

SOUTHERN AREA LOCALITY PLANNING GROUPS



ISSUE 155
25th September 2025



WELCOME

Welcome to Issue 155 of our fortnightly newsletter, 'FYI' (For Your Information).

We are currently identifying actions for our 6 Locality Planning Groups for the next year and have included a brief overview of how this fits in with the CYPSP structure on a local and regional level on the [opening pages](#) of this edition. Anyone wishing to contribute to our actions are welcome to contact us to find out how you can become involved.

Another bumper edition which includes a plethora of opportunities, information, resources and activities for children, young people, parents and practitioners. Please have a read through and share with families and colleagues. Also, keep the flyers coming in!!

Locality Development Team, Southern Area

IN THIS ISSUE

Pages 3 to 54

[Southern Trust Area \(CYPSP Updates\)](#) | [Training](#) | [Workshops](#) | [Events](#) | [Awareness Campaigns](#) | [Parenting Programmes](#) | [Youth Programmes](#) | [Consultations](#) | [Surveys](#) | [Reports](#) | [Funding](#) | [Employability](#) | [Jobs](#) | [Volunteering](#) | [Careers](#) | [Resources](#) | [Family Support](#) | [Fostering](#) | [Health](#)

Pages 55 to 57

[ABC Council Area](#)

Pages 58 to 60

[Armagh LPG Area](#)

Pages 61 to 63

[Banbridge LPG Area](#)

Pages 64 & 65

[Craigavon LPG Area](#)

Pages 66 to 72

[Newry & Mourne LPG Area](#)

Pages 73 to 76

[Dungannon LPG Area](#)

Page 77

[Newsletter Submission Guidelines](#)

Page 78

[Important LPG Member Information](#)

Page 79

[Next Issue Key Dates](#)



Our 6 Locality Planning Groups are currently identifying actions for the year to help benefit children and young people in the Southern Area

These will fit in with local and regional priorities and actions and we will include our LPG Actions Plans when they are agreed and ready for publication



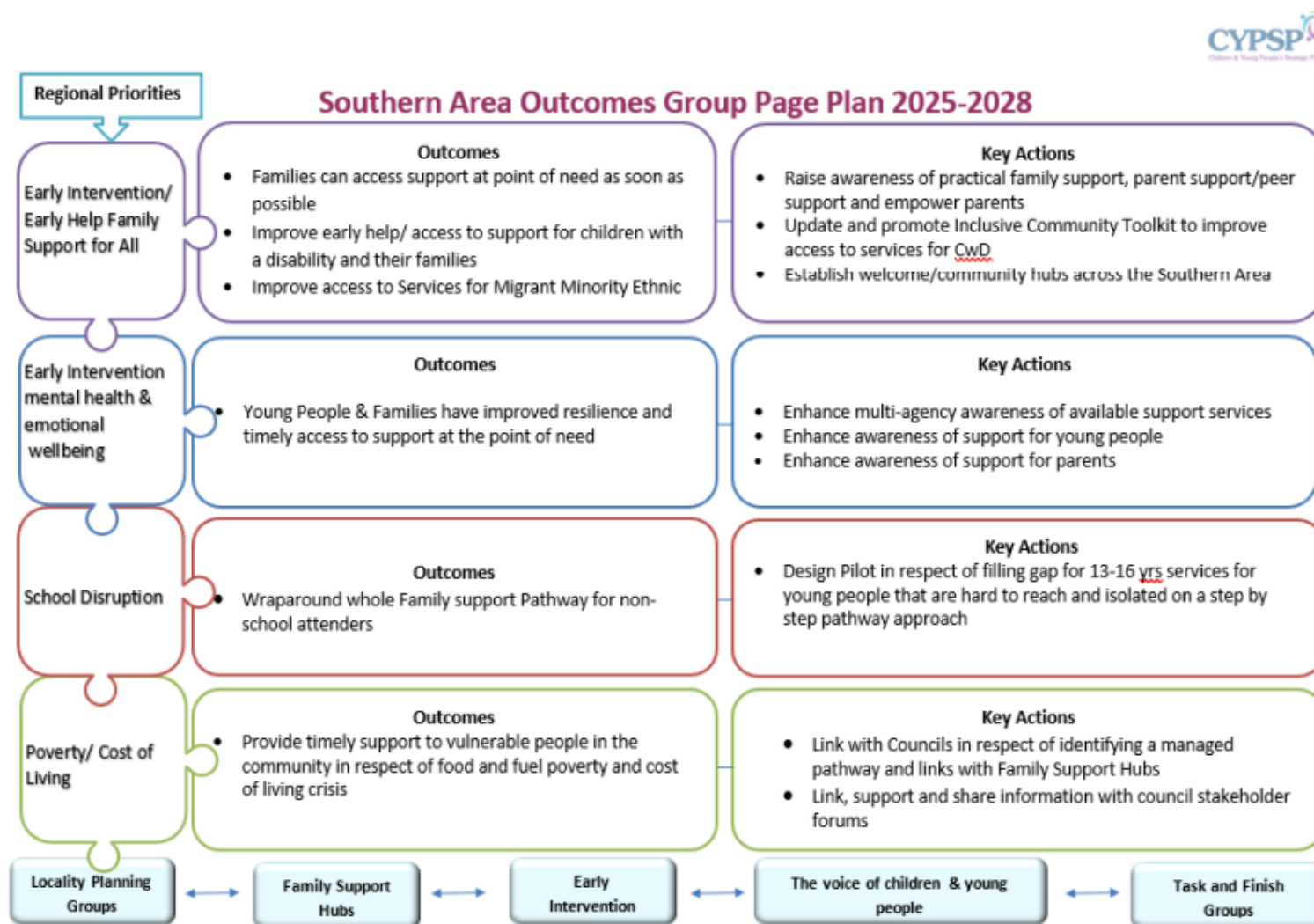
The **2025-28 Northern Ireland Children and Young People's Plan** was developed to identify the Priorities across Northern Ireland for children and young people

Download the full plan [HERE](#)

Download the easy read version of the plan [HERE](#)



As well as the NI wide Children & Young People's Plan, we have a Plan for the Southern Area Outcomes Group



Click [HERE](#) to read this Plan and [HERE](#) to find out more about the Southern Area Outcomes Group

Over the last 2 years the following issues have been raised most frequently at each of our 6 Locality Planning Group meetings:

Armagh	Banbridge	Craigavon	Dungannon	Newry & Mourne	South Armagh
Lack of Therapeutic Support for Children & Adolescents	High Referral Volume & Complex Needs	Neurodivergent Needs & Complex Referrals	Lack of Therapeutic Play & Adolescent Support Services	Cost of Living Crisis Impact	School Avoidance & Emotional/ Behavioural Issues
Rising Complex Referrals & Mental Health Needs	Vaping & Substance Use Among Young People	Emotional Wellbeing, School Avoidance & Risky Behaviours	Financial & Housing Pressures on Families	Mental Health & Emotional Wellbeing Support Needs	Lack of Therapeutic Support & Bereavement Services
Youth Risk Behaviours & Safeguarding Concerns	Emotional Wellbeing & Mental Health Support Gaps	Lack of Support for 14–18 Age Group & Gaps in Mentoring	Rising Complexity in Referrals & School-Related Issues	Gaps in ASD/ADHD Support & Long Waiting Lists	Rural Isolation & Transport Barriers

Contact us at localityplanning@ci-ni.org.uk to find out more



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:

Life Story
(Full day, in person)
September - 30th

Child Sexual Exploitation
(Half day, online)
October - 9th

Benefits of Outdoors for Children
(Full day, in person)
October - 14th

Supervision for Supervisors
(Two full days, in person)
October - 21st & 22nd

Safeguarding in the Digital World
(Half day, online)
November - 11th

Understanding Emotions and Behaviours (Early Years)
(Full day, in person)
November - 18th

Child Protection Practice
(Half day, online)
October - 7th, 21st, 28th
November - 4th, 20th

Mental Health Awareness
(Half day, online)
October - 9th

Designated Officer Training
(Half day, online)
October - 15th, 28th
November - 25th

Child Protection Case Conferences
(Half day, online)
November - 6th

Designated Officer Training (in person)
(Full day, in person)
November - 13th

Understanding and Supporting those who Self-harm
(Half day, online)
November - 27th



www.ci-ni.org.uk/training

Upcoming Training Courses

Children in Northern Ireland

Paid Courses:

Counselling Skills for Everyday Practice
(Full day, in person)
October - 10th
November - 21st

Understanding Autism
(Full day, in person)
October - 23rd

Autistic Women and Girls
(Full day, in person)
November - 6th

Supporting School Based Anxiety
(Half day, online)
November - 25th

Baby Massage Instructor Training
(Two full days, in person)
October 17th & 20th

Trauma and the Helping Professional
(Full day, in person)
October - 24th

Communicating Effectively with Children and Young People
(Half day, in person)
November - 12th

Baby Yoga Instructor Training
(Two full days, in person)
28th November & 1st December



Book: ci-ni.org.uk/training



www.ci-ni.org.uk/training

Autism Awareness Training for practitioners

Thursday 9th Oct 2025
10-12.30pm Online

Closing Date
Thursday 25th Sept 2025



Join the Autism Services team online for an awareness session aimed at professionals working with a child or working with a parent of a child who has:

- A confirmed diagnosis
- Waiting on an assessment or
- Concerns that their child may be on the spectrum

The session aims to provide you with an increased understanding of:

- How children and young people with autism perceive the world
- How children and young people with autism think and learn
- How to use children's and young people's strengths to help them reach their potential
- The reasons behind the difficulties faced by children and young people with autism in learning, social interaction and communication
- Applying strategies when teaching, supporting and interacting with children and young people with autism.

To apply [Click here](#)

<https://forms.office.com/e/HwPk2nWnZM>



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

BE A PART OF THE **FIRST-EVER SOCIAL INNOVATION PROGRAMME**
FOR YOUNG PEOPLE FROM
OUTSIDE OF THE MAINSTREAM EDUCATION SYSTEM!

Accredited Training
Gain official certification to deliver this groundbreaking youth-led programme in your organisation.

Tailored Support
Receive ongoing support to successfully implement the programme and ensure its impact.

Flexible Delivery
Integrate the 30-hour programme into your existing youth group/project hours with ease.

Inspiring Change
Empower young people to create positive social change and lead innovation within their communities.

ignite 4 COMMUNITY
Inspiring Tomorrow's Change-makers

WE ARE RECRUITING:
YOUTH WORKERS: TO TRAIN IN HOW TO DELIVER THIS PROGRAMME WITHIN THEIR ORGANISATION

LEADERSHIP SKILLS
FUN!
EMPATHY
EMPOWERMENT
COMMUNITY ENGAGEMENT
CREATIVITY
ENTREPRENEURSHIP

YOUNG SOCIAL INNOVATORS
Northern Ireland - Ireland
Co-funded by the European Union | UK Government



www.youngsocialinnovators.ie

JOIN OUR **ignite 4 COMMUNITY** PROGRAMME AND UNLOCK YOUR POTENTIAL!

ignite 4 COMMUNITY
Inspiring Tomorrow's Change-makers

FREE Accredited Training for Youth Workers

Enhance Your Skills
Empower Your Impact

2 Half-Day Interactive Sessions
Practical Tools and Resources for Real-World Impact

IGNITING POTENTIAL,
INSPIRING CHANGE,
TRANSFORMING COMMUNITIES

Contact us here for more information:
saleh.rifaie@youngsocialinnovators.ie
barry.fennell@youngsocialinnovators.ie

YOUNG SOCIAL INNOVATORS
Northern Ireland - Ireland
Co-funded by the European Union | UK Government

PEACEPLUS
Northern Ireland - Ireland
Co-funded by the European Union | UK Government



saleh.rifaie@youngsocialinnovators.ie



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

PLEASE NOTE: This workshop may not be appropriate if you have recently been bereaved by suicide.

Date: Wednesday 5th November
Time: 10am - 12pm
Venue: Tower Hill Boardroom

CYPSP
 Children & Young People's Strategic Partnership

- Free to community groups in the Southern Trust Area.
- 2 Participants per Organisation **ONLY**.

To Book: Jenny Groves, Inspire Training Co-ordinator
 j.groves@inspirewellbeing.org
 07834 181303




j.groves@inspirewellbeing.org



PLAYBOARD NI
CELEBRATING 40 YEARS OF PLAY

PlayBoard & the Childcare Partnerships (CCP) are inviting you to a special morning of celebration, inspiration, and connection – because your passion, dedication, and care deserve to be recognised! Join us for a fun-filled event packed with practical ideas for your setting and opportunities to grow your network.

Speakers and Themes Include:

PlayWorker Amber: Celebrating PLAY
PlayBoard NI:

- Supporting Children's Mental Health & Wellbeing through PLAY
- Making Inclusive Practice Playful

IPA NI - Peter McCartney: Celebrate the Voice of the Child
Clandeboyne Nature Rangers - Richard McMeekin: Outdoor Play Magic
Connect with Further Education Colleges – Meet Your Future Team and find out about qualification pathways!

Bring your team, celebrate your impact, and leave with tools, ideas, and new connections to energise your practice!

Friday 26th September
9am - 1.30 pm
Hill of O'Neill & Ranfurly House

BOOK NOW

<https://www.eventbrite.co.uk/e/school-age-childcare-the-journey-the-future-tickets-1605994214929?aff=oddtcreator>

Clandeboyne Nature Rangers
PLAYWORKER AMBER
ipa



www.eventbrite.co.uk/journey-the-future



OUR generation
Growing Up Better, Together

PEACEPLUS
Northern Ireland - Ireland

Co-funded by the
European Union | UK Government

co-operationireland
working for a future together

**BETTER TOGETHER:
SUPPORTING OUR
GENERATION**

A cross-border conference for youth-facing professionals and volunteers.
Supporting teens, building strengths, creating change.

16TH OCTOBER
9.30AM-4.30PM
MONAGHAN PEACE CAMPUS H18 RP20

SHANE MARTIN
Founder of Moodwatchers

OWEN O'KANE
Bestselling author, psychotherapist & former NHS Clinical Lead

RICHARD HOGAN
Psychotherapist and Irish Examiner Columnist

Reserve your space!
<https://www.eventbrite.co.uk/e/our-generation-shared-learning-event-tickets-1440539595709?aff=oddtcreator>

Hear from our expert speakers on key issues for young people today - resilience, technology and anxiety.
Learn from interactive workshops on trauma-informed practice, mental health & sport, mindfulness and cultural awareness.



www.eventbrite.co.uk/our-generation



Looking After Your Mental Health with special guest The Hungry Hooker

Discover local supports, learn new self-care tips and hear from The Hungry Hooker as he shares his experiences of looking after his own mental health.

**Wednesday 8th October
7pm - 9pm
The Jethro Centre, Lurgan**

**To register, please contact:
julie.graham@southerntrust.hscni.net**



julie.graham@southerntrust.hscni.net

Cultural Competence: Stories that connect us and learning together from lived experience

Thursday, 23rd October 2025

9:30 AM – 3:00 PM

Armagh City Hotel

Join us for a day of learning, sharing, and connection as we work together to embed Cultural Competency and Strengthen Communities.

What to Expect:

- Cultural Competency Framework: Explore elements of e-learning resource, tools and strategies to strengthen inclusion and understanding in our communities.
- “You Do Not Know What You Have Not Lived” Hear the lived experiences of families and practitioners who have journeyed together in the STEPS Linking Families & Communities Project since 2016.
- Human Library: Meet “Human Books” and hear real-life stories of resilience, diversity, and cultural experiences.
- Networking & Collaboration: Connect with community members, organisations, and service providers.

 Light refreshments and lunch provided.

 Please register by 3rd October by emailing:
Agnieszka.Judkiewicz@southerntrust.hscni.net



Agnieszka.Judkiewicz@southerntrust.hscni.net

#TickTheBox

**Join us to find out
about the support
available to care
experienced people
at university!**

Thursday 30 October, 11am

**Event open to care experienced
people and foster carers.**

**Peter Froggett Centre, Queen's
University Belfast.
Register by emailing
events@fostering.net.**



events@fostering.net



The SHSCT Mental Health Team are co-launching their annual, month long Health and Social Care mental health campaign in collaboration with Public Health Agency, Northern Ireland Ambulance Service and their Trust counterparts. The campaign will run from 10th September (World Suicide Prevention Day) until 10th October (World Mental Health Day) with the focus being “Looking after your mental health” which will support mental health promotion, early intervention and prevention through the implementation of Take 5 steps to wellbeing and signposting people to information and support.

The campaign is not focusing on mental ill health or mental illness.

Digital assets are available [HERE](#) and colleagues and community partners are being encouraged to help promote the campaign across their networks, newsletters, social media, etc.

PHA will also be sharing key messages and links to resources via social media and again partners are being encouraged to reshare across their own platforms.

(The social media calendar is available on the campaign webpage linked above and contains details of the PHA channels)

Please support this campaign in helping to share the messages far and wide!



Looking after your mental health is important

Scan the QR code for a leaflet of top tips to improve your mental health and wellbeing.




For more information and to find mental health services near you, visit www.mindingyourhead.info

HSC Public Health Agency

Public Health Agency. Tel: 0300 555 0114 (local rate). www.publichealth.hscni.net

 www.mindingyourhead.info



Apps can help with your mental health



The Health and Social Care apps library has information about mental health and wellbeing apps for adults.

- ✓ Free to access
- ✓ Helps you self-manage your mental health and wellbeing
- ✓ Independently reviewed and scored
- ✓ Information kept up to date
- ✓ Safe to use (data security and privacy assured)
- ✓ Developed with clinical input and advice

You can find apps to help with general wellbeing, sleep, anxiety, stress and more at <https://apps4healthcareni.hscni.net>



HSC Health and Social Care

Produced by the Public Health Agency. Tel: 0300 555 0114 (local rate). www.publichealth.hscni.net

 <https://apps4healthcareni.hscni.net>

Organ Donation Week: 22-28 September 2025



HSC Public Health Agency

NHS

Most of us would accept an organ if we needed one

Ruban and Sarah Jane are both transplant recipients.

Confirm your decision on the NHS Organ Donor Register.

It's the best thing you'll do today.

Visit organdonationni.info

 **Yes I donate**
ORGAN DONATION

Please join us to support **Organ Donation Week**: a celebration of organ and tissue donation and transplantation which saves and transforms hundreds of lives each year

This Organ Donation Week, we are asking those who haven't yet done so, to help save lives by confirming their decision on the NHS Organ Donor

Support Organ Donation Week by confirming your decision on the NHS Organ Donor Register [HERE](https://organdonationni.info)
or call **0300 123 23 23**

Follow our channels at [@OrganDonationNI](https://twitter.com/OrganDonationNI) for inspirational stories and to get involved in Organ Donation Week initiatives



For Mums to be

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

Starting Wednesday 12th November 2025

6.30pm -8.30pm

For further information please contact:

**Jacqueline Masterson, Promoting Wellbeing Team,
Southern Health & Social Care Trust**

02837564489/ 07867208352

mellow.parenting@southerntrust.hscni.net



mellow.parenting@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
 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
 t: Or Newry GP MDT Team-07425630856
 e Veronica.kerr@southerntrust.hscni.net

Programme: Parents Plus Special Needs Programme
Start date: Thurs 19th Feb-Thurs 2nd April
Duration: 7 weeks (6pm-8.30pm)
Location: Online
Attendees: Parents/carers of young people 11-18 years in the Southern Trust with a confirmed Autism diagnosis.
Facilitators: Clanrye
Enquires/Referrals: e Claire.convery@clanryegroup.com
 t: 07483 059876

General Enquiries

Maria Killen
 Parenting Partnership Manager
 ☎ 07880 474747
 ✉ parenting.partnership@southerntrust.hscni.net
 Or
Martina McCooey
 Child Development Interventions Co-ordinator
 ☎ 028 3756 4462 / 07795 450278
 ✉ martina.mccooey@southerntrust.hscni.net

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

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



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



PlayBoard NI is registered with the Charity Commission for NI NIC104724, company limited by guarantee no. N30225, charity no. XR86630.



COMMUNITY
RELATIONS
COUNCIL



youthlink

GOOD RELATIONS PROGRAMMES

AGE 11-18
SCHOOL OR
COMMUNITY
BASED

BESPOKE
PROGRAMMES
FOR YOUR
NEEDS

FREE!

ACCREDITED
TRAINING
AVAILABLE

IDENTITY . CULTURAL DIVERSITY . MANAGING
CONFLICT . INCLUSION . PREJUDICE .
DISCRIMINATION . COMMUNITY . GLOBAL
ISSUES . STEREOTYPES . OUR FUTURE .

OWEN@YOUTHLINK.ORG.UK



www.playboard.org/resources/our-generation



owen@youthlink.org.uk



Relate NI



What is Relate-Ed?

Relate-Ed is an age appropriate, inclusive and evidence based Relationships and Sexuality Education (RSE) for young people.

It aims to raise awareness of the root causes of violence against women and girls, what it is, where it comes from and how it manifests in relationships and society.

Relate-Ed challenges attitudes, behaviours and culture of distorted views of relationships, sexuality and power by providing young people with tools to sustain healthy relationships.



What topics can Relate-Ed include?

Relate-Ed workshops can include:

- Real Growth: Changes to body & mind in puberty.
- Relatable relationships: Building strong, respectful, and loving relationships.
- Real Talk: Making informed choices around healthy relationships and pornography (Aged 13+)
- Relatable choices: Sexual Health (Aged 13+)
- Real Respect: Mutual respect and consent in every interaction.
- Really creative: Positive relationships and boundaries through ART and Play.
- Real support: Teacher tools & support
- Really savvy: Staying safe online



Who can book a Relate-Ed workshop?

Relate-Ed workshops are the perfect addition to any school's RSE programme.

If you're a school principal, head of pastoral care or youth coordinator planning for the term ahead, now's the time to book your Relate-Ed session.

From understanding the changes that come with puberty to making safe choices online, our workshops bring creative, interactive content that connects with young people aged 13+.



Office@relateni.org


YOUNG SOCIAL INNOVATORS

IGNITE COMMUNITY

A 30 hour social innovation programme that inspires community engagement, critical thinking, empowerment, leadership skills & youth led change

- Supports young people to use their voices to create a project that will have a positive social impact within their community
- Flexibility in the format, content & delivery tailored to your youth group's needs - we will meet you where you're at!
- Delivered during the hours of your existing youth group/project

Join our Ignite Community Programme to support young people to have their voices heard whilst making a positive impact within their local community.

**COMMUNITY
ENGAGEMENT**

**FUN!
LEADERSHIP
SKILLS**

**CREATIVITY
ENTREPRENEURSHIP**

We are recruiting:

- Young people to participate in this 30 hour programme
- Youth workers to whom we will offer free training on how to deliver this programme to their existing youth groups





<https://ignitecommunity.carrd.co/>



*A Consultation on Proposals to Criminalise
Sexually Explicit Deepfake Images*

The **Department of Justice** is seeking views on proposals to criminalise sexually explicit deepfake images

A copy of the consultation paper can be viewed [HERE](#)

Responses to the consultation questions can be made using the response form which is also available [HERE](#)

Completed response forms can be emailed to: CPU@justice-ni.gov.uk or sent to: Criminal Policy Unit, Criminal Justice Policy and Legislation Division, Knockview Buildings, Stormont Estate, Belfast BT4 3SJ

Responses to the consultation must be received by **11.59pm on Monday 6th October 2025**



The poster features the Education Authority (ea) logo in the top left. The main headline 'Have Your SAY!' is in large, bold letters, with 'SAY!' inside a teal pill-shaped button. Below this, the title 'SEND Transformation Baseline Survey' is displayed. A paragraph of text explains the purpose: 'We would like to get your views on the current SEND provision in NI.' A URL is provided in a pill-shaped button. On the right side, there is a circular icon with a survey checklist and the word 'SURVEY'. The background includes a large teal circle and a grid of dots. A photograph of a smiling young woman with long blonde hair, wearing a pink hoodie and a backpack, holding a smartphone, is positioned on the right side of the poster.

ea Education Authority

Have Your SAY!

SEND Transformation Baseline Survey

We would like to get your views on the current SEND provision in NI.

<http://bit.ly/3V38uZ6>

SURVEY



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

Care Opinion

Care Opinion is a place where you can share your experience of health or care services, and help make them better for everyone.

Care Opinion make it safe and simple to share your story online and see other people's stories too. You can see how stories are leading to change. If you wish to get in contact with us within Southern Health and Social Care Trust please email - care.opinion@southerntrust.hscni.net

Our children may wish to share their story - Tell your story with help from Bear



Bear needs your help!

Hi there, I'm the Care Opinion Bear with a heart as big as the mountains!

I love listening to stories, because it brings us closer together. I am here to listen to what you have to say and lend you a helping paw!

Select the link below to begin sharing your story on Care Opinion.

[Tell your story with help from Bear](#)

Or you can also [tell your story without Bear](#)

Visit the [Children and young people help page](#) for more information.



Southern Health and Social Care Trust



Values Your Opinion

Care Opinion is an independent service where you can safely share feedback anonymously about your experience of care from:-

Southern Health and Social Care Trust

We want to **learn**:-

- What was good?
- What could have been better?
- How did you feel ?

Scan Here



Website
careopinion.org.uk



Freephone
0800 122 3135
Mon-Fri 9.30am-4pm


Your story will be published anonymously on careopinion.org.uk. A staff member will aim to respond in a timely manner to your story.

Together we learn from your feedback to improve Health and Social Care services for everyone.



www.careopinion.org.uk/tellyourstory



 www.ncb.org.uk/uploads



 <https://cms.trussell.org.uk/25-09>



OUR Generation are delighted to share our
Scoping Reports for Northern Ireland & the Border Counties of Ireland
These reports shine a light on the mental health challenges facing children & young people aged 9-25, from rural isolation to stigma, and from cultural barriers to long waiting lists

They also share recommendations to build resilience, inclusion & hope

Download the full reports [HERE](#)

RAISE Programme Call for locality-led projects



APPLY
NOW

RAISE
ASPIRATIONS & ACHIEVEMENT

Department of
Education
www.education-ni.gov.uk

Education Minister, Paul Givan, has officially launched the first call for proposals for **Locality Led Projects** as part of the **RAISE Programme**

Organisations are invited to submit project proposals that address key objectives identified in the **RAISE Strategic Area Plans**

To find out more information about the call for locality led projects and how to submit your proposal, visit [HERE](#)



RURAL MICRO CAPITAL GRANT SCHEME

Rural Micro Capital Grants Scheme (RMCGS) 2025/2026 is now OPEN!

This Scheme, funded under the Department's Tackling Rural Poverty and Social Isolation (TRPSI) Programme, offers Micro Capital grants of between £500 and £2,000 to rural community-led, voluntary organisations for projects tackling issues of local poverty and / or social isolation

Find out more and apply [HERE](#)

[DONATE](#)[LOGIN / REGISTER](#) [MY BASKET](#) [CONTACT](#)[HOME](#) [VISIT A GARDEN](#) [ABOUT US](#) [WHO WE SUPPORT](#) [GET INVOLVED](#) [NEWS & MORE](#)
[GARDENS & HEALTH](#) [SHOP](#)[Volunteer Resources](#)

Community Garden Grants

In addition to our annual donations to nursing and health charities, the National Garden Scheme gives grants to help community gardening projects. This funding is generously supported by the Julia Rausing Trust.



<https://ngs.org.uk/community-garden-grants>

 **Funded by UK Government**



SkillSET
Support | Employment | Training

Cedar is delivering SkillSET across NI as part of a partnership of seven disability organisations with funding from the UK Government through the Shared Prosperity Fund (SPF).

LEVELLING UP

SkillSET
Support | Employment | Training

Cedar
Opportunity Choice Inclusion

SkillSET
Support | Employment | Training

Cedar
Opportunity Choice Inclusion

If you have a brain injury, autism and/or physical disability and find it difficult to gain employment Cedar can help you by:

- One to one mentoring and support
- Job finding
- CV building and interview preparation
- Matching you to local employers
- Employability and personal development skills
- Basic skills and numeracy training

You can contact us directly or we can take referrals from a wide range of sources including Jobs and Benefits Personnel, Social Workers, Health Care Professionals, Schools, Training Providers and Families and Carers.

To find out more please visit:
www.cedar-foundation.org/skillset
or email us at: skillset@cedar-foundation.org



skillset@cedar-foundation.org

OCTOBER 2025

KING'S TRUST COURSES

All our courses are free to attend and don't impact benefits
We also reimburse transport costs and cover childcare (subject to application)

DROP IN

Drop in to chat to our friendly staff and find out about our programmes. Get money back for your travel in by bus or train

King's Trust Belfast Centre

8 Weavers Court, Belfast, BT12 5GH
23 Oct, 1pm - 3pm
Free parking is available at our centre, or we are easily walkable from Grand Central Station

Portglenone Library

7 Oct, 2pm - 3:30pm

Ballymena Library

7 Oct, 10am - 12pm
and 6 Nov, 2pm - 4pm

Carnlough Library

9 Oct, 11:30am - 1pm

Kells and Conor Library

11 Nov, 11am - 12:30pm

ENTERPRISE

Age: 18-30

Dates: Available year round

Location: Online

Take part in expert-led workshops on finance, marketing, business planning, sales, and more. Get support to build a business plan and grants to launch your business

GET STARTED

Get Started with Photography

Age: 16-30 Taster: 7 October

Dates: 13 - 17 October

Location: Belfast

Learn about framing, light, focus, exposure, and editing from a professional photographer. Develop your skills with a professional camera, and learn about pathways into a career.

Get Started with Nails

Age: 16-30 Taster: 14 October

Dates: 20 - 24 October

Location: Belfast

Gain practical experience from a professional nail technician and learn what it's like to work in the industry. There is also an opportunity to gain a Guilds qualification in Gel Nails.

Get Started with Music Production

Age: 16-30 Taster: 14 October

Dates: 20 - 24 October

Location: Drake Music, Belfast

Gain practical experience and learn about songwriting, recording and arrangement from a professional music producer. Learn what it's like to work in the music industry and get tips for getting started.

GET HIRED

Get Hired in Hospitality with Nightcap Events

Age: 16-30

Dates: 28 - 29 October

Location: Belfast

Meet Employers, gain employment advice and access on the spot interviews.

Meet staff from Nightcap Events and learn more about the roles they have available. Receive CV, application and interview support. Take part in live vacancies with Nightcap Events.

GET INTO

Get Into Leisure

Age: 16-30 Taster: 13 October

Dates: 20 October - 6 November

Location: Belfast, Lisburn, Newtownabbey, Antrim

Get training in the Leisure Industry, Complete work experience at Better Gym, Gain your NPLQ Lifeguard Qualification AND interview for a range of job opportunities!

USEFUL INFO

All our courses:

- are free to attend
- don't impact benefits

We also:

- reimburse transport costs
- cover childcare costs (subject to application)

CONTACT US

outreachni@kingstrust.org.uk

0800 842 842

kingstrust.org.uk



GET READY

Get Ready for Careers in Customer Services

Age: 16-30 Taster: 23 September

Dates: 2 - 10 October

Location: Belfast

Get a taste of the exciting careers available in this growing and evolving field and start building in-demand skills. You'll get relevant experience through practical activities and fun group challenges.

Get Ready for Careers in Horticulture

Age: 16-30 Taster: 7 October

Dates: 13 - 24 October

Location: Hillsborough Castle Gardens

Receive practical training from the professional castle gardeners at Hillsborough. Learn about pathways into green careers. Gain a NOCN Entry Level Qualification in Vocational Studies and Horticulture.

Get Ready for Careers in Health & Social Care

Age: 16-30 Taster: 28 October

Dates: 3 - 14 November

Location: Belfast

Gain relevant experience through practical activities designed to give you insight into a wide variety of careers in Health & Social Care. Work towards an OCN Level 2 Award in Employability and Health & Social Care and an RQF qualification in First Aid at Work.

Get Ready for a Career in Digital with W5

Age: 16-30 Taster: 28 October

Dates: 3 - 14 November

















Location: W5 Life, Belfast

Develop Digital skills and learn about opportunities in STEM. Build communication, problem solving and critical-thinking skills. Work towards an OCD Level 2 Digital Skills for Life & Work qualification.





Upcoming courses

- | | |
|---|---|
|  Explore+ |  Get Started with Photography |
|  Get Ready for Careers in Digital with W5 |  Get into Leisure |
|  Get Ready for Careers in Customer Service |  Get Ready for Careers in Horticulture |
|  Get Started with DJing |  Get Hired in Hospitality |
|  Get Hired in Health & Social Care |  Get Started with Music Production |
|  Get Ready for Health & Social Care |  Enterprise |
|  Get Started with Art |  Drop-ins |
|  Get Started with Make Up |  CV Review Service |



<https://digital.kingstrust.org.uk>



Laurencetown, Lenaderg & Tullylish Community Association (LLTCA) is recruiting for the following three positions:

Project Co-ordinator for Youth Project "Our lives, Our needs, Our solutions"
12 hours per week (Wed & Fri) NJC Scale 5, Pt 14 £29,540 per annum pro rata
Term time basis 18 month contract initially

This project is funded through the National Lottery Community Fund (Empowering Young People) until April 2027

Project Co-ordinator for Connect 65+ Project 5 year post
30 hours per week NJC Scale 6, Pt 18 £31,537 per annum pro rata

Project Assistant for Connect 65+ Project 5 year post
37 hours per week NJC Scale 4, Pt 9 £27,254
This project is funded through the National Lottery Community Fund
(Strengthening Communities) until 2030

For an application pack (application form, Job Description and Person Specification)
email: enquiries@lltca.com stating the position you are interested in.
Closing date: Friday 26th September 2025

LLTCA is an Equal Opportunities Employer
LLT Community Centre, Drumnascamph Road, Laurencetown, Craigavon,
BT63 6DU

Tel: 028 4062 3770 email: enquiries@lltca.com

LLTCA is a Company Limited by Guarantee NI 31476

Accepted as a charity by the Inland Revenue under reference XR 13935



enquiries@lltca.com



The King's Award for Voluntary Service (KAVS) is the highest Award given to local volunteer groups across the UK

It is the MBE for volunteer groups and recognises volunteers who are making an outstanding and exceptional contribution in their communities. Join us for an online information session when you will hear from Sandra Adair, the NI Representative on the National KAVS Committee, about the nomination and assessment process as well as the benefits to all the volunteers in achieving this prestigious award.

Join Sandra to find out more about The King's Award for Voluntary Service. Learn how to apply and what the recognition means for your volunteers and local community.

Find out more and register here [HERE](#)

Make It Professional
**FROM BABYSITTER TO
APPROVED HOME
CHILDCARER**



**Calling all
babysitters*!**

Get approved and
turn your experience into
a professional childcare role
with tax benefits for families
and greater stability
for you!

enquiries@nicma.org

*age over 18 only



enquiries@nicma.org

CURRENTLY RECRUITING

**Approved Home Childcarers*
& Registered Childminders**

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

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



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



enquiries@nicma.org



RESOURCES FOR WELLBEING



Thriving Mind – resources for well being

There is no question, stress levels for our workforce, our communities, schools and families remains high for a lot of people.

What can bring practical tools and resources that have been shown be effective to support well-being?

The Thriving Mind Home Page is a page Tiger platform with links to well-being resources in one place to increase accessibility.

Some of the tools are written resources. Some are visual media clips. Some are on-line interventions that are free to use at the users pace.

There are short clips for relaxed breathing, an introduction to mindfulness, calming skills, the revised Dealing with Worry Booklet, four online interventions including Self-compassion and Bend Don't Break and more.

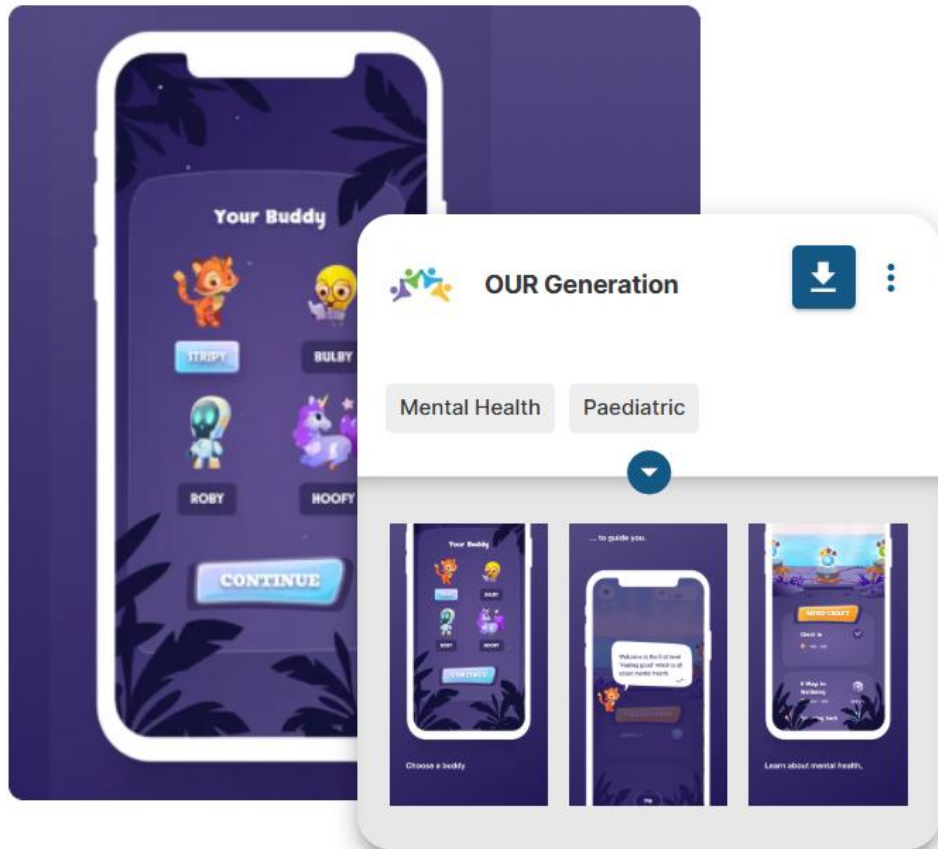
It is not a one size fits all. Have a look and decide what would be helpful for you, your work or your own well-being. If you do find something useful, please let us know.

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

Led by Ed Sipler of South Eastern HSC Trust, the development of Thriving Mind tools has involved a range of partners and service users.



<https://setrust-hscni.pagetiger.com/thrivingmind/1>



Our Generation - emotional resilience and exercise for wellbeing

The OUR Generation app is a gamified platform developed for children to improve emotional resilience and promote peace-building. Designed with age-specific levels, it offers interactive challenges to enhance mental health awareness, empathy, and coping skills. Kids choose buddies to guide them through activities and earn rewards as they progress, encouraging engagement and growth. Developed by Action Mental Health with input from young people, it provides tools for self-reflection, community-building, and emotional wellness.

[Download App](#)

[Learn more about this app](#)



<https://apps4healthcareni.hscni.net/our-generation>



Integrated Education.
Your say.
Their future.

Find out more at:
[integratemy school.com](http://www.integratemy school.com)

Visit the Integrate My School website
www.integratemy school.com
to find out how your school can become
integrated.

The Integrate My School website gives parents
the opportunity to register that they would like
their child's school to transform to integrated
status.

Once enough parents register that this is what
they want then their school will give all
parents the opportunity to vote - a school will
only become integrated if that is what the
majority of parents want.

More Information

If you have any queries or
would like to know more
then contact Jill Caskey
on 028 90694099 or
email Jill@ief.org.uk



**integrate
my school
.com**

Integrate My School is an initiative of the Integrated
Education Fund



www.integratemy school.com



September is “Back to School” month.

Are you curious about your child’s school becoming Integrated in the future?

The Integrate My School website integratemy.school.com gives parents and guardians the opportunity to register that they would like their child’s school to transform to become an Integrated school

With enough parental support highlighting that this is what parents want then their school will give all parents the opportunity to vote - a school will only become integrated if that is what the majority of parents want

Ways to show your support:

- Register on integratemy.school.com
 - Sign up to our [Ezine](#)
 - Follow us on [Facebook](#)
- Invite us to talk to parents in your community groups or run activities at family fun days
- Let relevant school staff know we have Exploring Transformation Grants for nursery, primary and post primary schools

More Information

If you have any queries or would like to know more then contact Jen on [028 90694099](tel:02890694099) or email jen@ief.org.uk

ESOL (English for Speakers of Other Languages) Northern Ireland E-zine sign up form

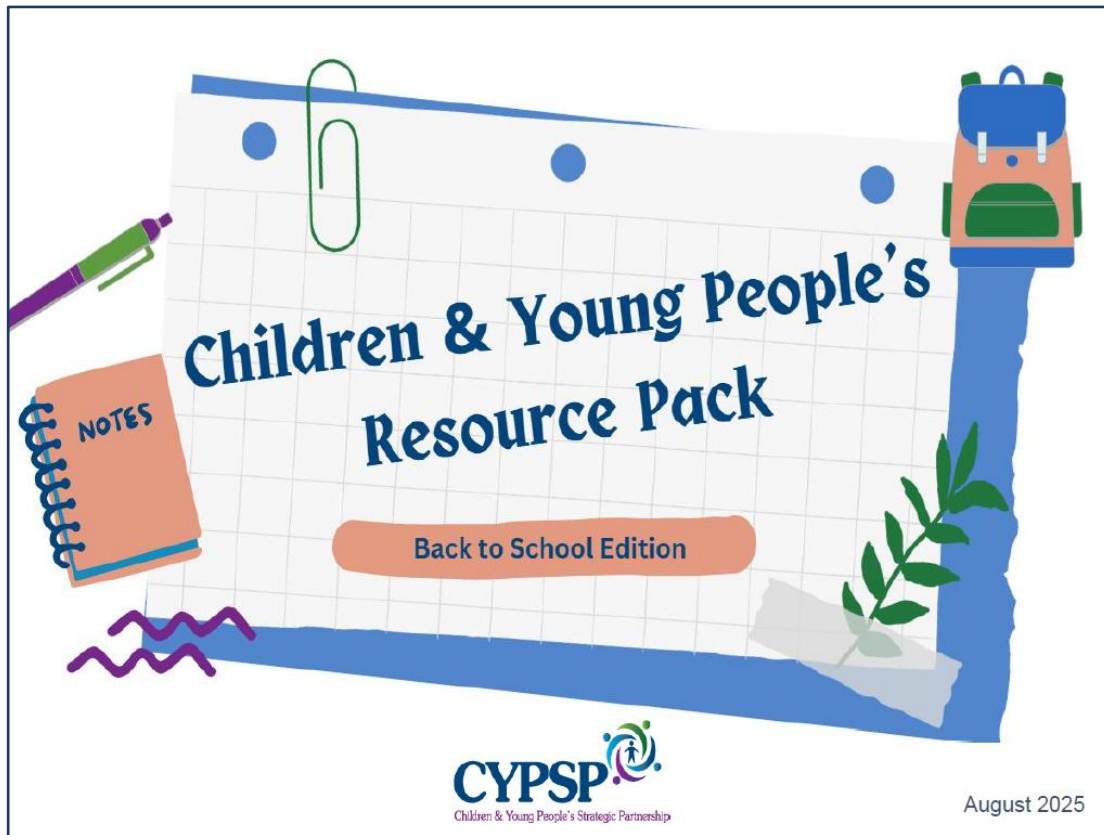


We're excited to announce the new and improved edition of the **ESOL NI** e-zine - Autumn 2025 - your trusted bi-monthly resource for all things ESOL (English for Speakers of Other Languages) in Northern Ireland!

Whether you're an ESOL learner, teacher, volunteer, or part of a support organisation, the ESOL NI E-zine offers a curated collection of:

- ✓ Exciting news from the ESOL community
- ✓ Opportunities to ESOL learners
- ✓ Useful teaching and learning resources
- ✓ Event announcements and updates
- ✓ Relevant links and insights from across the sector in Northern Ireland and beyond

Don't miss out on future editions - Subscribe Now [HERE](#)



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

"Can I get a phone?"

"My friend has a phone, please can I get one?"



Parent Line NI
0808 8020 400

Simple question, but what is your answer?

Are you debating this question?
Do you feel smartphones are to be avoided?
Has your child just got their first phone?
We understand your responsibilities & concerns.
Parentline has gathered information to help you to make this decision and help keep everyone informed, connected and safe.



Packed full of useful links, support & guidance. Helpful Q&A's to use with your child.

For your **FREE PACK**
Call us now **0808 8020 400**

 0808 8020 400

Go to Starting a new school

Parent Line NI
0808 8020 400

How do you feel about your child's move? Try to take time to acknowledge your own feelings as you oversee practical preparations. This way, you will be supporting your child to do the same.

If this is a change from primary to secondary, embrace & encourage the increasing independence your child will need.

We all cope better with change if we feel well prepared and supported. It may be useful to consider together...

- * What does your child already know?
- * What will stay the same?
- * What will change?
- * Are there any worries?
- * What could help?
- * What would they like to know?
- * Where would you find information?

Maybe include an older child to help with hints & tips from their own experience.

Practicalities
Getting the basics sorted in advance creates confidence and avoids last minute panics. e.g. practise the journey to school, plan arrangements for lunch, agree mobile rules.

As much as possible, aim to be 'alongside' and supportive, rather than directing and organising.

A little anxiety can be a good thing.
Some feelings of anxiety during new experiences can help us to cope. Our increased awareness means we are better prepared to notice differences and process changes. Some anxiety means our body is helping us to manage new environments more successfully.

If anxiety levels have become too high, help is available...
Go To for Emotionally Based School Avoidance

We are here to support, listen or advise anytime. Contact us Monday to Thursday 9am to 9pm. Friday 9am to 5pm and Saturday 9am to 1pm

Go to Starting a new school

Parent Line NI
0808 8020 400

Schools are usually very well prepared to support new pupils & parents with all the changes.

- * Try to make a good connection with one key person e.g. Year Head.
- * Try to attend any open days and getting-to-know-you sessions.
- * Take virtual/real school tours.
- * Try to connect with PTA groups.
- * Encourage your child to join after school sports & hobbies to nurture new friendships.
- * Stay involved with teachers/parents.

Plan B
Try working together on some specific solutions for the what ifs?
 *What if the bus does not come?
 *What if you forget something?
 *What if you are not well?

Whose responsibility?
This is where you begin to find a new balance between supporting your child, and trusting them with important new self-reliance and their own responsibilities.

Natural consequences
Allowing your child to experience the natural consequences of not doing something, is important learning.
A clear understanding of 'whose responsibility' can protect relationships.

We are here to support, listen or advise anytime. Contact us Monday to Thursday 9am to 9pm. Friday 9am to 5pm and Saturday 9am to 1pm

This is the time to start stepping back.
Create learning experiences to get young brains in gear for independence.

- * Try 'what do you think?' instead of answering every question.
- * Encourage problem solving instead of sorting an issue.
- * Ask your child to plan routes, organise what is needed for outings.
- * Encourage your child to generally anticipate, plan and prepare.
- * Add duties and responsibilities to help your child feel 'I can do it'
- * Create opportunities to teach prioritising issues & managing timings.

Links to additional useful information...
Parentkind
CYPSP BACK TO SCHOOL

Create a home haven, provide the balance.
 *Ask open questions to keep communicating e.g. what? how?
 * Maintain predictable routines.
 * Maintain fair parenting boundaries and expectations.
 * Try to avoid any other changes or moves around this time.
 * Actively create daily space for fun, downtime & being together.



BACK BY POPULAR DEMAND

PARENT WORKSHOP

Parent Line NI
0808 8020 400

Worry to Wonder

TUESDAY 7TH OCTOBER 10AM-11.30AM
ONLINE VIA ZOOM

A workshop for parents of primary school aged children exploring why our children worry and ways we can support them.

CALL NOW TO BOOK
YOUR PLACE
0808 8020 400



0808 8020 400

Children in Northern Ireland

Connect with other parents and carers who understand the challenges of emotionally based school avoidance

Emotionally Based School Avoidance

PARENT GROUP

Parentline NI
Children & Young People's Strategic Partnership

Venue: Online*
Date: Tuesday 30th September
Time: 7 - 8pm

Supported by The Parent Participation Service

For Parents / Carers in the Southern Trust

*Email ppinbox@ci-ni.org.uk for zoom link

 0808 8020 400

PARENTLINE NI

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

Parentline NI
CHECKLIST

- ☒ FREE
- ☒ Instant connection
- ☒ No waiting list

 0808 8020 400

Call us today on 0808 8020 400

 0808 8020 400

 parentline@ci-ni.org.uk

 www.ci-ni.org.uk/parentline

Services Available Through The Hub May Include...

Practical
Support

Disability
Support

Drug &
Alcohol Support

Signposting to
Other Supports

Emotional
Health &
Wellbeing

Advice &
Guidance

Family
Support

Education
Support

Youth
Support

Parenting
Programmes

Parenting
Support

Behaviour
Support

"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

Caroline Williamson
PosAbility, Barnardos
Grange Building Tower Hill
Armagh
BT61 9DR
M: 07514 724926
T: 028 3741 4541

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, Killeavy Road
Newry
BT35 6UA
T: 028 3083 5764
E: familysupporthub@bolstercommunity.org



ONI Design & Print 07858 512722

Southern Area FAMILY SUPPORT HUB

*Many families need a little extra
help sometimes*



Information for Families

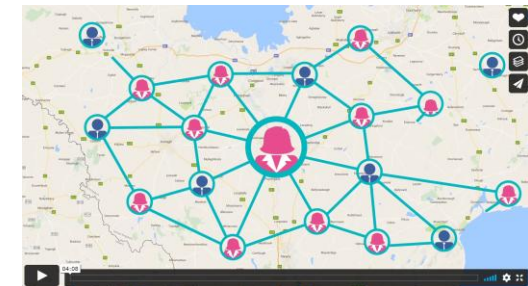


The 3 **Family Support Hubs** in the Southern Area continue to operate as normal and are open for referrals

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

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

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



What is the Family Support Hub?

- The Family Support Hub is a meeting of representatives from community, voluntary and statutory organisations who deliver services for children and families in your area.
- Each Family Support Hub has a lead body who co-ordinates the meeting and receives the referrals.
- The members of the Family Support Hub are from a range of statutory and community/voluntary agencies who offer services in your area. These agencies include; Education Welfare, Health Visiting, Womens Aid, Homestart, Social Services Surestart and Child and Adolescent Mental Health Services.
- Referrals will not be accepted without your consent. If the young person you are seeking support for is over 16, they must also sign the referral form.
- For more information follow this link <https://vimeo.com/216483917>

Your Family Support Hub Will

- Meet once a month to discuss referrals to identify and connect you and your family to the service you need at a time when you need it.
- Work in partnership with you and your family.
- Act professionally ensuring all information is treated in a confidential manner.

How The Hub Works

A referral form is submitted to your local hub-coordinator.

The Hub Co-ordinator may contact you for more information prior to the Hub meeting.

Hub Co-ordinator will present all referrals received to the monthly meeting. The Hub members will then discuss your referral and aim to match your family to the best service for you.

Only core Hub Members attend the meeting, you will not need to attend.

You will receive a letter from the Hub Co-ordinator to let you know what service was identified as most appropriate to meet your needs.

The service that was identified as most appropriate will then contact you directly.

You can choose whether or not you wish to accept the support that has been offered. You are in control.

What Are The Criteria For Making A Referral To The Hub?

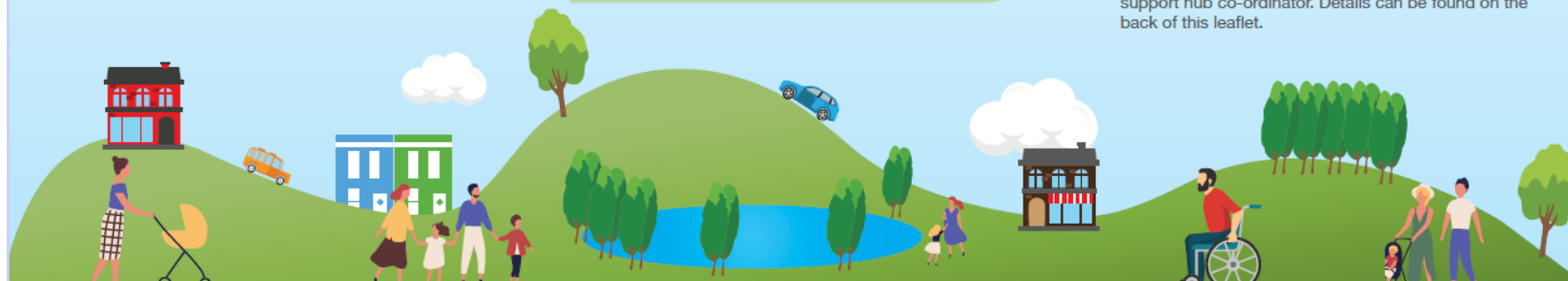
- Your family would like support - this is a voluntary process and you can withdraw your referral at any time.
- You are a family with children aged 0 -17 years.
- No social worker currently involved with your family.

Some of the challenges the Hub can help with



Who Can Refer To The Hub?

- You can make a self-referral to the family support hub or a referral can be made by anyone working on your behalf i.e. teacher, doctor, health visitor or community group.
- You can download a referral form from <http://www.cypsp.hscni.net/family-support-hubs/> or just pick up the phone and call your local family support hub co-ordinator. Details can be found on the back of this leaflet.



The supported lodgings/STAY process

If you think you could offer a young person a safe and secure home through STAY/Supported Lodgings or if you would simply like to find out more about what is involved, please get in touch. You can expect the process to involve:

- 1 Contact us**
Get in touch with our experienced team who are available to answer all your questions.
- 2 Receive a Call Back**
Within two days of contacting us, a social worker will be in touch.
- 3 Meet with your social worker**
You can expect this to take place within ten days of your call back.
- 4 Apply**
You should have all the information you need to submit your application.
- 5 Social Work Interviews**
The interview will consider your background, your support network, your lifestyle, your family setup and your skills.
- 6 STAY/Supported Lodgings Panel**
Your application will be presented and assessed by the STAY/supported lodgings panel.



Every child/young person deserves a safe and stable home.

0800 0720 137
adoptionandfostercare.hscni.net

f @HSCAdoptionAndFosterCare
t @HSCAdopt_Foster



We need people who can change young people's lives, we need people like you

Supported lodgings / STAY prepares young people for adult life.



Supported lodgings / STAY

Supported Transition & Accommodation for Young people.

Supported Lodgings / STAY is accommodation provided in the home of an approved individual or family, known as a 'Host', who offers a safe and secure home for young people in care. These young people are aged from 16 to 21 years and are not quite ready to live on their own.

The young person may require accommodation as a move on from foster or residential care or they may be homeless or experiencing difficulties within their current home environment. Some young people are engaged in formal education or employment while others have an education package to meet their individual needs.

Some young people at university may also use this accommodation for holidays / weekend accommodation. They need emotional and practical support to help them develop their skills so they can move to the next stage of their lives to live independently.

About the young people:

- They will be aged 16-21 years
- They will need advice and support, and will be open to accepting it
- They may be still in education, or will be in training or employment.

STAY Hosts provide:

- A family based placement for care experienced young people
- Support to young people to develop social, practical and other independence skills
- Support to young people to achieve their potential in relation to education, training & employment
- A safe and supportive home; working in partnership with social workers and other professionals to promote the personal development of the young person
- A positive adult role model to young people
- Support to young people to make or re-establish links to their family and community.

The focus is on improving outcomes for vulnerable young people, giving them the necessary supports and advice that they require in their journey to independence.

Who can be a Host?

There is no such thing as a typical Host and each application will be assessed individually. We welcome applications from all backgrounds, regardless of marital, employment or home ownership status, or whether you are already a parent. Applications are considered from any race, religion, language, culture, gender, disability, age or sexual orientation.

It is important that Hosts:

- Like young people and enjoy their company
- Can offer a young person their own bedroom
- Have an understanding of the issues that young people face on day to day basis
- Are willing to teach the young person independent skills such as cooking, cleaning, basic DIY, managing money and household bills
- Have a keen desire to make a difference in a young person's life in preparing them to live independently
- Do not have a police record for violent or sexual offences
- Are available to attend all relevant training
- Are warm, caring and patient
- Have a good sense of humour.

What support do Hosts receive?

- You will receive a weekly payment to contribute towards rent, food and utilities
- An allocated worker to advise and support you.
- Opportunities to receive on-going training.



Sarah is a STAY host and currently has Laura living with her.

Sarah says: "We really enjoy spending time together; shopping, going for coffee and working out at the gym. I work full time and being a STAY host allows me to have the right balance between supporting Laura and having the freedom to work and have my own time. I have really benefited from the support from the STAY support worker and I love having Laura in my home."



A poster featuring a young woman with long blonde hair, wearing a blue school uniform jacket over a white shirt and a striped tie. She is looking upwards and to the right with a serious expression. A thick, white, smoke-like vapor is being exhaled from her mouth, trailing behind her and partially obscuring her face. The background is dark and moody.

**VAPING
ADDICTION
SOON TAKES
HOLD OF
THEM**

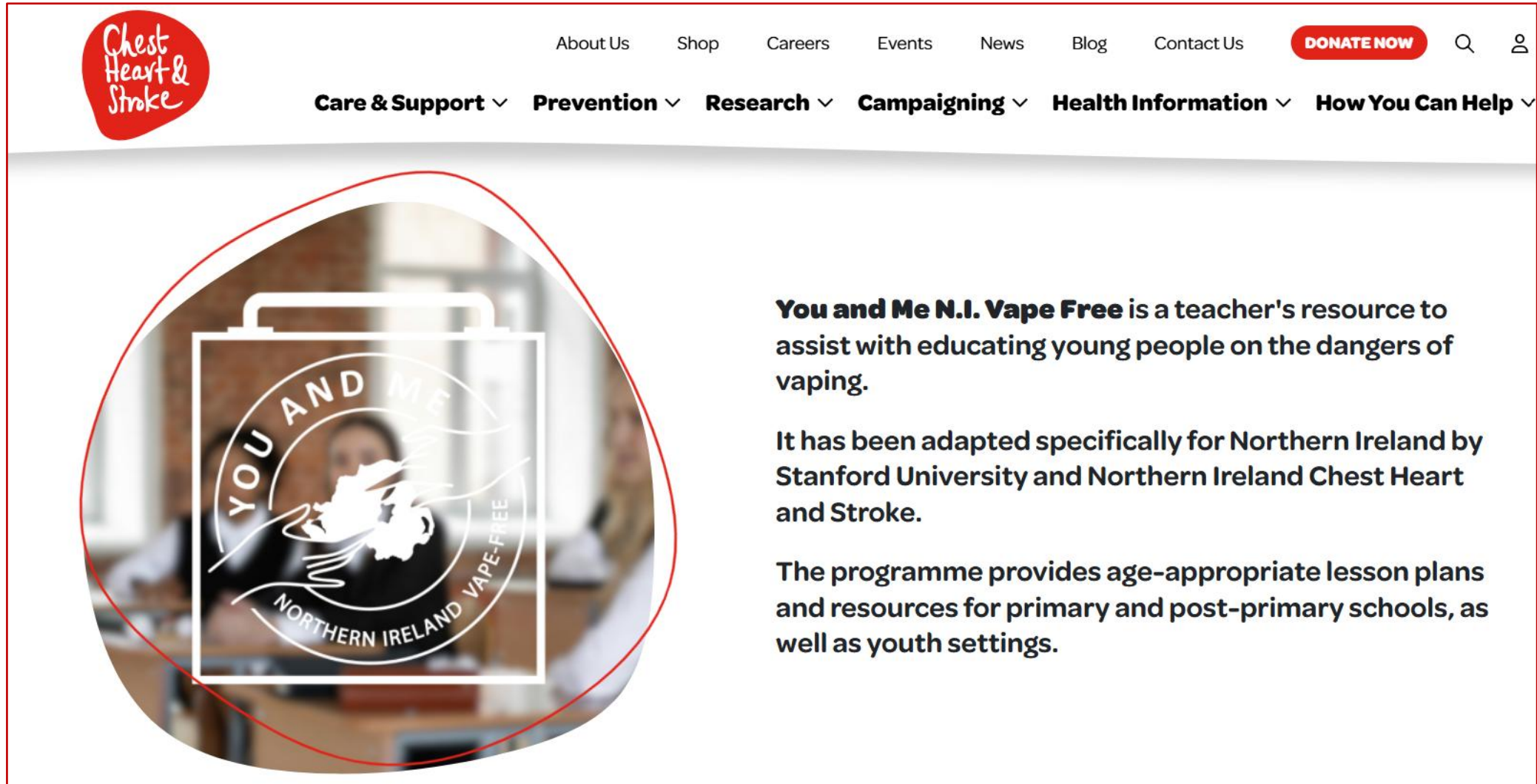
Get the facts at
www.pha.site/vaping

The logo for the HSC Public Health Agency, featuring the letters 'HSC' in a bold, sans-serif font inside a square, followed by the words 'Public Health Agency' in a smaller font.

Many young people who vape did not smoke cigarettes before they started vaping

But young people who vape are more likely to start smoking cigarettes than those who never vape

For help and advice on talking to your child about vaping, visit [HERE](#)



The screenshot shows the Chest Heart & Stroke website. The top navigation bar includes links for About Us, Shop, Careers, Events, News, Blog, and Contact Us, along with a red 'DONATE NOW' button and search/user icons. A secondary menu lists Care & Support, Prevention, Research, Campaigning, Health Information, and How You Can Help. The main content area features a large circular image of a briefcase with the 'YOU AND ME' logo and a map of Northern Ireland. To the right, text describes the 'You and Me N.I. Vape Free' teacher's resource, its adaptation for Northern Ireland by Stanford University and Chest Heart & Stroke, and the types of resources provided.

Chest Heart & Stroke

About Us Shop Careers Events News Blog Contact Us **DONATE NOW** 🔍 👤

Care & Support ▾ Prevention ▾ Research ▾ Campaigning ▾ Health Information ▾ How You Can Help ▾

YOU AND ME
NORTHERN IRELAND VAPE-FREE

You and Me N.I. Vape Free is a teacher's resource to assist with educating young people on the dangers of vaping.

It has been adapted specifically for Northern Ireland by Stanford University and Northern Ireland Chest Heart and Stroke.

The programme provides age-appropriate lesson plans and resources for primary and post-primary schools, as well as youth settings.



<https://nichs.org.uk/prevention-services/schools-and-communities>



Stop the spread

Follow the steps below to help protect your family and also to stop the spread of germs.

Rest up

Know when to stay home to stop the spread. If you have a high temperature stay home until you feel better or if you have diarrhoea and/or vomiting, you should stay home for at least 48 hours after the last episode.



Catch it, bin it, kill it



Wash hands regularly



Antibiotics don't work on viruses



Speak to your pharmacist about over-the-counter remedies

Winter vaccines

If eligible get your flu vaccine, RSV vaccine and COVID-19 vaccine



Follow these steps to help protect your family from becoming unwell this autumn/winter and also to stop the spread if you or your child do become unwell

Your Health App Finder

You are one click away from hundreds of apps that can help you with your health and wellbeing. All the apps in your Health App Library have been tested (assessed) by the Organisation for the Review of Care and Health Apps (ORCHA). Start browsing your Health App Library now by using the search bar.



Health and Social Care



Digital Health & Care
Northern Ireland



I Need Help With....



Adult: Depression



Adult: Stress & Anxiety



Children and Young People:
Stress & Anxiety



Children and Young People:
Depression



<https://apps4healthcareni.hscni.net/en-GB>

Advice and information for 16 - 25 year olds.

- Relationship Advice
- Sexual Health
- Contraception
- STI Testing
- Mental Health
- Smoking
- Drugs & Alcohol
- Physical Health & Wellbeing

Call or text:
07787 432 845

or email:
health.hub@southerntrust.hscni.net



HEALTH HUB



Day	9.30 - 11.30am	12.30 - 3.00pm
Mon	Newry West SRC	Greenbank SRC
Tues	Dungannon SWC	Portadown SRC
Wed	Armagh SRC	Lurgan SRC
Thurs	Banbridge SRC	Model SRC








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

FRIDAY NIGHT 3v3 Sports

RANGE OF ACTIVITIES INCLUDE

- 3v3 Football [using Air Pitches]
- Volleyball
- Basketball

EVERY FRIDAY 7-9PM

FOR BOYS & GIRLS YEAR 8 - YEAR 10 @ SOUTH LAKE LEISURE CENTRE

For more information visit getactiveabc.com

Department for Communities | An Rann | Pobal | Department for Communities | Armagh City Banbridge & Craigavon Borough Council

<https://eu.jotform.com/251692630826360>

MINI GAMES @ BROWNLOW HUB

FREE 6 WEEK PROGRAMME AUTUMN

Starting 22 September 2025

MONDAY	4.30pm - 5.30pm	Mini Games	Primary 4 - 7
WEDNESDAY	4.30pm - 5.30pm	Mini Games	Primary 4 - 7

Registration is **ESSENTIAL** | Register online at getactiveabc.com/cemugas or scan QR code | For further information contact Alex Clifford
 ☎ 07436 537 845 ✉ alex.clifford@armaghbanbridgecraigavon.gov.uk

Armagh City Banbridge & Craigavon Borough Council | Department for Communities | An Rann | Pobal | Manynessie o | Communities

<https://form.jotform.com/242477146469063>

PORTADOWN PEOPLE'S PARK

MUGA

FREE 6 WEEK PROGRAMME AUTUMN

Starting 22 September 2025

MONDAY	6.00pm - 7.00pm	Multi-Sport	Year 8 - 10
TUESDAY	4.30pm - 5.30pm	Mini Games	Primary 4 - 7
WEDNESDAY	6.00pm - 7.00pm	Multi-Sport	Year 8 - 10
THURSDAY	4.30pm - 5.30pm	Multi-Sport	Primary 4 - 7
FRIDAY	4.30pm - 5.30pm	Mini Games	Primary 4 - 7

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 ☎ 07436 537 845 ✉ alex.clifford@armaghbanbridgecraigavon.gov.uk

TAGHNEVAN

MUGA

FREE 6 WEEK PROGRAMME AUTUMN

Starting 22 September 2025

MONDAY	7.30pm - 8.30pm	Multi-Sport	Year 8 - 10
TUESDAY	4.30pm - 5.30pm	Mini Games	Primary 4 - 7
WEDNESDAY	6.00pm - 7.00pm	Multi-Sport	Year 8 - 10
THURSDAY	4.30pm - 5.30pm	Mini Games	Primary 4 - 7

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 ☎ 07436 537 845 ✉ alex.clifford@armaghbanbridgecraigavon.gov.uk

NORTH LURGAN

MUGA

FREE 6 WEEK PROGRAMME AUTUMN

Starting 22 September 2025

MONDAY	6.00pm - 7.00pm	Multi-Sport	Year 8 - 10
TUESDAY	4.30pm - 5.30pm	Mini Games	Primary 4 - 7
WEDNESDAY	4.30pm - 5.30pm	Multi-Sport	Primary 4 - 7
THURSDAY	6.00pm - 7.00pm	Multi-Sport	Year 8 - 10

Registration is **ESSENTIAL** | Register online at getactiveabc.com/cemugas or scan QR code | For further information contact Alex Clifford
 ☎ 07436 537 845 ✉ alex.clifford@armaghbanbridgecraigavon.gov.uk



<https://form.jotform.com/242477146469063>



MOURNEVIEW
MUGA

FREE 6 WEEK PROGRAMME
AUTUMN

Starting 22 September 2025

MONDAY	4.30pm - 5.30pm	Mini Games	Primary 4 - 7
TUESDAY	6.00pm - 7.00pm	Multi-Sport	Year 8 - 10
WEDNESDAY	4.30pm - 5.30pm	Mini Games	Primary 4 - 7
FRIDAY	4.30pm - 5.30pm	Multi-Sports	Primary 4 - 7

Registration is **ESSENTIAL** | Register online at getactiveabc.com/cemugas or scan QR code | For further information contact Alex Clifford
07436 537 845 | alex.clifford@armaghbanbridgecraigavon.gov.uk

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CHURCHILL
MUGA

FREE 6 WEEK PROGRAMME
AUTUMN

Starting 22 September 2025

MONDAY	4.30pm - 5.30pm	Mini Games	Primary 4 - 7
TUESDAY	6.00pm - 7.00pm	Multi-Sport	Year 8 - 10
WEDNESDAY	4.30pm - 5.30pm	Mini Games	Primary 4 - 7
THURSDAY	6.00pm - 7.00pm	Multi-Sport	Year 8 - 10

Registration is **ESSENTIAL** | Register online at getactiveabc.com/cemugas or scan QR code | For further information contact Alex Clifford
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Armagh City Banbridge & Craigavon Borough Council | Department for Communities | An Roinn Mianistriche o Pobal | Communities



<https://form.jotform.com/242477146469063>



ARMAGH LPG AREA



Following feedback received at Ark Housings' Advisory Group Meeting in June, we are delighted to be able to invite you to a Good Relations Needs Assessment Conference, jointly hosted by ABC Council, Ark Housing and Northern Ireland Housing Executive

Thursday 16th October

9.30am - 1.30pm

Armagh City Hotel

This conference brings together community, voluntary and statutory groups from across the Armagh area to identify and discuss the key needs, opportunities and priorities within our community (The conference will be facilitated by Tides Training & Consultancy)

It will be an opportunity to:

- Share your views and experiences
- Network with other organisations and partners
- Help shape the future of Good Relations Work in Armagh City, Banbridge and Craigavon Borough Council

Refreshments and lunch will be provided, please let me know if you have any dietary requirements

To confirm your attendance, please click the link below and complete the form [HERE](#)

Please note that spaces are limited to 2x per organisation

Please contact either Sophie Lester - Sophie.Lester@armaghibanbridgecraigavon.gov.uk or Stephen Harland - stephen.harland@arkhousing.co.uk with any queries



ARMAGH LPG AREA

LAYERED LIVES WOMEN SUPPORTING WOMEN

Are you a neurodivergent woman aged 16–30?
Join us for the 'Layered Lives' programme – a safe, empowering space to explore all things relationships – connect with others, gain valuable tools and find community.



OUR NEXT LAYERED LIVES PROGRAMME WILL
START MON 20TH OCTOBER
DOBBIN ST COMMUNITY CENTRE, ARMAGH.
6–8PM FOR 6 WEEKS

Join us to explore what makes **healthy and unhealthy relationships**, learn how to recognise **red flags**, establish and manage **boundaries** and maintain **personal safety** both on and off line.

We'll look at **all kinds of relationships** from friends & family to romantic relationships.

Join the Layered Lives Programme
everyone deserves to feel safe and empowered!

To enquire please contact Tracy or Sharon at Bolster Community on 028 3083 35764

OR email us at
info@bolstercommunity.org



Delivered by
**BOLSTER
COMMUNITY**



info@bolstercommunity.org



FAMILY

8
WEEK COURSE



PARENTS PLUS ADHD Programme - Limited places available

Parenting a child with ADHD can bring special challenges but with the right support parents can learn to overcome these challenges and help their children reach their full potential.

This 8 week evidence-based parenting programme addresses the needs of parents raising a child with an ADHD diagnosis, helping them manage behaviour and emotional problems.

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

Start Date: Thurs 22nd Jan to Thurs 19th March 2026

Time: 10:30am-12:30pm.

Criteria: For parents with a child diagnosed with ADHD/awaiting an assessment, aged 6-11 years and who are resident in the Southern Trust area.

Call Gemma at Bolster Community to register on 028 3083 5764 or email gemma@bolstercommunity.org

Delivered by:
**BOLSTER
COMMUNITY**

Funded by:
HSC Southern Health
and Social Care Trust



gemma@bolstercommunity.org

ARMAGH LPG AREA



VOLUNTEER NOW
Volunteers change lives

Need a helping hand with **Volunteers** or **Volunteer Management** in the **Armagh or Dungannon** areas?

WE CAN HELP!

- ✓ Volunteer Recruitment & Retention
- ✓ Mini Health Checks on volunteering policy & practice
- ✓ Training to support volunteer wellbeing & management
- ✓ Youth Volunteering, Impact Awards & 'Social CV's'
- ✓ Access NI & Safeguarding issues
- ✓ Volunteer Development & Recognition Events

For more information contact your local Volunteer Now team:

Raquel Rodrigues Keenan
Volunteering Development Officer
✉ raquel.rodrigues.keenan@volunteernow.co.uk
☎ 07585 110855

Jamie Greer
Volunteering Support Officer
✉ jamie.greer@volunteernow.co.uk
☎ 07850 851824

www.volunteernow.co.uk



Are you VOLUNTEER FRIENDLY?

Volunteer Friendly Award

Gain Volunteer Friendly accreditation for your good practice in volunteer management with the support of Volunteer Now. Based on the Investing in Volunteers Standard, Volunteer Friendly provides volunteer involving organisations with an income of less than £200,000 with the opportunity to gain accreditation for good practice.

You don't have to be constituted and we can support you to meet any gaps in practice!

"Achieving Volunteer Friendly has given us great pride in our organisation."
The Kindness Postbox

Contact the Volunteering Support Officer for your area:

Armagh / Dungannon

Jamie Greer **Raquel Rodrigues Keenan**
07850 851824 07585 110855
info@volunteernow.co.uk

VOLUNTEER NOW
Promoting Building Advancing

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



raquel.rodrigues.keenan@volunteernow.co.uk / jamie.greer@volunteernow.co.uk



BANBRIDGE LPG AREA

 **Are you 14-17?**
Are you Neurodiverse?
You're invited

Have your voice heard for what you want and need from YOUR peer led group

Join us
Every
Tuesday
4.00 – 5.30



Futureproof
15a
Commerical
Road
Banbridge
BT32 3ES



Activities include.....


Crafts Bead Work Oragami Mini Canvas Painting
Bottle cap badges Nerf wars Board Games Card Games
Movies Table games Pictionary Charades
And many more

To register please contact
Lucinda 07793822389 or Veronica 07425330856



 07793822389 / 07425330856






Co-funded by the
 European Union  UK Government
 


HEROES PLUS 

Heroes Plus is an exciting project that supports young people with a learning disability and/or additional needs to develop their potential and create a more inclusive community!



We are currently recruiting young people aged 14-17 to join our Heroes Plus project in:
Banbridge
Every Wednesday from 5:30pm - 9:30pm

Activities Include:

-  Trips & Visits
-  Activities & Workshops
-  Residential
-  Mentoring & Volunteering

 **BE YOUR OWN HERO**

To get involved contact our Youth Team at youth.team@incredible.org.uk


 **incredABLE** 
 **incredABLE**

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

 youth.team@incredible.org.uk


BANBRIDGE LPG AREA

Pictured: Some of our Autism Connect members (Newry group)



BOLSTER COMMUNITY **ABILITY**

AUTISM CONNECT



Autism Connect is for adults (18+) either with or awaiting an autism-only diagnosis (i.e. not supported elsewhere) and living in the Southern Trust. This is a place of community, connection and support.

Autism Connect offers:

- A weekly social hub to meet with peers and a chance to enjoy relaxed, fun activities.
- Mentoring and practical signposting help when needed - e.g. form filling, help with appointments etc.
- 'Autism & Me' - a programme of topical subjects/discussions that you (or where appropriate, a guardian) might like to attend - all completely optional!

NEWRY:
Every Tues (18-24yrs);
Every Thurs (25yrs+), 6.30-8.30pm
at Bolster Community, Whitegates

BANBRIDGE:
Every Thurs, 6.30-8.30pm at
Elm Church

CRAIGAVON:
Every Wed, 6.30-8.30pm at
Brownlow Community Hub.

For enquires contact autismconnect@bolstercommunity.org
or 028 308 35764

HSC Southern Health and Social Care Trust

COMMUNITY FUND

Integration of Family Practices Newry & District




autismconnect@bolstercommunity.org

BOLSTER COMMUNITY

AUTISM & ME

Join us for a new 6 week course exploring everyday challenges faced by autistic adults. The course will be facilitated by Trauma Informed Practitioner Vivian McKinnon and hosted by Bolster Community's Autism Connect group



What to expect:

- Autism & Me is part of our Autism Connect programme and open to both members and non members. Over six weekly sessions (2hrs each week), the programme will explore everyday challenges faced by autistic adults.
- One recurring theme is overthinking - whether replying to a text, chatting with a friend, or engaging with services. This constant inner dialogue can feel overwhelming.
- Trainer Vivian McKinnon knows this struggle personally. She has faced it herself and developed practical techniques to help quiet negative self-talk and create strategies for moving forward.
- Vivian brings real understanding of the weight of both personal and societal narratives that can hold people back.
- Each session offers a chance to listen, learn, and take away strategies that feel right for you, right now.

Venue: Elim Church, Victoria Street, Banbridge
Time: Every Tuesday 6:30 – 8:30 PM
Dates: Starts 14th Oct – 18th Nov 2025

*Places are limited and registrations are essential. Autism Connect and related Autism & Me programme is for adults (18+) either with or awaiting an autism-only diagnosis (i.e. not supported elsewhere) and living in the Southern Trust.

Funded by

HSC Southern Health and Social Care Trust

COMMUNITY FUND




Integration of Family Practices Newry & District



info@bolstercommunity.org



BANBRIDGE LPG AREA






CONNECTED PARENTS

If your child (any age) has a diagnosis of Autism, ADHD or is waiting on an assessment, please join us for tea/coffee and a catch up
Parents/Carers only as no crèche facilities available

Parents Supporting Parents

Meeting first and third Wednesday of every month
Committee Room, Community Centre, Rathfriland
09.30 – 11.30am

RSVP: kellie.odonnell@southerntrust.hscni.net





kellie.odonnell@southerntrust.hscni.net

Tiny Steps

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

**HOME
START**

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

Key programme criteria

- For parents/carers and infants 0-4 months resident outside Sure Start areas in Craigavon Borough Area
- Primarily, but not exclusively first-time parents/carers
- Plus one or more of the following:
 - Parent experiencing isolation/loneliness
 - Parent reporting anxiety/low mood
 - Family needing additional support as identified by Health Visitors or other family support services.



What's included? (19 weeks)

- Mellow Parenting Programme x 8 weeks
- Infant Massage x 5 weeks
- Additional 6 sessions to include e.g. sleep support, brain development, sensory sessions, link to community supports

Programme details/Next steps?

Expressions of interest will be taken from parents, carers and supporting organisations by contacting Home-Start Craigavon.



Craigavon, Lurgan & Portadown:
based in Lurgan
Start date: Wed 22nd Oct '25 10-12
Tel: Home-Start on 028 3834 5357
Email: homestart.craigavon@openworld.com

AVAILABILITY



homestart.craigavon@openworld.com



**RECRUITING
NOW**

VOLUNTEER OPPORTUNITIES FOR GRAND/PARENTS

Are you a Grandparent/ Parent living in the Craigavon area?
Want to share your parenting experience, knowledge & wisdom with young families?

Could you offer just 1-2 hrs per week to visit a young family in the local area?

- Make a meaningful difference to the lives of local families
- Make new friends, feel connected, have company, stay active & have fun
- Free, quality training provided & ongoing support. Expenses paid.

Find out more:

Call Deborah 028 38 345357

Email homestart.craigavon@btopenworld.com

www.home-start.org.uk



**HOME
START**



homestart.craigavon@openworld.com



GIRLS YOUTH LEADERSHIP PROGRAMME

BE PART OF IT

GET MOVING ABC

Do you want to become a sports coach?

Are you aged 15-18 with an interest in sport?
Do you live in Lurgan/Craigavon or Portadown?

Sign up and learn how to become a coach with recognised qualifications and first aid course.

For more information please contact Roisin; Roisin.ohagan@armaghbanbridgecraigavon.gov.uk

Department for Communities | An Roinn Pobal | Department für Communities

www.communities-ni.gov.uk

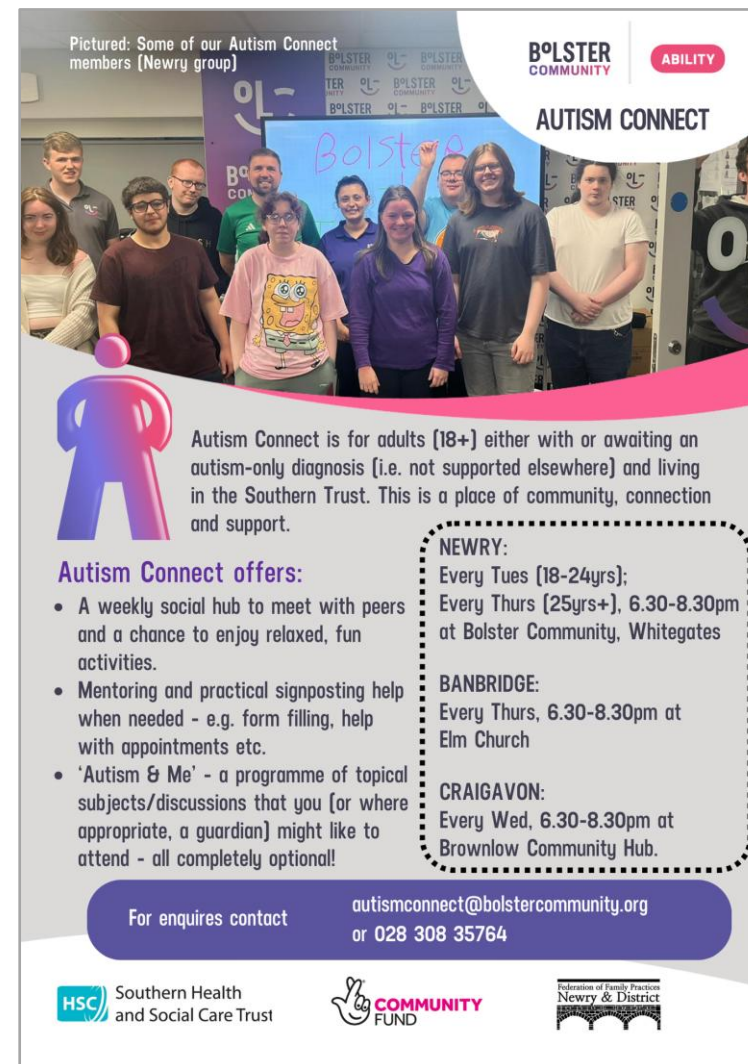
Armagh City Banbridge & Craigavon Borough Council



roisin.ohagan@armaghbanbridgecraigavon.gov.uk



autismconnect@bolstercommunity.org



Pictured: Some of our Autism Connect members (Newry group)

BOLSTER COMMUNITY **ABILITY**

AUTISM CONNECT

Autism Connect is for adults (18+) either with or awaiting an autism-only diagnosis (i.e. not supported elsewhere) and living in the Southern Trust. This is a place of community, connection and support.

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- 'Autism & Me' - a programme of topical subjects/discussions that you (or where appropriate, a guardian) might like to attend - all completely optional!

NEWRY:
Every Tues (18-24yrs);
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Every Thurs, 6.30-8.30pm at Elm Church

CRAIGAVON:
Every Wed, 6.30-8.30pm at Brownlow Community Hub.

For enquires contact autismconnect@bolstercommunity.org or 028 308 35764

HSC Southern Health and Social Care Trust | COMMUNITY FUND | Division of Family Practice Newry & District



FAMILY
TOTS & TEA

Are you the parent or carer of a pre-school aged child with additional needs? Would you and your child like to meet new friends who are on the same journey?

Tots and Tea is a friendly group of parents/carers and children who are all on the first steps of their journey through disability and we have meet-ups every week:

-The first Tuesday of every month is a parents only evening held at Bolster Community, Whitegates (7pm-9pm).

-The following three Wednesdays are parent/toddler meet ups held at the Meadow & Armagh Rd Community Centre, Whitegates (10am-12noon).

Our experienced staff and volunteers are on hand to offer support and advice whilst you and your child enjoy meeting new friends. Come along and enjoy a cuppa/catch up with some social /play time for your little one.

New members warmly welcome!

For further info and to register your place, please call Julie-Anne at Bolster Community on 028 3083 5764 or email: julie-anne@bolstercommunity.org




BOLSTER
COMMUNITY

The Community
Foundation
Northern Ireland

HSC Southern Health
and Social Care Trust



julie-anne@bolstercommunity.org



ParentsPlus
Empowering Professionals to Support Families

FAMILY

8
WEEK COURSE

PARENTS PLUS ADHD Programme - Limited places available

Parenting a child with ADHD can bring special challenges but with the right support parents can learn to overcome these challenges and help their children reach their full potential.

This 8 week evidence-based parenting programme addresses the needs of parents raising a child with an ADHD diagnosis, helping them manage behaviour and emotional problems.

Location: Ballybot House,
28 Corn Market, Newry BT35 8GB.

Start Date: Thurs 2nd Oct to Thurs 27th Nov 2025 (with break Oct 30th for mid-term).

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

Criteria: For parents with a child diagnosed with ADHD/awaiting an assessment, aged 6-11 years and who are resident in the Southern Trust area.

Call Gemma at Bolster Community to register on 028 3083 5764 or email gemma@bolstercommunity.org

Delivered by:
BOLSTER
COMMUNITY

Funded by:
HSC Southern Health
and Social Care Trust



gemma@bolstercommunity.org

ABILITY

BOLSTER BUDDIES



Bolster Buddies

A daily service supporting young adults of mixed ability to build independence, confidence, and new connections. Through Bolster Buddies, participants can:

- Discover new interests and hobbies
- Build community connections and friendships
- Develop everyday skills and gain qualifications
- Explore new opportunities and experiences

Our service users tell us they feel happier, more confident, and better prepared for independent living!

What's on offer?

- Get involved in our Acorn Candles Social Enterprise - jobs may include production roles and helping at markets.
- Take part in outdoor wellness activities with partner organisations (e.g. Mae Murray Foundation, The Outdoor Partnership).
- Explore hobbies and passions: arts & crafts, health & wellness and more.
- Learn everyday skills: cooking, shopping, using public transport and managing money.
- Take an OCN qualification (e.g. Personal Health & Wellbeing)
- Build confidence and reduce anxiety about being out and about.

REGISTER YOUR INTEREST TODAY!

Bolster Buddies is a purchased service, which may be eligible for Self-Directed Support from the SHSCT.

For further info contact Jena on: 028 3083 5764 OR email: jena@bolstercommunity.org

BOLSTER
COMMUNITY

HSC Southern Health
and Social Care Trust



jena@bolstercommunity.org

FAMILY

DISABILITY FAMILY DAY TRIP



Be quick,
Final places!!

DETAILS:

- Coach Pick Up & Drop Off:
Newry Leisure Centre
 - Time: 9:45am- 2:00pm
 - Date: Sat 27th Sept 2025
 - Cost: £15 per family
 - Bring your own pack lunch.
- To register your interest, please contact Bolster Community on 028 3083 5764.

BOLSTER
COMMUNITY

HSC Southern Health
and Social Care Trust



028 3083 5764

Pictured: Some of our Autism Connect members (Newry group)

BOLSTER COMMUNITY **ABILITY**

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For enquires contact autismconnect@bolstercommunity.org
or 028 308 35764

HSC Southern Health and Social Care Trust

COMMUNITY FUND

Registration of Family Practices Newry & District

BOLSTER COMMUNITY

Kindly sponsored by
Newry, Mourne & Down
PSP

NEON NIGHTMARE

An inclusive night out!
in support of Bolster Community

Over 18's £10 Entry

FANCY DRESS OPTIONAL

WHERE: Canal Court (Clanrye Suite) **TIME:** 7.30pm to 10pm finish
WHEN: Wed. 29th October '25 **COST:** £10 entry per person

LIMITED CAPACITY - GET ON THE GUESTLIST*
£10 ENTRY PAYABLE IN ADVANCE AT:
BOLSTER COMMUNITY WHITEGATES OR VIA PAYPAL AT
<https://bit.ly/neon-nightmare-paypal>

*All abilities welcome but must have chaperone if 1-1 support required.
Bolster Community is not responsible for any individual attending unaccompanied, and ID will be required to buy alcoholic drinks.

SCAN ME



autismconnect@bolstercommunity.org



Event Sign-Up



**DO YOU HAVE DIABETES?
WANT TO KNOW MORE?**

Join our free diabetes sessions

NEWRY LIVE WELL HUB

Wednesday 11 th June 2025	10am - 11am
Wednesday 9 th July 2025	10am - 11am
Wednesday 13 th August 2025	10am - 11am
Wednesday 10 th September 2025	10am - 11am
Wednesday 8 th October 2025	10am - 11am
Wednesday 12 th November 2025	10am - 11am
Wednesday 10 th December 2025	10am - 11am

Venue: Altnaveigh House
51 Downshire Road, Newry, BT34 1EE

For further information contact: communityteamni@diabetes.org.uk

Diabetes and Wellbeing Support For All

We currently have a Diabetes Live Well Hub in Altnaveigh House in Newry. This is a one-stop-shop which provides information, support and advice to improve the health and wellbeing of those living with diabetes. A different topic is covered at each session, and in the coming months at the Live Well Hub we will hear from a diabetes specialist nurse, a podiatrist, a local community pharmacist, a dietitian and other health care professionals.

Please note: topics could change depending on speaker availability.




The British Diabetic Association operating as Diabetes UK, a charity registered in England and Wales (no. 215197) and in Scotland (no. SC039106) © Diabetes UK 2025



communityteamni@diabetes.org.uk



Free!

ief integrated education fund

Integrate My School Activity Morning

Includes Lunch

 Calling all parents and guardians curious about their child's school becoming Integrated in the future.

 **Saturday 25 October**
10.00- 12.00

 **Children's Activities**

The Imaginarium Newry







www.eventbrite.co.uk/integrate-my-school



VOLUNTEER NOW
Volunteers change lives

Need a helping hand with **Volunteers** or **Volunteer Management** in the **Newry or South Down** area?

WE CAN HELP!

- ✓ Volunteer Recruitment & Retention
- ✓ Mini Health Checks on volunteering policy & practice
- ✓ Training to support volunteer wellbeing & management
- ✓ Youth Volunteering, Impact Awards & 'Social CV's'
- ✓ Access NI & Safeguarding issues
- ✓ Volunteer Development & Recognition Events

For more information contact your local Volunteer Now team:

Raquel Rodrigues Keenan
Volunteering Development Officer
✉ raquel.rodrigues.keenan@volunteernow.co.uk
☎ 07585 110855

Bronagh Demeillers
Volunteering Support Officer
✉ bronagh.demeillers@volunteernow.co.uk
☎ 07708 077954

www.volunteernow.co.uk



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Volunteer Friendly Award

Gain Volunteer Friendly accreditation for your good practice in volunteer management with the support of Volunteer Now. Based on the Investing in Volunteers Standard, Volunteer Friendly provides volunteer involving organisations with an income of less than £200,000 with the opportunity to gain accreditation for good practice.

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"Achieving Volunteer Friendly has given us great pride in our organisation."
The Kindness Postbox

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Newry, Mourne & South Down
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info@volunteernow.co.uk

VOLUNTEER NOW
Promoting Building Advancing

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

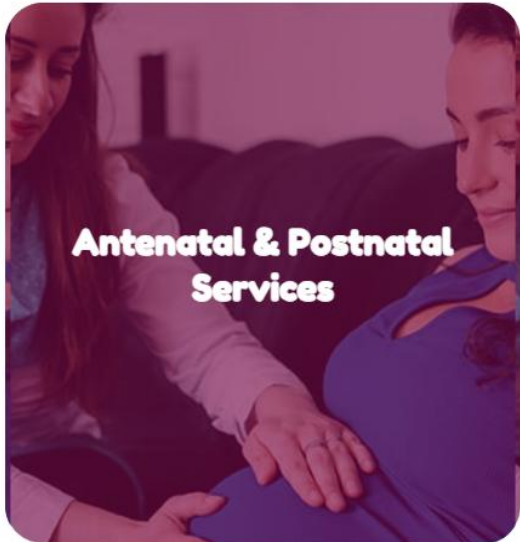


raquel.rodrigues.keenan@volunteernow.co.uk / bronagh.demeillers@volunteernow.co.uk

Newry SureStart

Programmes & Services

Our range of programmes and services can help a parent from pregnancy until their child starts school. With Newry SureStart's ongoing support, your child can do well at school and flourish at home. Explore our programmes below.



The poster is a vertical rectangular graphic with a green background and decorative leaf patterns on the sides. At the top left, there is a yellow box with the text 'BEAUTIFUL WARRENPOINT' and a small bee icon. To the right of this box is a photograph of a smiling child. The main title 'Family Wildflower seed planting session' is written in a large, bold, white font. Below the title, there is a white box containing the text 'From tiny seeds to lasting memories – join the family fun!', 'Sunday 5th October 2-4pm', and 'Come together with your family and plant some seeds watch them grow over time'. Below this white box, the text 'Meeting @ Clermont Bungalows entrance (beside phone box)' is written. At the bottom, there is a yellow box with the text 'Call/text Raquel on 07585110855 to take part!'. Below this yellow box is a photograph of a family (a woman, a child, and a man) planting seeds in a garden.

BEAUTIFUL WARRENPOINT
For the bees, for the blooms, for us all 

Family Wildflower seed planting session

From tiny seeds to lasting memories – join the family fun!
Sunday 5th October 2-4pm
Come together with your family
and plant some seeds
watch them grow over time

Meeting @ Clermont Bungalows entrance (beside phone box)

**Call/text Raquel on
07585110855 to take part!**



<https://tinyurl.com/2s3n267w>



DUNGANNON LPG AREA

Feel Good Dungannon

COMMUNITY INFORMATION DAY

Every one welcome to find out what is available locally for all ages in Dungannon!

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

**SATURDAY
27TH SEPTEMBER
2025
HILL OF O'NEILL &
RANFURLY HOUSE
10 AM TO 2 PM**

FREE
Enjoy free
family
activities
on the day.

Logos at the bottom: Northern Ireland Executive, Lifford, CYPSP, Southern Health and Social Care Trust, Promoting Wellbeing Division, T:buc, Housing for all, Housing Executive, choice, apex.



Sinead.Taylor@southerntrust.hscni.net

DUNGANNON LPG AREA



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

Goal Setting Workshop

8th September - 10am to 12pm

Importance of Sleep Workshop

9th September - 10am to 12pm

Mindfulness Workshop

10th September - 10am to 12pm

Understanding Anxiety Workshop

10th September 10am to 12pm

Confidence and Motivation for Seeking Work Workshop

15th September - 10am to 12pm

Confidence and Motivation Workshop

16th September - 10am to 12pm

Self Care Workshop

17th September - 10am to 12pm

Pain Management Workshop

24th September - 10am to 12pm



Jobsearch Skills Workshop

9th September - 10am to 12pm

PowerPoint Workshop

9th September - 10am to 12pm

Excel Workshop

15th September - 10am to 12pm

Basic IT

16th September - 10am to 12pm

Interview Skills Workshop

22nd September - 10am to 12pm

★ Unlocking AI ★

23rd September - 10am to 12pm

Budgeting Workshop

29th September - 10am to 12pm

Accredited Level 2 Award in Food Safety and Hygiene



11th September - 10am to 3pm

Magherafelt

Please bring photographic identification

Level 2 Award Principles of Manual Handling

Handling



10th September - 10am to 2-30pm

Magherafelt

Please bring photographic identification



Funded by
UK Government

**network
personnel**
Together Towards Employment



PLEASE REFER TO ATTACHED SCHEDULE FOR MORE INFORMATION, ELIGIBILITY CRITERIA APPLIES



referral@networkpersonnel.org

DUNGANNON LPG AREA

1-1 Wellbeing Sessions



9th September - 2-3pm, 3-4pm

M'Felt

10th September - 2-3pm, 3-4pm

Online

23rd September - 2-3pm, 3-4pm

M'Felt

24th September - 2-3pm, 3-4pm

Online

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

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

GROW YOUR IT SKILLS



Boost your employability & digital confidence with these 'taster' workshops!

22nd, 23rd, 24th, 29th, 30th September & 1st October

10:30am - 12:30pm

Cookstown Library

- ✓ Basic IT – Get to know PCs, laptops, tablets, software, antivirus & more
- ✓ Microsoft Excel – Learn the basics of spreadsheets
- ✓ Microsoft PowerPoint – Create clear and engaging presentations
- ✓ Artificial Intelligence – Understand AI and its everyday uses
- ✓ Digital Safeguarding – Stay safe and secure online
- ✓ Finale – What Next? – Continue your IT learning journey

Choose the workshops that suit you or complete the full programme!



Call us today: 028 7963 1032

Email: referral@networkpersonnel.org.uk

Eligibility criteria applies



Funded by
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This project is funded by the UK Government through the UK Prosperity Fund.

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PLEASE REFER TO ATTACHED SCHEDULE FOR MORE INFORMATION, ELIGIBILITY CRITERIA APPLIES



referral@networkpersonnel.org



VOLUNTEER NOW
Volunteers change lives

Need a helping hand with **Volunteers** or **Volunteer Management** in the **Armagh** or **Dungannon** areas?

WE CAN HELP!

- ✓ Volunteer Recruitment & Retention
- ✓ Mini Health Checks on volunteering policy & practice
- ✓ Training to support volunteer wellbeing & management
- ✓ Youth Volunteering, Impact Awards & 'Social CV's'
- ✓ Access NI & Safeguarding issues
- ✓ Volunteer Development & Recognition Events

For more information contact your local Volunteer Now team:

Raquel Rodrigues Keenan
Volunteering Development Officer
✉ raquel.rodrigues.keenan@volunteernow.co.uk
☎ 07585 110855

Jamie Greer
Volunteering Support Officer
✉ jamie.greer@volunteernow.co.uk
☎ 07850 851824

www.volunteernow.co.uk



Are you VOLUNTEER FRIENDLY?

Volunteer Friendly Award

Gain Volunteer Friendly accreditation for your good practice in volunteer management with the support of Volunteer Now. Based on the Investing in Volunteers Standard, Volunteer Friendly provides volunteer involving organisations with an income of less than £200,000 with the opportunity to gain accreditation for good practice.

You don't have to be constituted and we can support you to meet any gaps in practice!

"Achieving Volunteer Friendly has given us great pride in our organisation."
The Kindness Postbox

Contact the Volunteering Support Officer for your area:

Armagh / Dungannon

Jamie Greer 07850 851824
info@volunteernow.co.uk













Raquel Rodrigues Keenan 07585 110855

VOLUNTEER NOW
Promoting - Building - Advancing

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



raquel.rodrigues.keenan@volunteernow.co.uk / jamie.greer@volunteernow.co.uk

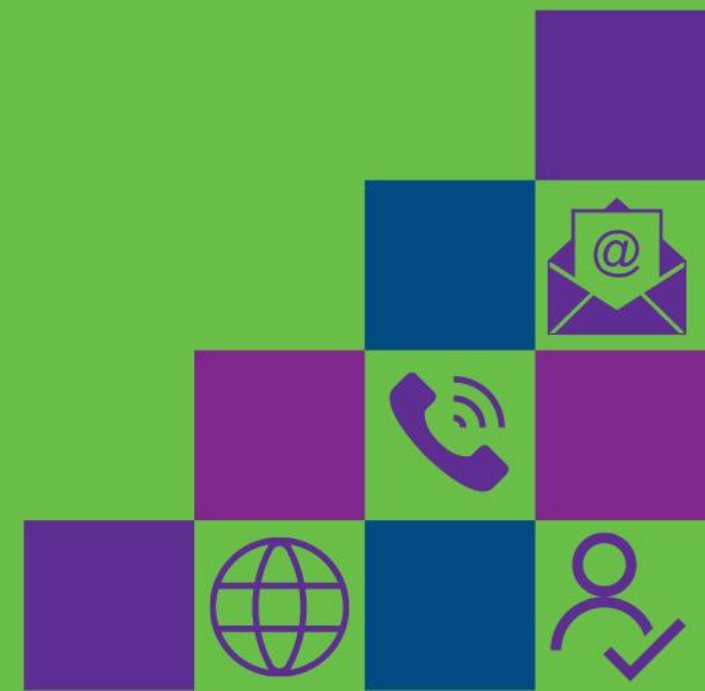
SUBMISSION		GUIDELINES
<ul style="list-style-type: none"> ✓ Submit the information in the format you would like it to be included. We can't transform a word-heavy document into a flyer. ✓ Less words, bigger pictures! ✓ We do not advertise or endorse those events or programmes which are privately funded as a business. ✓ Information will usually be included for x1 edition, unless otherwise requested. 	           	<ul style="list-style-type: none"> ✓ '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 154](#)
4th September 2025

[Issue 153](#)
14th August 2025



UPCOMING 2024 LPG MEETINGS

Dungannon	Tues. 7 th Oct
Newry & Mourne	Wed. 15 th Oct
Armagh	Thurs. 6 th Nov
Craigavon	Tues. 11 th Nov
South Armagh	Tues. 18 th Nov
Banbridge	Wed. 26 th Nov

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) or Darren Curtis (07725232566)
CYPSP, 2nd Floor, Health & Social Care Board, Tower Hill, Armagh. BT61 9DR



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



JUN ISSUE 151 Publication: 26th | Deadline: 24th

JUL ISSUE 152 Publication: 17th | Deadline: 15th

AUG ISSUE 153 Publication: 14th | Deadline: 12th

SEP ISSUE 154 Publication: 4th | Deadline: 2nd
ISSUE 155 Publication: 25th | Deadline: 23rd

OCT ISSUE 156 Publication: 16th | Deadline: 14th

NOV ISSUE 157 Publication: 6th | Deadline: 4th
ISSUE 158 Publication: 27th | Deadline: 25th

DEC ISSUE 159 Publication: 18th | Deadline: 16th



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



Advertise in our upcoming issue!

**Circulation Date:
16th October 2025**

**Copy Deadline:
14th October 2025**



localityplanning@ci-ni.org.uk