# SOUTHERN AREA LOCALITY PLANNING GROUPS















# **SOUTHERN AREA LOCALITY PLANNING GROUPS**



### **WELCOME**

Welcome to Issue 152 of our fortnightly newsletter, 'FYI' (For Your Information).

This is one of 2 editions of 'FYI' which will circulate throughout the Summer. Our next edition is on Thursday 14th August, so please bear this in mind when sharing any of your flyers and information.

We hope you are enjoying your summer and get a chance to have a well-earned break (if you haven't already!).

**Locality Development Team, Southern Area** 

### IN THIS ISSUE

| Pages 3 to 56 South | <u>nern Trust Area</u> ( <u>Training</u> | <b>Events   Awareness C</b> | <u> Campaigns</u>   <u>Parenting</u> | <b>Programmes</b> |
|---------------------|--|-----------------------------|--------------------------------------|-------------------|
|---------------------|--|-----------------------------|--------------------------------------|-------------------|

Youth Programmes | Support Groups | Parent Groups | Consultations | Surveys | Reports

Funding | Jobs | Careers | Employability | Volunteering | Resources

Family Support | Health)

**ABC Council Area** Pages 57 to 60 Pages 61 & 62 **Armagh LPG Area** Page 63 Craigavon LPG Area

Pages 64 to 68 **Newry & Mourne LPG Area** 

**Pages 69 to 71 Dungannon LPG Area** 

**Newsletter Submission Guidelines** Page 72 Page 73 **Important LPG Member Information** 

**Next Issue Key Dates** Page 74













**Our funding** restrictions are such that funded training is only available to those who work/volunteer for a voluntary, charitable, faith or community-based organisation

### **Upcoming Training Courses**

Children in Northern Ireland

#### Open to those in Community/Voluntary Sector:

Understanding Emotions & Behaviours in Middle Childhood (Full day, in person)

July - 22<sup>nd</sup>

#### **Designated Officer**

(Half day, online)

July - 23rd

August - 4<sup>th</sup> & 20<sup>th</sup>

September - 3<sup>rd</sup>, 9<sup>th</sup> & 23<sup>rd</sup>

### Safe Sleep

(Half day, online)

September - 16<sup>th</sup>

#### **Gambling & Gaming**

(Half day, online)

September - 25<sup>th</sup>

#### **Designated Officer**

(Full day, in person)

August - 28<sup>th</sup>

#### **Child Protection**

(Half day, online)

July - 29th

August - 12th & 19th

September - 2<sup>nd</sup> & 24<sup>th</sup>

#### Trauma Informed Relationships in Practice

(Full day, in person)

September - 16<sup>th</sup>

#### Life Story

(Full day, in person)

September - 30<sup>th</sup>





www.ci-ni.org.uk/training

### **Upcoming Training Courses**

Children in Northern

#### **Paid Courses:**

#### **Understanding ADHD**

(Half day, online)

July - 23<sup>rd</sup>

#### **Counselling Skills**

(Half day, online)

August - 4th

#### **Baby Yoga Instructor**

(Two days, in person)

August - 7th & 8th

### **Supporting School**

**Based Anxiety** (Half day, online)

September - 9<sup>th</sup>

#### **Autistic Women & Girls**

(Full day, in person)

July - 31st

#### Communicating Effectively with Children and Young People

(Half day, online)

August - 6th

September - 18<sup>th</sup>

#### Trauma & the Helping

**Professional** 

(Full day, in person)

September - 3<sup>rd</sup>

#### **Baby Massage Instructor**

(Two days, in person)

October 17th & 20th





www.ci-ni.org.uk/training



















# **OUR GENERATION LEARNING LAB**



| <b>04/07</b> 10AM-1PM         | Promoting Nature in Youth Work MURLOUGH NATIONAL NATURE RESERVE |
|-------------------------------|---|
| 18/07<br>10AM-1PM             | Promoting Nature in Youth Work                                  |
| <b>04/08</b> <sub>6-8PM</sub> | Diverse SPACE Neurodiversity<br>Training - Online               |
| 05/08<br>10AM-1PM             | Promoting Nature in Youth Work                                  |
| 11/08<br>6-8PM                | Diverse SPACE Neurodiversity<br>Training - Online               |

# **OUR GENERATION LEARNING LAB**



| 14/08<br>10AM-1PM                   | Substance Misuse and Gambling<br>Training - Online   |
|-------------------------------------|--|
| 27/08<br>9.30-4PM<br>ONLINE SESSION | Dr Karen Treisman - Trauma-<br>informed care for young<br>refugees and asylum seekers  |
| <b>08/09</b><br>9.30-12.30PM        | Dr Karen Treisman - Emotional<br>Regulation Ideas and Tools<br>(follow-up to 27 <sup>th</sup> August)  |
| 16/09<br><sub>6-8PM</sub>           | Supporting Young People<br>through Back-To-School Anxiety<br>& School Avoidance - Online   |
| 02/09<br>09/09<br>23/09<br>01/10    | 4 -week online course 6.30-<br>8.30pm. Key themes: managing<br>anxiety, neurodiversity, building<br>empathy and intergenerational<br>trauma. |

# **OUR GENERATION LEARNING LAB**



| 16/09<br>11AM-3PM        | Supporting LGBTQIA+ Youth<br>Training by Belong To & Here NI<br>CAVAN JOHNSTON LIBRARY |
|--------------------------|--|
| <b>22/09</b><br>11AM-3PM | Supporting LGBTQIA+ Youth<br>Training by Belong To & Here NI<br>ARMAGH BUSINESS CENTRE |
|                          |  |
|                          |  |
|                          |  |
|                          |  |

























# **Course Prospectus**



September to December 2025



# How to contact us:



Call us on 028 3756 1938.

We can guide you to find the right course for you and help with the enrolment process or help with access to the online Recovery College courses.



You can email us on: recovery.college@southerntrust.hscni.net



You can access our website <a href="https://southerntrust.hscni.net/service/support-and-recovery/">https://southerntrust.hscni.net/service/support-and-recovery/</a>



Southern Health and Social Care Trust

recovery.college@southerntrust.hsni.net /



https://southerntrust.hscni.net/recovery-college



# Online courses for professionals Northern Ireland











# FREE Online courses for professionals in Northern Ireland

Safeguarding Board for Northern Ireland has partnered with the Solihull Approach to sponsor FREE online courses developed by psychologists and professionals.

These courses for professionals were designed as Solihull Approach Advanced training to introduce more depth following the Solihull Approach 2 Day Foundation training. However, all of them can be undertaken without having completed the Foundation training first.

Each of these three courses provides 3.75 CPD hours.

They also contribute to Solihull Approach Advanced Trained Practitioner status. (Send your 2 Day Foundation training certificate with 3 Advanced Training certificates to <a href="mailto:solihull.approach@uhb.nhs.uk">solihull.approach@uhb.nhs.uk</a> to be awarded Advanced Trained Practitioner status).



inourplace.co.uk/northernireland

for more information.

From bump to 19+ years | Including adult relationships

inourplace









# DADS SUPPORTING DADS

# Navigating Co-parenting

Are you a dad looking to connect, share and grow Join our online small group conversation.



\*\*\*\*

Virtual Meet up by zoom



Tuesday 22<sup>nd</sup>July 7-8-pm by zoom Phone 0808 8020 4000 to book a place-spaces limited to allow for small group conversation & support







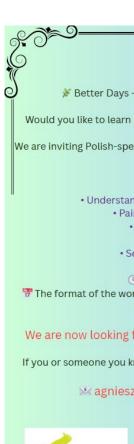
www.eventbrite.co.uk/simplifying-pensions











★ Better Days - Pain Support Workshop for Polish Speakers (Pilot) Are you living with chronic pain? Would you like to learn how to manage pain better and improve your everyday life? We are inviting Polish-speaking individuals to join a new pilot workshop focused on pain support and wellbeing. Topics will include: Understanding pain and how it affects the body and mind · Pain toolkit - practical ways to manage pain · Relaxation and breathing techniques Improving sleep Self-care and everyday coping strategies ( The workshop will be free of charge. The format of the workshop, on a Friday and over two and half day sessions, early September. Venue to be confirmed. We are now looking for people who might benefit and want to take part. If you or someone you know could be interested, please contact us to find out more. x agnieszka.judkiewicz@southerntrust.hscni.net **\**07895886200 Better Days Healthy Living Centre Alliance















# Save the date!

# SCHOOL-AGE CHILDCARE: THE JOURNEY - THE FUTURE

26 September 2025 9:00am - 1:30pm

School-age childcare practitioners, managers, and setting owners - join us for a special morning of celebration and inspiration!

This free, fun-filled event will offer practical ideas you can use in your setting, with great opportunities to make new connections.

**Register your interest:** 

katherine.lindsay@playboard.co.uk





Better Together: Supporting **OUR Generation** 

# Save the Date!

Monaghan Peace Campus

Supporting teens, building strengths, creating change. Full day conference for youth-facing staff!

See you there!











Coordinated by the Community Relations Council, **Good Relations Week 2025** will run from Monday 13th to Sunday 19th October, with a dynamic programme of more than 200 cross-community and multicultural events taking place across all 11 local council areas

This year's theme, 'Connect', highlights how lasting progress and a better future for everyone depends on the strong and meaningful links between People, Planet and Prosperity - all connected by the shared goal of peace

The Community Relations Council is now inviting community groups, voluntary organisations, local councils, statutory bodies, schools, and businesses to register events that reflect this year's theme and help build a more connected, inclusive, and cohesive society

To find out more about Good Relations Week 2025 and to register your event, visit <u>HERE</u>

# PARENTING PROGRAMMES

#### Teen programmes

Programme: Parents Plus Special Needs Programme

Start date: Wed 10th Sept-22nd of Oct 2025

Duration: 7 weeks (10am-12.30pm)

Location: Clanrye, 34 Armagh Business Centre,

Loughgall Road, Armagh

Attendees: Parents/carers of young people 11-18

vears in the Southern Trust with a confirmed

Autism diagnosis.

Facilitators: Clanrye & Parenting Partnership
Enquires/Referrals: e Claire.convery@clanryegroup.com

± 07483 059876

Programme: Parents Plus Special Needs Programme

Start date: Tues 13th Jan-Tues 3rd of March 2026

Duration: 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

& Mourne area

Facilitators: Parenting Partnership & Newry MDT Team

Enquires/Referrals: Parenting Partnership-07880474747

e parenting.partnership@southerntrust.hscni.net

t: Or Newry GP MDT Team-07425630856

e Veronica.kerr@southerntrust.hscni.net

Programme: Parents Plus Special Needs Programme

Start date: Thurs 19th Feb-Thurs 2nd April

Duration: 7 weeks (6pm-8.30pm)

Location: Online

Attendees: Parents/carers of young people 11-18

years in the Southern Trust with a confirmed

Autism diagnosis.

Facilitators: Clanrye

Enquires/Referrals: e Claire.convery@clanryegroup.com

t: 07483 059876

#### **General Enquiries**

Maria Killen

**Parenting Partnership Manager** 

① 07880 474747

□ parenting.partnership@southerntrust.hscni.net

Or

Martina McCooey

**Child Development Interventions Co-ordinator** 

**3** 028 3756 4462 / 07795 450278

martina.mccooey@southerntrust.hscni.net

For further information on these and other programmes please visit our webpage below. Additional programme information will be added throughout the year

Parent Support - Children and Young People's Strategic Partnership (CYPSP) (hscni.net)







Evidence Based

SUPPORT
PROGRAMMES
FOR
PARENTS &
CARERS

Giving every child the best start/opportunity in life



2025/ 2026 Southern Trust Please visit our CYPSP webpage to access the range of evidence-based parenting programmes available to families resident in the Southern Trust Area over the coming year, September 2025 to June 2026

The programmes span the age range pre-birth to teens and are available for the families of typically developing/children and young people with special needs

Further information available HERE





Emotional health, child development and parent wellbeing

# **Northern Ireland | inourplace**



Online learning: free courses and resources for all Northern Ireland families. Plus, specialist emotional and mental health learning for teenagers.

Nurturing emotional health and wellbeing from antenatal throughout childhood and adolescence. Public Health Northern Ireland, in partnership with the Solihull Approach, offers free access to inourplace evidence-based online courses expertly designed by NHS professionals.

Sign up to better understand your child's feelings and behaviour and raise them to be emotionally aware, sociable and confident. Courses are tailored for all stages of a child's development to help all family members through reflective, supportive learning without judgment.



#### How to sign up:

Residents can access these courses for free by entering the Northern Ireland Access Code:

#### **NIFAMILIES**

at inourplace.co.uk

inourplace



https://inourplace.co.uk/northern-ireland/





FREE mental health & well-being programme for children aged 9-11 years

#### **OUR Generation: Spaces to Be**

PlayBoard NI, the lead organisation for the development and promotion of play is delivering *Spaces to Be* – an innovative, cross-community and cross-border personal development programme supporting peacebuilding for children and young people.

Spaces to Be is a unique and interactive initiative designed to enhance the mental health and well-being of children aged 9 to 11. Rooted in the advocacy of the Child's Right to Play, the programme aims to:

- · Increase mental health literacy
- · Enhance emotional resilience
- · Develop self-help and coping skills
- · Encourage inclusivity and acceptance of difference
- · Increase knowledge of community

#### Programme overview:

- A free, fully facilitated programme delivered by PlayBoard's experienced staff team
- · Interactive staff training
- 5 dynamic play-based sessions for children

#### Play sessions themes:

- ME (Mind & Emotions) Exploring emotions, promoting positive physical and mental health, well-being and resilience, through play.
- ME and My Connections Exploring problem solving, empathy and intrapersonal skills.
- 3. ME, My Connections and My Community Supporting children to consider the multiple social groups
  they are part of, and how they contribute to building
  peaceful communities.
- Better Together Supporting children to consider a range of perspectives and have positive attitudes towards other communities.
- Better Together Celebration Celebrating the power of play and how it can promote peacebuilding on a crosscommunity basis.













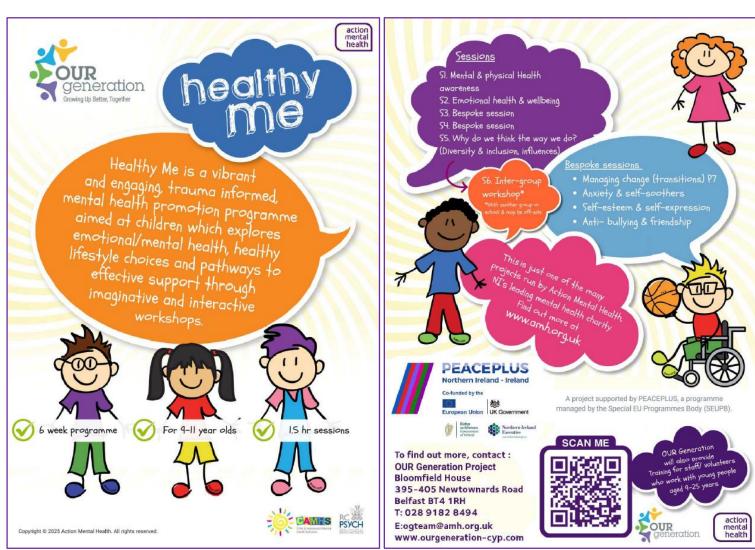
GET IN TOUCH: OurGeneration@playboard.co.uk OR +44 28 9080 3380 www.playboard.org/resources/our-generation www.ourgeneration-cyp.com

PlauRoard NI is registered with the Charity Commission for NI NIC104724 commany limited by quarantee on NI20225, charity on XP86629



OurGeneration@playboard.co.uk

# YOUTH PROGRAMMES





# YOUTH PROGRAMMES





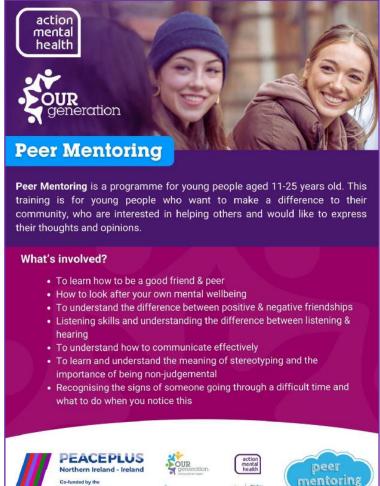
# YOUTH PROGRAMMES







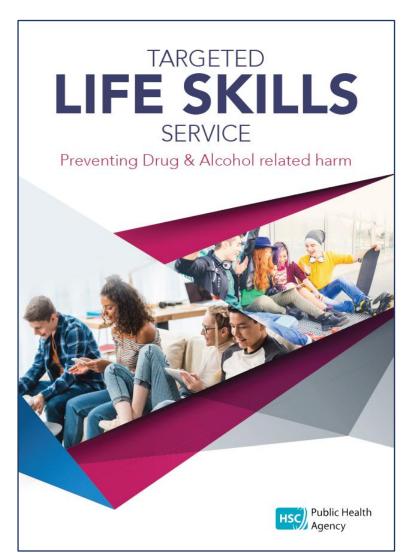
# YOUTH PROGRAMMES



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







The **Targeted Life Skills Service** delivers age-appropriate life skills and harm reduction programmes

The service is delivered to small, targeted groups of young people aged 11-13yrs, 14-15yrs and 16-21 yrs covering topics including, but not limited to:

Health = Wealth
Dealing with Difficult Emotions
Media and its influence
Healthy Relationships
Risk Taking Behaviour
Energy Drinks
Alcohol
Nicotine/Vaping

If you are interested in this service being delivered, or want the full leaflet emailed to you, contact <a href="mailto:cillian.ohagan@start360.org">cillian.ohagan@start360.org</a>





(zy jestés osobą, która utraciła kogos bliskiego wskutek odebrania sobie życia?

Dołącz do naszej MIESIĘCZNEJ GRUPY WSPARCIA DLA OSÓB W ŻAŁOBIE PO SAMOBÓJSTWIE. prowadzonej w języku polskim przez polskiego terapeutę.

#### NADZIEJA, POMOC I ZDROWIENIE.

Miesięczna grupa wsparcia dla rodzin, przyjaciół i każdego, kto utracił bliską osobe wskutek samobójstwa.

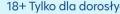
18+ Tylko dla dorosłych

Data: 2. sobota każdego miesiąca

Miejsce: The WELL-Bean Cafe, 3 River Street, Newry BT34 2DQ

Aby uzyskać więcej informacji, dzwoniąc pod numer: 028 3026 6195 lub wysyłając





Czas: 10:00 - 12:00

prosimy o kontakt z PIPS Hope and Support, e-mail na adres: info@pipshopeandsupport.org



Public Health



18+ Only

**Date:** Second Saturday of the Month

**Time:** 10:00 am - 12:00 pm

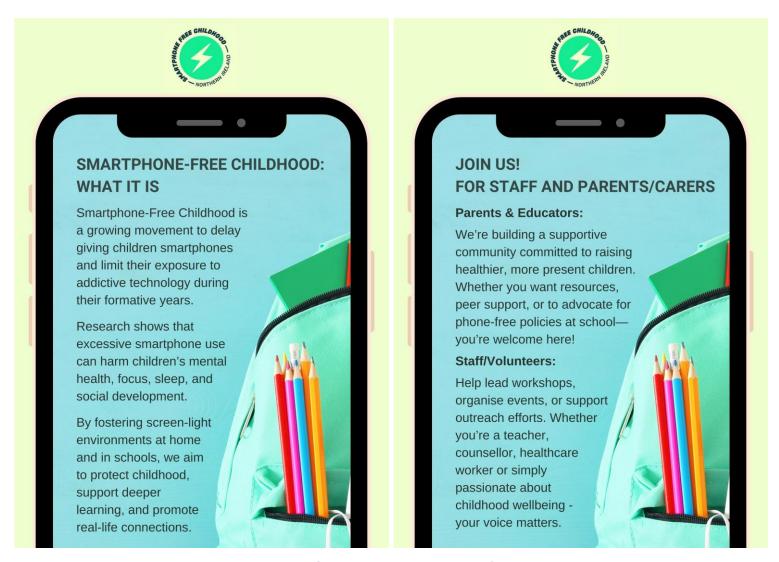
Venue: The WELL-Bean Café, 3 River Street, Newry

For more information, please contact our Family Support Workers, by calling 028 3026 6195 or emailing info@pipshopeandsupport.org









To get involved, contact us at <u>Smartphone Free Childhood</u> and sign the pact! You will then be able to link with your local grassroots group!





A consultation on the proposed expansion of Out of Court Disposals including Penalty Notices in the Justice Act (Northern Ireland) 2011

This consultation begins on 7 July 2025.

This consultation ends on 28 September 2025.

July 2025







# FAMILY SUPPORT SERVICES SURVEY

Focusing on Families is your chance to share your views and ideas on improving family support services in Northern Ireland.

We want to hear from children, young people, parents, and practitioners who are passionate about these services.

Please scan the QR code to take part in the survey







# CHILDREN AND FAMILY CHARTER

Tell us what YOU think





SCAN THE QR CODE AND COMPLETE THE SURVEY TODAY! We want to create a Children and Family Charter for Northern Ireland to help children, young people and families understand their rights, know what to expect from services and support staff to work in the best way for them.

The model for the Children and Family Charter is based on four key parts:

- Standards
- Support
- Share
- Speak Up

By taking part in the survey, young people can help shape how the Charter is made and shared.

Questions? Email: info@statsandstories.co.uk









We are seeking input and ideas on progression of an Arts in Health programme within SHSCT. This type of service aims to promote health and wellbeing through the use of creative activities such as music, painting and visual arts. Your views are really important and will shape what this service will look like. SHSCT would be grateful if you could attend an informal online focus group. The groups will be held over Teams and there will be one for each of the localities within the Southern Trust area.

### **Focus Group meetings**

Armagh & Dungannon - Monday 21 July. 11am - 12pm Newry & Mourne - Tuesday 22 July. 11am - 12pm Craigavon & Banbridge - Wednesday 23 July. 11am - 12pm

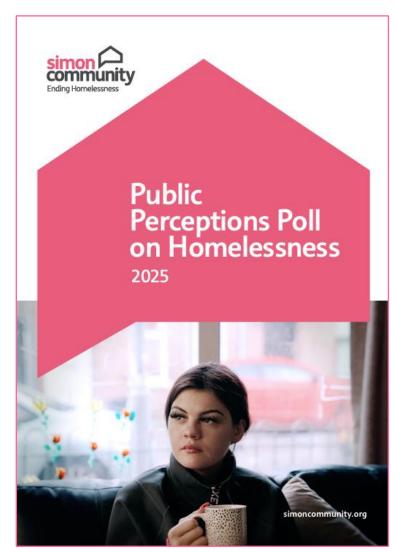
Contact miriam.bacon@southerntrust.hscni.net, if you would like to attend one of the above focus groups.

#### **Online Questionnaire**

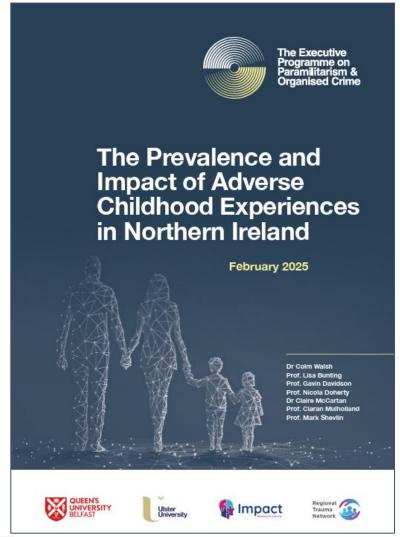
You can also share your views on an Arts in Health service by completing the MS form HERE.

















# Mental 2021-2031 Health Strategy

Early Intervention and Prevention Action Plan
Public Mental Health Learning Network

'The Connection between Poverty and Mental Health:
Drivers and Solutions'

**Exploring a Public Mental Health Approach to Poverty** 

Seminar Report 2025 The **Public Mental Health Learning Network** is a workstream of the Mental Health Strategy Early Intervention and Prevention Action Plan The remit of the Public Mental Health Learning Network includes:

Collate and expand the evidence base, including building evidence and understanding how structural inequalities impact mental health

The workstream decided that poverty would be a key theme in 2024/25. To explore this further, we hosted a seminar titled "Poverty as a Driver of Poor Mental Health" on Tuesday, November 19th, at Blackmountain Shared Space in Belfast. Over 60 individuals from various sectors attended the seminar

The seminar aimed to enhance the Public Mental Health Learning Networks' knowledge and understanding and to examine solutions that could inform future policy in Northern Ireland

Further information on the Mental Health Strategy Early Intervention and Prevention Action Plan is available on the following website <u>HERE</u>

Read the Seminar Report <u>HERE</u>







https://www.health-ni.gov.uk/publications/protect-life-2-suicide-prevention-strategy











www.executiveoffice-ni.gov.uk/cgrf



www.nihe.gov.uk/sustaining-tenancies





The Henry Smith Foundation has announced its new strategy, **Elevate Your Impact**Over the next five years, they'll focus on funding organisations supporting:

Families and young children

Young people moving into adulthood

People rebuilding their lives after abuse, displacement or prison

They've also announced three new programmes under these priorities

If you think your organisation could benefit, read the full update and see how to apply HERE









"IF YOU ARE AN ORGANISATION BASED IN NORTHERN IRELAND AND YOU PROVIDE OPPORTUNITIES FOR YOUNG PEOPLE AGED 11-18 TO COME TOGETHER FROM DIFFERENT CULTURAL, ETHNIC OR RELIGIOUS COMMUNITIES TO WORK TOGETHER ON A CREATIVE, PRACTICAL OR OUTDOORS PROJECT, THEN YOU MAY BE ELIGIBLE FOR A GRANT FROM HOPE FOR YOUTH NORTHERN IRELAND".









https://liveherelovehere.knib.app







ruth.murphy@clanryegroup.com





https://womensaidarmaghdown.org/job





# **CURRENTLY RECRUITING**

Approved Home Childcarers\*
& Registered Childminders

For more information, please contact: enquiries@nicma.org or scan the QR code

Eligible applicants
will receive a fully funded
package of training,
support, and resources to
enable them to pursue a
career in this sector
(subject to funding)





\*Approved Home Childcarers care for children in the family home, whereas a Registered Childminder will care for children in the Childminder's own home.









Contacts

Search nidire

Home

News

Help

Home > Education > 11-19: your learning and career options > School and other options

#### **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



Search nidire

Home Ne

News

Contacts

Help

Home > Education > 11-19: your learning and career options > School and other options

#### **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









es —

Interpreting Service

Make a Difference in your career

# Interested in a career as a Health and Social Care Interpreter?

Health and Social Care (HSC) Interpreters play a vital role in ensuring that HSC Staff and Patients can communicate effectively in HSC settings.

### Interpreters make a real difference in people's lives by:

- ensuring Patients can access
  HSC Services to support their
  health and wellbeing
- enabling clear, accurate, confidential and impartial communication
- assisting HSCNI Services to provide safe and responsive services
- reducing risk of misdiagnosis and misunderstanding

## To become a HSCNI Interpreter Applicants must:

- Hold an interpreting qualification such as OCN Level 4 Certificate in Community Interpreting
- Have excellent communication and listening skills
- Have the ability to work and communicate with an extensive range of people and services
- Complete a Health Specific Induction Course with BSO (prior to registration)



For further information:
https://bso.hscni.net/
Or email:
interpreting@hscni.net









# **Employability Support**

Across Newry, Downpatrick, Armagh & Portadown

Job Searching
CV Building
Application Forms
Interview Preparation
Confidence Building

Employability Support is available in group and one-to-one settings. We are not a Recruitment Agency.







# **Family Volunteering**

Sat 19<sup>th</sup> July





- Game facilitators (races, sack race, etc)
- Supervise the Arts and Crafts table
- Face painters
- Setting up/Tidy up

Carrickcruppen GAA, BT35 7JS Find out more and register to help at https://tinyurl.com/4mwv8wx5



www.volunteernow.co.uk/volunteering-opportunities





### JULY

- 2 Keeping Children & Adults Safe: Training for Staff & Volunteers Refresher
- 29 Succession Planning for Volunteering

### **AUGUST**

- 5 Keeping Children Safe: Designated Officer Training
- Keeping Adults Safe: Adult Safeguarding Champion & Appointed Person Refresher Training
- 7 Volunteers & the Law
- 20 VOLT Session: Recruiting Students as Volunteers

### **SEPTEMBER**

- 10 Risk Assessing Volunteers' Roles & Projects
- 17 Keeping Children & Adults Safe: Training for Staff & Volunteers
- 18 Keeping Children Safe: Designated Officer Training
- 24 Leading Volunteers: Dealing with Conflicts, Challenges & Problems

All courses available at time of publishing

https://bit.ly/VNCoursesScheduled



www.volunteernow.co.uk/ training/on-demand-courses/



www.volunteernow.co.uk/training









https://onlinesafetyhub.safeguardingni.org/Al-Guidance-NI-final.pdf









https://www.safeguardingni.org/resources/trauma-informed-toolkit



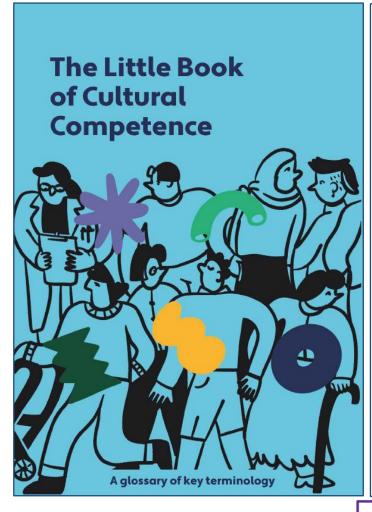












### **Opening Notes**

Cultural competence is increasingly acknowledged as an effective approach to diversity and inclusion, particularly in health and social care. However, as the need for cultural competence grows, so does the risk of misconceptions. Misunderstanding and misusing terminology can result in flawed practice, ultimately undermining the very goals of cultural competence.

Language is a powerful tool that shapes our perception of complex issues. It influences how we understand different terms and how we implement them. Seemingly common words, such as partnership, humility or equity can mean different things to different people, causing confusion. When we talk about culture, identity, bias and power, emotions come into play. Individuals attach their own experiences and assumptions to these words, leading to personalised and sometimes conflicting interpretations. Moreso, phrases such as active listening, inclusive language and cultural competence itself, are widely jargonised, to the point where meanings become elusive.

Navigating the intersection between cultural competence and misconceptions presents both a challenge and a necessity. The challenge lies not in learning new concepts but in unlearning entrenched beliefs and patterns of behaviour. It's necessary that we actively question our assumptions and dismantle cognitive structures to broaden our understanding beyond narrow and personal interpretations. This shift towards shared awareness creates a common ground for effective communication and positive change.

# Using this resource

This glossary is your go-to guide for understanding 10 essential terms, within the context of cultural competence. You can dip in at any page, but you might find it more helpful if you focus on each term, in the order presented.

To fully make sense of what cultural competence is, you also need to learn what it isn't. Each section unpacks a key term by sharing a real-life account, addressing a common misconception and offering suggestions to assist your cultural competence journey.

Keep in mind that the perspectives in this guide only offer a quick glimpse into very complex issues. For a deeper, more comprehensive understanding, take time to research these concepts into more detail.

Many of these interpretations have evolved over time. They will continue to change and it's important that you keep up with these changes.

As you delve into these pages, some insights will resonate naturally, while others may require more thought. Give yourself time to reflect on each concept and connect it to your personal experiences. You will find that ongoing practice will open new possibilities for inclusive and effective interactions.

\*The HSC online platform offers a wide range of resources, including an entry-level overview of cultural competence, titled "Introduction to Cultural Competence".







Summer holidays are upon us!

Check out the Parentline NI Summer Survival
Suitcase for some activities and ideas to keep your
children entertained this summer!

Call 0808 8020 400, or visit HERE, to get your copy







FULLY CONFIDENTIAL

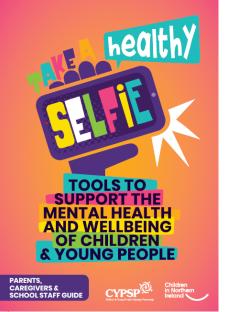
AND CHECK OUT WHERE YOU CAN **GET SUPPORT &** 

**ADVICE TO** 

KEEP WELL.



**Poster** 





"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 around emotional health and wellbeing We have been successful through the SHSCT Promoting Wellbeing Team in obtaining additional printed copies of all resources

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





# RESOURCE PACK FOR CHILDREN & YOUNG PEOPLE



The most recent edition of the Children & Young People's Resource Pack is OUT NOW!

Packed full of activity ideas, recipes and much more!

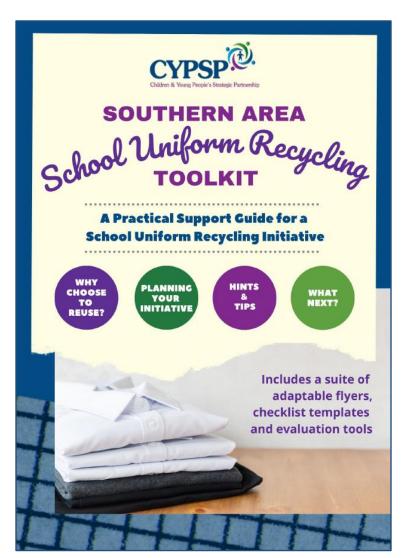
Resources and activities are free and in the public domain

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

Please share with contacts who you think would find it useful

Download your copy TODAY HERE





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 <u>HERE</u>

For anyone who wishes to use the Toolkit, or for further information, e-mail <a href="mailto:localityplanning@ci-ni.org.uk">localityplanning@ci-ni.org.uk</a>, as we aim to track all usage of the resource to demonstrate the impact of this initiative























Education Minister, Paul Givan, has announced an increase in the income threshold for free school meals and the school uniform grant, providing vital support to low-income families across Northern Ireland

Read more HERE









0808 8020 400



parentline@ci-ni.org.uk



www.ci-ni.org.uk/parentline







Please check details of your service / organisation are up-to date on the **Family Support NI** website <u>HERE</u>

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 details on the website remain 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 <a href="mailto:info@familysupportni.gov.uk">info@familysupportni.gov.uk</a> and we will arrange to have your details included or amended

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



There Are 3 Family Support Hubs

### **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
Bolster Community
Unit 1 Whitegates Business Park
Killeavy Road
Newry
BT35 6UA
T: 028 3083 5764
E: familysupporthub@bolstercommunity.org







Southern Area
FATALLY
STPPORT

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 **April edition** of the **Family Support Hubs newsletter** <u>HERE</u>

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















Top tips to protect your skin in the sun Wear sunglasses with Cover up 100% UV protection Wear a broad brim hat Use sun protection with at least SPF 30 and UVA 4

When you are out enjoying the sunshine, don't forget to take care in the sun and protect your skin from harmful UV rays Check out some of our top tips! Visit **HERE** for more info and advice





# HEALTH TRAINER ONE TO ONE HEALTH AND WELLNESS COACHING

SUPPORTING YOU TO MAKE HEALTHIER CHOICES.



Supporting you to become more active





Supporting you to look after your mental and emotional wellbeing



Supporting you to assess how much alcohol is too much



Supporting you to connect to services and activities

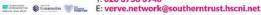


Supporting you to make healthier eating choices



Motivational support available by phone or face to face. Self-referrals welcome to this FREE service.

www.verve-network.co.uk
Contact the Community Health Trainer Service
T: 028 3756 3946







Self-referrals welcome to this FREE service.

www.verve-network.co.uk

Contact the Community Health Trainer Service

T: 028 3756 3946 E: verve.network@southerntrust.hscni

verve.network@southerntrust.hscni.net

SCAN ME







https://getactiveabc.com/loveparksweek/











A welcoming and warm space offering confidential help, support and advice for everyone.

|  | DOBBIN STREET<br>COMMUNITY<br>CENTRE, ARMAGH | PORTADOWN<br>TOWN HALL | LURGAN<br>TOWN HALL    |
|--|--|------------------------|------------------------|
|  | 11.15am - 1.15pm                             | 10.00am - 12.00pm      | 10.00am - 12.00pm      |
|  | Monday 16 June 2025                          | Tuesday 17 June 2025   | Tuesday 24 June 2025   |
|  | Monday 30 June 2025                          | Tuesday 1st July 2025  | Tuesday 8 July 2025    |
|  | Monday 4 August 2025                         | Tuesday 5 August 2025  | Tuesday 12 August 2025 |

This initiative is supported through The Executive Office District Council Good Relations Programme.





















### **ARMAGH LPG AREA**



**Every Wednesday and** Thursday from July 9th -24th: and all week from July 28th - Arts & Community August 1st

**Tommy Makem** Centre

Admission £2 per session and Bring a Packed Lunch!

8-13 yrs 11am - 1pm from 9th to 17th/4pm-6pm 23rd and 24th 14-25 yrs 1:30pm-3:30pm from 9th to 17th/6pm-8pm 23rd and 24th ALL ages in from 11.30pm from July 28th!

Get ready for an unforgettable summer camp packed with laughter, new friendships, and a show for the community on August 1st!









### **ARMAGH LPG AREA**



### INTRODUCTION

Welcome to this free resource which gives you information on a range of support and opportunities for all ages in the Armagh area.

Many organisations and services in the Armagh area have come together to host the Feel Good Armagh event on The Mall on Saturday 7th June 2025.

This free event was organised for residents from all communities to find out what is available for support and activities to take part in for the local area. We have also organised activities for children, food/refreshments and music for everyone to enjoy.

You will find out more about the organisations involved on the following pages and about the Armagh Locality Planning Group at the back of this resource. You will also find out how to access this resource online.

Feel Good Armagh Planning Group

7th June 2025

# SERVICES

### Page No. **ABC Community Network** Access & Information SHSCT **Action Mental Health** Advocacy VSV Age Friendly ABC Alzheimer's Society ABC Council Community Development & Good Relations ABC Council Get Moving ABC ABC Council Policing 8 Community Safety Partnership (PCSP) Armagh Pipers Club Barnardo's Family Support Hub Barnardo's PosAbility (6th Sense) Barnardo's PosAbility (Transition & Inclusion Service) Belfast Central Mission CAUSE Cedar Foundation Child Brain Injury Trust Children & Young People's Strategic Partnership (CYPSP) CINI Parent Participation Service Clanrye Group 25 Community Advice ABC Confederation of Community Groups: Good Morning Service 27 County Armagh Community Development 28 Deafblind UK Early Years Organisation: Toybox Project Education Authority (EA) Youth Service Education Authority Youth Service FLARE Libraries NI NICMA - The Childminding Association Parentline NI PIPS Hope and Support 38 39 SHSCT Community Development Team SHSCT PPI/User Involvement Team SHSCT Short Breaks Service Sport Changes Life The Brain Injury Foundation The Conservation Volunteers The Mental Health Forum The Verve Healthy Living Network Volunteer Now West Armagh Consortium Wheelworks Arts

Youth Action Northern Ireland





### CRAIGAVON LPG AREA

SHSCT MACMILLAN INFORMATION AND SUPPORT SERVICE



Walk and Talk :::::
For people affected
by cancer



Every Wednesday at 11am - Tow Path, Carnbane



## **Craigavon**

Wednesday 26<sup>th</sup> June at 2pm then bi-weekly from Wednesday 16<sup>th</sup> July at 2pm - South Lake Leisure Centre





For more information please contact the Macmillan Information Service.



















### **Activities Include:**



**Arts & Crafts** 



**Chill Lounge** & Music

Snacks &



**Video games** 



**Drinks** 

## **JUST SHOW UP AND HAVE FUN!**

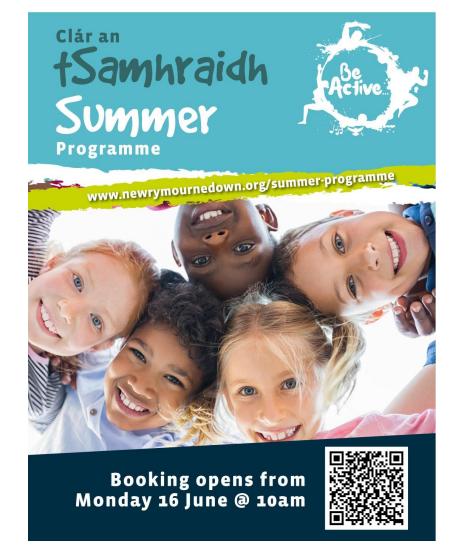
For more info please contact us on social media or call 02830252214















## **NEWRY & MOURNE LPG AREA**



Families need to live in a 5-mile radius of Newry and have a diagnosis within the last 18-24 months







### Autism Support

- · Aims to support Arbour and Radius Housing tenants over the next year, as well as the Newry community, by assisting parents of autistic children diagnosed within the last 18-24 months.
- Support and advice, a listening ear A service tailored to your family's and information on relevant services, support groups, visuals, and other entitlements.
  - individual needs providing bespoke resources.







Walk and Talk ::::: For people affected by cancer



**Every Wednesday at 11am -Tow Path, Carnbane** 



Wednesday 26th June at 2pm then bi-weekly from Wednesday 16th July at 2pm - South Lake Leisure Centre











# Communities Leading Change



Communities Leading Change is a Participatory Budgeting initiative which allows residents to decide how to spend part of a public budget by voting on which projects they think would be most beneficial and make the biggest impact in their community.

Each year we run events where individuals and community groups will be invited to submit project ideas, the most voted for projects are then granted funding.

### Participatory Budgeting Project 2025/26

Communities Leading Change applications are now open for grants of up to £1000 for community groups in Newry Mourne and Down District. These grants are for projects which promote good health and wellbeing in your area. If you would like to apply all you have to do is fill out an expression of interest form with your name and your project details – explain how you would spend the money and how it will benefit your community. We accept all sorts of ideas big and small and your group does not have to be constituted to apply. All we ask is that your project fits the theme and that it is legal, achievable and deliverable.



www.newrymournedown.org/communities-leading-change





https://docs.google.com/forms









### **AN TEARMANN**

# WOMEN'S GROUP

DROP-IN SESSIONS JULY 2025

## PARENTS' STRENGTHS & SELF-CARE!

Irish Traveller women are invited to join us on Tuesday mornings for a relaxed, informal drop-in and a cup of





### The Junction, Dungannon

Tuesday 1<sup>st</sup>, 8<sup>th,</sup> 15<sup>th</sup> and 22<sup>nd</sup> July 2025.

10.30am - 12pm

### You choose the topics

We'll be talking about the things that interest you and your children!

Contact Frances for details: 028 87750211











### **DUNGANNON LPG AREA**

# Build a Career in Health and Social Care

Join our accredited training programme in Coalisland and take the first step toward a rewarding career helping others.

## **Fully Funded Qualification**

- Mhat You'll Gain:
- ☑ Practical skills in caring and communication
- Accredited qualifications
- ☑ Real work experience
- Supportive, hands-on learning
- ☑ Pathways to employment or further study



028 8774 8512

info@coalislandtrainingservices.co.uk









Scan QR Code to register interest:







# SOUTHERN AREA LOCALITY PLANNING GROUPS



### 山口 **GUIDELINES SUBMISSION** 田 'FYI' will usually be issued Submit the information in the every fortnight, on a Thursday format you would like it to be afternoon. Please send your included. We can't transform a articles for inclusion by 5pm of word-heavy document into a the Tuesday prior to this. flyer. We may have to decline to Less words, bigger pictures! advertise information which is not applicable to better We do not advertise or endorse outcomes for children and those events or programmes young people. which are privately funded as a business. Your feedback is welcome. (We are not perfect, but strive Information will usually be to be as good as we can.) included for x1 edition, unless otherwise requested. 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':

<u>Issue 151</u> 26<sup>th</sup> June 2025

<u>Issue 150</u> 12<sup>th</sup> June 2025











# SOUTHERN AREA LOCALITY PLANNING GROUPS





### **UPCOMING 2024 LPG MEETINGS**

Armagh Thurs. 4<sup>th</sup> Sep

Craigavon Tues. 9<sup>th</sup> Sep

South Armagh Tues. 16<sup>th</sup> Sep

Banbridge Wed. 24<sup>th</sup> Sep

Dungannon Tues. 7<sup>th</sup> Oct

Newry & Mourne Wed. 15<sup>th</sup> Oct

Meetings are usually scheduled to begin at 10am

Formats will alternate between face-to-face & Zoom

(Refer to the 2025 Meetings Calendar on our Linktree)





SCAN QR CODE FOR INSTANT ACCESS TO OUR INFO. HUB









Joanne Patterson (<u>localityplanning@ci-ni.org.uk</u>) or Darren Curtis (07725232566)

CYPSP, 2<sup>nd</sup> Floor, Health & Social Care Board, Tower Hill, Armagh. BT61 9DR









# Advertise in our upcoming issue!

**Circulation Date:** 

**14th August 2025** 

**Copy Deadline:** 

**12th August 2025** 



localityplanning@ci-ni.org.uk