

# SOUTHERN AREA LOCALITY PLANNING GROUPS



**ISSUE 153**  
14th August 2025



## WELCOME

Welcome to Issue 153 of our fortnightly newsletter, 'FYI' (For Your Information).

With summer hurtling towards a close, preparations for the next school year are under way. For those young people (and their families!) who have received their long-awaited A-Level results today, we have included vital links to support from the Careers Service to help for the next steps - See [Pages 3-5](#).

We encourage those organisations and services providing support and information on mental health and wellbeing to visit [Page 40](#), for further information on adding your details to the Minding Your Head website, which aims to include all support available for all across Northern Ireland. This is a chance to get free promotion of your service.

See you in the next school year!

**Locality Development Team, Southern Area**

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[Next Issue Key Dates](#)





## Careers Service

### Exam results advice and support for students and parents

As young people and their families wait expectantly for exam results, help and advice is available  
A/AS level results will be announced on Thursday 14 August and GCSE results on Thursday 21 August



As a parent/ carer you may be uncertain about the best way forward for your child after they have received their exam results

You will want to know how best to support and guide them, particularly if they do not get the results they had anticipated

The Careers Service has a team of professionally-qualified advisers who provide free, impartial advice and guidance to both parents/carers and students when considering future educational/career paths



Careers advisers are available to offer support whatever the circumstances, and at any stage in a person's career journey, even after they have left school:

Phone: 0300 200 7820

E-mail by completing the online form at [Ask Careers](#)

Go online and [chat with an adviser](#)

Careers advisers are available from 9.30am to 4.30pm, Monday to Friday (excluding public holidays)

Further useful information can be found, as follows:

[How the Careers Service can help you](#)


[Guides to help with career planning](#)

[Skills in demand](#)


[Getting ready for university or college](#)

[Financial Support at school and college](#)





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## 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.

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### 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



[www.nidirect.gov.uk/options-after-year-12](http://www.nidirect.gov.uk/options-after-year-12)

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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



[www.nidirect.gov.uk/options-after-year-14](http://www.nidirect.gov.uk/options-after-year-14)



**Business Services Organisation**

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)



**INVESTORS IN PEOPLE™**  
We invest in people Silver

**INVESTORS IN PEOPLE™**  
We invest in wellbeing Silver

For further information:  
<https://bso.hscni.net/>  
 Or email:  
[interpreting@hscni.net](mailto:interpreting@hscni.net)



[interpreting@hscni.net](mailto:interpreting@hscni.net)



The Southern Area Locality Planning Team hosted a **Self-Care Programme** for the members of our 6 Locality Planning Groups funded by the PHA through their CLEAR Project

This programme took place from November 2024 to February 2025 and included 4 facilitated sessions by Inspire Wellbeing and 12 short self-care sessions at all Locality Planning Group Meetings

Download the Scorecard Report [HERE](#) to find out more about the impact of the programme on its participants

### Feel Good ARMAGH



7 Meetings of the Planning Group from 6<sup>th</sup> February to 5<sup>th</sup> June 2025



1 Community Networking Event on The Mall, Armagh on Saturday 7<sup>th</sup> June, 11am - 2pm

### What did we do?

### Feel Good ARMAGH

### What has changed as a result?



Have you any more comments on today's event: What worked well? How it could have been improved? What is the impact of today on your service / organisation in Armagh?

★★★★★



### Feel Good ARMAGH

Community Networking Event 2025  
Saturday 7<sup>th</sup> June 2025, The Mall

REPORT CARD 25.2



CYPSP  
Children & Young People's Strategic Partnership

### Feel Good ARMAGH

### How well did we do it?



Planning Group consisted of 12 members representing 9 different services/agencies/organisations.



3

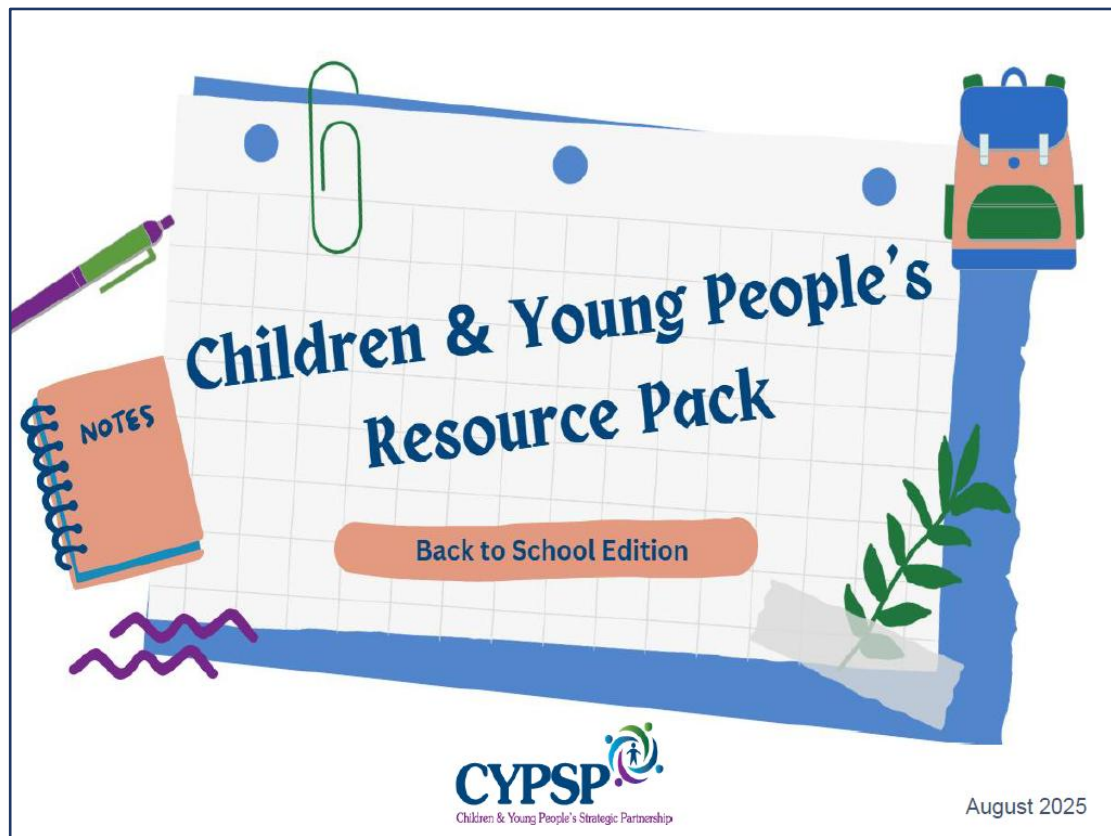
11

On Saturday 7<sup>th</sup> June 2025, the **Feel Good Armagh Community Networking Event** was held on The Mall in Armagh. This free event was organised to help all ages of the communities in Armagh to find out what support and opportunities were available on their doorstep.

43 services and organisations held information stands to inform the public (and each other) of what they provide, and activities were held for children.

Download the Feel Good Armagh Community Networking Event Scorecard [HERE](#) to find out more about what we did, how well we did it and what changed as a result.





The **Children and Young People's Resource Pack - Back to School Edition** is packed with fun, helpful, and supportive ideas to help you feel ready and confident for the new school year!

In this edition you will find:

Activities, Starting School, Back to School, Transitions,  
Lunchbox & Snack Ideas, Results Day, Wellbeing

Download [HERE!](#)

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

Resources and activities are free and in the public domain

Please share with contacts who you think would find it useful





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:

<b>Designated Officer</b> (Half day, online) August - 20 <sup>th</sup> September - 3 <sup>rd</sup> , 9 <sup>th</sup> & 23 <sup>rd</sup>	<b>Designated Officer</b> (Full day, in person) August - 28 <sup>th</sup>
<b>Child Protection</b> (Half day, online) August - 19 <sup>th</sup> September - 2 <sup>nd</sup> & 24 <sup>th</sup>	<b>Safe Sleep</b>  (Half day, online) September - 16 <sup>th</sup>
<b>Trauma Informed Relationships in Practice</b> (Full day, in person) September - 16 <sup>th</sup>	<b>Gambling &amp; Gaming</b> (Half day, online) September - 25 <sup>th</sup>
<b>Life Story</b> (Full day, in person) September - 30 <sup>th</sup>	

Book: [ci-ni.org.uk/training](http://ci-ni.org.uk/training)



[www.ci-ni.org.uk/training](http://www.ci-ni.org.uk/training)

## Upcoming Training Courses

Children in Northern Ireland

Paid Courses:

<b>Understanding Autism</b> (Half day, in person) August - 21 <sup>st</sup>	<b>Trauma &amp; the Helping Professional</b> (Full day, in person) September - 3 <sup>rd</sup>
<b>Supporting School Based Anxiety</b> (Half day, online) September - 9 <sup>th</sup>	<b>Counselling Skills</b> (Half day, online) September - 12 <sup>th</sup>
<b>Communicating Effectively with Children and Young People</b> (Half day, online) September - 18 <sup>th</sup>	<b>Understanding ADHD</b> (Half day, online) September - 24 <sup>th</sup>
<b>Autistic Women &amp; Girls</b> (Full day, in person) September - 25 <sup>th</sup>	<b>Baby Massage Instructor</b> (Two days, in person) October 17 <sup>th</sup> & 20 <sup>th</sup>
<b>Baby Yoga Instructor</b> (Two days, in person) November 28 <sup>th</sup> & December 1 <sup>st</sup>	

Book: [ci-ni.org.uk/training](http://ci-ni.org.uk/training)







[www.ci-ni.org.uk/training](http://www.ci-ni.org.uk/training)







## SOUTHERN TRUST AREA

TRAINING



### OUR GENERATION LEARNING LAB

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



### OUR GENERATION LEARNING LAB

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



<https://www.eventbrite.com/cc/our-generation-3777653>





## STRONGER MINDS:

SUPPORTING YOUTH THROUGH LIFE'S CHALLENGES

FREE 4-part training designed for youth-facing professionals who want to better understand and respond to the emotional and behavioural needs of children and young people

**CLARE THOMPSON**  
**CREATIVE THERAPIES**  
GLENORMLEY

**DATES**  
6:30 - 8:30 PM OVER 4 EVENINGS, TAKING PLACE VIRTUALLY

**2ND SEPTEMBER**  
**9TH SEPTEMBER**  
**23RD SEPTEMBER**  
**1ST OCTOBER**



<https://www.eventbrite.co.uk/e/1449797436159?aff=oddttdtcreator>

**RESERVE YOUR SPOT**

**WHAT YOU'LL LEARN:**

- Building Empathy in Children and Young People
- Neurodiversity: Inclusive Approaches to Support
- Adolescent Anxiety: Understanding, Identifying, and Responding
- Understanding Behaviour Through the Lens of Intergenerational Trauma



## SUPPORTING YOUNG PEOPLE THROUGH ANXIETY & SCHOOL AVOIDANCE


**Who should attend?**  
Professionals and volunteers across Northern Ireland and the six border counties of Ireland working directly with young people.

**What we'll cover:**

- Understanding anxiety in young people
- Back-to-school anxiety
- School avoidance
- Practical emotional regulation strategies
- Real-life tools and examples you can use immediately in your own setting

**WHERE: ONLINE**  
**DATE: 16/09/2025**  
**TIME: 6-8PM**

**Scan here to sign up!**



<https://www.eventbrite.co.uk/e/1399341140019?aff=oddttdtcreator>



[www.eventbrite.co.uk/e/stonger-minds](https://www.eventbrite.co.uk/e/stonger-minds)



[www.eventbrite.co.uk/e/anxiety-school-avoidance](https://www.eventbrite.co.uk/e/anxiety-school-avoidance)



Are you working within your local community?  
Why not attend a **Take 5 Ambassador Briefing Session**  
to enable you to promote positive wellbeing?



**Take 5 is a set of simple steps to help maintain and improve wellbeing**

This briefing will equip you to deliver a short Take 5 session for your local groups.

### Aims of Take 5 Ambassador Briefing Session

- To raise awareness and understanding of the Take 5 message
- To provide the resources necessary to promote the Take 5 message in your local community
- To create a network of Take 5 Ambassadors working to promote positive wellbeing.

### Briefing Session will take Place in

The Studio

Banbridge Leisure Centre

15 Downshire Place

Banbridge

BT32 3JY

On the following date:

**Date:** Wednesday 10<sup>th</sup> September 2025

**Time:** 10.30am – 12pm

**Light Refreshments Provided**

To book a place on the above session please complete and return the attached booking form to: [Take.5@southerntrust.hscni.net](mailto:Take.5@southerntrust.hscni.net)



[Take.5@southerntrust.hscni.net](mailto:Take.5@southerntrust.hscni.net)



Children's Law Centre

HYBRID TRAINING

## GDPR AND CHILDREN'S RIGHTS:

PROTECTING PRIVACY, EMPOWERING YOUNG PEOPLE

[FIND OUT MORE](#)










[childrenslawcentre.org.uk/training](https://childrenslawcentre.org.uk/training)



Children's Law Centre


HYBRID TRAINING

## GDPR AND CHILDREN'S RIGHTS:

PROTECTING PRIVACY, EMPOWERING YOUNG PEOPLE

[FIND OUT MORE](#)

DATE: THURSDAY 11 SEPTEMBER 2025  
 TIME: 10:00 - 12:00  
 CPD HOURS: 2 HOURS (GROUP STUDY)  
 FORMAT: HYBRID



[FIND OUT MORE](#)

In person as well as online - the UK GDPR contains provisions intended to enhance the protection of children's personal data acknowledging their heightened vulnerability and potential lack of awareness regarding data processing risks. This session will cover the legal requirements, key data protection principles, consider lawful basis for processing personal data and the key steps everyone can take toward compliance. We will also consider some of the other challenges that have emerged for those working with personal data since the introduction of the legislation in 2018.

*This session can be a useful refresher for those already familiar with GDPR or as an introduction for those new to the legislation. It will help you consider and review your approach and identify some actions to improve your processes. This engaging and practical session will equip you with the knowledge to confidently handle children's personal data in line with data protection laws.*

The session will be led by CLC's Head of Operations, Trevor Wright who has experience supporting organisations in the compliance with GDPR.

**This course carries CPD points for solicitors and barristers.**

**DELIVERED BY LEGAL EXPERTS**

- Trevor Wright, Head of Operations, Children's Law Centre

Get discounted training by becoming a CLC member at: [www.childrenslawcentre.org.uk/membership](https://www.childrenslawcentre.org.uk/membership)

**GET MORE FOR LESS  
BECOME A MEMBER OF CLC**



[www.tickettailor.com/events/childrenslawcentre/1712931](https://www.tickettailor.com/events/childrenslawcentre/1712931)




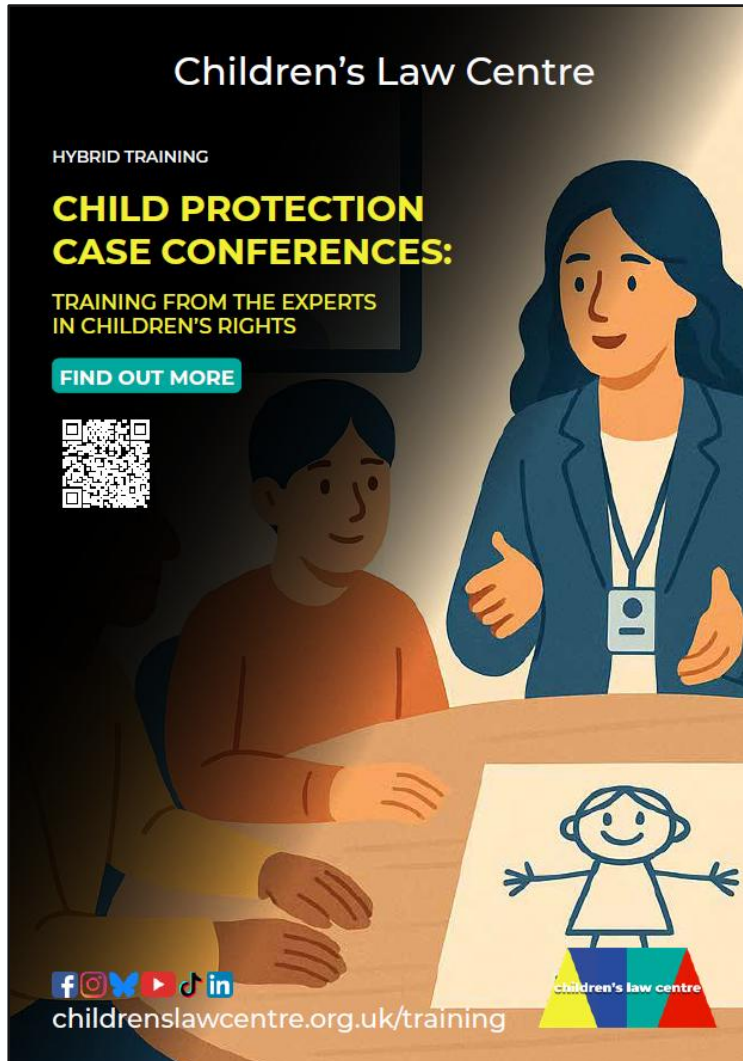
## Children's Law Centre

HYBRID TRAINING

### CHILD PROTECTION CASE CONFERENCES:

TRAINING FROM THE EXPERTS IN CHILDREN'S RIGHTS

[FIND OUT MORE](#)

[childrenslawcentre.org.uk/training](#)

[f](#) [i](#) [t](#) [v](#) [d](#) [i](#)

## Children's Law Centre


HYBRID TRAINING

### CHILD PROTECTION CASE CONFERENCES:

TRAINING FROM THE EXPERTS IN CHILDREN'S RIGHTS

[FIND OUT MORE](#)

DATE: WEDNESDAY 17 SEPTEMBER 2025  
TIME: 10:00 - 12:00  
CPD HOURS: 2 HOURS (GROUP STUDY)  
FORMAT: HYBRID



[FIND OUT MORE](#)

In person as well as online - this specialised training session offers a clear and informed overview of Child Protection Case Conferences. Aimed at parents, carers, advocates and professionals who may be asked to participate - whether as part of the panel or in a supporting role - the session will provide essential knowledge and practical guidance.

The course will be delivered by Eamonn McNally and Hannah Newburn, solicitors at the Children's Law Centre. The training will cover the legal framework, purpose and structure of case conferences, and the respective roles of those in attendance. Particular attention will be given to effective communication, safeguarding responsibilities, and supporting children's rights within the process.

This session is suitable for practitioners across the statutory, voluntary, education, health, and legal sectors. Attendees will leave better equipped to contribute meaningfully and appropriately to case conferences, ensuring informed participation and the best possible outcomes for children and families.

**This course carries CPD points for solicitors and barristers.**

**DELIVERED BY LEGAL EXPERTS**

- Eamonn McNally, Senior Solicitor
- Hannah Newburn, Solicitor

Get discounted training by becoming a CLC member at:  
[www.childrenslawcentre.org.uk/membership](http://www.childrenslawcentre.org.uk/membership)

**GET MORE FOR LESS  
BECOME A MEMBER OF CLC**



[www.tickettailor.com/events/childrenslawcentre/1574816](https://www.tickettailor.com/events/childrenslawcentre/1574816)



## Upcoming Courses

<b>Building a Healthy Self-Esteem</b>  This course will help you learn about self-esteem and the factors that impact on it. It will also empower you to harness the power of your thoughts and beliefs to change how you feel about yourself.	2 <sup>nd</sup> September	12 noon – 2.30 pm	MS Teams
<b>Writing for Self-Expression</b>  This course helps people to express their thoughts and feelings in writing and enhances mental wellbeing and personal resilience.  <i>*Please note attendance at all four sessions is required*</i>	3 <sup>rd</sup> , 10 <sup>th</sup> , 17 <sup>th</sup> , 24 <sup>th</sup> September	11.30 am – 1 pm	Boardroom, Tower Hill, Armagh
<b>Mindfulness</b>  Regular mindfulness practice can reduce stress, improve focus, and promote emotional well-being.	4 <sup>th</sup> September	10-10.30 am	MS Teams
<b>Tree of Life</b>  The 'Tree of Life' uses the metaphor of a tree to explore the strengths and resources we use throughout our life's journey.  In this session you will use creativity to explore the elements of the Tree of Life; reflect on your own life story; and identify	11 <sup>th</sup> September	10 am – 1 pm	Nautilus Centre, Kilkeel

your strengths, values and skills to move forward in life.  <b>Understanding &amp; Managing Anxiety</b>  This course aims to give you the knowledge required to understand the impact of and key issues surrounding anxiety and ways in which to manage it.  <i>*Please note attendance at both sessions is required*</i>	16 <sup>th</sup> and 23 <sup>rd</sup> September	10 am – 1 pm	Conference Room, Portadown Health Centre
<b>Nature Connections</b>  This course is an outdoor, guided practice, which engages all five senses – sight, sound, smell, touch and taste – to promote relaxation and overall wellbeing.	18 <sup>th</sup> September	10.30 am – 12.30 pm	Gosford Forest Park, Armagh
<b>Understanding &amp; Navigating Emotions</b>  The aim of this course is to increase awareness and understanding of emotions and feelings, what they are, and what they mean for us and others.  <i>*Please note attendance at both sessions is required*</i>	25 <sup>th</sup> September and 2 <sup>nd</sup> October	10 am – 1 pm	European Room, Moylinn House, Craigavon
<b>When Our Thoughts Get in Our Way</b>  Automatic Negative Thoughts (ANTs) can trigger unpleasant emotions that can impact on how we live our lives. Everyone experiences negative emotions, and we can't and shouldn't avoid them. It is however important to recognise our automatic negative thoughts to be aware of how they get in our way.  This course will help you to explore strategies on how to identify, challenge and change our thoughts and promote wellbeing.	30 <sup>th</sup> September	10 am – 1 pm	Boardroom, Jethro Centre, Lurgan

To register your interest in any of the above courses 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 \(hscni.net\)](#)



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

# 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](mailto:recovery.college@southerntrust.hscni.net)



You can access our website

<https://southerntrust.hscni.net/service/support-and-recovery/>



[recovery.college@southerntrust.hscni.net](mailto:recovery.college@southerntrust.hscni.net) /  <https://southerntrust.hscni.net/recovery-college>



## Physical Activity Training Opportunities

### Walk for Health Walk Leader Training

## 2025/26



### Walk Leader Training



Date	Time	Location
Wednesday 17th September 2025	9.30am to 12 noon	Armagh Enterprise Centre
Wednesday 15th October 2025	9.30am to 12 noon	Jethro Centre, Lurgan
Wednesday 12th November 2025	9.30am to 12 noon	Online
Wednesday 18th February 2026	9.30am to 12 noon	Online
Wednesday 11th March 2026	9.30am to 12 noon	TBC
Cost: This course is funded by PHA and delivered by SHSCT.		

- Pre-requisite:**
- Be over the age of 18 years;
  - Be able to complete the full training;
  - Have a reasonable level of fitness to lead health walks;
  - All participants will be expected to be active as Walk Leader and commit to facilitating at least 12 walks per year as part of their work role or in a voluntary capacity;
  - Walking for Health Walking Groups can promote their walks by sending information via [Physical.activity@southerntrust.hscni.net](mailto:Physical.activity@southerntrust.hscni.net)
  - Complete monitoring information once per year.
  - Ensure Walking for Health logo is used on all promotional resources.

**PLEASE NOTE:** By booking a place on Walk Leader Training, you are agreeing to all of the above.

### Walk leader Training Contd.

<b>Description:</b>	<p><b>Aim:</b> To train adults to lead health walks in their local community or workplace.</p> <p><b>Learning Objectives:</b></p> <ul style="list-style-type: none"><li>• To understand the health benefits of walking;</li><li>• To motivate inactive people to participate in health walks;</li><li>• To develop Walking For Health programmes;</li><li>• To plan and risk assess walking routes;</li><li>• To lead safe and enjoyable health walks for people of all ages and abilities.</li></ul> <p>This is a basic level course which promotes low level health walks for adults who are inactive.</p>
<b>Target Audience:</b>	<p>Any adult wishing to set up a Walking For Health Walking Group as part of a work role or in a voluntary capacity.</p> <p><b>PLEASE NOTE:</b> Free insurance cover is provided to participants leading walks in a paid or unpaid voluntary capacity.</p>
<b>Booking Details:</b>	<p>Please click <a href="#">HERE</a> for application form.</p> <p>We will confirm attendance with you following submission of registration form.</p> <p>Once booked, if you can no longer attend the training please email <a href="mailto:physical.activity@southerntrust.hscni.net">physical.activity@southerntrust.hscni.net</a> It is your responsibility to cancel asap to ensure your place is re-allocated.</p>



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





## Perinatal, child, adolescent and family work: a psychoanalytic observational approach (M7N)

Discover our flagship Master's degree in Belfast

## Draw on over a century of expertise to enhance your professional practice

Suitable for professionals from various multidisciplinary backgrounds, this course offers theoretical and experiential training to professionals working with infants, children, adolescents and their families.

Under the guidance of our expert clinician-tutors, you will:

- Explore the earliest stages of life via an infant observation, honing your skills in the clinic where the method was first pioneered.
- Expand your knowledge base with the latest child development research and a range of key psychoanalytic concepts and texts.
- Critically examine the unconscious dynamics that can impact on your work through participating in regular group discussion.
- Gain a postgraduate certificate after one year of study, a postgraduate diploma after two years, or a Master's degree.

Flexibly delivered in a blended, part-time format, the course will inform your current practice, while also acting as a preparation for further, clinical training. There are a number of places funded by PHA at 75%. Please contact joint course lead Gertie Doonan to discuss the course and funding availability via email at [gdoonan@tavi-port.nhs.uk](mailto:gdoonan@tavi-port.nhs.uk).

*“Closely observing infants with their carers is a unique learning experience and highly relevant in many work settings.”*

**Dr Deirdre Meehan**  
Course Lead



Learn more, join an open event and start your application ▶



 [tavistockandportman.ac.uk](http://tavistockandportman.ac.uk)  
 020 8938 2213/2214

 [training@tavi-port.ac.uk](mailto:training@tavi-port.ac.uk)  
 Tavistock Centre, 120 Belsize Lane, London NW3 5BA



[shirley.mccaffrey@southerntrust.hscni.net](mailto:shirley.mccaffrey@southerntrust.hscni.net)





**FIND**  
Further Inform Neurogenetic Disorders

**The Cerebra Network for Neurodevelopmental Disorders**

**FIND teacher training:**  
**Supporting the needs of children with genetic syndromes in educational practice.**

Join Us!

[www.findteacherresources.co.uk](https://www.findteacherresources.co.uk)

Logos at the bottom: UNIVERSITY OF SURREY, UKRI Economic and Social Research Council, Centre for Educational Neuroscience, UNIVERSITY OF BIRMINGHAM, WARWICK, Aston University





Scan QR  
code or  
click here  
to register



## Implementation Fidelity Workshop

**Thurs 04 September, 2PM-5PM  
Online via Zoom**

**Come along to this workshop for  
Incredible Years® managers and group  
leaders, who wish to build on their skills  
to understand the implementation of IY  
Parent Programmes.**



[www.eventbrite.co.uk/implementation-fidelity-workshop-tickets](https://www.eventbrite.co.uk/implementation-fidelity-workshop-tickets)




## Help overcoming problems effectively (HOPE) Are you living with or after cancer?

The HOPE programme is a six session self-management programme covering topics including fatigue management, stress management, dealing with setbacks and challenging unhelpful beliefs.



**Facilitated Online Hope – do you prefer to learn in a group?**

A peer-supported programme, where you will join your peers online over six sessions to share goals and gratitude, explore experiences with others and learn new techniques and strategies within a supportive environment amongst peers and facilitators.



**Self-directed Hope – do you prefer to learn independently?**

An independent programme where you will work through materials in your own time and pace, learning new techniques and strategies, starting the course at a time which best suits you.

**To find out more and sign up for the Online and Self-directed HOPE programme, scan the QR code QR CODE where you can also find a link to check if there is an in person HOPE programme near you.**




Macmillan Cancer Support, registered charity in England and Wales (261017), Scotland (SC039907) and the Isle of Man (604). Also operating in Northern Ireland.

**Education and training for the cancer workforce**



<https://macmillan.fuseuniversal.com>



## Understanding Self-Harm

Self-harm & suicidal behaviours are interconnected but distinguishing between the two can be challenging. It's crucial to recognize the significant differences in intention and the risks each one presents.

This **FREE** community workshop provides a safe and supportive environment to learn how to recognise the signs, respond with compassion, and connect individuals (if appropriate) to Inspire's SHIP (Self-harm Intervention Programme) or to other relevant support services.

This workshop addresses both self-harm & suicide. It is designed for staff, family members, caregivers, or anyone supporting young people or adults affected or at risk.

**In this workshop we will:**


- Define Self-Harm & explore the motivations behind it.
- Understand risk factors, myths & discuss self-harm & suicide safely
- Learn to recognise the signs of distress & how to offer support
- Equip ourselves with tools to assist someone in crisis
- Explore Harm Minimisation & Safety Plans
- Gain an understanding of the SHIP Service & referral pathways

No personal sharing is required; we will maintain a safe & supportive environment. **PLEASE NOTE:** This workshop may not be appropriate if you have recently been bereaved by suicide.

**Eligibility & Booking Information:**

- Free to community groups in the Southern Trust and South Eastern Trust Areas.
- Workshops must be 2 hours in length.
- Delivered daytime, in-person.
- Target group size - 12 (max of 20)

Jenny Groves, Training Co-ordinator  
j.groves@inspirewellbeing.org  
07834 181303




[j.groves@inspirewellbeing.org](mailto:j.groves@inspirewellbeing.org)



**YouthAction**  
NORTHERN IRELAND

INTRODUCTION TO:

**GOOD GOVERNANCE TOOLKIT**

A practical workshop providing activities that promote good governance and leading with purpose.

**DIRECTION**  
**INTEGRITY**  
**ACCOUNTABILITY**  
**LEADERSHIP**

**HONESTY**  
**ETHICAL**  
**RISK**  
**MANAGEMENT**

Thursday 18<sup>th</sup> September 2025  
10.30am-1.30pm  
14 College Square North Belfast BT1 6AS

This resource is aimed at local youth & community groups keen to develop their boards and committees.

To register email: [helen@youthaction.org](mailto:helen@youthaction.org) Light lunch will be provided.



[helen@youthaction.org](mailto:helen@youthaction.org)

ACTION TRAUMA PRESENTS:

**Neurodiversity  
Conference**

**19TH SEPTEMBER 2025**  
**CROWNE PLAZA HOTEL, BELFAST**



<https://actiontrauma.com/neurodiversity-conference/>



*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](mailto:katherine.lindsay@playboard.co.uk)



[katherine.lindsay@playboard.co.uk](mailto:katherine.lindsay@playboard.co.uk)



Cross-Border Shared Learning  
Event  
Better Together: Supporting  
OUR Generation

**16.10.25**  
*Save the  
Date!*

Monaghan Peace Campus

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

*See you there!*



[sfielding@cooperationireland.org](mailto:sfielding@cooperationireland.org)





<https://www.peeps-hie.org/whats-on/h-i-e-conference-save-the-date/>



## HOW WE HELP

### WHAT WE OFFER

#### Diabetes awareness talks

- 45min talk including Q&A
- Interactive presentation in-person or online, including:
  - What is diabetes
  - The difference between type 1 and type 2 diabetes
  - Healthy lifestyle tips

#### Know your risk

Online risk score for checking a person's risk of developing type 2 diabetes.

- 5-10 minute assessment
- Filling out height and weight measurements on our iPads

We recommend booking this before our arrival so we can bring everything needed.

### SUPPORT FOR YOU

#### Find out more about our local support

- [Local groups](#)
- [Live Well Hubs](#)
- [Online peer support](#)
- [Listen to our podcast - Let's Talk Diabetes](#)

#### Information online

There is also a wealth of support can be found on our website including:

- [Guidance on living with diabetes](#)
- [Prevention of type 2 diabetes](#)
- [Recipes](#)
- [Learning Zone](#)
- [Helpline service](#)
- [Online shop where you can order booklets](#)
- And so much more

### GET IN TOUCH

[n.Ireland@diabetes.org.uk](mailto:n.Ireland@diabetes.org.uk)

[diabetes.org.uk/NorthernIreland](http://diabetes.org.uk/NorthernIreland)

NI Office: 028 9066 6646



**DIABETES UK**  
KNOW DIABETES. FIGHT DIABETES.  
NORTHERN IRELAND



[n.Ireland@diabetes.org.uk](mailto:n.Ireland@diabetes.org.uk)

**DIABETES UK**  
KNOW DIABETES. FIGHT DIABETES.

Talk to us about diabetes  
**0345 123 2399**

[Our Research](#)

[For Professionals](#)



[About diabetes](#) ▾

[Living with diabetes](#) ▾

[Support for you](#) ▾

[Support us](#) ▾

[Donate](#)

[Home](#) > [About diabetes](#) > Information in different languages

[Save for later](#)

## DIABETES INFORMATION IN DIFFERENT LANGUAGES AND FORMATS

Some of our diabetes information is available in different languages, large print, Braille, British Sign Language, easy read and audio.

If you can't find what you're looking for below, contact our free [helpline](#) on 0345 123 2399 and let us know what you need. We will try our best to help but this may not always be possible.

If you want advice or information about diabetes from a trained advisor on our helpline in a language other than English, we can usually arrange an interpreter. [Find out more.](#)

[Show me more](#)

[How we produce our information](#)

[Call our free helpline](#)

[Find out what's going on in your area](#)



[www.diabetes.org.uk/information-in-different-languages](http://www.diabetes.org.uk/information-in-different-languages)



### Parents & Carers

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

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

#### Support your child to:

- Learn social skills and build friendships
- Deal with puberty and sexuality
- Gain confidence and self-esteem
- Be more independent

#### As a parent, learn how to:

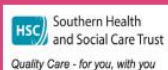
- Personally cope and manage stress
- Deal with the challenges of adolescence
- Support the needs of your other children
- Manage challenging behaviour

**Dates:** Wednesday 10<sup>th</sup> September 2025 - Wednesday 22<sup>nd</sup> October 2025 (7 weeks)  
**Time:** 10am-12.30pm  
**Location:** Clanrye Group, Unit 34, Armagh Business Centre, 2 Loughgall Rd, Armagh BT61 7NH

For more information please contact:

**Claire Convery, Clanrye Group** Phone: 07483059876  
 Email: [claire.convery@clanryegroup.com](mailto:claire.convery@clanryegroup.com)

Link to referral form: <https://forms.office.com/e/9Me89jNnsa>



### PARENTS PLUS Children's Programme

An evidence-based parenting course on promoting confidence, learning and positive behaviour in children aged 6 to 11 years.

9 week programmes for parents/carers living in the Southern Trust area starting:

**Thursday 11<sup>th</sup> September 2025 from 10am-12 noon (online)**

OR

**Wednesday 17<sup>th</sup> September 2025 from 10am-12 noon (online)**

For further information, please contact Maria:

Email: [parenting.partnership@southerntrust.hscni.net](mailto:parenting.partnership@southerntrust.hscni.net)

Mob: 07880 474747

Visit: [Children and Young People's Strategic Partnership\(CYPSP\)](#)



Click or scan here  
for the Referral  
Form



[claire.convery@clanryegroup.com](mailto:claire.convery@clanryegroup.com)



[parenting.partnership@southerntrust.hscni.net](mailto:parenting.partnership@southerntrust.hscni.net)



### INCREDIBLE YEARS




#### Autism and Language Delay Programme

*This programme is aimed at parents/carers of children aged 2-6 with a confirmed Autism diagnosis who live in the Southern Trust area.*

Parents/carers will be supported to:

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



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






[parenting.partnership@southerntrust.hscni.net](mailto:parenting.partnership@southerntrust.hscni.net)



### 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 Amagh Business Centre, Loughgall Road, Amagh  
**Attendees:** Parents/carers of young people 11-18 years in the Southern Trust with a confirmed Autism diagnosis.  
**Facilitators:** Clanrye & Parenting Partnership  
**Enquires/Referrals:** e [Claire.convery@clanryegroup.com](mailto:Claire.convery@clanryegroup.com)  
 t: 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](mailto:parenting.partnership@southerntrust.hscni.net)  
 t: Or Newry GP MDT Team-07425630856  
 e [Veronica.kerr@southerntrust.hscni.net](mailto: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](mailto:Claire.convery@clanryegroup.com)  
 t: 07483 059876

### General Enquiries

**Maria Killen**  
 Parenting Partnership Manager  
 ☎ 07880 474747  
 ✉ [parenting.partnership@southerntrust.hscni.net](mailto:parenting.partnership@southerntrust.hscni.net)  
 Or  
**Martina McCooey**  
 Child Development Interventions Co-ordinator  
 ☎ 028 3756 4462 / 07795 450278  
 ✉ [martina.mccooey@southerntrust.hscni.net](mailto: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 \(CYPSP\) \(hscni.net\)](https://www.southerntrust.hscni.net/parent-support)



### 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](#)

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:

1. **ME (Mind & Emotions)** - Exploring emotions, promoting positive physical and mental health, well-being and resilience, through play.
2. **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.
4. **Better Together** - Supporting children to consider a range of perspectives and have positive attitudes towards other communities.
5. **Better Together Celebration** - Celebrating the power of play and how it can promote peacebuilding on a cross-community basis.



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

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



PlayBoard NI is registered with the Charity Commission for NI NIC104724, company limited by guarantee no. NI30225, charity no. YR66629



[OurGeneration@playboard.co.uk](mailto:OurGeneration@playboard.co.uk)




### Macmillan Psychosocial Service NI

Bringing Cancer and Mental Health Services Together



**You are invited to come along to a new Lived Experience peer support group organised and facilitated by Macmillan Lived Experience Development Lead**

**Friday 5<sup>th</sup> September - 10.30am - 12.30pm**  
The Market Place Theatre & Arts Centre, 9 Market St, Armagh BT61 7BW

**Friday 5<sup>th</sup> September - 2.30pm - 4.30pm**  
Banbridge Library, 23 Scarva Road, Banbridge BT32 3AD

**WHO IS THIS GROUP FOR?**

- People living with cancer, family members and carers

**WHAT WILL THE SUPPORT GROUP DO FOR YOU?**

- Our focus will be on supporting your mental health during your cancer diagnosis and after your treatment is completed. Lived Experience is at the core of everything we do.

**THE GROUP WILL BE AN INFORMAL SAFE AND WELCOMING SPACE FOR YOU**

- Giving opportunities to get together with others
- Providing mental health and emotional wellbeing support
- To connect with others and to socialise over a cuppa
- Peer support and encouragement
- Information about Macmillan services
- Help us develop what matters to you

**To register your interest and attendance please contact -**  
Linda Warwick  
Lived Experience Development Lead  
Linda.Warwick@mindwisenv.org  
**07739631656**





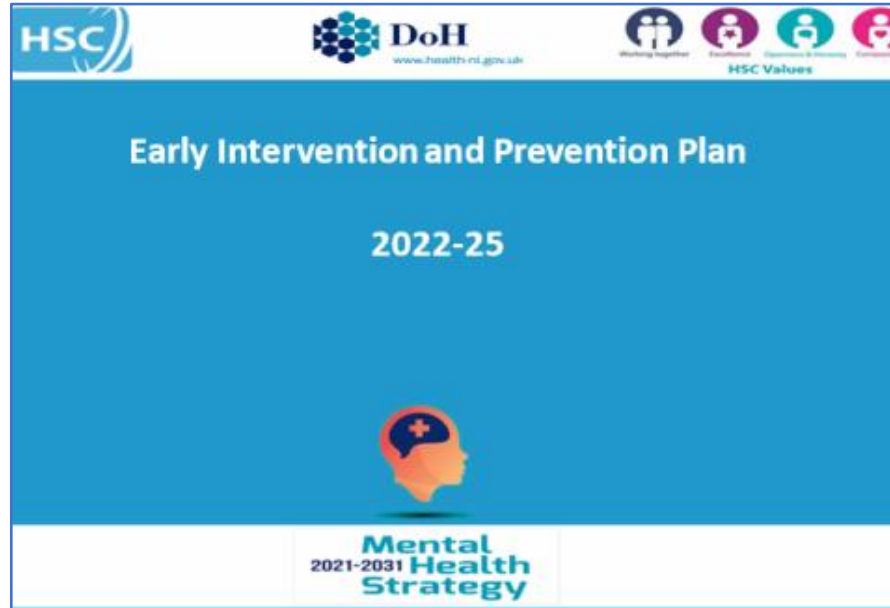









[Linda.Warwick@mindwisenv.org](mailto:Linda.Warwick@mindwisenv.org)



As part of the work to deliver against the [Mental Health Strategy Early Intervention & Prevention Action Plan](#) the Public Health Agency is leading work focussed on Communications and Public awareness related to mental health promotion and early intervention

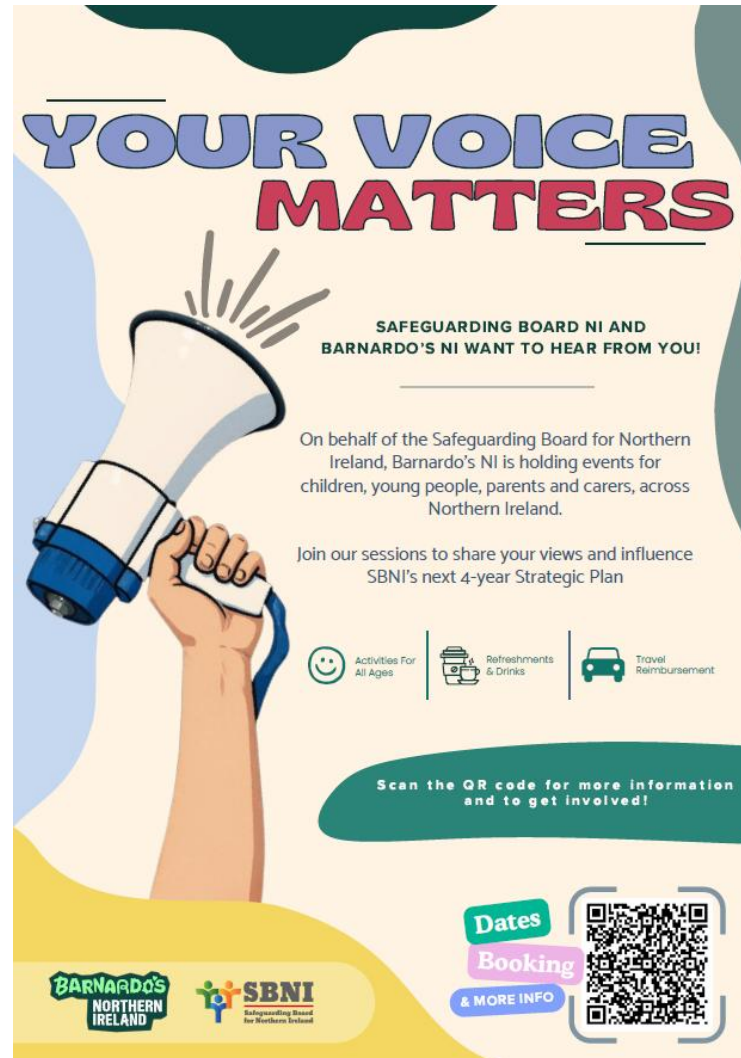
We are now seeking to capture information from key stakeholders about any planned public information campaigns which are improving mental health as a main objective

We would be grateful for completed responses to the survey by **5pm on the 1<sup>st</sup> of September 2025**

Take the survey [HERE](#)

If you have any queries please e-mail [mentalhealthEIPactionplan@hscni.net](mailto:mentalhealthEIPactionplan@hscni.net)





**YOUR VOICE MATTERS**

**SAFEGUARDING BOARD NI AND BARNADO'S NI WANT TO HEAR FROM YOU!**

On behalf of the Safeguarding Board for Northern Ireland, Barnardo's NI is holding events for children, young people, parents and carers, across Northern Ireland.


Join our sessions to share your views and influence SBNi's next 4-year Strategic Plan

Activities For All Ages | Refreshments & Drinks | Travel Reimbursement

Scan the QR code for more information and to get involved!

**BARNADO'S NORTHERN IRELAND** | **SBNi** Safeguarding Board for Northern Ireland

**Dates Booking & MORE INFO**



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



## Ending Violence Against Women and Girls Involves Men and Boys Too

### JOIN THE CONVERSATION

*Do you work with young men in Northern Ireland?*

*We want to hear from **YOU!***



#### WHAT'S THIS ABOUT?

The Executive Office has commissioned **Queen's University Belfast** to conduct research on **masculinities** and attitudes of men and boys in relation to **violence against women and girls (VAWG)** in Northern Ireland.

#### WHO CAN PARTICIPATE?

- Groups or individuals who work with young men and boys.
- Based in Northern Ireland.



#### WHAT'S INVOLVED?

Take part in a **one-hour** interview (online or in person).

Share **your views** on:

- Working with young men in NI.
- How young men and boys view **masculinity**.
- Young men and boys' **attitudes** towards violence against women.

#### WHY TAKE PART?

- **Influence** policy and practice across Northern Ireland.
- Ensure **young men's voices** are included — and heard.
- Help **end** violence against women and girls.

#### WANT TO KNOW MORE?

E-mail: Dr Aoibheann Brennan-Wilson

[a.brennan-wilson@qub.ac.uk](mailto:a.brennan-wilson@qub.ac.uk)



[a.brennan-wilson@qub.ac.uk](mailto:a.brennan-wilson@qub.ac.uk)

## Specialist Provisions in Mainstream Schools (SPiMs)

Briefing Report  
July 2025



### What the report found

- ◆ Limited access to vital supports like educational psychology and therapies
- ◆ Gaps in early years and post-primary provision
- ◆ Gaps in staff training and support
- ◆ A need for equality, disability and autism awareness training
- ◆ Poor communication causing confusion for families



### Findings

- The use of reduced timetables is resulting in minimal or reduced access to education for children with SEND.
- Inappropriate placements in SPiMs were associated with the risk of regression in children's learning
- A lack of appropriate transition pathways is disadvantaging some pupils



[www.niccy.org/publications/new-report](http://www.niccy.org/publications/new-report)



[Who we are](#) [Learn CPR](#) [Store finder](#)[Information and support](#)[How you can help](#)[Shop](#)[What we do](#)[Donate](#)[Search](#)[Sign in/Register](#)[How you can help](#) > [CPR and defibrillators: how to save a life](#) > [Defibrillators](#) > [Apply for a free defibrillator for your community](#)

# Apply for a free defibrillator for your community

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



[www.bhf.org.uk/apply-for-a-free-defibrillator-for-your-community](https://www.bhf.org.uk/apply-for-a-free-defibrillator-for-your-community)



**Northern Ireland Policing Board**

## Working on a project that needs funding?

- Does it contribute to community safety and/or building confidence in policing? ✓
- Are you working with local police on it? ✓
- Is it aligned to a charitable purpose? ✓
- Is it strategic in nature? ✓

**APPLY NOW:**  
[nipolicingboard.org.uk/police-property-fund](https://www.nipolicingboard.org.uk/police-property-fund)

 <https://www.nipolicingboard.org.uk/police-property-fund>

**LIVE HERE LOVE HERE**

**SMALL GRANTS SCHEME**

**OPEN FOR APPLICATIONS!**

Logos of participating organizations:

- Housing Executive
- Belfast Harbour
- Antrim and Newtownabbey Borough Council
- Ards and North Down Borough Council
- Armagh City Banbridge & Craigavon Borough Council
- Belfast City Council
- East Belfast City Council
- Ferrybank & Derry City Council
- LCC City Council
- Mid & East Antrim Borough Council
- Mid Ulster District Council
- North Down District Council
- South Down District Council
- West Belfast City Council

 <https://liveherelovehere.knib.app>

## VOLT Session

# RECRUITING STUDENTS as VOLUNTEERS

20 August 2025  
10-11.30am

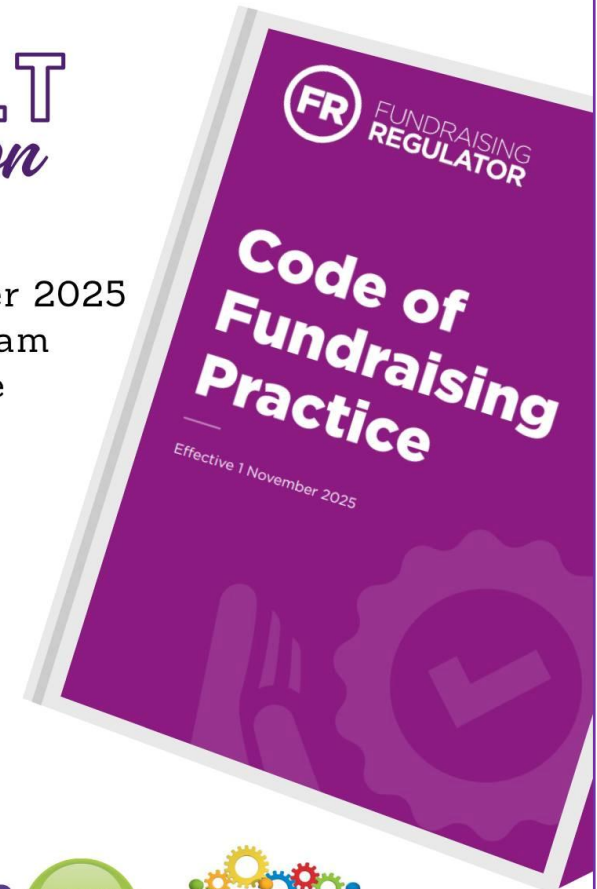
**VOLUNTEER NOW**  
Volunteers change lives



[www.volunteernow.co.uk/recruiting-students](http://www.volunteernow.co.uk/recruiting-students)

## VOLT Session

17 September 2025  
10-11.30am  
Online



**VOLUNTEER NOW**  
Volunteers change lives



[www.volunteernow.co.uk/fundraising-regulator](http://www.volunteernow.co.uk/fundraising-regulator)





**VOLUNTEER NOW**  
*Volunteers change lives*

# VOLUNTEERING EVENTS CALENDAR

**RSPB NI  
Peatland  
Restoration  
Taster Session**  
15TH AUGUST 2025  
FIVEMILETOWN

**MELA  
CARNIVAL**

**WARRENPOINT  
LOUGHSIDE  
FESTIVAL 2025**

**Your chance to get involved with short-term or one-off  
volunteering opportunities throughout Northern Ireland!**

**You can volunteer. You can change lives.**





### **Refresh of Minding Your Head Website**

Work has been underway to refresh the Minding Your Head website and the Public Health Agency are encouraging all stakeholders to contribute to the new service directory within the site. You are invited to add mental health and emotional wellbeing services that your organisation provides in your local community.

Please e-mail [myh@hscni.net](mailto:myh@hscni.net) to receive the guide to adding your services and share this opportunity for inclusion in the service directory with your partnerships and networks.



Children's Law Centre

## WHAT DO YOUNG PEOPLE THINK ABOUT SCHOOL ABSENCE?


Their views have been  
missing from the  
conversation - until now.



Through a series of honest, powerful interviews, the **Children's Law Centre** asked a group of young people to share their experiences and challenges around school attendance

If you haven't watched the videos yet, make sure you do!

Exploring School Absence in Northern Ireland: Voices of Young People - View the videos [HERE](#)



More ▾

## Sample Online Safety Policy Templates

**Templates created by online safety experts that organisations can customise for their own use.**

Every organisation that works with children needs to have an online safety policy that sets out a commitment to keeping children and young people safe online.

The templates have been designed by experts in the NSPCC and informed by the Safeguarding Board for Northern Ireland (SBNI) partners, in accordance with the NI Executive's [Online Safety Strategy](#).

Download the templates to get an idea of the types of things to include in your policy. Remember to adapt them to suit the nature of your setting.

**The templates should be read in conjunction with:**

- [Co-operating to Safeguard Children and Young People in Northern Ireland](#) (Department of Health, 2017)
- [The Safeguarding Board for Northern Ireland Procedures Manual](#)



<https://onlinesafetyhub.safeguardingni.org/policy-templates/>



**Welcome to the Online Safety Hub**

Education and support to keep children safe online

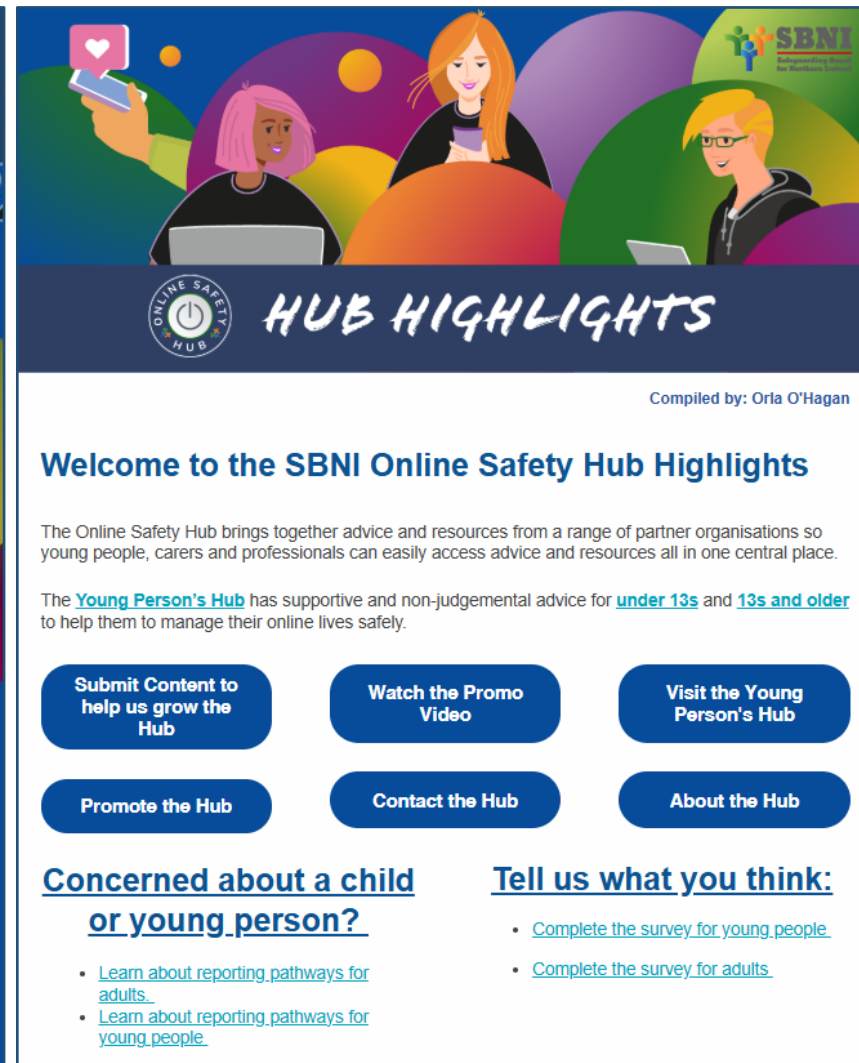
Scan this code to visit the site!

The Hub features online safety advice, resources and support from a range of organisations so that young people, families and professionals can easily access information all in one central place. From screen time, social media or knowing where to turn when something doesn't feel right, the Hub provides practical tips and tools to improve child safety online.

[OnlineSafetyHub.SafeguardingNI.org](https://OnlineSafetyHub.SafeguardingNI.org)

The Safeguarding Board for Northern Ireland (SBNI) has partnered with the 24/7 Safeguarding Group to create a new digital library hub for online safety information and support.

**SBNI** **INEQE**



**HUB HIGHLIGHTS**

Compiled by: Orla O'Hagan

**Welcome to the SBNI Online Safety Hub Highlights**

The Online Safety Hub brings together advice and resources from a range of partner organisations so young people, carers and professionals can easily access advice and resources all in one central place.

The [Young Person's Hub](#) has supportive and non-judgemental advice for [under 13s](#) and [13s and older](#) to help them to manage their online lives safely.

[Submit Content to help us grow the Hub](#) [Watch the Promo Video](#) [Visit the Young Person's Hub](#)

[Promote the Hub](#) [Contact the Hub](#) [About the Hub](#)

**Concerned about a child or young person?**

- [Learn about reporting pathways for adults.](#)
- [Learn about reporting pathways for young people.](#)

**Tell us what you think:**

- [Complete the survey for young people.](#)
- [Complete the survey for adults.](#)



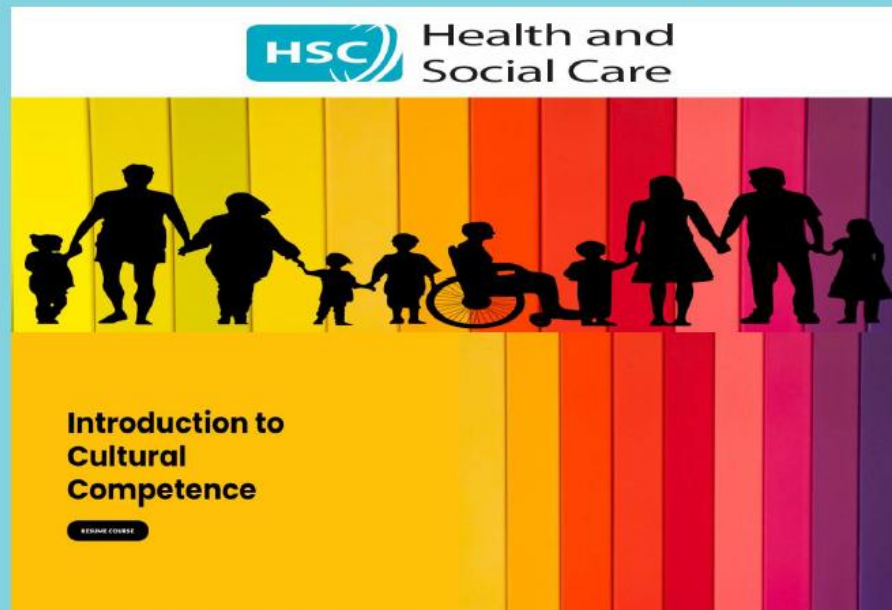
<https://online-safety-hub/hub-highlights>





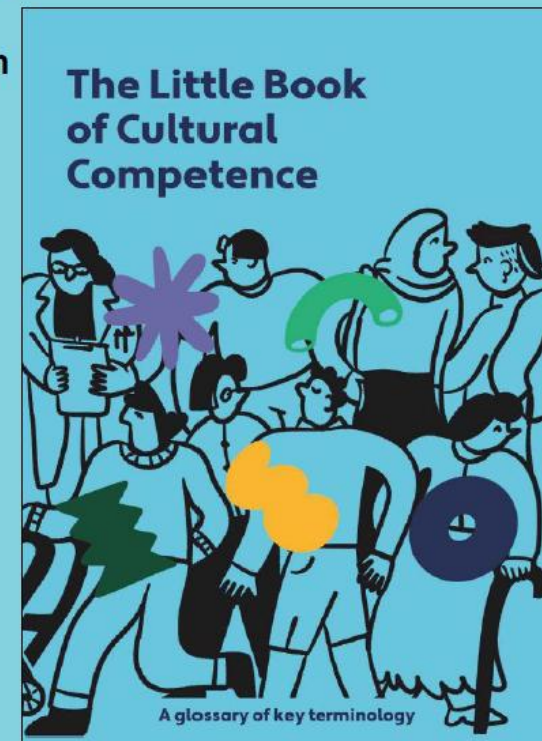
**A Cultural Competency Framework to Guide Health and Social Care  
launched on the 5<sup>th</sup> February 2025 by Health Minister and HSC Trust Leads**

**This regional resource is available via the LearnHSC My learning platform  
And the booklet is available in hard copy and PDF**



**Available via the LearnHSC - My learning platform**

Cultural competency workshops and training will be made available on a recurring basis in each Trust area



Hard copy available from [esme.brown@southerntrust.hscni.net](mailto:esme.brown@southerntrust.hscni.net)



[esme.brown@southerntrust.hscni.net](mailto:esme.brown@southerntrust.hscni.net)



# Information & Support for HIE Families



## Hello and Welcome

If your child has experienced an HIE (Hypoxic-Ischaemic Encephalopathy) event this leaflet may be of interest to you. We're here to let you know about some of the support that is available and to reassure you that you're not on your own.

We're not here to baffle you with medical terms, but understand that you, and your family and friends might have questions – we'll try and keep things simple and help you through any difficult days.

## What is Peeps?

Peeps is a charity, set up in 2018 by Sarah & Steve. Here's a quick note from Sarah to explain why:

“Our daughter experienced an HIE event in 2015. In seconds our world changed. Neither of us had heard of HIE before, none of our friends or family had, and let's be honest, it was a scary time. I Googled it (going against the advice of all the nurses of course!), and luckily found a Facebook forum for families. If it hadn't been for that group and the advice and information offered by other mums and dads, I think we might still have been wondering what on earth was going on!”

So, we wanted to change things a bit by reaching out to families and sharing helpful information.

Every HIE journey is different, but there are similarities and shared celebrations, as well as the uncertainties and worrying times. Peeps can be alongside you whenever you need us, whether that's today, next week or further down the line.



## What is HIE?

HIE stands for Hypoxic-Ischaemic Encephalopathy. Put simply, it is a lack of oxygen to the brain. The severity of HIE can vary greatly (often given a grade from 1, which is mild, to 3, which is severe), as can any injury it causes.

This should be explained to you in more detail in hospital, where they may also have done tests to determine the extent of any injury. But tests are just one part of the picture - how your child presents is really important too (and children have a tendency to write their own rules!).

There are many potential causes of HIE. It often happens around the time of birth, but it can happen in older children (for example if there has been an accident, or infection).

It can sometimes take a while to determine the cause, and sometimes a cause isn't known. It's always best to seek a medical opinion if you need further details or have questions.

HIE affects  
**3-4** babies in every  
**1,000**

and a number of older children each year due to injury, illness or accident.

From experience, HIE isn't really that well known despite the number of families it impacts each year. Peeps is trying to raise awareness, so that more people know what HIE is, and families affected by it get the support they need.

## How can we help?

We are here to help in any way we can, whether that's now or in the future. A couple of things we offer include:

### Buddy/Peer Support

If you think it might be helpful to talk to or have contact with a mum or dad who has been through the same experience, then we can put you in touch with a "buddy". You'll be paired with a family who has experienced HIE and who are happy to chat to you - whether that's over the phone, via email or, if local, in person.

### Counselling and Therapy

Peeps was set up by parents, and whilst we have experience and can always lend an ear, we're not trained professionals. If you feel you would benefit from speaking to a trained counsellor or therapist, please get in touch so we can help you further.

### Funding

Having a child can be expensive. If your child needs a little extra support the costs can really add up. We have allocated funds for equipment that isn't available through the NHS, as well as support with accommodation or travel costs if you have a hospital stay. We're really proud to say that our funds are needs, not means tested.

To find out more about what's on offer, including free online sessions and Peeps Together meet-ups, keep an eye on our website or social media.



@PeepsHIE | [www.peeps-hie.org](http://www.peeps-hie.org)

We're really open to new ideas too, so if you feel something would help, please don't hesitate to let us know.



[www.peeps-hie.org/resources-downloads/](http://www.peeps-hie.org/resources-downloads/)



## SOUTHERN TRUST AREA

FAMILY  
SUPPORT

FREE SCHOOL MEALS &  
UNIFORM ALLOWANCE

eaconnect

### How do I apply?

- 1 Log on to/register with EA Connect
- 2 Check your eligibility on EA Connect
- 3 Add each child you wish to claim for
- 4 Start your application
- 5 Upload supporting documentation
- 6 Confirm all info is correct and submit your application



For more info visit

[www.eani.org.uk/fsm](http://www.eani.org.uk/fsm)



[www.eani.org.uk/free-school-meals-uniform-grants](http://www.eani.org.uk/free-school-meals-uniform-grants)



## On the Waiting List...

### Now what?



FREE Parent and Carer workshop.  
Delivered together with Strive NI. Online via Zoom

For Parents/carers  
who have children  
on waiting list for  
Autism  
assessment or  
considering it.

What can you as a parent do to prepare for the  
Autism assessment?

How can I explain it to my child?

Possible outcomes from the assessment and  
what do they mean?

Strategies you can put in place now while you wait  
Q&A session

Wednesday 20th August at 7pm

Don't forget to follow us on  
Facebook and Instagram to  
be kept up to date with  
upcoming workshops.



Call now for more information  
or to book your place

0808 8020 400



 0808 8020 400

## PARENTLINE NI

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



Call us today on 0808 8020 400

 0808 8020 400

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

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



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

Believe in  
children  
Barnardos



BOLSTER  
COMMUNITY

### Southern Area FAMILY SUPPORT HUB

*Many families need a little extra  
help sometimes*



Information for Families



HSC Southern Health  
and Social Care Trust

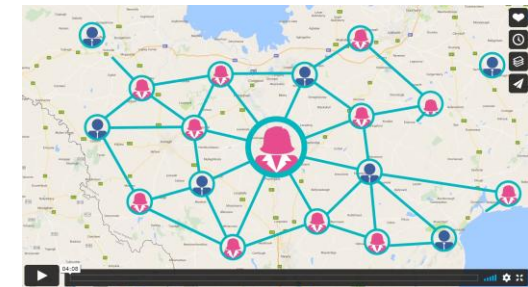


The 3 **Family Support Hubs** in the Southern Area continue to operate as normal and are open for referrals

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

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

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





**The Daily Mile**

**What teachers say...**

- Children are a lot more settled and relaxed after their Daily Mile
- Teachers take part too, they love it!
- The children really enjoy it
- Those who were not keen to start with are now trying to run bits of The Daily Mile™
- Children's concentration levels have improved
- Fitness levels have improved

**What is The Daily Mile™?**  
The Daily Mile™ is a free and simple initiative where children can walk, jog or run for 15 minutes per day. The aim of Daily Mile is to improve the health and wellbeing of children regardless of their age or ability.

**Why does The Daily Mile™ work?**

- ✓ It's simple and free to implement
- ✓ Sustainable – happening all year, every year
- ✓ Takes place in a safe, risk-assessed environment
- ✓ Doesn't require any specialist training
- ✓ It only takes 15 minutes per day
- ✓ Helps improve focus, concentration and behaviour
- ✓ It can be linked to aspects of the curriculum
- ✓ It supports settings to meet the Chief Medical Officers' guidelines for physical activity

Don't forget to register with The Daily Mile™  
<https://thedailymile.co.uk/school-signup>  
Click the terms and conditions box to be recognised as a Northern Ireland Daily Mile setting!

We can provide resources to help you get started or just to maintain your Daily Mile!  
If you are interested in participating in The Daily Mile™, please contact Clare Drummy, Physical Activity Coordinator on [physical.activity@southerntrust.hscni.net](mailto:physical.activity@southerntrust.hscni.net)

**Public Health Agency**  
Daily Mile Network NI

The Daily Mile Logo and 'The Daily Mile' name are trademarks belonging to The Daily Mile Foundation, Howlshesse, Chapel Lane, Lyndhurst, UK, and are reproduced with permission. All rights reserved.

The **Daily Mile™** has many benefits for children and young people including:

- enhanced fitness levels
- increased self-esteem
- improved focus

Taking part is quick and easy, whilst also being a great way to have fun!

There are over 170 settings signed up to The Daily Mile™ in the Southern Trust, if you'd like to be part of the movement,

visit [Join The Movement | The Daily Mile UK](#)

To request Daily Mile resources email:  
[physical.activity@southerntrust.hscni.net](mailto:physical.activity@southerntrust.hscni.net)

## The Health Hub is coming to a place near you!

HEALTH HUB

- Are you aged 16-25 yrs old?
- Live in the Southern Trust area?
- Would like to access free condoms, advice and support with contraception and STIs?

**MON  
3-5PM**

**FITZONE, LEGAHORY CENTRE  
CRAIGAVON**

Monday 7 July - Monday 18 August (closed 14 July)

**DOBBIN ST COMMUNITY CENTRE  
ARMAGH**

Tuesday 1 July - Tuesday 19 August (closed 15 July)

**TUES  
3-5PM**

**WED  
2.45-  
4.45PM**

**THE JUNCTION, DUNCANNON**

Wednesday 2 July - Wednesday 30 July.  
(closed 16 July)

**MAGNET YES, NEWRY**

Thursday 3 July - Thursday 14 August  
(closed 31 July, 21 August & 28 August)

**THURS  
4.30-  
6PM**

FOR MORE INFORMATION SCAN QR  
CODE



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

## BREAST, CERVICAL & BOWEL SCREENING AWARENESS PROGRAMME

BREAST,  
CERVICAL &  
BOWEL  
SCREENING  
AWARENESS  
PROGRAMME

The programme consists of 3 sessions and aims to:

- Raise awareness regarding breast, cervical and bowel screening.
- Encourage participants to avail of screening services on offer.
- Explore and address fears surrounding screening processes.



Unit 34, Armagh Business Centre,  
2 Loughgall Road, Armagh



Tuesday 5<sup>th</sup> August  
Tuesday 12<sup>th</sup> August  
Tuesday 19<sup>th</sup> August



10:30am - 12pm

To sign up, please contact us on  
[info@clanryegroup.com](mailto:info@clanryegroup.com) or 028 3089 8119

**wrda**



**Clanrye Group**  
Here To Support You



**Southern Health  
and Social Care Trust**



[info@clanryegroup.com](mailto:info@clanryegroup.com)



<https://southerntrust.hscni.net/the-health-clinic>





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

## HEALTH VISITING INFANT FEEDING HELPLINE

Supporting you and your concerns about:

- ✓ Breastfeeding
- ✓ Colic
- ✓ Allergy
- ✓ Formula
- ✓ Crying
- ✓ Constipation
- ✓ Reflux
- ✓ Mixed feeding

**Contact the team**  
**07342 065152**

Helpline operates Monday to Friday 6pm to 9pm,  
excluding Bank Holidays.  
Helpline for babies from birth to 9 months old.






07342 065152

## VAPING ADDICTION SOON TAKES HOLD OF THEM

Get the facts at  
[www.pha.site/vaping](http://www.pha.site/vaping)




Public Health  
Agency



[www.publichealth.hscni.net/vaping](http://www.publichealth.hscni.net/vaping)



## FREE 1-TO-1 SUPPORT PROVIDED BY VERVE HEALTH TRAINERS



**WANT TO CREATE YOUR OWN PERSONAL HEALTH PLAN?  
WANT TO IMPROVE YOUR HEALTH THROUGH MOTIVATION AND SUPPORT?**

### The Health Trainer Service is:

- Completely FREE!
- Available across the Southern Health and Social Care Trust

### The Health Trainer will:

- Help you develop your own personalised health plan
- Signpost and refer to activities, programmes and services
- Provide encouragement and motivation to help you achieve your personalised goals

### The areas in which the Health Trainer can provide support are:

- Physical activity
- Alcohol awareness
- Eating a healthier diet
- Mental and emotional wellbeing



If you live in the SHSCT and would like to talk to a qualified Health Trainer contact:

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

[www.verve-network.co.uk](http://www.verve-network.co.uk)

Contact the Community Health Trainer Service  
T: 028 3756 3946 E: [verve.network@southerntrust.hscni.net](mailto:verve.network@southerntrust.hscni.net)



SCAN ME

## 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](http://www.verve-network.co.uk)

Contact the Community Health Trainer Service  
T: 028 3756 3946

E: [verve.network@southerntrust.hscni.net](mailto:verve.network@southerntrust.hscni.net)



SCAN ME



[verve.network@southerntrust.hscni.net](mailto:verve.network@southerntrust.hscni.net)

## WOMEN SUPPORTING WOMEN

**Are you a neurodivergent woman aged 16–30?**  
**Join Layered Lives – a safe, empowering space to explore**  
**all things relationships, connect with peers & be heard.**

### JOIN US THIS SUMMER

We'll meet on Tuesday afternoons  
 for 6 weeks starting Tues 29th July  
 3pm to 5pm at:  
 Bolster Community, Marcus St.  
 Snacks, tea & coffee provided.  
 Please register beforehand.  
 Contact Tracy - details below



**Layered Lives is a unique, neurodivergent-friendly programme**  
**for young women aged 16–30 and will run across Newry, Mourne**  
**& Down and Armagh, Banbridge & Craigavon Council areas.**

Join us to explore what makes **healthy and unhealthy relationships**, how  
 to recognise **red flags**, establish **boundaries** and maintain **personal safety**.

We will be looking at all relationships  
 from friends and family to romantic  
 relationships.

As well as looking at self-esteem  
 and building confidence, the  
 programme will offer a safe,  
 empowering space for young  
 women to talk, connect and  
 benefit from peer support. **Join us!**

### Want to know more?

Contact Tracy on:  
 Call 028 308 35764 OR email at  
[tracy@bolstercommunity.org](mailto:tracy@bolstercommunity.org)



Brought to you by



[tracy@bolstercommunity.org](mailto:tracy@bolstercommunity.org)





**GET READY TO SHAKE UP SUMMER**

**LET'S DO THIS!**

**FAMILY FRIENDLY EVENTS**

**JUNE-AUGUST 2025**

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

[f](#) [t](#) [i](#) [y](#) [t](#) [v](#) [e](#) [n](#) [t](#) [s](#) [h](#) [a](#) [k](#) [e](#) [u](#) [p](#) [s](#) [u](#) [m](#) [m](#) [e](#) [r](#)

 **Armagh City  
Banbridge  
& Craigavon  
Borough Council**

## THE GETACTIVEABC TEAM IS READY!

### ARE YOU?

- |                            |                           |
|----------------------------|---------------------------|
| 3 Multi-sports Camps       | 22 Oxford Island          |
| 4 Gymnastics Camps         | 24 All Out Trekking       |
| 5 Get Girls Moving         | 25 Gosford & Parking Pass |
| 6 Dance Camps              | 26 MUGAs                  |
| 7 Inflatables              | 27 Teen Gym               |
| 8 Golf & Ski               | 28 Love Parks Week        |
| 10 Watersports             | 29 Bike Week              |
| 14 Watersports Inclusive   | 30 Golf                   |
| 15 Aqua Inflatable         | 32 Parties                |
| 16 Inclusive Summer Scheme | 33 Soft Play              |
| 17 Craigavon Lake Run      | 34 Family Memberships     |
| 18 Indoor Inflatable       | 36 Single Memberships     |
| 19 Swim Programme          | 37 Corporate Memberships  |
| 20 E2 Swims                | 38 Inclusive ABC          |
| 21 Junior Triathlon        |                           |

2 | visit [getactiveabc.com/summer](https://getactiveabc.com/summer)



[https://issuu.com/acdcdesign/docs/getactiveabc\\_shake\\_up\\_summer\\_25](https://issuu.com/acdcdesign/docs/getactiveabc_shake_up_summer_25)





## ABC COUNCIL AREA



Armagh City  
Banbridge  
& Craigavon  
Borough Council

# The Funding Hub

## Financial Assistance Programme (FAP) Satisfaction Survey

### Overview

ABC Council provides funding for a wide range of community and voluntary organisations throughout the year. These are divided into revenue (programme and running costs) and capital grants.

As part of this funding process, Council officers are keen to ensure that the funding is reaching those groups where it can be of most benefit to the community and encourage a wide range of applications, targeted at meeting community need.

We are seeking to make this process as user friendly and accessible as possible and also to ensure the grants are developed to best support community need.

Council officers are also responsible for managing public funds when issuing the grants, therefore we are required to have systems in place to ensure robust financial processes and oversight are in place.

The feedback collected will help identify areas of success and opportunities for improvement, ensuring our grants continue to meet the needs and expectations of our community. (This survey should take around 10-15 minutes to complete)

**Closes 31 Aug 2025**

Opened 1 Aug 2025

### Contact

Angela Greene

(FAP Manager)

Financial Assistance Programme

07986999103

[angela.greene@armaghbanbridgecraigavon.gov.uk](mailto:angela.greene@armaghbanbridgecraigavon.gov.uk)



<https://armaghbanbridgecraigavon.citizenspace.com/fap-satisfaction-survey>



## ARMAGH LPG AREA



**ESOL Classes for Adults  
Seeking International  
Protection**

**ESOL Tutor  
Una Quinn**

**Location:**  
Vibe Hub  
1 Little Barrack Street  
Armagh BT70 1AD

**Day & Time:**  
Mondays, 1:30 PM - 3:30 PM

**Duration:**  
12-week course

**Start Date:**  
Monday, 8th September 2025

**Class Dates:**  
- September: 8th, 15th, 22nd, 29th  
- October: 6th, 13th, 20th  
- November: 3rd, 10th, 17th, 24th  
- December: 1st,

**Interested in Attending?**

**Please contact:**  
Agnieszka Judkiewicz -Kozak  
Mobile: 07895 886200  
Email: Agnieszka.Judkiewicz@southerntrust.hscni.net







[Agnieszka.Judkiewicz@southerntrust.hscni.net](mailto:Agnieszka.Judkiewicz@southerntrust.hscni.net)

## Feel Good ARMAGH



Your Guide to what is available for all ages in the Armagh Area

# SERVICES RESOURCE

JUNE 2025



## 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

## LIST OF SERVICES

### Page No.

5	ABC Community Network
6	Access & Information SHSCT
7	Action Mental Health
8	Advocacy VSV
9	Age Friendly ABC
10	Alzheimer's Society
11	ABC Council Community Development & Good Relations
12	ABC Council Get Moving ABC
13	ABC Council Policing & Community Safety Partnership (PCSP)
14	Armagh Pipers Club
15	Armagh Rural Transport
16	Barnardo's Family Support Hub
17	Barnardo's PosAbility (6th Sense)
18	Barnardo's PosAbility (Transition & Inclusion Service)
19	Belfast Central Mission
20	CAUSE
21	Cedar Foundation
22	Child Brain Injury Trust
23	Children & Young People's Strategic Partnership (CYPSP)
24	CINI Parent Participation Service
25	Clanrye Group
26	Community Advice ABC
27	Confederation of Community Groups: Good Morning Service
28	County Armagh Community Development
29	Deafblind UK
30	DfE Careers Service
31	Early Years Organisation: Toybox Project
32	Education Authority (EA) Youth Service
33	Education Authority Youth Service FLARE
34	Legion of Mary
35	Libraries NI
36	Links Counselling
37	Macmillan Information and Support Service
38	NICMA - The Childminding Association
39	NOW Group
40	Parentline NI
41	PIPS Hope and Support
42	REACT
43	Rosie's Trust
44	SHSCT Community Development Team
45	SHSCT PPI/User Involvement Team
46	SHSCT Short Breaks Service
47	Sport Changes Life
48	Start 360
49	The Brain Injury Foundation
50	The Conservation Volunteers
51	The Mental Health Forum
52	The Verve Healthy Living Network
53	Volunteer Now
54	West Armagh Consortium
55	Wheelworks Arts
56	Women's Aid Armagh Down
57	Youth Action Northern Ireland





## CRAIGAVON LPG AREA



Department for  
**Communities**  
www.communities-ni.gov.uk

An Roinn  
**Pobal**

Department for  
**Communities**

Lurgan Jobs & Benefits office presents

# Youth Support Event

(For ages 16-24)

**Friday 22 August 2025, 10.30am - 1.00pm**  
**Lurgan Jobs & Benefits office**

**Various providers will be present to offer information and support on:**

- ▶ Current employment opportunities
- ▶ Training & apprenticeship programmes
- ▶ Career guidance
- ▶ CV & interview tips
- ▶ Health & Wellbeing support



[Joan.skelton1@dfcni.gov.uk](mailto:Joan.skelton1@dfcni.gov.uk)





### Discover the History of Craigavon

Explore a revolutionary vision of the future on our heritage cycle tour of Craigavon

Journey through a unique landscape where history, nature, and innovative urban design meet

The Black Paths is a 40km network of cycle and walkways created in the 1960s, so people could travel freely and safely, separated from the noise and danger of cars

This visionary project, decades ahead of its time, created a blueprint for sustainable travel that is more relevant today than ever

Book your FREE heritage cycle tour and experience a unique piece of living heritage [HERE](#)

Bikes are available to book at South Lake Leisure Centre

Phone to book 24 hours in advance

## WOMEN SUPPORTING WOMEN

**Are you a neurodivergent woman aged 16–30?**  
**Join Layered Lives – a safe, empowering space to explore all things relationships, connect with peers & be heard.**

### JOIN US THIS SUMMER

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Join us to explore what makes **healthy and unhealthy relationships**, how to recognise **red flags**, establish **boundaries** and maintain **personal safety**. We will be looking at all relationships from friends and family to romantic relationships.

As well as looking at self-esteem and building confidence, the programme will offer a safe, empowering space for young women to talk, connect and benefit from peer support. **Join us!**

### Want to know more?

☎ Contact Tracy on:  
 ☎ Call 028 308 35764 OR email at  
 ✉ [tracy@bolstercommunity.org](mailto:tracy@bolstercommunity.org)



Brought to you by



[tracy@bolstercommunity.org](mailto:tracy@bolstercommunity.org)

## Autism Families Community Support Information Session

The purposes of Autism Families Community Support Group are to relieve the need of those living with autism or with those who display a significant number of the 'signs and symptoms of autism' within the Newry, Mourne & Down area through the provision of support, social integration, advancement of education and provision of facilities.

Why not come along and hear all about their local services, meet other carers and have a cuppa!!



Location: An Storas Building (Ballybot House)  
 Date: Wednesday 20<sup>th</sup> August  
 Time: 11am - 12pm

To book your place email:  
[info@clanryegroup.com](mailto:info@clanryegroup.com)



[info@clanryegroup.com](mailto:info@clanryegroup.com)



## NEWRY & MOURNE LPG AREA

# Communities Leading Change



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

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](http://www.newrymournedown.org/communities-leading-change)





**BATON OF HOPE**

Newry & Surrounding Areas

WEDNESDAY  
**3RD**  
SEPTEMBER

The **Baton of Hope** is a UK wide initiative raising awareness of **suicide prevention** and **mental health** by carrying a symbolic baton through cities, inspiring conversation, community action, and change.

**BE PART OF IT - JOIN US**

**HELP US**

BREAK THE STIGMA  
ENCOURAGE CONVERSATION  
INSPIRE CHANGE  
CONNECT COMMUNITIES  
HIGHLIGHT SUPPORTS

For more information, contact:  
[communications@pipshopeandsupport.org](mailto:communications@pipshopeandsupport.org)

**PIP.S**  
Hope and Support

SHOWCASE YOUR ORGANISATION  
OVER THE DAY AT OUR:  
**Charity Market  
Newry Leisure Centre**  
Complete an expression of interest form  
or scan QR Code to complete online.



We invite all stakeholders - community, voluntary, and statutory partners - to come together and be part of this landmark event

The day will feature a variety of impactful activities, including processions, talks, and acts of remembrance, alongside messages of hope and healing

A special Charity Market will take place at Newry Leisure Centre, where local and regional organisations and agencies will have the opportunity to showcase their services, share resources, and connect with the public

The event will also host interactive workshops on wellbeing, support strategies, and community resilience

You can register your organisation to host a stall [HERE](#)

This is a unique opportunity for our city and further afield - to stand together in solidarity, raise awareness, and promote positive mental health

We encourage everyone to get involved, lend their voice, and help create lasting change

For more information, or queries, e-mail  
[communications@pipshopeandsupport.org](mailto:communications@pipshopeandsupport.org)

Suicide is everyone's business, and we hope to have your involvement with this event





## NEWRY & MOURNE LPG AREA

*Grief can be  
overwhelming*

YOU'RE NOT ALONE.

**Cruse**  
Bereavement  
Support

If you are struggling following  
a bereavement, we can help  
you. We are holding an

Understanding Your  
Bereavement session on

Monday, 8 September  
6.30—8 pm at

Tesco Extra, 24 Downshire  
Road, Newry, BT34 1EE



Register for this free event here -  
<https://buytickets.at/cruseuyb/1807023>

*You're not alone.*

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



[www.tickettailor.com/events/cruseuyb](https://www.tickettailor.com/events/cruseuyb)

**NEWRY INDIAN ARTS CLUB**  
NIAC

**FREE EVENT**

**NEWRY Mela 2025**  
Exploring and Celebrating Cultural Diversity

**1:00 PM UNTIL 8:00 PM** | **SATURDAY 20TH SEPTEMBER** | **NEWRY LEISURE CENTRE**

CULTURAL PERFORMANCES | LIVE BANDS  
MAGIC SHOWS | WORLD FOOD CORNER  
FUN RIDES | EXHIBITION CENTRE

COME ALONG, CELEBRATE DIVERSITY  
AND JOIN IN ON THE FUN

SCAN TO GET YOUR FREE TICKETS

Northern Ireland Executive | T.buc | Housing for all | Housing Executive | An Bord Rádharc | Rádhus | An tArdán | COMMUNITY FUND



[www.ticketsource.co.uk/newry-mela-2025](https://www.ticketsource.co.uk/newry-mela-2025)

## NEWRY & MOURNE LPG AREA

The poster has a teal background at the top. On the left, the text "Clár an tSamhraidh Summer Programme" is written in white. On the right, there is a white silhouette of a person jumping with the text "Be Active..." inside. Below the teal section is a yellow banner with the website "www.newrymouredown.org/summer-programme". The bottom half of the poster features a close-up photo of five diverse, smiling children. At the bottom, a dark blue banner contains the text "Booking opens from Monday 16 June @ 10am" and a QR code on the right.

Clár an  
tSamhraidh  
Summer  
Programme

Be Active...

[www.newrymouredown.org/summer-programme](http://www.newrymouredown.org/summer-programme)

Booking opens from  
Monday 16 June @ 10am



[www.newrymouredown.org/summer-programme](http://www.newrymouredown.org/summer-programme)



## DUNGANNON LPG AREA

### Feel Good Dungannon Stall Holder Invitation

Saturday 27th September 2025 10am - 2pm

When you submit this form, it will not automatically collect your details like name and email address unless you provide it yourself.

1. Name of Organisation

Enter your answer

2. Brief description of your organisation

Enter your answer

3. How many people will be attending?

Enter your answer

4. Lead contact name

Enter your answer

Organisations are invited to set up an information stand at the forthcoming **Feel Good Dungannon Event** on Saturday 27<sup>th</sup> September 2025, 10am-2pm in Ranfurly House, Dungannon

The event will link local services with the community of all ages in the Dungannon area, aiming to promote health and wellbeing with information stands and activities too

This will be a great chance to promote your service/organisation with both the local community and to network with other stall holders on the day

Register [HERE](#)



The poster features a close-up of two smiling children, a girl and a boy, with their heads tilted back. The girl is on the left, wearing a blue and green patterned shirt, and the boy is on the right, wearing a yellow shirt. A large, stylized yellow sun with a white outline is positioned in the upper left corner. The text 'A Summer of fun in Mid Ulster!' is prominently displayed in the center, with 'fun' in yellow and the rest in white. At the bottom left, there is a small globe icon followed by the URL 'midulstercouncil.org/summer'. At the bottom right, there is a crest logo for Mid Ulster District Council, with the text 'Comhairle Ceantair Lár Uladh Mid Ulster District Council' next to it.

# A Summer of **fun** in Mid Ulster!

 [midulstercouncil.org/summer](https://www.midulstercouncil.org/summer)

 Comhairle Ceantair  
**Lár Uladh**  
**Mid Ulster**  
District Council



## DUNGANNON LPG AREA



**CAN YOU  
PASS THE  
DRIVING  
THEORY  
TEST?**

**Each Set has three sessions**

26th August, 9th & 23rd September

7-9pm

16th, 30th September and 14th October

7-9pm

7th, 21st October and 4th November

7-9pm



### Digital Safeguarding Workshop



28th August– 10am-12pm

### Accredited Level 2 Award in

Food

Safety and Hygiene



5th August - 10am to 3pm

Magherafelt

26th August - 10am to 3pm

### Accredited L2 Paediatric First Aid



19th and 26th August

9-30am to 2-30pm

Magherafelt



*These courses can be accessed online, or you  
can call into one of our offices and we can link  
you in*

**Coping with Stress Workshop**

5th August – 10am to 12pm

**Importance of Sleep Workshop**

5th August – 2pm to 4pm

**Mindfulness Workshop**

6th August– 10am to 12pm

**Complementary Therapies Workshop**

12th August – 10am to 12pm

**Pain Management Workshop**

13th August— 10am to 12pm

**Confidence and Motivation Workshop**

13th August – 10am to 12pm

**Self Care Workshop**

19th August – 10am to 12pm (Antrim)

**Goal Setting**

19th August – 2-4pm

**Understanding Anxiety**

20th August - 10am to 12pm

**Mental Health First Aid**

2nd September 10am to 12pm

**Coping with Stress**

3rd September — 10am to 12pm



[jillian.lennox@networkpersonnel.org.uk](mailto:jillian.lennox@networkpersonnel.org.uk)

## DUNGANNON LPG AREA

### 1-1 Wellbeing Sessions



13th August – 2-3pm, 3-4pm

20th August – 2-3pm, 3-4pm

2nd September – 2-3pm, 3-4pm

One-to-One hour-long session  
which can cover:

Coping with Stress, Mental Health  
First Aid, Understanding Anxiety,  
Importance of Sleep, Mindfulness

### Network Shed Magherafelt



31st July, 7th, 14th and 21st August

10am to 12pm

Work as a group to cut, sand, stain and assemble several items including planters, bird boxes and bat boxes for Newmills Wildlife Community Garden.

*You will also have the opportunity to make some items for your own use.*



*These courses can be accessed online, or you can call into one of our offices and we can link you in*

### **PowerPoint Workshop**

5th August—10am to 12pm

### **Interview Prep**

14th August—10am to 12pm

### **Excel Workshop**

19th August—10am to 12pm

### **Jobsearch Workshop**

26th August 10am to 12pm

### Budgeting Workshop



12th August - 10am to 12pm



[jillian.lennox@networkpersonnel.org.uk](mailto:jillian.lennox@networkpersonnel.org.uk)



## 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

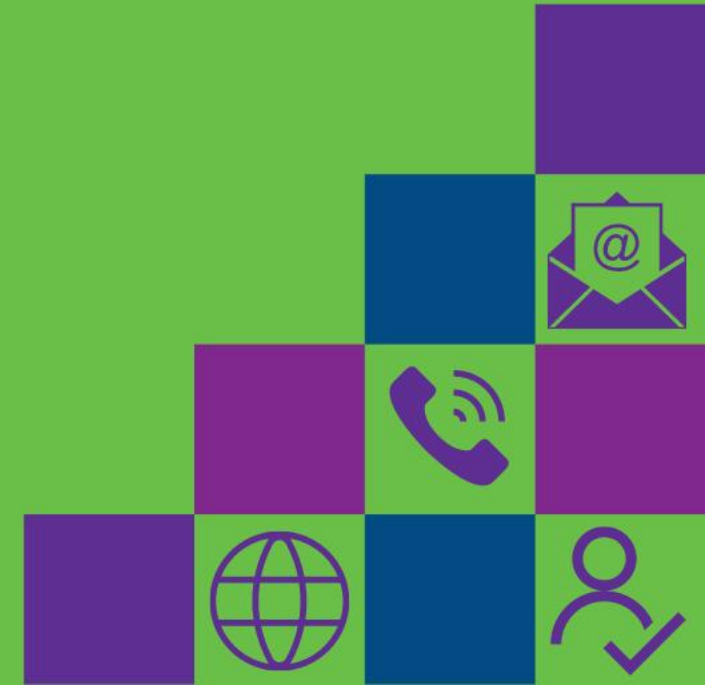
- ✓ 'FYI' will usually be issued every fortnight, on a Thursday afternoon. Please send your articles for inclusion by 5pm of the Tuesday prior to this.
- ✓ We may have to decline to advertise information which is not applicable to better outcomes for children and young people.
- ✓ Your feedback is welcome. (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 152](#)  
17<sup>th</sup> July 2025

[Issue 151](#)  
26<sup>th</sup> June 2025



## 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



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





**'FYI' NEWSLETTER CALENDAR  
JUNE TO DECEMBER 2025**



**JUN** ISSUE 151 Publication: 26<sup>th</sup> | Deadline: 24<sup>th</sup>

**JUL** ISSUE 152 Publication: 17<sup>th</sup> | Deadline: 15<sup>th</sup>

**AUG** ISSUE 153 Publication: 14<sup>th</sup> | Deadline: 12<sup>th</sup>

**SEP** ISSUE 154 Publication: 4<sup>th</sup> | Deadline: 2<sup>nd</sup>  
ISSUE 155 Publication: 25<sup>th</sup> | Deadline: 23<sup>rd</sup>

**OCT** ISSUE 156 Publication: 16<sup>th</sup> | Deadline: 14<sup>th</sup>

**NOV** ISSUE 157 Publication: 6<sup>th</sup> | Deadline: 4<sup>th</sup>  
ISSUE 158 Publication: 27<sup>th</sup> | Deadline: 25<sup>th</sup>

**DEC** ISSUE 159 Publication: 18<sup>th</sup> | Deadline: 16<sup>th</sup>



Please submit your artwork in a  
print-ready format (jpeg, png or pdf)  
to [localityplanning@ci-ni.org.uk](mailto:localityplanning@ci-ni.org.uk)



**Advertise in our upcoming issue!**

**Circulation Date:**  
**4th September 2025**  
**Copy Deadline:**  
**2nd September 2025**



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