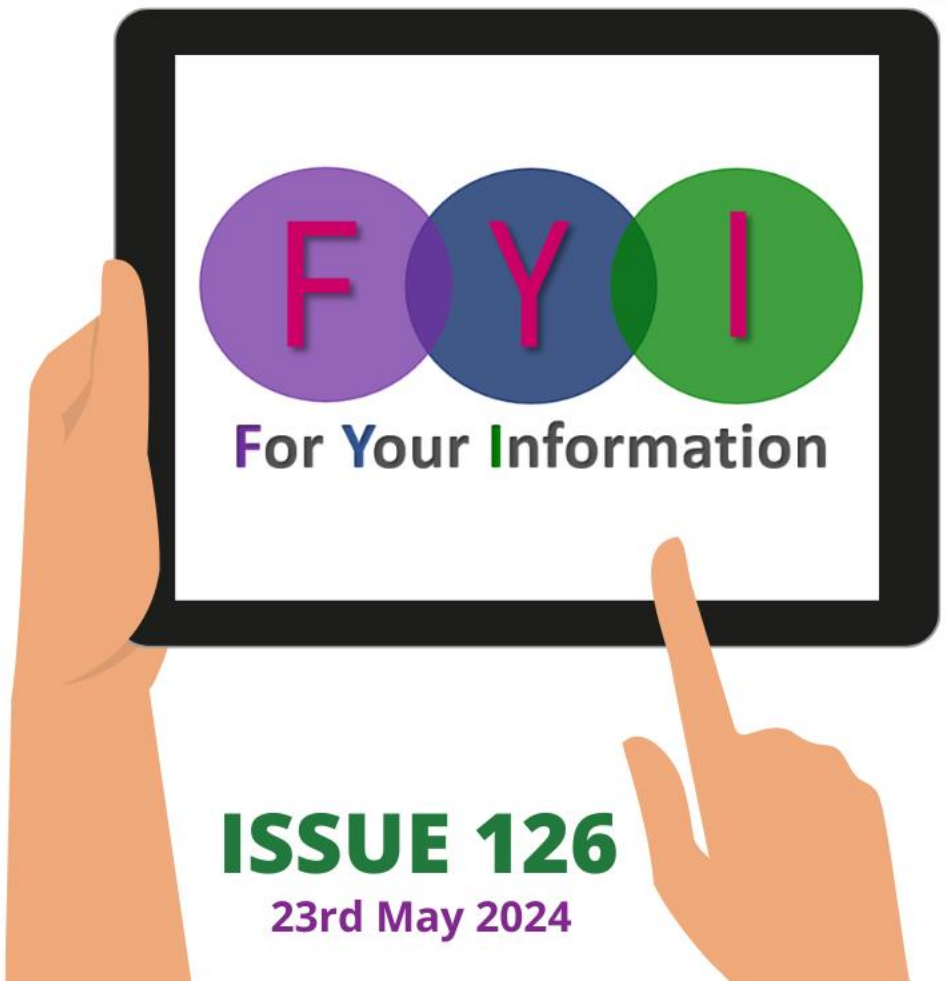


**SOUTHERN AREA  
LOCALITY PLANNING GROUPS**



**ISSUE 126**  
23rd May 2024



## WELCOME

Welcome to Issue 126 of our fortnightly newsletter, 'FYI' (For Your Information).

This is the first of 3 special editions to promote upcoming summer activities for children and young people in the Southern Area. You will see a call for submissions on [Page 4](#) on what to submit and we are very keen to also take ideas for no / very low cost activities that families can do over the summer months with their children.

We have also included our School Uniform Toolkit on [Page 3](#): A free practical resource for use by any group who want to set up and run a recycling scheme in their area. For anyone wishing to find out more about this and learn how we can help support you, please contact us at the usual address.

**Locality Development Team, Southern Area**

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[Next Issue Key Dates](#)



**CYPSP**  
Children & Young People's Strategic Partnership

**SOUTHERN AREA**  
*School Uniform Recycling*  
**TOOLKIT**

**A Practical Support Guide for a School Uniform Recycling Initiative**

**WHY CHOOSE TO REUSE?** **PLANNING YOUR INITIATIVE** **HINTS & TIPS** **WHAT NEXT?**

Includes a suite of adaptable flyers, checklist templates and evaluation tools

**SCHOOL UNIFORM RECYCLING TOOLKIT**  
2023 Figures & Feedback

**CYPSP**  
Children & Young People's Strategic Partnership

**WHO FED BACK?**

11 NO. OF SCHOOLS / ORGANISATIONS WHO GAVE FEEDBACK  
9 NO. OF EVALUATION FORMS RETURNED

**WHO WAS INVOLVED?**

7 PRIMARY SCHOOLS  
1 SECONDARY SCHOOL  
1 SPECIAL SCHOOL  
1 GAA CLUB  
1 CHURCH

**WAS THE TOOLKIT USEFUL TO YOUR SCHOOL IN HELPING TO RUN AN INITIATIVE?**

7 Yes, very much  
1 Yes, a little

**WAS THE TOOLKIT WORTHWHILE TO YOU AS A SCHOOL?**

6 Yes, very much  
1 Yes, a little  
1 Somewhat  
0 Not very  
0 Definitely not

For further info., contact the Southern Area Locality Development Team on [localityplanning@ci-ni.org.uk](mailto:localityplanning@ci-ni.org.uk)

The **Southern Area School Uniform Recycling Toolkit** is a FREE resource for any school, community organisation or group to use to help set up a recycling scheme. Including editable flyers, checklist templates and evaluation tools, this resource can be used across Northern Ireland and is available to download [HERE](#)

For anyone who wishes to use the Toolkit, or for further information, e-mail [localityplanning@ci-ni.org.uk](mailto:localityplanning@ci-ni.org.uk), as we aim to track all usage of the resource to demonstrate the impact of this initiative

See our **2023 Toolkit Infographic** [HERE](#) to find out about the impact of last year's School Uniform Recycling Initiative on schools and organisations



Are you organising summer activities for children & young people?

Do you want to share this information with other services?

Do you want to find out what is happening in the summer for families, children or young people in your area so you can pass it on?

We are again promoting your summer activities in the **Summer Is Coming** section of this edition of 'FYI', starting on the [next page](#)

Please send any relevant information regarding your summer schemes/activities for the next two editions of 'FYI' (circulating on **Thursday 6<sup>th</sup> June** and **Thursday 20<sup>th</sup> June**) so we can continue to showcase the great range of opportunities available and being run across the Southern Trust Area.

**We also invite you to share any opportunities for children and young people you are aware of, whether these are local schemes being run or free/low-cost activities families can do with their children.**

We ask that, where possible, artwork is submitted already set-up (in jpeg, png or pdf format)

Send your submissions to [localityplanning@ci-ni.org.uk](mailto:localityplanning@ci-ni.org.uk)



LET'S DO THIS!

# GET READY TO SHAKE UP SUMMER

JUNE-AUGUST 2024  
[getactiveabc.com/summer](https://getactiveabc.com/summer)  
#shakeupsummer

FAMILY FRIENDLY EVENTS

Armagh City Banbridge & Craigavon Borough Council

A QR code is visible in the top right corner of the image.

 <https://getactiveabc.com/summer>

Disability Sport NI  
LIVE ACTIVE NI  
MORE ACTIVE MORE OFTEN

# ABC INCLUSIVE SUMMER SCHEME

BOOK NOW  
[getactiveabc.com/summer](https://getactiveabc.com/summer)

JUNIORS 7-11 YEARS | SENIORS 12-16 YEARS  
2.5 HOUR SESSIONS

For more information  
[getactiveabc.com/summer](https://getactiveabc.com/summer)

Armagh City Banbridge & Craigavon Borough Council

 <https://getactiveabc.com/inclusivesummerscheme>



## Feel Good ARMAGH



FREE

Activities for children,  
food, music and a  
guided tour of  
The Mall

### COMMUNITY INFORMATION DAY

Everyone welcome to find out what is  
available locally for all ages in Armagh!

- ✓ Services
- ✓ Activities
- ✓ Community Funding
- ✓ Health & Wellbeing
- ✓ Financial Support & Advice
- ✓ Cost of Living Support
- ✓ Family Support

SATURDAY  
15TH JUNE 2024  
10AM TO 1PM

 The Mall, Armagh



For further information, e-mail:  
[stephen.harland@arkhousing.co.uk](mailto:stephen.harland@arkhousing.co.uk)

Feel Good Armagh is hosted & supported by:



[stephen.harland@arkhousing.co.uk](mailto:stephen.harland@arkhousing.co.uk)



CRANFIELD

INCLUSIVE BEACH

EQUIPMENT LOAN  
SCHEME



NOW OPEN  
FOR  
BOOKINGS



[www.maemurrayfoundation.org](http://www.maemurrayfoundation.org)

An **Inclusive Beach** is a beach environment that Mae Murray Foundation has planned so that people of all ages and abilities can take part, have fun, and be included

Inclusive Beaches will provide access, parking, and disabled toilets. Toilets will always offer hoisting and adult sized changing bench facilities - to full Changing Places standard whenever possible

Inclusive Beaches in Northern Ireland offer free beach equipment loan schemes, operated as a partnership between Mae Murray Foundation and respective beach operators

In addition to offering beach equipment for individual loan, Inclusive Beaches often host events and activities, delivered by Mae Murray Foundation

This may include beach fun days, surf days, litter picking events amongst others

Event notifications are emailed via the membership newsletter

Membership is free, simply click [HERE](#) to join



## INCLUSIVE BEACHES

**Group Booking Pack  
now available!**

We can help your community group, organisation or school visit the beach!

Packed with all the information you need to know about getting onto the beach this season, we can guide you through your day out at the beach.



- CRANFIELD
- GROOMSPORT
- BENONE
- PORTRUSH (EAST STRAND)
- PORSTEWART

**REQUEST YOUR PACK BY EMAILING:**

[comdev@maemurrayfoundation.org](mailto:comdev@maemurrayfoundation.org)



[www.maemurrayfoundation.org](http://www.maemurrayfoundation.org)



[comdev@maemurrayfoundation.org](mailto:comdev@maemurrayfoundation.org)



PROTECT LIFE TRAINING 2024/25



## **MHFA** Mental Health First Aid

**Dates:** Wednesday 29<sup>th</sup> May & Wednesday 5<sup>th</sup> June 2024

**Venue:** The Jethro Centre, 6 Flush Place,  
Lurgan, BT66 7DT

**Times:** 9.30am – 4.30pm

**Course Fee:** This course is fully funded through Protect Life Strategy Funds; therefore there will be no cost to participants. Attendance at both days is required in order to achieve the MHFA Certificate.

Mental Health First Aid (**MHFA**) is the help given to someone experiencing a mental health problem before professional health is obtained.

The aims of Mental Health First Aid are:

- To enhance understanding of mental health problems and how they can impact on individuals and society.
- To develop skills, motivation, knowledge and confidence in offering help to those with symptoms of mental illness.
- To guide towards appropriate professional help.

Mental Health First Aid (**MHFA**) is appropriate for anyone from a voluntary or professional background who comes into contact with the general public and is interested in learning more about mental health problems, how they impact on individuals and how best to provide support.

Please contact: Roisin Tallon [rtallon@amh.org.uk](mailto:rtallon@amh.org.uk)  
Tel: 07720 165 327



[rtallon@amh.org.uk](mailto:rtallon@amh.org.uk)



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

## Vision and Strategy 2030

### Invitation

**Information Session on development of Vision & Strategy 2030**

We are excited to have started the journey of developing our new long term vision and strategy for the organisation.

Our aim is to collaborate with staff, service users, carers and all those with an interest in our services, to develop a strategy that meets the needs of our local population.

We know that by working together and with support from all of our partners, we can build on and develop our successes to improve the lives of more local people into the future.

<p><b>Ballybot House, Newry</b></p> <p><b>MAY 29th</b> 10.30 am - 12.30 am</p>	<p><b>Seagoe Parish Centre</b></p> <p><b>MAY 29th</b> 2.00 pm - 4.00 pm</p>
<p><b>The Junction, Dungannon</b></p> <p><b>JUNE 10th</b> 2.30 pm - 4.30 pm</p>	<p>To register for attendance email: Strategy@southerntrust.hscni.net</p>

 [Strategy@southerntrust.hscni.net](mailto:Strategy@southerntrust.hscni.net)



## Monday Workshops

17th June 2024 | 9.30 - 10.30am



**TRAUMA SUMMIT 2024**  
Presented by Khiron Clinics


**The Comprehensive Resource Model®**  
Lisa Schwarz | **Laganview Suite**

**Developing a trauma and resiliency informed approach**  
Lesley Carroll | **Madrona Suite**

**Trauma Informed Yoga**  
Kate McAlpine | **Hemlock Suite**

 <https://actiontrauma.com/traumasummit>



**Southern Trust Recovery College**  
Wellbeing education for everyone

### On-line Courses – May 2024

#### Practising Self Care

This course explores the culture of self-care, its value and benefits, and suggests ways in which it can be incorporated into your daily life.

Venue: Online via Microsoft Teams  
Date: 15<sup>th</sup> May 2024  
Time: 10 am – 12 noon

#### Top Tips for Anxiety


This course will provide you with some simple strategies and top tips to help you understand and manage your anxiety.

Venue: Online via Microsoft Teams  
Date: 29<sup>th</sup> May 2024  
Time: 10 am – 12 noon

To register your interest in either course please get in touch using the contact details below:

Tel: 02837561938  
Email: [Recovery.college@southerntrust.hscni.net](mailto:Recovery.college@southerntrust.hscni.net)

Alternatively you can use the below link to register your interest:  
[Recovery College Register Form | Southern Health & Social Care Trust \(hscni.net\)](https://forms.office.com/e/1wDyCq5FKr)



## I-CAMHS

### ‘SPEAK UP FOR BABIES’

IMHAW 2024 - I-CAMHS WORKSHOP 10/06/24  
(SEE DETAILS BELOW)



#### A LITTLE ABOUT I-CAMHS...

I-CAMHS is a step 2 early intervention service. Our work aims to support parents/primary care givers and their infants (0-4 years old) to form healthier and stronger attachments. We aim to address concerns regarding an infants emotional presentation and when the parents own challenges are impacting on the developing parent/infant relationship.

Babies and young children have a voice that must be listened to. Babies have things to tell us. It is our responsibility to create an environment that facilitates their communication and supports them to make a meaningful contribution through the significant people in their lives .

#### WHY IS IT IMPORTANT TO SPEAK UP FOR BABIES?

To give an infant the best start in life they need to be seen as a person with their own feelings and rights. However, infants fully depend on us adults to interpret their cues and communication so that their needs are met and their voice is heard. The infants relationship with their primary care giver is important to them and their relationships directly affect how their brain grows and develops.

#### THE VOICE OF BABIES IS HEARD AND SEEN;

- In the sounds they make
- Their movements
- Their response to the Environment
- Interactions with people
- Their silence
- How they make us feel

#### WHAT WE NEED TO DO

- Raise awareness about Infant Mental Health
- Observation
- Educate - parents should have the information they need to make good choices for their infants.
- Training for professionals who work with infants and toddlers
- Utilise training, tools and techniques to support communication with babies

#### DETAILS OF WORKSHOP

- The workshop is open to any family support workers/health practitioners who work with infants and toddlers within the Southern Trust Area.
- Date and time: 10th June 2024 at 10am - 11am.
- Venue - MST, link will be shared once applications are approved.
- Applications can be made by clicking the link <https://forms.office.com/e/1wDyCq5FKr>
- The closing date for applications is Friday 31st of May 2024.

[Recovery.college@southerntrust.hscni.net](mailto:Recovery.college@southerntrust.hscni.net)

<https://forms.office.com/responsepage>

**FREE ONLINE  
STRESS CONTROL COURSE**

**Course covers:**

- What is stress

**Controlling :**

- Your body
- Your thoughts
- Your actions
- Panicky feelings
- Getting a good night's sleep
- Boosting your wellbeing



**#StressControlNI**  
**6 Sessions**  
**90 minutes**  
**per session**

**For course information and dates  
visit [www.ni.stresscontrol.org](http://www.ni.stresscontrol.org)**

The next **Stress Control Online Course** will start on Monday 3<sup>rd</sup> June 2024

Each of the 6 sessions per course are available online for 7 days  
(Monday at 9am - Monday at 8am)

Each course will run for 6 weeks

You do not need to register to join - Just click on the link found [HERE](#)  
to view each weekly session

June/July Dates

Session One: 9am Monday 3<sup>rd</sup> June (available until 8am 10<sup>th</sup> June)

Session Two: 9am Monday 10<sup>th</sup> (available until 8am 17<sup>th</sup> June)

Session Three: 9am Monday 17<sup>th</sup> (available until 8am 24<sup>th</sup> June)

Session Four: 9am Monday 24<sup>th</sup> (available until 8am 1<sup>st</sup> July)

Session Five: 9am Monday 1<sup>st</sup> July (available until 8am 8<sup>th</sup> July)

Session Six: 9am Monday 8<sup>th</sup> (available until 8am 15<sup>th</sup> July)



**Parent Line NI**  
0808 8020 400

## **NEW PARENT WORKSHOP**

**TOGETHER WITH SETTLED PETALS**

**TOILET TRAINING FOR CHILDREN OF NURSERY / SCHOOL AGE**

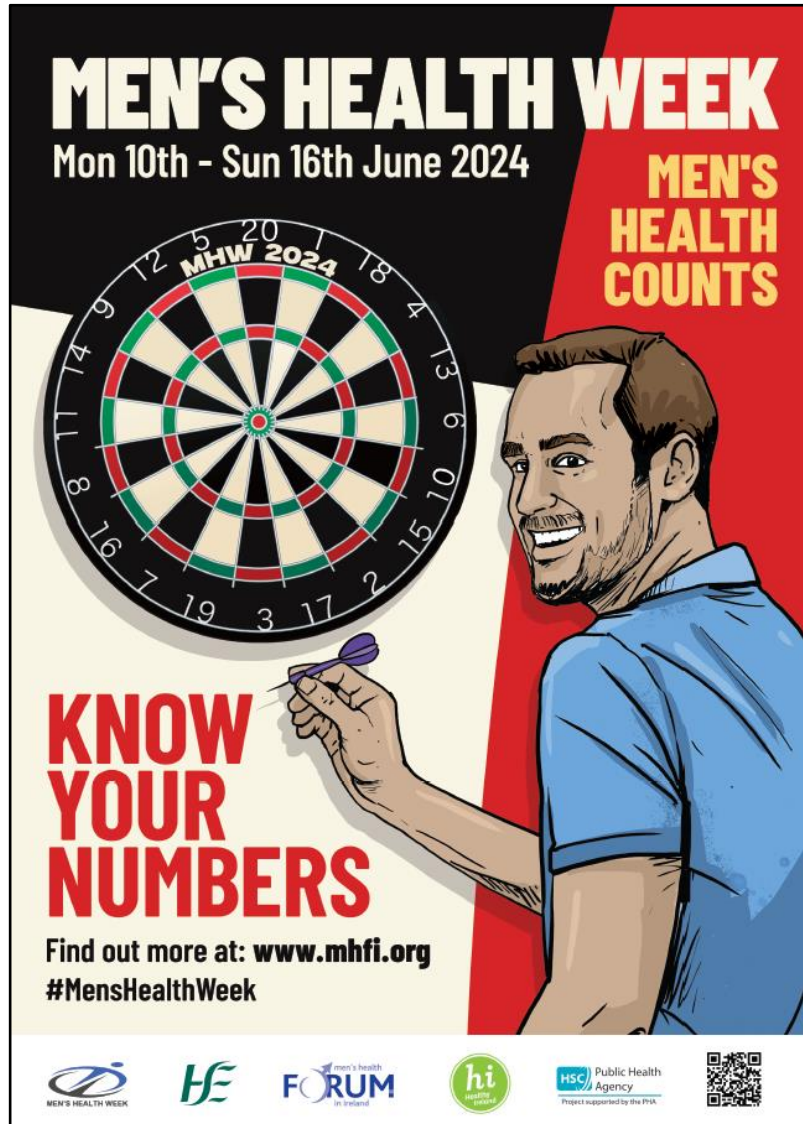
**MONDAY 10TH JUNE 7-8.30PM ONLINE VIA ZOOM**

**IS YOUR LITTLE ONE ABOUT TO START NURSERY OR SCHOOL IN SEPTEMBER? OR PERHAPS THEY ARE ALREADY AT SCHOOL BUT STILL EXPERIENCING ISSUES AROUND TOILETING? AT THIS WORKSHOP WE WILL EXPLORE SOME REASONS WHICH MAY BE IMPACTING THEM AND RESPECTFUL STRATEGIES TO SUPPORT THEM.**

**CALL NOW TO BOOK YOUR PLACE**  
**0808 8020 400**



 0808 8020 400



As **International Men's Health Week (MHW)** approaches, each year everyone is encouraged to plan and run activities which heighten awareness of preventable health problems, support men and boys to engage in healthier lifestyle choices and activities and encourage the early detection and treatment of health difficulties

During 2024, the MHW theme for Ireland will be **'Know your Numbers'** and the key message to everyone is that **'men's health counts'**

This is a population-wide attempt to increase awareness of the key numbers that policy makers, service providers, men and important people in men's lives need to know - Sometimes these relate to medical issues (e.g. blood pressure), but they also need to include key statistics on the state of men's health (or ill health) in Ireland, as well as the contact numbers for helpline and support services that can maintain men's health

The all-island Planning Group for MHW 2024 has finalised the resources and promotional materials for the week - These include posters, postcards, a man manual (called 'Action Man - Ten Top Tips for Men's Health'), a new 'Know your Numbers' z-card, daily themes, a pool of social media messages, graphics etc.

For more information, visit [HERE](#)

Please widely promote among your friends, family and work colleagues

## Infant Mental Health Awareness Week

10th-16th June 2024

The theme for this year's Infant Mental Health Awareness Week year is 'Speak up for babies'. Events in the Southern area/regionally include:

### iCAMHS Southern Trust Workshop

Presenting on the importance of speaking up for babies and giving them a voice

**Date:** Monday 10th June 10am

**Venue:** Online via Teams

<https://forms.office.com/e/1wDyCqSFKr>

**Available to:** Family Support Practitioners in the Southern Trust Area

### #IMHAW2024

Content highlighting Infant Mental Health Week will be across our social media platforms channels throughout the week highlighting services working to support parent/carers and babies in early years.

### NSPCC Workshop

NSPCC is running an online event for professionals to mark Infant Mental Health Week

**Title:** 'Speak up for every baby: Protecting our most vulnerable'.

**Date:** Tuesday 11th June, 10.30-12.30

**Venue:** Online via Teams

<https://ncb.us9.list-manage.com/track/click?u=93ca41ab24380caf57761bd37&id=c761a26242&e=faf058d573>

Dr Karen Bateson from Oxford Parent Infant Project will open the event by talking about 'Why babies need our voices - if we don't speak up, who will?'. Brief spotlights will be shared on NSPCC services such as Pregnancy in Mind and Baby Steps, hearing from practitioners delivering these services and the impact they have on families.

### AIMH UK event

This AiMH UK conference will amplify the voices of babies to ensure that their needs are heard and addressed.

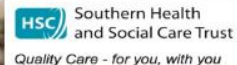
**Date:** Thursday, 13th June 2024 09:30am to 12:30pm

<https://www.eventbrite.co.uk/e/imhaw2024-speaking-up-for-babies-tickets-901146883587>

### Regional Infant Mental Health Event Autumn 2024.

If are a practitioner working in the Southern Trust area and would like to be advised of the event details when planned, please complete the expression of interest below.

<https://forms.office.com/e/LpAhpAKuSC>



Adobe Stock | #293005995



[iCAMHS Southern Trust Workshop](#)



[NSPCC Workshop](#)



[AIMH UK Event](#)



[Regional Infant Mental Health Event](#)



  
**Clanrye Group**  
Here To Support You

**Carers Week 2024**  
10th - 16th June

 Southern Health  
and Social Care Trust



**Carers Week**  
**'Putting carers on the map'**

Carers Week 2024 focuses on heightening the understanding of the obstacles that carers face, affecting their financial stability, employment, health, and overall well-being, with a goal to urge policymakers and politicians to implement measures that improve support for carers.

Carers need our help and support, and we are committed to ensure you have access to that support as you need it. We are committed to working with the Southern Health & Social Care Trust in partnership to support you and those in your care.

In planning for carers week, we have worked with you and the Southern Health & Social Care Trust to come up with activities/information/advice sessions that we hope you can avail of.

If you would like to find out more about the Carers First programme please contact Michelle at [michelle.moult@clanryegroup.com](mailto:michelle.moult@clanryegroup.com) or by telephone on 028 3089 8119

Thank you from us all for what you do.



[michelle.moult@clanryegroup.com](mailto:michelle.moult@clanryegroup.com)





**Are you interested in  
registering as a Childminder?**



**Would you like to work as an  
Approved Home Childcarer?**

NICMA's team of Development and Engagement Officers are available to help. Throughout Childminding Month (May 2024), we are offering 1:1 support, arranged at a time to suit you.

**For more information, contact:**

**[lisa.logan@nicma.org](mailto:lisa.logan@nicma.org) / 07593581542**

**OR**

**[fiona.clendinning@nicma.org](mailto:fiona.clendinning@nicma.org) / 07837734825**

**Please state your name, town, and a contact telephone number**

May is Childminding Month!

To celebrate, NICMA offering one-to-one recruitment clinics to help get you started on your Registered Childminding or Approved Home Childcarer journey

Contact us now for more information!

This month, NICMA's Development & Engagement Officers will be out and about in the community, meeting Registered Childminder Buddy Groups, hosting workshops and holding information events for those interested in registering for home-based childcare.

Follow NICMA on social media for updates!



**[lisa.logan@nicma.org](mailto:lisa.logan@nicma.org) / [fiona.clendinning@nicma.org](mailto:fiona.clendinning@nicma.org)**

Evidence based  
**PARENTING SUPPORT  
PROGRAMMES**

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



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

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



SCAN ME

Further information is now available on the range of **evidence-based parenting programmes** available to families of children and young people (pre birth to 18 year) living in the Southern Trust Area

Programmes are available for families of typically developing and children/young people with special needs and run from September to June  
Please note that multiple programmes may be advertised under one category

Find out more [HERE](#)



**GET HIRED IN SECURITY**

**KICKSTART YOUR CAREER IN G4S TODAY**

Are you aged 18-30 and want to work for G4S?

SIA and driving licence preferred but not essential for all available jobs.

Come to our FREE two day Get Hired event in Belfast city centre!

Day 1- develop your CV and work on your interview skills.

Day 2- meet G4S and interview for a variety of live roles within the company.

Travel costs paid and lunch provided.

Get in touch and Start Something today!

**INFORMATION**

Course Dates: Wed 29th & Thurs 30th May 2024  
Location: PT Centre, Weaver's Court, Belfast, BT12 5GH  
Email: outreachni@princes-trust.org.uk  
Phone: 0800 842 842  
Facebook: search 'Prince's Trust NI'



Funded by UK Government



[outreachni@princes-trust.org.uk](mailto:outreachni@princes-trust.org.uk)



**EXPLORE**

**INTERESTED IN EXPLORING JOBS, TRAINING OR EDUCATION?**

Are you aged 16-30 and not sure about your next steps? Boost your confidence and gain new qualifications on Explore+

**PROGRAMME INCLUDES:**

- Personal development and employability qualifications
- Exciting activities to develop teamwork & communication skills
- How to: set goals, build a CV, apply and interview for jobs
- Opportunities to cultivate life skills such as confidence & self-awareness

**INFORMATION**


DATE: Monday 3rd June to Friday 28th June  
LOCATION: PT Centre, Weaver's Court, Belfast, BT12 5GH  
PHONE: 0800 842 842  
EMAIL: outreachni@princes-trust.org.uk  
FACEBOOK/INSTAGRAM: Prince's Trust NI



Funded by UK Government



[outreachni@princes-trust.org.uk](mailto:outreachni@princes-trust.org.uk)



**GET STARTED IN NAILS**

Prince's Trust Northern Ireland

Everyone starts somewhere. Learn from industry experts, get invaluable experience and a taste of what it's like to work in the Nails industry.

**ON THIS COURSE YOU'LL:**

- Build new skills or learn from scratch
- Meet new people
- Get tips and techniques from a professional nail technician
- Learn what it's like to work in the beauty industry

**DATES FOR YOUR DIARY:**  
**Taster day:** Tuesday 4th June 10-1pm  
**Course dates:** Mon 10th-Friday 14th June  
**Application deadline:** Monday 3rd June 2024  
**Location:** 8 Weaver's Court, Belfast BT12 5GH  
**Eligibility criteria:** 16-30 Not in full time education, employment or training

Find out more via webchat at: [princes-trust.org.uk](https://princes-trust.org.uk)

@princestrust

**GET STARTED**

Funded by UK Government

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 [outreachni@princes-trust.org.uk](mailto:outreachni@princes-trust.org.uk)



**GET INTO RETAIL WITH MARKS & SPENCER**

**KICKSTART A CAREER IN RETAIL WITH M&S.**

Are you aged 16-30 and want to work in retail with Marks & Spencer?

In this programme you will:

- Get work experience in your area.
- Be eligible for jobs with M&S upon completion.
- Receive up to six months' support from The Prince's Trust.

**INFORMATION**

TASTER DAY: Wed 19th June  
 PROGRAMME DATES: Mon 1st to Fri 26th July  
 LOCATION: Across NI (see opposite)  
 PHONE: 0800 842 842  
 EMAIL: [outreachni@princes-trust.org.uk](mailto:outreachni@princes-trust.org.uk)

Supported by:

**YOUTH START**

Funded by UK Government

M&S EST. 1884

Prince's Trust Northern Ireland

Locations: Abbey Centre, Aldergrove, Ballymena, Belfast, Boucher Rd, Crescent Link, Foyle side, Lisburn Rd, Newtownards Rd, Newtonbreda

 [outreachni@princes-trust.org.uk](mailto:outreachni@princes-trust.org.uk)



Volunteer Now are celebrating the 40th Anniversary of **Volunteers Week** this year!!

As a UK campaign [volunteersweek.org](https://volunteersweek.org) have lots of free resources and templates to help you have a Volunteers' Week to remember!

You can download banners, bunting and props to decorate your event, thank you cards and certificates, and there's also social media content and brand and logo packs

Volunteer Now have a limited amount of merchandise to give away for Volunteers' Week, along with banners and certificates. [Email Sandra](mailto:Sandra@volunteernow.co.uk) to place your request and then come along to one of our sessions to collect your goodies...

**Tuesday 21st May 2024** | 12:00-2:00pm | **ARMAGH** (The Palace Demesne, BT60 4EL)

Contact [Jamie.Greer@volunteernow.co.uk](mailto:Jamie.Greer@volunteernow.co.uk) to book your place

**Friday 24th May 2024** | 12:00-2:00pm | **DUNGANNON** (The Junction, 12 Beechvalley Way, BT70 1BS)

Contact [Jamie.Greer@volunteernow.co.uk](mailto:Jamie.Greer@volunteernow.co.uk) to book your place


Go to [Volunteers' Week Resources - Volunteer Now](#) for more information

## Independent Advocate (Southern Health & Social Care Trust Area)

Disability Action

Job ref: **GGSP126**

 Contract  £30,572 pa (Band 5)

 Home working, in the field, Newry Office

 1 Position(s) Available


 Tue 28 May 2024 - 15:00



Employer Information

The post-holder will provide independent advocacy in the Southern Trust area across various settings, including in the community, people's homes, and hospital settings including mental health wards. You will raise awareness of advocacy, you will work as part of a team of independent advocates, reporting to the Advocacy Manager.

The Independent Advocate will undertake one to one work with disabled people. The post holder will utilise their skills and experiences to provide advocacy and short-term support to disabled people to deal with specific questions or issues relating to health and social care.

 Tue 28 May 2024 - 15:00

**APPLY** 

Share this job:



[www.getgotjobs.co.uk/jobDetails](http://www.getgotjobs.co.uk/jobDetails)



# Family Support Coordinator

## Angel Eyes NI

Sunday / 02 June 2024 11:59pm

**Job Role:** Carer Professions

**Salary:** FTE £29,269 - £31,364 (pro rata £25,088 - £26,883)

**Hours per week:** 30.00

**Web link:** <https://www.angeleyesni.org/>



We are recruiting for a Family Support Coordinator to support parent carers of children with a vision impairment across NI. We offer flexible working hours & excellent working conditions. Apply now and be part of our dedicated team at Angel Eyes NI!

The Family Support Coordinator will join our dynamic Family Support Team, focusing on supporting parents and carers of children and young people with vision impairment and complex needs, and their wider families, across NI. You will work closely with the Family Support Manager and team providing practical and emotional support to parents and carers at key pressure points, organising accessible events for parent and carers, families and siblings, and engaging with statutory, community and corporate stakeholders.

We offer a great flexible working environment and arrangements to ensure good work/life balance. We are open to job sharing to accommodate the right candidate(s). Our hybrid model combines the best of both worlds, allowing for remote work flexibility while also ensuring you develop the in-person connections.

There is the ability to reduce hours over the summer school holidays if required. While most of your time will be spent remotely, we require a presence in the office for two days each week, for collaboration, teamwork and providing access to resources.

### Closing Date

Sunday / 02 June 2024  
11:59pm

### Contact Details

Kerrie Cartmill  
Family Services Manager  
Angel Eyes NI  
**kerrie.cartmill@angeleyesni.org**  
  
Innovation Factory  
385 Springfield Road  
Belfast  
BT12 7DG



[www.communityni.org/job/family-support-coordinator-3](https://www.communityni.org/job/family-support-coordinator-3)

# END OF YEAR STATS

More than 3.1 million emergency food parcels were distributed by food banks in the Trussell Trust network in the past 12 months — the most parcels ever distributed by the network in a year and nearly double the number compared to five years ago.

Food banks in the Trussell Trust network saw the highest ever levels of need as more people found their incomes did not cover the cost of essentials like heating and food. Between April 2023 and March 2024, the number of people that used a food bank for the first time was 655,000.

**Download factsheets**

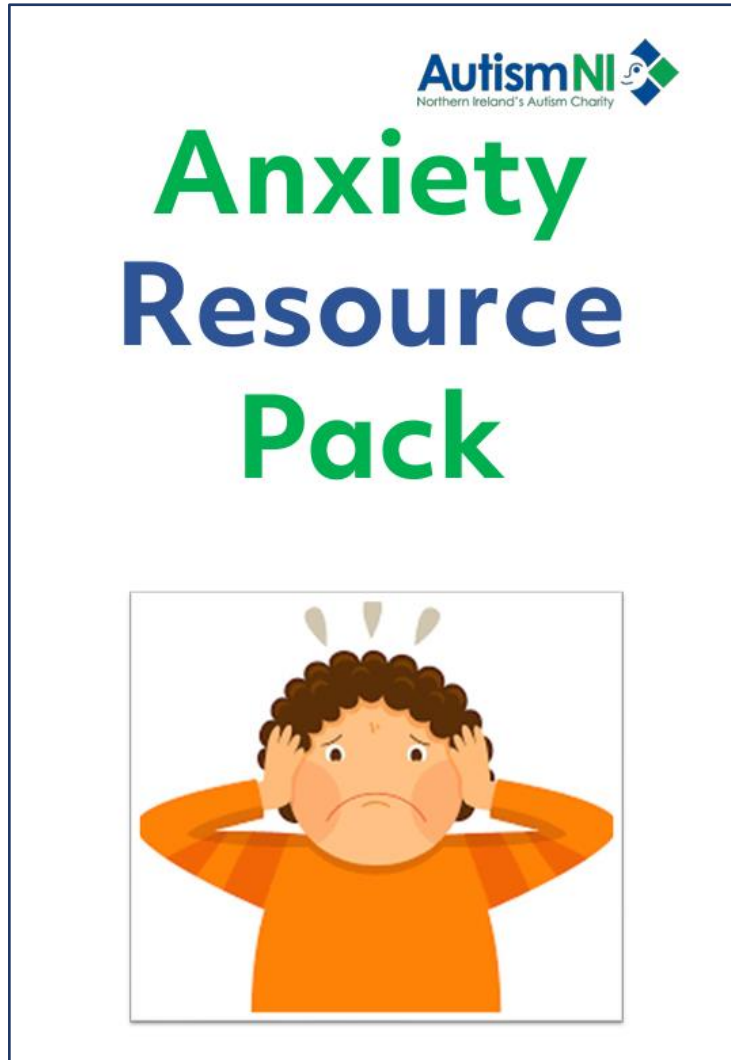
End of year stats  
2023-24

FACTSHEET  
**NORTHERN  
IRELAND**

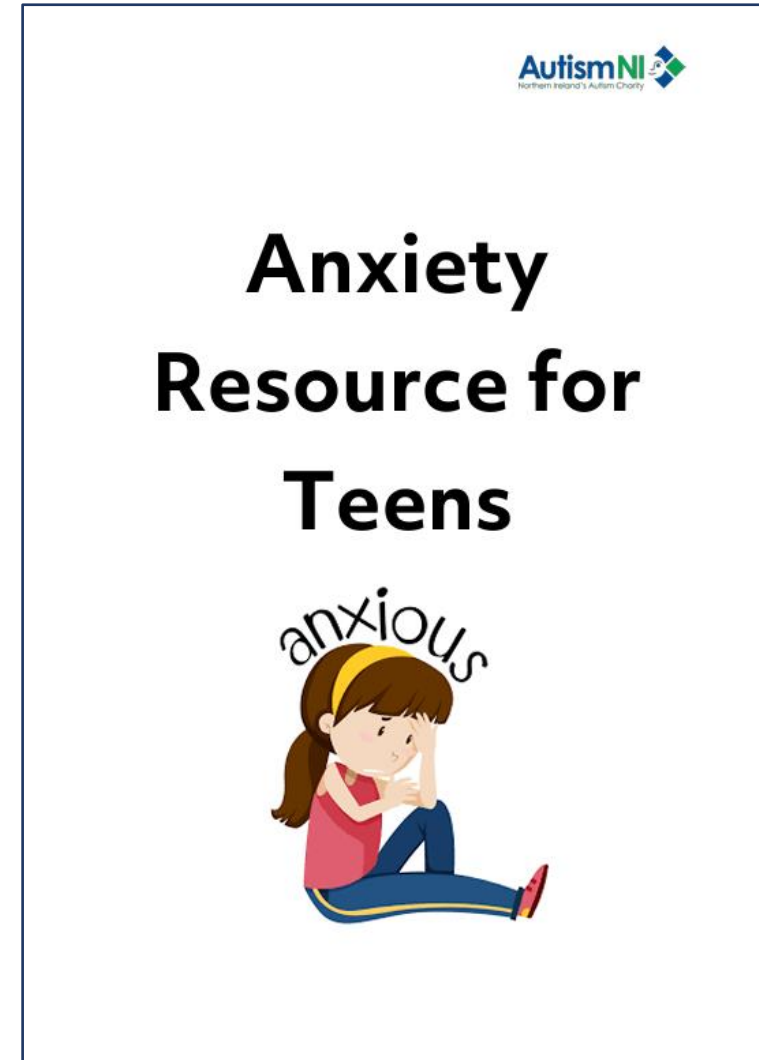


[www.trusselltrust.org/latest-stats/end-year-stats/#factsheets](https://www.trusselltrust.org/latest-stats/end-year-stats/#factsheets)





 [www.autismni.org/Anxiety.pdf](http://www.autismni.org/Anxiety.pdf)



 [www.autismni.org/Teens.pdf](http://www.autismni.org/Teens.pdf)



Student Card



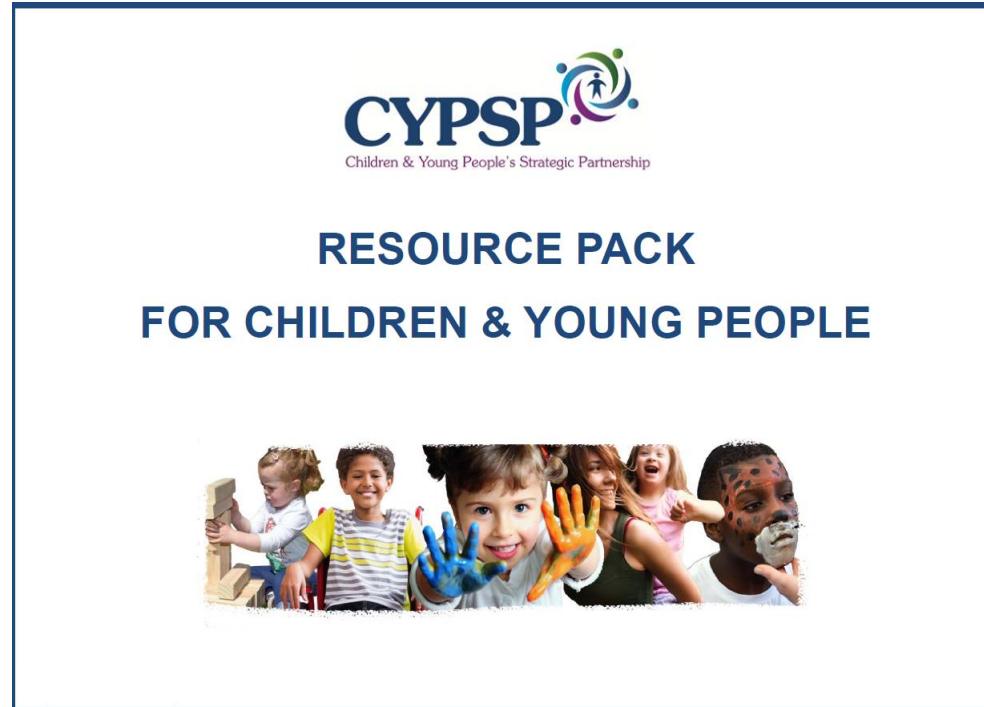
Poster



Parent,  
Caregivers &  
School Staff  
Guide

“Take a Healthy Selfie” offers three resources to signpost young people, parents/caregivers, school and youth work staff to support services in the Southern Area Originating from the CYPSP Banbridge LPG, the aim was to work with young people to produce simple signposts to key quality-assured services and resources online Young people from Futureproof, Crisis Café, New Bridge Integrated College and the Epicentre in the Southern area, advised on the themes, content and design for the resources, which are available in electronic form (Download links on this page) and paper copies

To order copies of this free resource, or to learn more about this campaign, e-mail [localityplanning@ci-ni.org.uk](mailto:localityplanning@ci-ni.org.uk)



Looking for activity ideas, disability information & groups and resources to support your mental health?

Download the latest edition of the **Children & Young People's Resource Pack** [HERE](#)

Resources and activities are free and in the public domain

Please share with contacts who you think would find it useful

For more resources and activities on disability, mental health, bereavement, education plus more, check out the previous edition of the Children and Young People's Resource Pack [HERE](#)



### **Cost of Living Crisis Resource**

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

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

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

The **CYPSP Cost of Living Resource** has recently been updated and is now available to download [HERE](#)

You will find useful information on shopping tips, free food, drop-ins, warm spaces & company, clothing and much more across Northern Ireland  
Please share this link widely with colleagues and with families you are supporting, as well as sharing the resource via social media

We have broken the document down by areas across each HSCT, for ease of reference and printing

E-mail [louise.dickson@hscni.net](mailto:louise.dickson@hscni.net) if you would like to add your service, events or projects to the resource

 English   
Children & Young People's Strategic Partnership

The CYPSP Translation Hub provides you with important information on Health, Education, Housing, Employment, Government Services, Cost of living, Contacts for support and much more.....

 العربية

  
Scan me

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

 Health	 Family Support	 SureStart	 Cares	 Cost of Living Crisis	 Education
 Housing	 Employment	 Safety/Community	 Police	 Money/Grant Advice	 COVID-19
 Government Services	 Return Translated Information	 Ukraine Advice	 Sign Language	 EU Settlement Migration	 Youth Wellness Web



<https://cypsp.hscni.net/translation-hub>

  
Children & Young People's Strategic Partnership

**Youth Wellness Web**

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

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

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

  
Scan QR code

**SCHOOL BULLYING  
WELLBEING  
BEREAVEMENT  
MENTAL HEALTH**

Call Childline on:  
0800 1111

Call LIFELINE on:  
0808 808 8000

Text Shout:  
852558

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




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

Your hands are full: How  
outdoor play lightens  
the load.



Your hands are full: How outdoor play lightens the load  
A blog post written for Parentline NI by parent, Julie Edler  
Read the full blog [HERE](#)



**ParentLine NI** **LIVE**  
0808 8020 400

**PARENTLINE INFORMATION SESSIONS AVAILABLE AT YOUR SCHOOL**

PARENTLINE NI ARE OFFERING **FREE** INFORMATION SESSIONS FOR PARENTS AT SCHOOLS ACROSS NORTHERN IRELAND.

CALL NOW TO BOOK YOUR SCHOOLS SESSION.  
DATES AVAILABLE 2024  
APRIL/MAY 2024  
OCT/NOV 2024  
FEB/MARCH 2025

CALL FOR MORE INFORMATION OR TO BOOK  
0808 8020 400

A MEMBER OF OUR TEAM COULD JOIN A GROUP OF PARENTS TO SHARE INFORMATION ON SUPPORT AVAILABLE THROUGH PARENTLINE AND PROVIDE SOME LIVE SUPPORT AND GUIDANCE ON THE DAY. AS WELL AS TIME FOR Q&A

0808 8020 400

 0808 8020 400



Need someone to listen without judgement?

**ParentLine NI**  
0808 8020 400  
#parentingweek

We're in your corner

...Parentline are in your corner  
#inyourcorner

Call us: 0808 8020 400  
Email us: [parentline@ci-ni.org.uk](mailto:parentline@ci-ni.org.uk)  
Webchat: [ci-ni.org.uk/parentline](https://www.ci-ni.org.uk/parentline)  
Request a call back: [ci-ni.org.uk/parentline](https://www.ci-ni.org.uk/parentline)

We're open:  
Mon-Thurs 9am - 9pm  
Fri 9am - 5pm  
Sat 9am - 1pm

 0808 8020 400

 [parentline@ci-ni.org.uk](mailto:parentline@ci-ni.org.uk)

 [www.ci-ni.org.uk/parentline](https://www.ci-ni.org.uk/parentline)



The advertisement features a photograph of three young children sitting on a purple rug in a playroom, laughing joyfully. A yellow megaphone icon is positioned above them. To the right, an orange box contains the text 'Self Service Portal'. Below the photo, the text 'CHILDCARE PROVIDERS!' is written in large, bold, blue letters. Underneath, it says 'Keep your vacancies / offerings updated!' followed by a list of services with checkmarks: 'Vacancies', 'Tax Free Childcare', 'Special Needs/Disability', and 'Pick up/Drop off'. At the bottom, there is a white button with 'UPDATE ANYTIME!' and the website 'FamilySupportNI.gov.uk'. The Family Support NI logo is also present in the bottom right corner.

**Self Service Portal**

**CHILDCARE PROVIDERS !**

**Keep your vacancies / offerings updated !**

- Vacancies ✓
- Tax Free Childcare ✓
- Special Needs/Disability ✓
- Pick up/Drop off ✓

FamilySupportNI.gov.uk **UPDATE ANYTIME !** familysupport NI.gov.uk  
Helping You Find the Services You Need.

Childcare Providers, you can access the Self Service Portal on [Family Support NI](https://www.family-support-ni.gov.uk) at any time to update your details



**#OnlineDirectory**  
**#SharingInformation**  
**#AccessSupport**



Please check details of your service / organisation are up-to date on the **Family Support NI** website [HERE](#)

Family Support NI provides free, comprehensive and up-to-date information and advice about family support services for children, young people and their families in Northern Ireland

This Online Directory of Services is for parents, carers, young people and professionals

We hold information on a wide range of services including Statutory, Community and Voluntary Organisations

It is important that information on the website remains up-to-date and useful  
If you provide a Family Support Service in Northern Ireland and your details are not included or need updated please contact [info@familysupportni.gov.uk](mailto:info@familysupportni.gov.uk) and we will arrange to have your details included or amended

We need your help to keep our information up-to-date and useful!

Services Available Through The Hub May Include...



"The hub linked me with services I didn't know existed"

"It was so simple to make a referral and I got the help I needed"

"After a friend recommended that I contact the hub, I rang and spoke to the hub co-ordinator who helped me to make a self-referral"



There Are 3 Family Support Hubs In the Southern Trust Area

**ARMAGH & DUNGANNON HUB**  
Pat McGeough  
Young People's Partnership Barnardos  
39A Abbey Street, Armagh  
BT61 7DY  
T: 028 37522380  
E: familysupporthub@barnardos.org.uk

**CRAIGAVON & BANBRIDGE HUB**  
Lisa Grant  
NIACRO  
26 Carleton Street, Portadown Co. Armagh  
BT62 3EP  
T: 028 38331168  
E: familysupporthub@niacro.co.uk

**NEWRY & MOURNE HUB**  
Allison Slater  
SPACE  
24 Monaghan Street, Newry  
BT35 6AA  
T: 028 30835764  
E: familysupporthub@space-ni.com

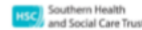


Southern Area  
**FAMILY SUPPORT HUB**

*Many families need a little extra help sometimes*



Information for Families

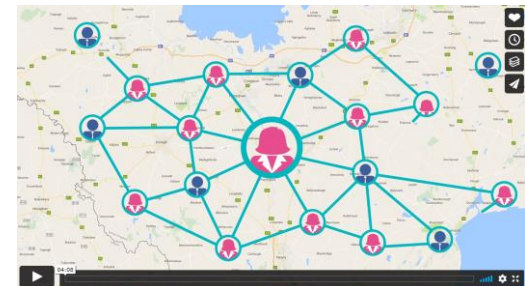


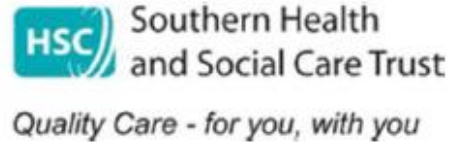
The 3 **Family Support Hubs** in the Southern Area continue to operate as normal and are open for referrals

Please make any referrals by e-mail [HERE](#)

Download the **February edition** of the **Family Support Hubs newsletter** [HERE](#)

Click on the below thumbnail to watch the **Southern Area Family Support Hub promotional video**





We're excited to announce the expansion of the successful **Verve Healthy Living Network** across the **Southern Health and Social Care Trust**.

This initiative, funded by NHS Charities Together, empowers local communities to develop their own health and wellbeing solutions.

The Verve Network, known for its innovative, community-led health and wellbeing initiatives in Craigavon, integrates one-to-one support alongside health programmes. This approach enables individuals to access support and activities that significantly enhance their wellbeing.

This expansion offers a fantastic opportunity for groups interested in improving their local community's health and wellbeing.

The Trust will support 20 organisations to establish local Verve Networks and train 30 community representatives as Community Health Trainers.

Member organisations will receive £3000 (£500/quarter over six quarters) and have the opportunity to identify local volunteers, staff or community members to achieve the OCN Level 3 in Health Facilitation and become Community Health Trainers. They will also receive specialised training to ensure they can offer high-quality, evidence-based interventions. These Health trainers will be paid an hourly rate for providing one-to-one coaching support and group programmes, delivering a range of health and wellbeing activities tailored to their communities' needs.

This opportunity allows you to be at the forefront of community health innovation and join a wider network of groups and individuals committed to making a tangible difference in people's lives.

If you're interested in joining this exciting venture, please e-mail Paul Barton, Social Prescribing Coordinator, SHSCT.



[Paul.Barton@southerntrust.hscni.net](mailto:Paul.Barton@southerntrust.hscni.net)



**Farm Families Health Checks**

**FREE HEALTH ASSESSMENTS AND ADVICE**

Tailored especially for you

The **Farm Families Health Checks Programme** is making a significant impact across NI.

The Programme has been screening the physical and mental health and well-being of farmers and their families since 2012 by attending Marts, Community Events and selected Agri-food Businesses.

This unique and detailed service has and will continue to have life changing impacts for rural dwellers.

A client who attended a local livestock mart and was diagnosed with high blood pressure said:

"I didn't know my blood pressure was high. It was good this was picked up early before I developed further complications."

It is a NI wide initiative **jointly funded** by **DAERA** and the **Public Health Agency**.

**For further information**

If you have any questions about the service that the Farm Families Health Checks Programme provides or would like to book the Mobile Unit to attend a Rural Event please contact:

**Programme Support Officer**

**Telephone:**  
028 2563 5573

**Email:**  
farm.families6@northerntrust.hscni.net



[farm.families6@northerntrust.hscni.net](mailto:farm.families6@northerntrust.hscni.net)

**HSC Public Health Agency**

## Do I need to keep my child off school?



<b>Chicken Pox</b> At least 5 days from onset of rash and until all spots have crusted over	<b>Conjunctivitis</b> No need to stay off but school or nursery should be informed	<b>Diarrhea &amp;/or Vomiting</b> 48 hours from last episode.	<b>Respiratory Illness</b> (e.g. colds & flu) Can return when no longer have a high temperature and well enough	<b>Glandular Fever</b> No need to stay off but school or nursery should be informed	
<b>Hand, foot &amp; mouth</b> No need to stay off if well enough, but school or nursery should be informed	<b>Impetigo</b> Until lesions are crusted & healed or 48 hours after commencing antibiotics	<b>Head Lice</b> No need to stay off but school or nursery should be informed	<b>Measles</b> 4 days from onset of rash	<b>Mumps</b> 5 days from onset of swelling	<b>German Measles (Rubella)</b> 5 days from onset of rash
<b>Scarlet Fever</b> 24 hours after commencing antibiotics	<b>Scabies</b> Until after first treatment	<b>Slapped Cheek</b> No need to stay off but school or nursery should be informed	<b>Threadworms</b> No need to stay off but school or nursery should be informed	<b>Tonsillitis</b> Can return when no longer have a temperature and well enough, school or nursery should be informed	<b>Whooping Cough</b> 48 hours after commencing antibiotics

Use this guide to find out when they should stay off, and when they can go back if they are well enough to do so.

Do you have a child who's unwell and are wondering if they should be in nursery or school?

Check out this handy guide, from the **Public Health Agency**, to find out when they should stay off, and when they can go back if they are well enough to do so

Symptoms and severity of illness will vary from person to person

If your child is unwell and you have concerns about their symptoms you should speak to your GP.

**ARMAGH BANBRIDGE CRAIGAVON** **YOUTH VOICE**

**WE WANT MEMBERS**

Members will represent the voices of young people across the Armagh City, Banbridge & Craigavon Borough Council area.

It's time to make a real change for young people in your area.

**WE'RE RECRUITING**

**IF YOU WANT TO...**

- Engage with key decision makers
- Have your say on local issues and meet new friends
- Undertake accredited training to grow and develop your skills
- Be a representative voice for young people in your area
- Build your confidence in representing young people's views and opinions

**The Youth Voice is the role for you!**

**WHO?** Live in the ABC Council area & be 15-21 years.

**HOW DO I APPLY?** Click on the QR code.  
For further information @ eimear.leblevec@eani.org.uk

**DEADLINE FOR APPLICATIONS** Friday 14 June 2024



**Armagh City Banbridge & Craigavon Borough Council** **ea Education Authority**  
**Northern Ireland Executive** **T:buc**  
Changing for the better, together



[eimear.leblevec@eani.org.uk](mailto:eimear.leblevec@eani.org.uk)

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

**SPORTS  
FUNDING**

**SPORT**

**INFO SESSION  
DETAILS**

**PRESENTATION  
FACILITATED BY  
FORSYTHE  
CONSULTING  
FOLLOWED BY  
Q&A**

**DATE: THURSDAY 23RD MAY 2024**  
**TIME: 7.00PM – 8.30PM**  
**LOCATION: NEWRY LEISURE CENTRE  
60 CECIL STREET, NEWRY BT35 6AU**

**OPEN TO ALL**



[Claire.Loughran@nmandd.org](mailto:Claire.Loughran@nmandd.org)

## SUBMISSION

- ✓ Submit the information in the format you would like it to be included. We can't transform a word-heavy document into a flyer.
- ✓ Less words, bigger pictures!
- ✓ We do not advertise or endorse those events or programmes which are privately funded as a business.
- ✓ Information will usually be included for x1 edition, unless otherwise requested.



## GUIDELINES

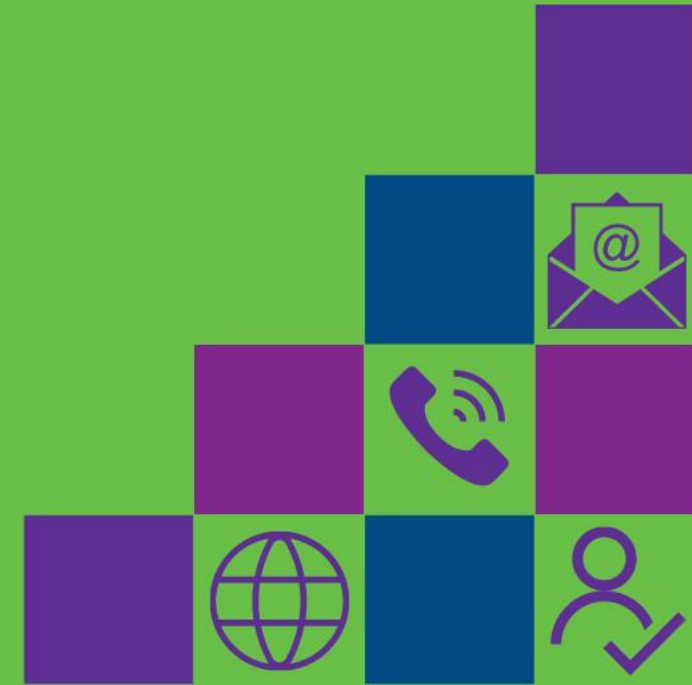
- ✓ 'FYI' will usually be issued every fortnight, on a Thursday afternoon. Please send your articles for inclusion by 5pm of the Tuesday prior to this.
- ✓ We may have to decline to advertise information which is not applicable to better outcomes for children and young people.
- ✓ Your feedback is welcome. (We are not perfect, but strive to be as good as we can.)
- ✓ Please let us know if 'FYI' has helped your service, event or activity in any way.



Click on the below issue nos. to view recent editions of 'FYI':

[Issue 125](#)  
9<sup>th</sup> May 2024

[Issue 124](#)  
25<sup>th</sup> April 2024



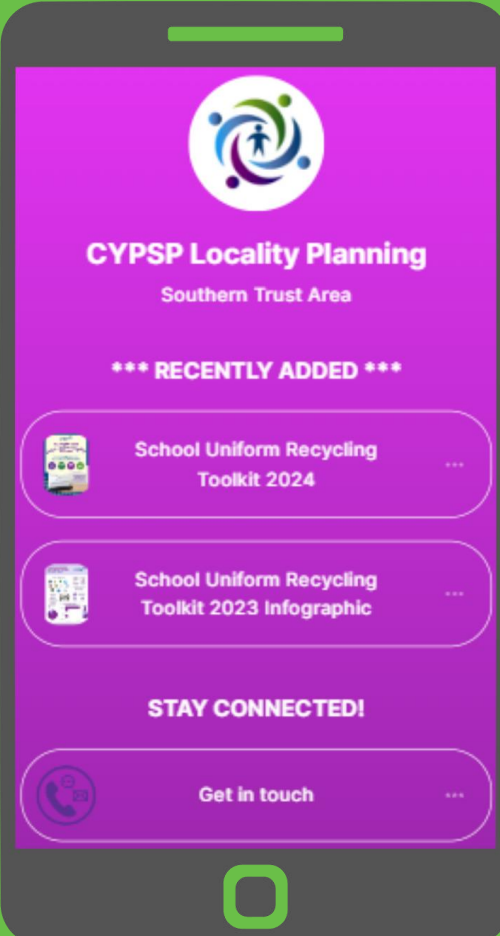




### UPCOMING 2024 LPG MEETINGS

Banbridge	Wed. 29 <sup>th</sup> May
Newry & Mourne	Wed. 5 <sup>th</sup> June
Armagh	Thur. 5 <sup>th</sup> Sep
Craigavon	Tues. 10 <sup>th</sup> Sep
South Armagh	Tues. 17 <sup>th</sup> Sep
Dungannon	Thur. 26 <sup>th</sup> Sep

Meetings are usually scheduled to begin at 10am  
 Formats will alternate between face-to-face & Zoom  
 (Refer to the 2024 Meetings Calendar on our [Linktree](#))



**CYPSP Locality Planning**  
Southern Trust Area

\*\*\* RECENTLY ADDED \*\*\*

- School Uniform Recycling Toolkit 2024
- School Uniform Recycling Toolkit 2023 Infographic

**STAY CONNECTED!**

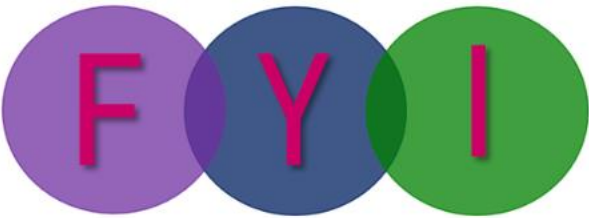
- Get in touch



SCAN QR CODE FOR INSTANT ACCESS TO OUR INFO. HUB



For further information on Locality Planning or 'FYI', contact:  
 Joanne Patterson ([localityplanning@ci-ni.org.uk](mailto:localityplanning@ci-ni.org.uk)) or Darren Curtis (07725232566)  
 CYPSP, 2<sup>nd</sup> Floor, Health & Social Care Board, Tower Hill, Armagh. BT61 9DR



For Your Information

# NEXT ISSUE

6th June 2024

Submission  
Deadline:

4th June 2024



[localityplanning@ci-ni.org.uk](mailto:localityplanning@ci-ni.org.uk)