ☐
- Grab my lunch and school bag ☐
- Ready for school! ☐

A good routine helps me feel happy, calm and ready to learn!



Relateable.

Free Relationships & Sexuality Education for 15-16 Year Olds

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

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

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

For more information please contact office@relateni.org.



Relate NI



C-CARD

Northern Ireland C-Card Scheme

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

Find your local provider at:



Public Health Agency

Project supported by the PHA



The internet, relationships & you

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



ea Education Authority

YOUNG PEOPLE

EXPRESSION OF INTEREST IN THE WONDER GROUP!

For 16-23 year olds

For young people aged 16-23 with SEN and/or disabilities

BASED IN **NEWRY**
YOUTH RESOURCE CENTRE



STARTING THURSDAY
17TH SEPTEMBER 2026

A **2 YEAR** PROGRAMME!

MEET NEW PEOPLE. TRY NEW THINGS. MAKE A DIFFERENCE.

- MEET NEW FRIENDS**
Build friendships and be part of an amazing group.
- GAIN QUALIFICATIONS**
Develop your skills and boost your future!
- PARTICIPATE IN CONSULTATIONS**
Have your say on the things that matter to you.
- GET INVOLVED IN SOCIAL ACTION PROJECTS**
Make a positive difference in your community.
- HAVE LOTS OF FUN!**
Activities, trips, challenges and so much more!

IF THIS SOUNDS LIKE YOU - WE'D LOVE TO HEAR FROM YOU!
➔ **EXPRESS YOUR INTEREST TODAY!**

ANY QUERIES CONTACT NIAMH:
Niamh.mcnamee@eani.org.uk | 02895 985907

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!

SCAN ME

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

Department for the **Economy** | 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



Residents of NORTHERN IRELAND



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

Loughshore House, 10 heron road, Belfast, BT3 9LE (028) 90460500.
Banbridge Youth Resource Centre,
Hill Street, Banbridge, BT32 4DP (028) 4062 6516



Help and advice for young people

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

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



app.heeadsss.uk

HEEADSSS

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.



RURAL YOUTH IN NORTHERN IRELAND

Understanding Aspirations,
Opportunities and Challenges



The Department of Agriculture, Environment and Rural Affairs have commissioned and provided funding for the research, conducted by **Rural Community Network (RCN)**, to enable us to hear from young people about the realities of their rural lives - particularly to understand what they value, what they hope for, and what helps or limits their opportunities

RCN invites your youth group, school or youth organisation to participate in this study

We want to hear directly from young people (12-25 years) to build a deeper understanding of the realities of living in a rural area and their experience

If you are under 16 years of age, please ensure that you have permission from your parent or guardian before completing this questionnaire

By participating, respondents under 16 confirm that they have obtained parental/guardian consent

Participation is voluntary, and all responses will be treated confidentially

If you are interested in participating, you can fill out the form [HERE](#) or email **kelly@ruralcommunitynetwork.org** for a copy.



LAYERED LIVES

Are you neurodivergent aged 13–30?

Join **Layered Lives**: a FREE, trauma informed, autism friendly programme exploring **relationships**, **consent**, **coercive control**, online safety and **boundaries**.



Contact Tracy on:

📞 Call 028 308 35764 OR

✉️ tracy@bolstercommunity.org

We also invite any groups that may be interested for their members

Last year, facilitators reported improved participant confidence in:



Recognising warning signs



Discussing boundaries

Identifying safer responses in both online and offline situations.



Scenario based

Visual tools

Safe space

Real-life experiences

Small groups



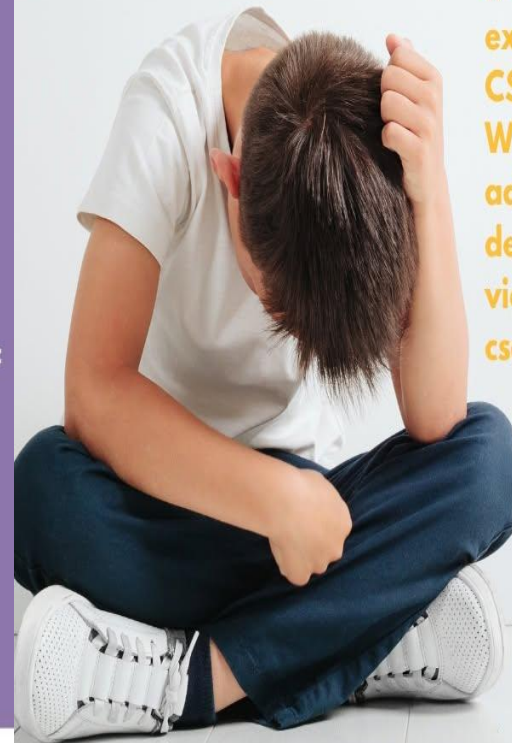
Brought to you by

BOLSTER
COMMUNITY



If a child you know has experienced sexual crime, our CSOLA service is here to help. We offer specialist legal advice, advocacy, and dedicated support for young victims.

csola@victimsupportni.org.uk





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.



The Welcome house
28-30 Bridge Street
Lisburn BT28 1AE



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
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
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.

Support services available through the Resurgam Trust

Programmes include:

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

Contact:

healthylivingcentre@resurgamtrust.co.uk
028 9252 8233

Resurgam Youth Initiative

We provide youth services for children and young people aged 5-25 years old. We have centres in 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
07895 757720

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





FAMILY

Family Support Service for Families of Children with a Disability



SERVICES:

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

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

 Call us for more info 028 3083 5764

bolstercommunity.org

BOLSTER
COMMUNITY

In partnership with:



Southern Health and Social Care Trust

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



www.autonomie.org.uk

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

Find out more!

Email: sharon.autonomie@gmail.com

Tel: 078 7251 9900





A first for Angel Eyes NI!

Join us for a lovely morning of gentle stretches, modified Pilates and some special time with Equine therapy ponies Tobi and Peanut on **Saturday 5th September between 10.45am and 12.30pm** near Banbridge.

Tobi and Peanut use Equine assisted learning to boost children's confidence, help with emotional regulation, reduce stress and support re-connecting.

Families can relax ,brush, stroke and lead the therapy ponies in a peaceful rural setting near Banbridge. Tea, coffee, juice and treats will be available.

Booking is essential , please contact Janine on 07746179463 or email janine.dougan@angeleyesni.org

Children have to be aged 4 and over and the event depends on the weather.

The therapeutic event is funded by The National Lottery Community Fund Northern Ireland.





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



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



Residents of NORTHERN IRELAND



Public Health Agency

In paid partnership with:



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>

Use Access Code
NIFAMILIES



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



The Together Project



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

Activities include:

Family Fun Days
Early Intervention (0-5 yrs)
Stay & Play sessions
Home visits
Sibling activities



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

If you are interested in being involved, please contact:

Amanda.Johnston@sense.org.uk

Belfasthub@sense.org.uk

Telephone: 02890833430



aine.donnelly@sense.org.uk

CRISIS CAFE NEWRY

Talking Autism - Parents and Carers Peer Support Group.

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

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

For further information DM page or just come along.

Anne Small Carla Quinn Clare McLoughlin Grace Clarke

**For
parents
and
carers**



Ask Questions
Understand
Talk to a Friend
Include
Show Support
Make a Difference

**2nd
Tuesday
of each
month**

River House 41
The Mall Newry

**TALKING
AUTISM PEER
SUPPORT
GROUP**



INCREDIBLE YEARS

HSC Southern Health
and Social Care Trust
TOGETHER, IMPROVING CARE, TRANSFORMING LIVES

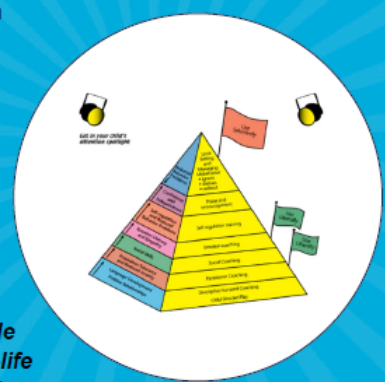


Autism and Language Delay Programme

This programme is available to parents/carers of children aged 2-6 resident in the Southern Trust area, with a confirmed autism diagnosis or awaiting assessment.

Parents/carers will be supported to:

- Promote their child's development in communication, language, play and social skills
- Help their child learn self-regulation skills
- Reduce stress and challenging behaviour



In the parenting groups trained Incredible Years facilitators use video clips of real-life situations to support training and stimulate parenting group discussion.



When: Starting on Thursday 10th September 2026
Time: 10.00am – 12.00pm
Duration: 14 weeks
Location: Autism Services The Oaks, Old Longstone Hospital Site, St Lukes, Armagh, BT61 7PR

For further information/to make a referral please contact Maria:
Email: parenting.partnership@southerntrust.hscni.net
Mobile: 07880 474747



Parents & Carers

Are you parenting an adolescent in the Southern Trust with a confirmed Autism diagnosis?

Join our **Parents Plus 'Special Needs Programme'** and meet other parents in a supportive group to help your adolescents reach their full potential.

Support your child to:	As a parent, learn how to:
→ Learn social skills and build friendships	→ Personally cope and manage stress
→ Deal with puberty and sexuality	→ Deal with the challenges of adolescence
→ Gain confidence and self-esteem	→ Support the needs of your other children
→ Be more independent	→ Manage challenging behaviour

Starting: Thursday 10th September 2026 for 7 weeks
Time: 10am-12.30pm
Location: Clanrye Group, Unit 34, Armagh Business Centre, 2 Loughgall Rd, Armagh BT61 7NH

For more information please contact:
Claire Convery, Clanrye Group Phone: 07483059876
Email: claire.convery@clanryegroup.com
Link to referral form: <https://forms.office.com/e/9Me89jNnsa>



DISABILITY AND ADDITIONAL NEEDS



Autism Awareness Card

Telephone:
028 9040 1729 (Option 1)



I am Autistic

Important information on reverse



www.autismni.org

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

Become an autism inclusive school



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



Nursery, Primary, Secondary & tailored options available



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

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



Become a member! Why?...



- ✓ 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.



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/

Scan QR code

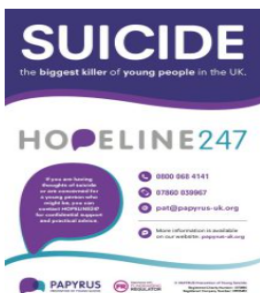


Call Childline on:
0800 1111

Call LIFELINE on:
0808 808 8000

Text Shout:
852558

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



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.



GOT QUESTIONS? DM US ON
@CRISISCAFENI



Need a third space to relax and socialise outside of home? Reminder that social bytes is running from 330 on Wednesdays 🍰 Social Bytes is a relaxed youth space for young people who want somewhere comfortable to spend time, connect, or focus, without the extra pressure.

It's a place to drop in, grab a complimentary hot snack and drink, use laptops, Wi-Fi, or the printer, and settle in however suits you. Some people come to study quietly on their own, others meet friends, work together, or just enjoy being around people without having to perform.

There's no expectation to socialise, and no right way to be. You can talk, create, concentrate, or simply exist in a space that's designed to feel safe, calm, and welcoming.

Social Bytes is about community at your own pace, a space where you don't have to fit in to belong.

Please note this cafe is strictly for 13-18yr olds





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
85258

Shout Crisis Textline

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

TEXT SHOUT TO 85258



Victim Support NI

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

<https://bit.ly/3JxcU4A>



Hello Thursday!



May your day be filled with
Kindness and love and all
the most beautiful blessings life
has to offer.

Grief as a teen

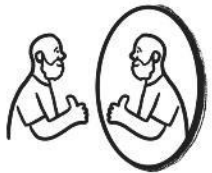
- You may want space or time to think, and that is OK.
- Writing, music, or creative projects can be a way to express emotions that are hard to talk about.
- You might feel pressure to act strong for others. Remember, you deserve support too.
- Try to keep to routines that make you feel grounded.

Cruse Bereavement
Support



Self-Care September 2026

MONDAY



TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

1 Find time for self-care. It's not selfish, it's essential

2 Notice the things you do well, however small

3 Let go of self-criticism and speak to yourself kindly

4 Plan a fun or relaxing activity and make time for it

5 Forgive yourself when things go wrong. Everyone makes mistakes

6 Focus on the basics: eat well, exercise and go to bed on time

7 Give yourself permission to say 'no'

8 Be willing to share how you feel and ask for help when needed

9 Aim to be good enough, rather than perfect

10 When you find things hard, remember it's ok not to be ok

11 Make time to do something you really enjoy

12 Get active outside and give your mind and body a natural boost

13 Be as kind to yourself as you would to a loved one

14 If you're busy, allow yourself to pause and take a break

15 Find a caring, calming phrase to use when you feel low

16 Leave positive messages for yourself to see regularly

17 No plans day. Make time to slow down and be kind to yourself

18 Ask a trusted friend to tell you what strengths they see in you

19 Notice what you are feeling, without any judgement

20 Enjoy photos from a time with happy memories

21 Don't compare how you feel inside to how others appear outside

22 Take your time. Make space to just breathe and be still

23 Let go of other people's expectations of you

24 Accept yourself and remember that you are worthy of love

25 Avoid saying 'I should' and make time to do nothing

26 Find a new way to use one of your strengths or talents

27 Free up time by cancelling any unnecessary plans



28 Choose to see your mistakes as steps to help you learn

29 Write down three things you appreciate about yourself

30 Remind yourself that you are enough, just as you are



ACTION FOR HAPPINESS

Happier · Kinder · Together



Getting the right support isn't always easy, especially when problems are affecting your mental health. It's not always clear where to go for support. That's where we can help.

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

Freephone - 0808 189 0036

Use our webchat - www.inspirewellbeing.org

Email - hello@inspirewellbeing.org

Our 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

Email - hello@inspirewellbeing.org



extern

WORLD SUICIDE PREVENTION DAY

Join Extern on 6th September for World Suicide Prevention Day:

Building Hope, Breaking Stigma.

Together, we'll remember those we've lost, raise awareness, and highlight the importance of hope, connection, and support.

Date: 6th September 11am-2pm Location: The MAC £5 donation (includes a free lunch)

The afternoon will include; Inspiring lived experience talks, Personal stories, An original play, Live music, and time to come together in a safe, supportive space. Whether you've been personally affected, work in mental health, or simply want to show your support, you're warmly invited. Register now and join us as we build hope and break stigma. Together, we remember. Together, we support. Together, we bring hope. **Book [here](#):**



It is important to get help for anxiety if:

- it has lasted a long time;
- it is stopping you do things you would normally do;
- if you have tried things to help, but you aren't feeling better.



www.MindingYourHead.info



Health and Social Care

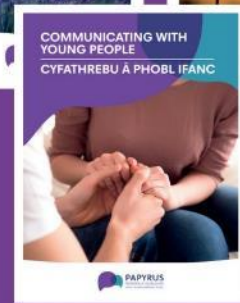


Public Health Agency

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



HELP AND ADVICE RESOURCES





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



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



0808 808 8000

Textphone:
18001 0808 808 8000





Supporting positive mental health & wellbeing in our schools and community

Covering the SHSCT area
HSC Southern Health
and Social Care Trust

Applied Suicide Intervention Skills Training (ASIST)

PIPS Hope & Support has a number of fully funded places for individuals and small groups to undertake the Applied Suicide Intervention Skills Training course (ASIST), available to anyone living/working in the Southern Trust area. Places are limited and will be allocated on a first come basis. As this is a fully funded course, there is no cost to complete the training however we kindly ask you ensure you have the time commitment to be able to attend the 2 full days before signing up.

Dates: 10th & 11th September 2026
Times: 09:30 - 16:30 both days
Location: PIPS Hope and Support
50 Mill Street, Newry BT34 1AG

ASIST is a two-day interactive workshop in suicide first aid which teaches participants to recognise when someone may have thoughts of suicide and work with them to create a plan that will support their immediate safety. Over the course of the two-day workshop, ASIST participants learn to:

- Understand the ways that personal and societal attitudes affect views on suicide and interventions
- Provide guidance and suicide first aid to a person at risk in ways that meet their individual safety needs
- Identify the key elements of an effective suicide safety plan and the actions required to implement it
- Appreciate the value of improving and integrating suicide prevention resources in the community at large
- Recognize other important aspects of suicide prevention including life-promotion and self-care

To speak with us about booking places please contact us on 028 3026 6195 (Mon-Fri)

*Note that we cannot usually accept enquiries from large groups.

To register interest for a place on this course please scan the QR code or [CLICK THIS LINK](#) and we will get back to you.



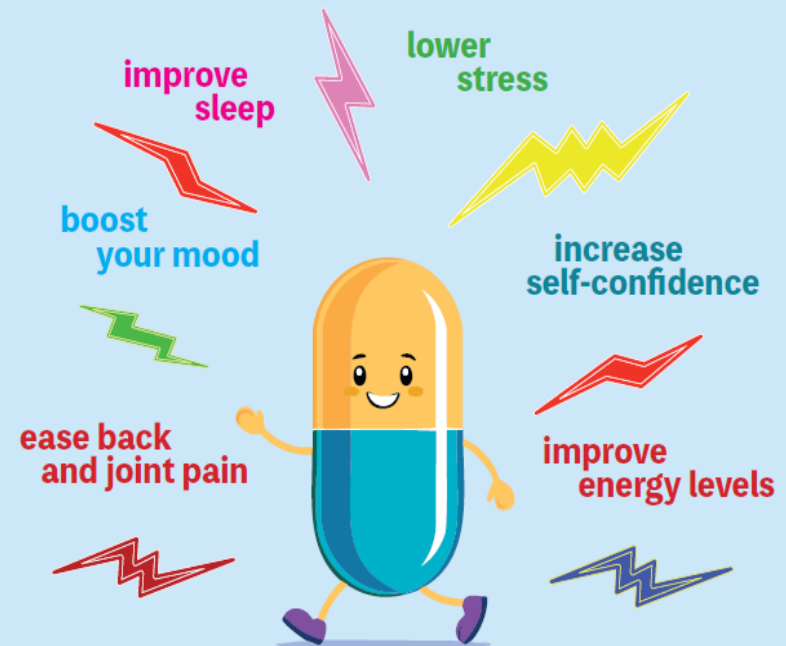
Public Health Agency
HSC

PROTECTLIFE
Southern Area
Resource Centre

PIPS partners ...
action mental health

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.

HSC Public Health Agency

HSC Health and Social Care

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



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

5 ways to reach your goals



THINGS YOU MIGHT NOT KNOW ARE BURNOUT

www.SocialWorkersToolbox.com

Burnout is when you become emotionally, mentally and physically exhausted because stress has built up over time and you have not had enough time to recover.

- | | | | |
|---------------------------------------|------------------------------------|------------------------------------|---|
| FEELING TIRED EVEN AFTER REST | DREADING THINGS YOU USED TO MANAGE | FEELING NUMB OR SHUT DOWN | GETTING IRRITATED MORE EASILY |
| CRYING MORE THAN USUAL | FINDING IT HARD TO CONCENTRATE | FORGETTING THINGS MORE OFTEN | PUTTING OFF SIMPLE TASKS |
| FEELING OVERWHELMED BY SMALL DEMANDS | WANTING TO HIDE FROM PEOPLE | LOSING MOTIVATION | FEELING DETACHED FROM YOUR WORK OR ROLE |
| STRUGGLING TO START THE DAY | SNAPPING AT PEOPLE YOU CARE ABOUT | GETTING HEADACHES OR BODY TENSION | FINDING DECISIONS HARDER TO MAKE |
| FEELING LIKE NOTHING YOU DO IS ENOUGH | STRUGGLING TO SWITCH OFF | NEEDING MORE TIME ALONE TO RECOVER | FEELING EMPTY INSTEAD OF ENERGISED |



Have
you lost
someone
to suicide?

You are
not alone.

We are here to
support you.



This is Seamus. He lost his son Thomas to suicide and is now a support worker with the **Bereavement Service**.

Seamus found the support he received so helpful that he is now helping others who have lost someone to suicide.

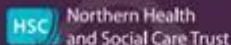
How we can support you

- **One-to-One Support Sessions** – private support at your own pace
- **Local Support Groups** – connect with others who understand
- Available across the Northern Trust area

Losing someone to suicide can be overwhelming. We offer free, confidential support for anyone affected by suicide bereavement at any stage of your loss.

Get Support or Find Out More

📞 028 9441 3544 📧 BBSService@northerntrusthscni.net



Project supported by the PHA



📱 SCAN ME

BEREAVEMENT SUPPORT GROUP

Caring for those who have been bereaved by suicide

BALLYMENA NORTH BUSINESS CENTRE

120 CUSHENDALL
ROAD, BALLYMENA
BT43 6HB

7.00pm – 9:00pm

Monday 7th
September 2026

Monday 5th
October 2026

Monday 2nd
November 2026

Monday 4th
January 2027

Monday 1st
February 2027

Monday 1st
March 2027

Monday 5th
April 2027

Monday 10th
May 2027

Monday 7th
June 2027

THE SANDEL CENTRE

6 KNOCKLYNN ROAD,
COLERAINE
BT52 1WT

7.00pm – 9:00pm

Tuesday 22nd
September 2026

Tuesday 20th
October 2026

Tuesday 17th
November 2026

Tuesday 19th
January 2027

Tuesday 16th
February 2027

Tuesday 23rd
March 2027

Tuesday 20th
April 2027

Tuesday 18th
May 2027

Tuesday 22nd
June 2027

GORTALOWRY HOUSE

94 CHURCH STREET,
COOKSTOWN
BT80 8HX

7.00pm – 9:00pm

Wednesday 2nd
September 2026

Wednesday 7th
October 2026

Wednesday 4th
November 2026

Wednesday 6th
January 2027

Wednesday 3rd
February 2027

Wednesday 3rd
March 2027

Wednesday 7th
April 2027

Wednesday 5th
May 2027

Wednesday 2nd
June 2027

You don't have to walk through this alone. Come along to our support group, meet others who understand, share as much or as little as you feel comfortable with, and take some time for yourself.

Get Support or Find Out More

📞 028 9441 3544 📧 BBSService@northerntrusthscni.net



CONFIDENCE WHEEL

www.SocialWorkersToolbox.com

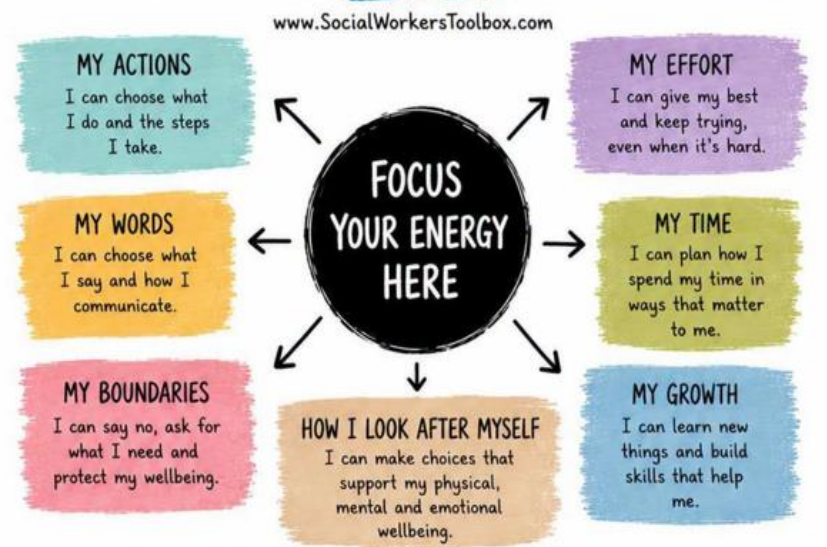


WHAT YOU MIGHT NOTICE	TRY THIS	WHY IT HELPS
I keep putting myself down	Ask: what would I say to a friend?	It softens harsh self-talk and builds self-respect
I avoid things because I might get it wrong	Take one small step anyway	Confidence often grows through action, not by waiting to feel ready
I compare myself to everyone else	Come back to your own progress	This keeps your focus on what you can build
I freeze when I need to speak up	Slow your breathing and say one simple sentence	It makes the moment feel more manageable
One mistake knocks my confidence	Name one thing you learned	Learning helps you recover and keep going
I feel nervous in new situations	Prepare one thing you can do or say	Preparation gives your mind an anchor

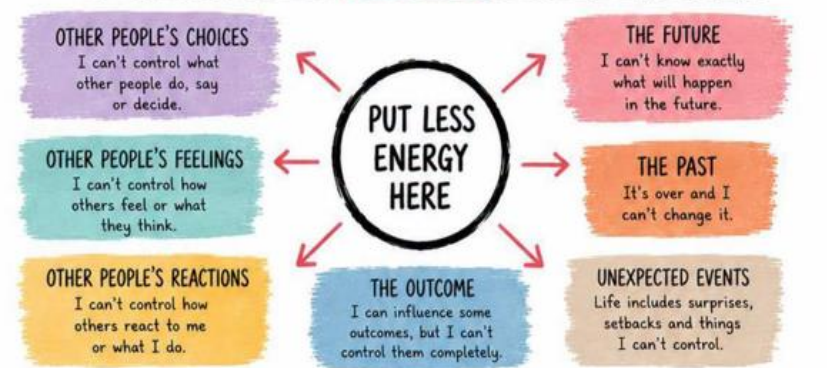
Confidence grows when you keep showing up.

WHAT I CAN CONTROL

www.SocialWorkersToolbox.com



WHAT I CAN'T CONTROL



I CAN'T CONTROL EVERYTHING, BUT I CAN CHOOSE WHERE TO PUT MY ENERGY.



Calming Skills Workshop



for World Mental Health Day

Learn practical ways to help manage stress, worry and anxiety at a free workshop delivered by Belfast Trust Health Improvement Team. Suitable for adults aged 18 and over. Registration essential.

- Monday 5th October
11am - 12.30pm at Ormeau Road Library
- Tuesday 6th October
6pm - 7:30pm at Holywood Arches Library
- Thursday 8th October
2pm - 3.30pm at Grove Library
- Friday 9th October
11am - 12.30pm at Colin Glen Library

To register click/scan QR code



Or phone 02895 046 714



libraries ni
www.librariesni.org.uk

HSC Belfast Health and Social Care Trust
caring supporting improving together



WHEN YOU'VE HURT SOMEONE'S FEELINGS

www.SocialWorkersToolbox.com

H - Hear
how they feel.

E - Express
that you care.

L - Look for
a way to help.

P - Put
it right.

Free PDF Download



Mental Health Support Services & Crisis HELPLINES



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

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

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



Armagh City Banbridge & Craigavon Borough Council



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

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

ALIT

SAMARITANS



samaritans.org



Helplines NI

listen. support. inform

www.helplinesni.com

New COVID-19 helplines added to website offering a wide range of support

Community Helpline

Diabetes Helpline

HMRC Helplines for businesses and many more!





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



When someone important to you has an incurable illness, life can begin to change before they die. Child Bereavement UK free Coping with Change online workshop is for young people aged 13+ who are experiencing anticipatory grief.

The one-hour session will explore how life can change when someone you care about is going to die, while also trying to hold onto some sense of normality. There'll be a creative activity, opportunities to share experiences and space to explore ways of coping.



Tuesday 15 September at 4pm Online and free to attend

Book your place here: <https://www.childbereavementuk.org/supportive-talks-and-webinars>



September 15



**Coping
with change
workshop**

Has someone important to you got an incurable illness?

This free online workshop for young people aged 13+ explores how life can change when someone you care about is going to die.

Through a creative activity and shared experiences, we'll talk about anticipatory grief and explore ways to cope with change.

CRUSE NATIONAL HELPLINE

0808 808 1677

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



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.

BEREAVEMENT



Protecting Your Rights

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

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

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

Samaritans
0845 790 9090
www.samaritans.org.uk

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

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

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

Crimestoppers
0800 555 111
www.crimestoppers-uk.org

Created by Police Service Print+Design RP001



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



Keeping People Safe



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 Hospital and Social Care Trust
 Public Health Agency

Southern Trust Area

NINES - Northern Ireland New Entrant Service,
South Tyrone Hospital, 8 Floor, Carland Road, Dungannon BT71 4AJ.
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

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

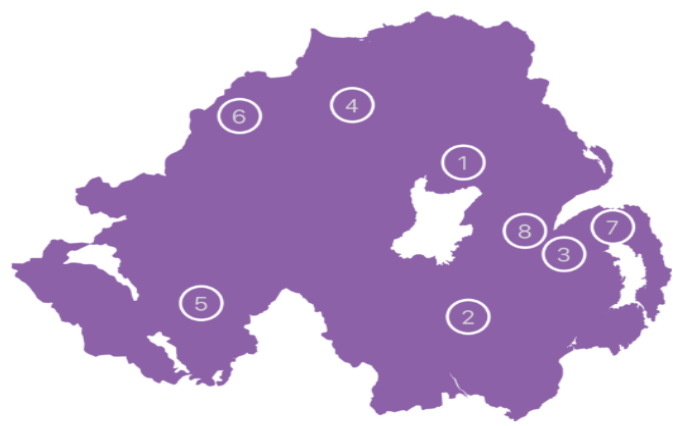
Call us on 0800 151 2605

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 call PSNI on: **101** or the confidential 24 hour domestic and sexual abuse helpline: **0808 802 1414**



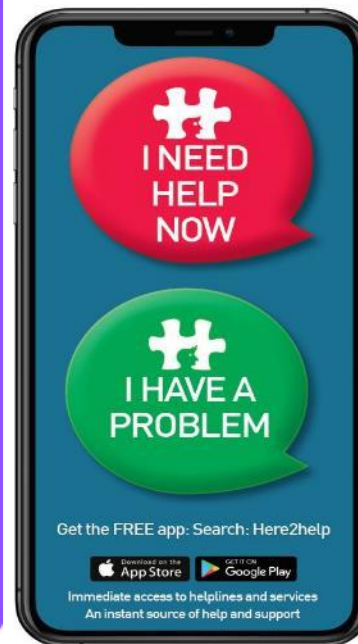
If you have experienced domestic abuse, you can speak to us in complete confidence.

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



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



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

Substance Abuse Support

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

Cruse Bereavement: 0808 808 1677

Lifeline: 0808 808 8000

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

ASCERT

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

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

PBNI CONTINUE TO WORK WITH PEOPLE WHO HAVE ADDICTIONS.

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

PBNI Probation Board for Northern Ireland

HAVING A CHAT OVER THE PHONE WAS ALL I NEEDED

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

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

www.addictionni.com or call 028 9066 4434

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

Affected by someone else's drinking or drug use?

I'm embarrassed by her drinking

HSC Public Health Agency

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

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



FREE ENTRY

FAMILY FAYRE

And **PRE-LOVED SALE**

MEADOWBANK SPORTS ARENA
SATURDAY 27 JUNE, 11AM - 2PM

PRE-LOVED SALE (FAMILY & BABY ITEMS ONLY)
DEMOS & INFORMATION STANDS | REPAIR CAFE | FAMILY FUN ACTIVITIES

BOUNCY CASTLES

FACE PAINTING

ARTS & CRAFTS

**TABLE HIRE
£10
FOR SELLING**

TO HIRE A TABLE CONTACT
sustainability@midulstercouncil.org
03000 132 132

In support of Baby Basics, Magherafelt

NIRN
 HSC
 Coriáilte Ceantair
Lár Uladh
Mid Ulster
District Council

Visitors were also able to avail of pre-loved school uniform at the event.

CYPSP
Children & Young People's Strategic Partnership



MAKING A SPLASH AT PGA SUMMER!



The **CYPSP Southern Area Locality Planning Team** was delighted to join Oasis and partners at the **Portadown Gets Active 'Enchanted Forest' Family Event** on 24th July, bringing our new interactive **Adopt A Duck** engagement initiative along for a day filled with fun, connection and community.

Our ducks proved to be a fantastic conversation starter, giving us the opportunity to engage with children, young people, parents/carers and practitioners and hear their views about what helps children and young people thrive, the support they need and what they would like to see more of in their communities.

The feedback gathered will contribute to emerging and ongoing needs discussions following the summer engagement programme, ensuring that the voices of children, young people and families help inform and shape our locality planning work.

A huge well done to Oasis and all their partners on another successful Summer Gets Active Programme, creating positive and meaningful opportunities for children, young people and families to connect, have fun and strengthen community networks.



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**

HSC 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 503042.



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

Join the stay warm scheme now

Collect stamps to help pay for your home heating oil.

Belfast City Council

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