

SOUTHERN AREA LOCALITY PLANNING GROUPS



ISSUE 158
27th November 2025



WELCOME

Welcome to Issue 158 of our fortnightly newsletter, 'FYI' (For Your Information).

In our penultimate 'FYI' of 2025 we have pulled together a massive amount of information and opportunities for children, young people, parents and practitioners. Please share with all relevant contacts.

The [next page](#) sees our Annual Survey to agree on the formats of our Locality Planning Group meetings for next year. If you attend, or intend to do so, please take 5 minutes to give us your thoughts on how the meetings should be run - Your feedback is always appreciated. In our next edition, we will have all dates and formats of our 6 LPG meetings for 2026.

Keep sending your information - It's always important to let us all know what's happening in the Southern Area.

Locality Development Team, Southern Area

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CALLING ALL SOUTHERN AREA LPG MEMBERS

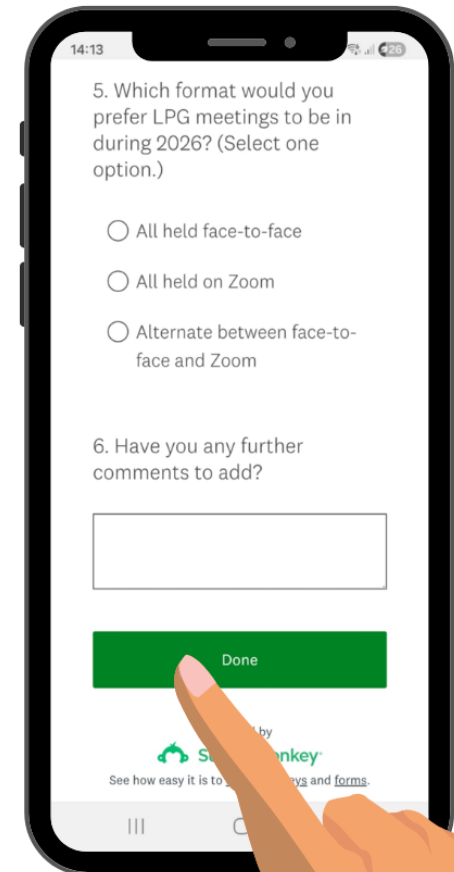
Do you attend any of the following Locality Planning Groups?

Armagh
Banbridge
Craigavon
Dungannon
Newry & Mourne
South Armagh

We are finalising dates for all of these meetings in 2026, along with preferred format
Current format sees almost all of our LPGs alternate between online and in-person,
however this format is always reviewed annually

To have your say in how you would like to see your LPG meet next year,
complete the survey [HERE](#)

Closing date for responses: **Friday 12th December at 4pm**





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**




December / January

Open to those in community/voluntary sector

Thursday 4 December	Professional Boundaries 9:30am - 12:30pm, Online
Tuesday 9 December	Good Practice in Recording and Reporting 9:30am - 12:30pm, Online
Wednesday 10 December	Designated Officer 9:30am - 12:30pm, Online
Tuesday 6 January	Child Protection Practice 9:30am - 12:30pm, Online
Tuesday 13 January	Designated Officer 9:30am - 12:30pm, Online
Tuesday-Wednesday 20-21 January	Supervision for Supervisors 10:00am - 4:00pm, CiNI



www.ci-ni.org.uk/training




December / January / February

Paid courses

Wednesday 3 December	Trauma and the Helping Professional 10:00am - 4:30pm, In-person
Monday 8 December	Understanding ADHD: A Strengths-based Neuroaffirming Approach 10:00am - 1:00pm, Online
Thursday 11 December	Understanding Autism 10:00am - 4:00pm, In person
Thursday-Friday 5-6 February	Baby Massage Instructor Training 10:00am - 4:00pm, In person

[Book CiNI Training](#)



www.ci-ni.org.uk/training

Children's Law Centre

HYBRID TRAINING

ADVOCATING ON BEHALF OF CHILDREN IN NEED

[FIND OUT MORE](#)










childrenslawcentre.org.uk/training



Children's Law Centre

HYBRID TRAINING

ADVOCATING ON BEHALF OF CHILDREN IN NEED

[FIND OUT MORE](#)



DATE: TUESDAY 2 DECEMBER
 TIME: 1:30 PM - 4:30 PM
 CPD HOURS: 3 HOURS (GROUP STUDY)
 FORMAT: ONLINE



[FIND OUT MORE](#)

"The law must remain an unwavering guardian for our children. They rely on adults and the systems we create – including the legal system – to safeguard their rights and well-being." — Lady Chief Justice of Northern Ireland, 2025.

This specialist training provides practical guidance on advocating for children and their carers facing vulnerability and hardship. Participants will gain a clear understanding of the legal framework governing children's rights, statutory duties, and best practice in representing their interests including a review of current case law and an exploration of the Children's Services Co-operation Act which mandates inter-agency collaboration. Designed for legal professionals, social workers, child advocates and anyone who works with or represents children and young people, this event offers actionable knowledge to strengthen your role.

The Children's Law Centre stands as a beacon of advocacy, legal expertise, and unwavering commitment to the rights of children in Northern Ireland,' Lady Chief Justice of Northern Ireland, 2025.

Delivered by:

- Eammon McNally, Senior Solicitor, CLC.
- Kathryn Stevenson, Head of Legal, CLC
- Claran White, BL

If you are unable to book online and wish to raise an invoice or pay by another method, please contact paulhamilton@childrenslawcentre.org

This course carries CPD points for solicitors and barristers.

Get discounted training by becoming a CLC member at: www.childrenslawcentre.org.uk/membership

10% DISCOUNT WHEN BOOKING THE 3 COURSE CPD PACKAGE

GET MORE FOR LESS
BECOME A MEMBER OF CLC



<https://www.tickettailor.com/events/childrenslawcentre/1856267>



SOUTHERN TRUST AREA

TRAINING

action
mental
health

Supporting positive mental health &
wellbeing in our Schools and Community

Funded Training Places Available in SHSCT: Applied Suicide Intervention Skills Training

Dates: Tuesday 2nd & Wednesday 3rd December 2025

Times: 9:30 am – 4:30 pm (registration from 9:15am each day)

Venue: Clan Na Gael, Francis Street, Lurgan, BT66 6DN

Course Fee: This course is fully funded through SHSCT Protect Life Strategy Fund, there is no cost to participants, however we do ask that you ensure you can attend both dates before applying, as places are limited.



Should I come to ASIST Training?

ASIST is a two-day intensive workshop aimed at preventing the immediate risk of suicide. the programme teaches Suicide First Aid skills to anyone who may come into contact with a person at risk. Most people thinking about suicide don't want to die, but they need help deciding to stay alive. You don't need any prior training to attend ASIST just a willingness to make a difference. We do not recommend the course if you have been bereaved by suicide in the past 12 months.

Who is ASIST for and what should I expect from the two day workshop?

ASIST is for caregivers who want to feel more comfortable, confident and competent in helping to prevent the immediate risk of suicide. Over one million caregivers have participated in this two-day, highly interactive, practical, practice-oriented workshop.

Attendance at both full days is required to be signed off as complete and achieve your certificate. Enjoy small group discussions and skills practice that are based upon adult learning principles. Experience powerful videos on suicide intervention. Feel challenged and safe.

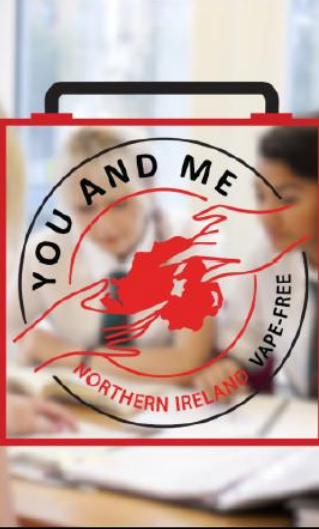
**Please contact wellbeing@amh.org.uk for
further information and/or to reserve a place.**



wellbeing@amh.org.uk



wellbeing@amh.org.uk

NI CHEST HEART AND STROKE 'YOU, ME AND NI VAPE FREE' TRAINING	
An in depth training session concerning vape use, how to talk to young people about it and accessing free resources from NI Vape Free OVERVIEW: • Learn how to communicate with young people regarding vape use • Learn vape marketing techniques • Access the N.I. Vape free resource 09.12.25 10-11:30 AM ONLINE	
MORE INFORMATION AT: HTTPS://NICHS.ORG.UK/PREVENTION-SERVICES/SCHOOLS-AND-COMMUNITIES/SCHOOLS/YA MNIVF	



www.eventbrite.com/-ni-vape-free



Understanding Self-Harm

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

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

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

In this workshop we will:

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

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

Eligibility & Booking Information:

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

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




j.groves@inspirewellbeing.org

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

Autism Awareness Training for practitioners

Tuesday 27th Jan 2026
2-4.30pm Online

Closing Date
Tuesday 13th Jan 2026



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/zC3t0ZyiYy>



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

LEADING WITH A TRAUMA INFORMED LENS

A leadership development programme designed for leaders who want to deepen their understanding of trauma-informed principles and their impact on organisational culture

This fully funded programme supports leaders to build practical skills, reflect on their experiences, and connect with others

Participants will :

- ✓ Understand trauma-informed leadership and know how its principles influence organisational culture
- ✓ Recognise signs of organisational trauma and its effects on individuals and teams
- ✓ Understand how psychological safety can create safe team environments
- ✓ Reflect on their leadership journey to promote self awareness and regulation of self and others
- ✓ Leave with practical tools, strategies, and a clear action plan for implementation

In Person Dates & Locations

- 22nd Jan 2026 – Lisburn 9:30am 4:00pm
- 26th March 2026 – Omagh 9:30am 4:00pm
- 4th June 2026 – Antrim 9:30am–4:00pm

Online Reflective Learning Sessions

- 2hr session February
- 2hr session May

For cross sector middle to senior managers committed to embedding trauma-informed leadership in their organisation

To register your interest please [Click here](#)







FREE online specialist gaming and gambling harm workshops

Ygam are offering a fully funded CPD workshop delivered through the Young People's Gambling Harm Prevention Programme. This workshop is aimed at professionals who work with children or young people.

On completion you will receive a CPD Certificate and Digital Credential, and have access to over 1000 resources, including 1:1 and small group work activities which you can download and use in your setting.

Go online to book your FREE place, or email us at training@ygam.org

For more about our work, visit www.ygam.org

What are the similarities between gaming and gambling?

What is a Loot Box?

Could you spot the signs of harm?

Topics covered:

- Gaming and gambling harm
- Advertising
- Mental health and wellbeing
- Blurred lines between gaming and gambling
- How to spot the signs of harm
- Where to get help and support






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



training@ygam.org

PROPOSED CHANGES TO THE ASYLUM SYSTEM - WHAT WE KNOW SO FAR

FREE INFORMATION SESSION FOR REFUGEES AND ASYLUM SEEKERS IN NORTHERN IRELAND

On Monday 17 November, the Home Secretary announced proposals to change the asylum and protection system in the UK.

There is a lot of concern about the proposed changes.

Join Law Centre NI to hear about what we know so far, when these changes might come into force, and how they could impact different groups in Northern Ireland.

This session is for people in the asylum and refugee system.

**TUESDAY 2 DEC, 12PM-1PM, ONLINE, FREE
REGISTER: BIT.LY/4O9OKNA**

WE CANNOT GIVE INDIVIDUAL ADVICE AT THIS SESSION



ENGLISH



<http://bit.ly/4o9oKnA>

التغييرات المقترحة على نظام اللجوء وماهي المعلومات التي نعرفها في الوقت الحالي

ورشة عمل مجانية لتقديم المعلومات للاجئين وطالبي اللجوء في أيرلندا الشمالية

يوم 17 نوفمبر، وزيرة الداخلية أعلنت مقترحات لتغييرات في نظام اللجوء بالمملكة المتحدة.

هناك الكثير من القلق بشأن التغييرات المقترحة

شارك المركز القانوني في أيرلندا الشمالية لتسمع عن ما لدينا من معلومات حتى الان، متى هذه التغييرات قد تنفذ، وكيف قد تؤثر على المجموعات المختلفة في أيرلندا الشمالية.

هذه الورشة ستكون مخصصة للأشخاص الذين في نظام طلب اللجوء واللجوء.

يوم الأربعاء 3 ديسمبر، الساعة 11 صباحا للساعة 12 صباحا اونلاين

سجل هنا : BIT.LY/3XEHP4Y

لا يمكننا تقديم نصائح او استشارات شخصية خلال هذه الورشة



باللغة العربية



<http://bit.ly/3XEhp4y>



Hear me, See me, Know me

A workshop for parents of children who are being assessed or are diagnosed as autistic—delivered by Elaine McGreevy— Speech & Language Therapist

- Support communication preferences
- Understand sensory experiences & attention
- Communicate with a child/young person in distress

When: Wednesday 3rd December

Time: 7-8.30pm, on Zoom

To book a place call
free 0808 8020 400



0808 8020 400



Surviving the Season: Fussy Eating & Autism Made Easier

Join our session on fussy eating and autism, led by Dr Kirsty Porter a Children's Dietitian from Nutrition4kidsNI.

Discover practical strategies to help master fussy eating including mealtime challenges, sensory eating and food acceptance tips.

When: Wednesday 10th December

Time: 7-8.30pm, on Zoom

To book a place call free
0808 8020 400



0808 8020 400

Dementia Information Programme

Promoting good dementia care



Free virtual programme for carers, family and friends of people living with dementia or anyone who has questions about dementia

In partnership with Newry and Mourne Memory Services.
Four consecutive Thursdays from 7 – 9pm on Zoom.

20 November	The role of occupational therapy and dementia. Information, guidance and signposting – Dementia Navigator
27 November	Behaviours that may challenge – Memory Services Nurse, Sunshine Café
4 December	Controllership/enduring power of attorney – Office of Care and Protection Accessing benefits – community Advice NM&D
11 December	Alzheimer's Society Services – Dementia Adviser Carers First (Clanrye Group) Herbert Protocol and ICE cards – PSNI

For more information, please contact: –
Pauline Murphy, Dementia Adviser on 07725 215610 or email southern@alzheimers.org.uk for Zoom link



Registered charity no. 296645. Alzheimer's Society operates in England, Wales and Northern Ireland.



southern@alzheimers.org.uk

right support right time



WELLBEING SUPPORT THAT WORKS FOR YOU

FREE MENTAL HEALTH & WELLBEING GROUP SESSIONS

Sometimes it helps to know you're not alone. Our group support sessions give people the chance to come together, share experiences, and learn helpful skills in a safe and supportive space.

Sessions cover a range of topics that people have told us would make a real difference to their wellbeing, such as:

- Managing anxiety
- Coping with grief and loss
- Building healthier relationships
- Improving sleep
- Understanding mental health and addiction
- Managing conflict or life changes

New topics will be added over time, based on what people need most.

WHO ARE THE SESSIONS FOR?

The service is open to anyone aged 16 years and over, living in Northern Ireland and the border counties of Ireland, as well as families. We're especially focused on supporting people who are most likely to experience poor mental health and least likely to access support, including:

- People living in areas of deprivation.
- People with intellectual and/or physical disabilities, that is affecting their mental health.
- People experiencing homelessness.
- Newcomer families and people seeking international protection.

ENQUIRIES

Jenny Groves, Training Co-ordinator,
j.groves@inspirewellbeing.org / 07834 181302



j.groves@inspirewellbeing.org



Expression of Interest

Thriving Mind Self-Compassion Workshop

Would you, your community group or workplace benefit from a FREE wellbeing boost?

What the session offers:

- Increased understanding of how self-compassion supports mental wellbeing
- Learn practical strategies and exercises to treat yourself with more kindness
- Improved awareness of local and online sources of support

Session Details

- Duration: 3 hours
- Format: Face-to-face or online
- Available within the **Southern and South Eastern** Health & Social Care Trust areas
- Workshops must take place between **1st November 2025 - 28th February 2026**

To book a session:

✉ training@ascert.biz



developing healthy communities



Clear



HSC Public Health Agency
Project supported by the PHA



training@ascert.biz



CPD Certified

Expression of Interest

Thriving Mind Bend Don't Break Workshop

Are you a professional supporting others through challenging situations?

What the session offers:

- Describes how stress can affect us
- Explores the concept of resilience
- Learn and practice skills such as "Catch It, Pause It, Challenge It, Change It"
- Identify additional resources and sources of support

Session Details

- Duration: 3 hours
- Format: Face-to-face or online
- Available within the **Southern and South Eastern** Health & Social Care Trust areas
- Workshops must take place between **1st November 2025 - 28th February 2026**

To book a session: ✉ training@ascert.biz



developing healthy communities



Clear



HSC Public Health Agency
Project supported by the PHA



training@ascert.biz



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



Recovery and
Wellness College



Southern Trust Recovery College
Wellbeing education for everyone

Upcoming Courses

To register your interest in any courses, please get in touch using the contact details below:

Tel: 02837561938

Email: Recovery.college@southerntrust.hscni.net

Alternatively, you can use the below link to register your interest:

[Recovery College Register Form | Southern Health & Social Care Trust \(hscni.net\)](#)

To access our Free Online Recovery College Courses, which are available 24 hours a day,
register [HERE](#)

HOMELESS AWARENESS WEEK
2025 - NETWORKING EVENT

SEE THE PERSON

📍 The Junction,
Beechvalley Way,
Dungannon

 17 1st December 2025

 10:00 AM – 1:00 PM

 Light refreshments
provided



DEPAUL
Homelessness has no place

Bcm

step

 **T:buc**
changing lives together

 **Housing
for all**

 **Housing
Executive**

apex

choice
Together we enrich lives



joanne.dougan@stepni.org




AUTISM SERVICES

Parent / Carer Open Night Event

Wednesday 3rd December 2025 @ 4 - 6pm

We are inviting parents and carers to our December **'open night'** we want to support our regular monthly online information sessions with the opportunity to chat directly with staff and access resources on the night.



www.facebook.com/SouthernHSCT/posts



Don't miss out!

There's just a few days left to sign up for the **Daily Mile Santa Run** on **Friday 5th December 2025**

Registration closes **Thursday 4th December** at 4pm, so join the fun and get your pupils moving with a festive Daily Mile
Walk, toddle, wheel or run... it all counts!

Register [HERE](#)



Join us for a free, practical workshop exploring how co-operatives, businesses owned and run by their members, can offer real solutions to local challenges and be inspired how other communities on this island have addressed common challenges

Venue: Newry& Mourne Enterprise Agency, WIN Business Park, Newry BT35 6PH

Date: Wednesday 3rd December

Time: 11.00 to 1.00 (including lunch) Registration Link [HERE](#)

We will explore Real-life co-op examples from across Northern Ireland and beyond that create fair employment and local economic resilience

The founder member of the Belfast Cleaning Co-op, a very well-established worker co-op, will be co-facilitating the workshop

- Co-ops in childcare and eldercare: designed by and for local people
- Energy co-ops: from home insulation to local solar generation

Cruse Bereavement Support



Understanding Grief Through the Pandemic

 Tue 9 Dec 2025 9:00 AM - 11:00 AM

 Long Gallery, Stormont Building, BT4 3SH

There were over 4,036 Covid-19 related deaths in Northern Ireland during the Covid-19 pandemic up to December 2021. Behind each statistic there is a person who is loved and missed. During the pandemic many families, including those whose loved ones died of other causes, were unable to be with them when they died and were not able to give them the funeral or wake which they would have wanted. Join Memory Stones of Love and Cruse Bereavement Support as we discuss bereavement during the pandemic, how this continues to impact families, what is needed in the future, including support, and how we remember those who died. This event is being sponsored by John Blair, Alliance MLA.

[Register here](#)

SHARE THIS EVENT



NEED HELP?

[Manage tickets](#)



<https://www.tickettailor.com/events/crusenationalservices/1915159>

Mind
wise

Children's Mental Health Week

BUILDING BLOCKS FOR A STRONGER FOUNDATION

- Introductory LEGO-Based Therapy training
- Advanced LEGO-Based Therapy training
- An evening of connection, research, and real-world experience in early intervention and prevention, featuring keynote speakers including Dr. Daniel Legoff, creator of LEGO-Based Therapy, Dr. Mary Lavelle, School of Psychology, Queen's University Belfast, and many more.

9-13TH FEBRUARY 2026









**QUEEN'S
UNIVERSITY
BELFAST**



**Ulster
University**



Agnew



**AJ TOYS &
BOOKS**



**BEYOND
BRICKS**

Building Blocks for Strong Foundations.




<https://register.enthuse.com/ps/event/MindWise>



**Webinar
taking place
TOMORROW!**



The Implications of Covid-19 Restrictions for Children and Young People – A rapid review of evidence relevant to Northern Ireland

Details

The Public Health Agency has published a new comprehensive evidence review, delivered by the National Children's Bureau, exploring the wide-ranging implications of Covid-19 restrictions for children and young people in Northern Ireland. The review synthesises evidence from over 100 systematic reviews and 220 primary studies, and highlights key themes including:

Mental health and wellbeing

Education, learning and development

Relationships, loneliness and social isolation

Physical health, activities and sleep

Financial, wider family impacts and safeguarding

Impacts on specific groups, including disabled children, young carers, and those facing socio-economic disadvantage

A supplementary Process Report is also available, detailing the methodology used and offering recommendations for future evidence synthesis in emergency contexts.

To support multiagency dissemination and learning, we invite you to a lunchtime webinar where key findings will be presented, followed by a Q&A session.

[Register](#)

Fri, 28 Nov

12:30 - 13:30 GMT

Online



<https://events.teams.microsoft.com/event>

The Public Health Agency are asking for your support to amplify the **‘Talking Really Helps’** suicide prevention mass media campaign, which will run from November 2025 to March 2026

You can support the campaign, and raise awareness of Lifeline by using and sharing the digital resources across your organisation’s social media platforms, AND by ordering FREE resource pack(s) containing campaign promotional items for distribution to your service users

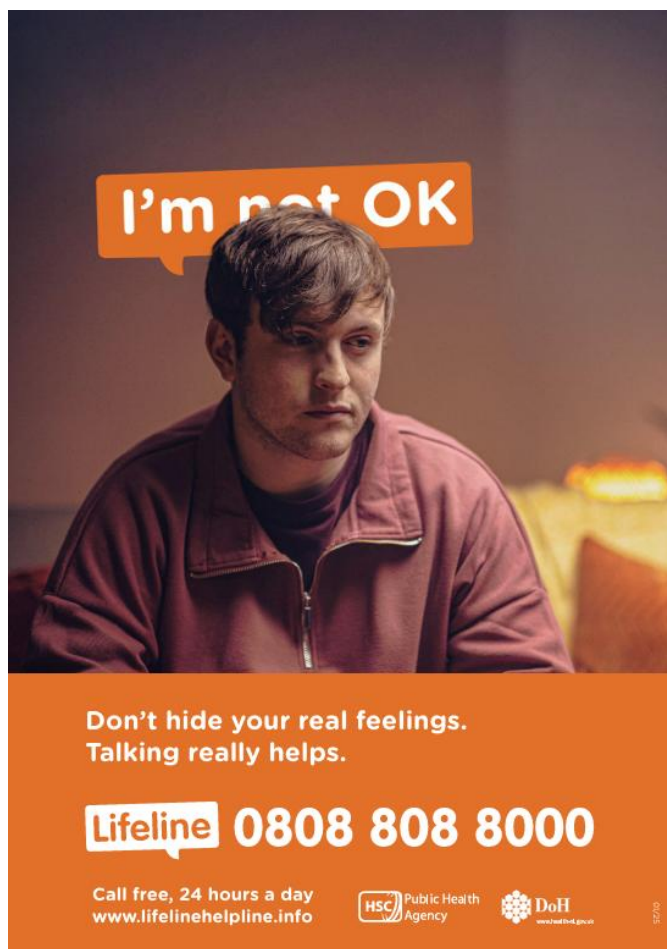
Digital resources are available [HERE](#)

Complete the form [HERE](#) to order resource pack(s)

Please note that the deadline for ordering resource packs is 5pm on Friday 5th December

Following the conclusion of the campaign, we will also share a short feedback form
Your insights will help us evaluate the campaign’s impact and inform future campaign development

If you have any questions about ordering campaign resource packs, contact
Richard.Bucklee@hscni.net





For Dads to be
A 6-week online program to support you get ready for the birth of your baby
Starting Monday 19th January 2026

7pm - 8.30pm

For further information please contact:
 Jacqueline Masterson, Promoting Wellbeing Team,
[Southern Health & Social Care Trust](#)
 02837564489 / 07867208352
mellow.parenting@southerntrust.hscni.net



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

Starting Monday 26th January 2026

10.30am -12.30pm

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



mellow.parenting@southerntrust.hscni.net



Build children's social competence, self-confidence and emotion regulation skills.

Help parents to respond to behavioural difficulties.

Support strong parent-child relationships.

invest in play®

Building Stronger Relationships For The Whole Family

A 12-week programme for parents/carers of children aged 5-12 years

Start Date: Wednesday 21st January 2026

Time: 10am-12pm

Location: PWB Training Room, Main Building, St Lukes, Armagh BT61 7NQ

For more information please contact:
Maria Killen, Parenting Partnership
Phone: 07880 474747
Email: parenting.partnership@southerntrust.hscni.net



Click or scan here for the Referral Form

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

 invest in play



parentingpartnership@southerntrust.hscni.net



 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: 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:  Southern Health and Social Care Trust



gemma@bolstercommunity.org



Parents & Carers

Are you parenting an adolescent with an Autism diagnosis and living in the Southern Trust Area?

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

Support your child to:

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

As a parent, learn how to:

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

Dates/Times: Thurs 19th Feb 2026 x 7 weeks / 6pm-8.30pm
Location: Online

Priority will be given to families known to the Southern Trust Autism and Disability Services. However referrals will be considered from all families living in the Trust who meet the criteria

For more information/ please contact:

Claire Convery Clanrye 07483 059876 claire.convery@clanryegroup.com

Application form link: <https://forms.office.com/e/9Me89iNnsa>

Closing date for completed applications Friday 30th January 2026



claire.convery@clanryegroup.com



A Solihull Approach Course for Foster Carers

Understanding your foster child's behaviour-Spring 2026

- Are you interested to know more about your foster child's development and how their behaviour might be influenced by their previous experiences?
- Would you like to develop your strategies further to support your foster child's development?

We are offering a programme in the New Year (details below) for Southern Trust Foster Carers of children from birth- 5 years and would love you to get in touch if this applies to you.

The programme will explore:

❖ Emotional & developmental needs	❖ Parenting styles	❖ Communication/Play
❖ Brain development/Dan Siegel/Bruce Perry.	❖ Behaviour challenges/	❖ Sleep
	❖ Behaviour for Learning	

Programme details.
The course will run weekly on Wednesdays from 25 02 2026 -13 05 2026 (ex Easter Tues)
Time/Location: 7-9pm. Sessions 1 and 12-Promoting Wellbeing Training Room, St Lukes Building Armagh. Remaining 10 sessions online

Commitment: It is important to commit to attending all 12 sessions unless unforeseen circumstances should arise.

What previous attendees said

Understanding my foster child's brain/emotional development helped me tune into her differently and acknowledge her emotions. It has improved our relationship.

Learning how the brain develops and changes within nurturing, predictable relationship with parent/ carers has given me confidence. (Foster Carer)

Previous evaluations have shown that carers found this course very helpful. They reported feeling less anxious and have noted improvements in their foster children's behaviour.

How to apply

- If you would like to speak to one of the course facilitators before applying, you can contact Lisa Leneghan on 07841970432.
- To apply please send an email mentioning "Solihull Course" to both persons listed below:
- mark.watt@southerntrust.hscni.net
- jude.muldoon@southerntrust.hscni.net



jude.muldoon@southerntrust.hscni.net /
mark.watt@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](#)



SOUTHERN TRUST AREA

PARENT FORUMS

Invitation to Share Your Story Help Us Improve Support for Bereaved Parents

Have you experienced the sudden and unexpected death of an infant or child? The **Public Health Agency** is inviting bereaved parents and families to share their stories in a safe and compassionate environment. Your voice can make a difference.

By sharing your experience, you can help us understand the challenges families may face and shape future support services for others going through similar difficult days



Who we're reaching out to:

Any parent or family who have experienced the death of an infant or child (up to 18 years) due to a sudden or unexpected circumstances.



Why your story matters:

Your insight can help inform and guide how the PHA on:

- Work with other agencies (such as ambulance service, Emergency Departments, Police)
- Bereavement care and community support for grieving families.



How to take part:

- Participation is completely voluntary and handled with the utmost respect and confidentiality.
- You can share your experience through a one-on-one conversation, a written submission, or in a small, guided discussion group.
- All records will be anonymous and you can withdraw from the work at any stage without explanation

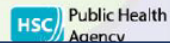
We recognise this may be a very difficult experience to share – to learn more or express interest in sharing your experience contact:

Linda Craig (Regional Lead for Experience and Involvement)

✉ Email: linda.craig3@hscni.net

☎ Call/Text: 07803133421

Together, we can build a more compassionate response for families in need.
Thank you for considering sharing your voice.



Linda.Craig3@hscni.net

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

OUR Generation: Spaces to Be

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

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

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

Programme overview:

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

Play sessions themes:

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



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

GET IN TOUCH: OurGeneration@playboard.co.uk 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. NI30225, charity no. XF86639.



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!

CREATIVITY

LEADERSHIP

ENTREPRENEURSHIP

SKILLS

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



www.playboard.org/resources/our-generation



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

The poster is for a consultation by the Department of Education. It features a purple header with the word 'REMINDER' in white. Below this, the text 'CONSULTATION' is written in large, bold, dark blue letters. The main title of the consultation is 'ON THE ESTABLISHMENT OF A NEW ORGANISATION TO SUPPORT CONTROLLED SCHOOLS', also in bold, dark blue letters. On the left side, there is a smaller version of the Department of Education logo and a photograph of a young girl in a school uniform sitting at a desk with a yellow banana and a pink container. The bottom of the poster features the full Department of Education logo and name.

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

THE ESTABLISHMENT OF A NEW
ORGANISATION TO SUPPORT
CONTROLLED SCHOOLS
Consultation

REMINDER

CONSULTATION

**ON THE ESTABLISHMENT
OF A NEW
ORGANISATION TO
SUPPORT CONTROLLED
SCHOOLS**

Department of
Education



www.education-ni.gov.uk/consultations

Children
in Northern
Ireland

Parents have your say

Survey of parents / guardians
of children with and without a disability

Children in Northern Ireland is running a survey to understand the needs of children across NI, particularly those with disabilities.

The findings will help us speak up for children across Northern Ireland and push for improvements.



Scan the QR code to
complete the survey.

Children in Northern Ireland are conducting this survey to better understand the needs of children in Northern Ireland, particularly those with disabilities

CiNI want to use the results from this survey to allow them to press government on public service improvements (health, education, leisure services etc.) for children, and particularly children with a disability

CiNI want to know about your experience of trying to get services for your children, including the challenges and difficulties as well as your views on what needs to change - They will then take this information to government and highlight where the problems are and encourage them to make changes to better meet the service needs of your children

Your views are invaluable and CiNI hope you take the time to complete the survey [HERE](#)



Ending Violence Against Women and Girls Involves Men and Boys Too

JOIN THE CONVERSATION

Do you work with young men in Northern Ireland?

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



WHAT'S THIS ABOUT?

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

WHAT'S INVOLVED?

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

Share **your views** on:

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

WHO CAN PARTICIPATE?

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



WHY TAKE PART?

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

WANT TO KNOW MORE?

E-mail: Dr Aoibheann Brennan-Wilson

a.brennan-wilson@qub.ac.uk



a.brennan-wilson@qub.ac.uk



QUEEN'S
UNIVERSITY
BELFAST

Share your views:
**HOW DO BOYS & YOUNG MEN
REALLY FEEL ABOUT VIOLENCE
AGAINST WOMEN AND GIRLS?**

BOY or YOUNG MAN AGED 16-24?
We want to hear from YOU!
YOUR VOICE MATTERS

Scan to complete a short online survey:



<https://tinyurl.com/QUBmasculinities>

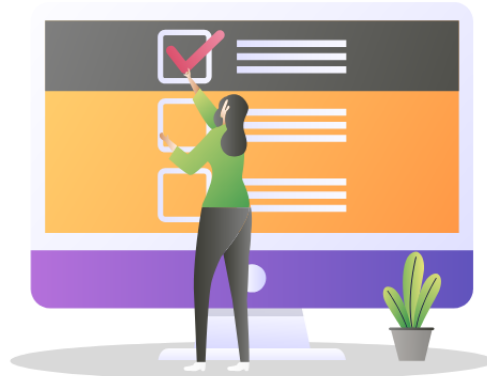
For more information contact: a.brennan-wilson@qub.ac.uk



<https://run.pavlovvia.org/survey>

Northern Ireland Victim Survey

If you've been
the victim of a
crime
**your voice
matters.**



www.cvocni.org/victim-survey

The Commissioner for Victims of Crime Office Survey is now live!

This survey seeks to understand the experiences that victims of crime have had with the criminal justice system in Northern Ireland

The main job of the Victims of Crime Commissioner Office is to tell our government and criminal justice organisations what victims think and what they need to change to make the system better

This will include giving examples of where victims are not treated in the way that is promised by the Victim Charter

To do this, they need to hear from victims of crime

If you have been the victim of a crime since 2020 or reported a historical crime since 2020 and you did not complete last year's survey, you are eligible to complete this years

The survey runs until **22 December 2025** and if you have any questions, you can contact office@cvocni.org

If you are interested, you can complete the survey here:

www.cvocni.org/victim-survey



www.publichealth.hscni.net/files/2025

THE BORING FUND

is now open...



What is The Boring Fund?

The Boring Fund helps UK based small charities, CICs and voluntary groups cover a bit of the boring costs that keep them running.

It's partly a funding experiment, partly making a point about the state of the stupid funding system.

The Boring Fund keeps things easy with the simplest application process, £200 grants, and no reporting.

Who can apply?

Organisations that:

- are not-for-profit (e.g charities, CICs, community groups)
- are based in, and primarily delivering work in, the UK
- have a UK bank account in the name of the organisation
- are small, without loads of resources and core funding
- align with our values of social justice

(Please read the full guidelines before applying)

What can you apply for?

All grants are for £200.

There will be 30+ grants available.

You can use a grant for a couple of different things if one of them costs less than £200, or put the £200 towards the cost of something more expensive.

The grant is to spend the money on something boring and behind-the-scenes, that would otherwise be more difficult to fund e.g. insurance, accountancy, admin time, web hosting, training, office costs etc.

How do I apply?

You can apply using the online form any time in November 2025.

The application is designed to take 5 minutes.

Deadline for applications: midnight on 30 November 2025.



Comment BORING and I'll send you the link x



<https://www.christinapoultoncreative.co.uk/boring-fund>



SOUTHERN TRUST AREA

FUNDING



Funding Support Session Online

By RAISE Team DENI [Follow](#)

Location TBD
Dec 11 from 3pm to 4pm GMT+8

Free
Dec 11 · 3:00 PM GMT+8 [Reserve a spot](#)

Overview

Sharing Key learning from the first call for the RAISE locality led projects and to support organisations for the next call.

 www.eventbrite.com/e/funding-support



Funding Support Session Online

By RAISE Team DENI [Follow](#)

Location TBD
Dec 15 from 10am to 11am GMT+8

Few tickets left

Free
Dec 15 · 10:00 AM GMT+8 [Reserve a spot](#)

Overview

Sharing Key learning from the first call for the RAISE locality led projects and to support organisations for the next call.

 www.eventbrite.com/e/funding-support

Labour Market Partnerships Childminding Academy

Are you interested in becoming a registered Childminder or approved home Childcarer?

This is an exciting opportunity to become a self-employed Childminder or an approved home Childcarer. The academy provides free access to the training, advice and support needed to enhance your qualifications whilst gaining the experience and resources required for a new career.

Why choose a career path in home based Childcare?

- The opportunity to earn a living by caring for other people's children
- The option to stay at home and care for your own children as well as caring for others
- Become self-employed
- Support the development of children up to 12 years of age
- Be eligible to benefit from the Tax Free Childcare scheme

What are the eligibility criteria?

- Must be over the age of 18
- Have the right to work in the UK
- Willing to commit and fully participate in all aspects of the academy



Ready to take the next step?

For more information or to apply, contact our delivery partner NICMA:

Email: enquiries@nicma.org

Tel: 028 9181 1015



* Places are limited and applications may need to be prioritised. Whilst every effort will be taken to accommodate all enquiries, submitting an application does not guarantee a placement on the academy.



enquiries@nicma.org



Application
Deadline
TOMORROW!



JOB VACANCY YOUTH SUPPORT WORKER IN CHARGE (SOUTH DOWN & CENTRE BASED)

**YOUTH SUPPORT
WORKER IN CHAR**
(SOUTH DOWN & CENTRE
BASED)

JOB PURPOSE To identify and deliver a wide range of interventions with young people aged 11-25 years that provide them with the opportunity to become more informed about their health and well-being and assist young people to socialise in an alcohol and drug-free environment offering advice, support and information on a range of health and well-being issues

LOCATION Magnet Young Adult Centre and locations throughout South Down

FOR MORE INFORMATION an job application pack please email shannon.magnetyac@gmail.com or 02830252214

CLOSING DATE 28/11/2025

MUST HAVE A MINIMUM OCN LEVEL 3 YOUTH WORK AND A DRIVING LICENSE WITH ACCESS TO A CAR



shannon.magnetyac@gmail.com

WE ARE HIRING

- Join Our Team -

Open Position:

- Fundraising and Digital & Offline Campaigns Assistant; to create and deliver engaging fundraising and awareness campaigns, both online and within local communities

Send Your CV to:
management@thebraininjuryfoundation.com



management@thebraininjuryfoundation.com



WE ARE HIRING!

JOIN OUR TEAM

- ✓ COMMUNICATIONS MANAGER
- ✓ YOUTH ENGAGEMENT CO-ORDINATOR

Apply before
Monday 1 Dec 2025
at 4.00pm

VOLUNTEER NOW
Promoting · Building · Advocating



www.volunteernow.co.uk/vacancies



We are hiring

Join our team

Youth Worker

Armagh/Newry office base
(with regional reach)



Company Benefits

- Inclusive and Friendly Working Environment
- Attractive annual leave with length of service rewards
- Allocated well-being days at Christmas
- Occupational Family Friendly Policies
- Occupational Sick Pay
- TOIL (Time Off In Lieu)
- Personal Development including in service training
- Investors in People Award (Silver)

Application forms can be requested from
Joanne Quinn-Kane, HR Officer -
joanne@youthaction.org

Closing Date: Wednesday 3rd December 2025 (12 Midday)

Supported by PEACEPLUS,
a programme managed by the Special EU Programmes Body (SEUPB)

YouthAction
NORTHERN IRELAND

Young at heart
80
years
1945 - 2025

PEACEPLUS
Northern Ireland - Ireland

Co-funded by the
European Union
UK Government
Northern Ireland Executive



joanne@youthaction.org



Join LLTCA – Youth Project Co-ordinator

Location: Office base will be Laurencetown
Community Centre, 10A Drumnascamph Road,
Laurencetown, Banbridge, BT63 6DU

Hours: 14 hours

Tenure: until June 2027

Salary: NJC Scale point 14, £29,540 per annum
pro rata

The Project Co-ordinator will have responsibility for the day to day management of the “Our Lives, Our Needs, Our Solutions” youth project maximising the core youth provision in line with LLTCA Management Committee policies.

For an application pack email enquiries@lltca.com

Closing date – Monday 8th December

Interviews will be held on Friday 12th December



enquiries@lltca.com



The King's Trust Newsletter

Northern Ireland, December 2025

🌟 **Start the new year strong. We have a range of new opportunities launching now to help young people begin 2026 with purpose!**

The festive season is almost upon us and we are celebrating another amazing year of successful outcomes for thousands of young people. Thanks to continued support from our fantastic partners, many more young people have taken steps towards meaningful work, education, and entrepreneurship, as well as developing valuable skills and confidence.

This month we're launching a new series of free programmes to help even more 16-30 year olds to build belief, expertise and brighter futures. Our programmes are designed to help young people start the new year with optimism, opportunity and a community that believes in their potential.

Did you know? We reimburse **travel costs** for all our programmes, and can also support with **childcare expenses** (subject to application), so young people can focus on giving their best.



Upcoming courses

- 📅 Get Started with Make Up
- 👤 Get Started with the PSNI
- 📷 Get Started with Photography
- 👩 Get Ready for Careers in Health & Social Care
- 👩 Get Started with Cookery (Derry/Londonderry)
- 💻 Get Ready for Careers in Digital with W5 Life
- 🎵 Get Started with Music
- 👩 Get Started with Brows & Lashes
- 🎧 Get Started with Content Creation
- 💅 Get Started with Nails
- 👩 Get Into IT & Admin with Sectra
- 👩 Get Into Security
- 🛒 Get Into Retail with Marks & Spencer
- 🔍 Explore+
- 🎉 Drop-ins
- 💡 Enterprise



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



SOUTHERN TRUST AREA

EMPLOYABILITY



The **Skills Connect Programme** is led by the NOW Group, and is in Partnership with the Cedar Foundation, Open College Network NI, Ulster University and Dundalk Institute of Technology, and funded by the PEACEPLUS programme

Over the 4-year program we are aiming to deliver 180 training academies in the sectors of: Health and Social Care, Green Economy, Travel and Hospitality and Employability skills

The programme is designed to address critical skills gaps and aims to support individuals with disabilities, neurodiversity, brain injuries or long-term health conditions

Through 12-week training academies and inclusive learning pathways, Skills Connect seeks to empower participants to access higher-level skills and meaningful employment, with participants receiving an OCN qualification

We will liaise with employers in the locality for potential progression routes into employment and further training

Please contact us for more information:
Maria Kelly (Employer Liaison Officer - Skills Connect)
Mobile: 07483 520622

E-mail: maria.kelly@cedar-foundation.org
Find Us Online: [The Cedar Foundation: Linktree](#)

JobStart Scheme

Are you aged 16 – 65 years old, currently claiming a working age benefit and looking to enter or re-enter the workplace?

The new JobStart Scheme provides tailored and flexible paid job opportunities to help you improve your employability skills, with the potential to get a permanent job.

About the new JobStart Scheme

JobStart is run by the Department for Communities and can help you to get a job for six months (or nine months with reduced hours where flexibility is required and has been approved by a Jobs & Benefits office Work Coach). The Scheme offers opportunities with a range of employers, in various sectors across Northern Ireland.

JobStart will help you develop your employment skills so that by the end of your opportunity you may:

- be offered a permanent job by the employer
- have the skills and experience to help you find another job
- progress into further education or training opportunities



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

JOBSTART
CREATING WORK OPPORTUNITIES



Who can take part?

If you are unemployed or economically inactive, between 16 – 65 years old and are currently claiming a working age benefit, you may be able to take part in this JobStart Scheme.

Contact a Work Coach on [0800 001 5782](tel:08000015782) or visit your local Jobs & Benefits office for more information and to check your eligibility for the JobStart Scheme.

The benefits of the JobStart Scheme

By taking part in the JobStart Scheme you'll:

- develop your employment skills and get a six or nine month paid job opportunity
- enhance your CV and future job prospects
- increase your confidence
- learn important work skills such as teamwork, problem solving and communication skills

How much you'll get paid

During the JobStart Scheme you'll receive at least the National Minimum Wage/National Living Wage for up to 25 hours per week. Your employer may choose to offer you additional hours.

Further information

For more information, visit

www.nidirect.gov.uk/JobStart

or speak to a work coach in your local Jobs & Benefits office.

Scan the QR code to view the latest JobStart roles on JobApplyNI.com



Quotes from previous clients

"CMP helped me to take control of my life and I am in a better place now"

"CMP gave me the ability to manage my health condition better"

"CMP helped me consider work options within my limitations"

"I looked forward to the weekly sessions and found staff very supportive"

"CMP helped me re-focus, gain confidence and a new perspective on work"

Contact Details

CONTACT THE CONDITION MANAGEMENT PROGRAMME WITHIN YOUR HEALTH AND SOCIAL CARE TRUST TO FIND OUT MORE;

Belfast H&SCT
028 9615 2688

cmpinfo@belfasttrust.hscni.net

Northern H&SCT
028 2563 5250

conditionmanagement.programme@northerntrust.hscni.net

Western H&SCT
028 7137 6911

condition.management@westerntrust.hscni.net

Southern H&SCT
028 3751 7173

conditionmanagement.programme@southerntrust.hscni.net

South Eastern H&SCT
028 9260 5494

conditionmanagement.programme@setrust.hscni.net

Or visit
www.nidirect.gov.uk/condition-management-programme.htm



Condition Management Programme

IMPROVING HEALTH, WORK AND WELLBEING



What is CMP?

The Condition Management Programme could help you if you have a health condition which affects your ability to work, return to work or to stay in work.

CMP is a voluntary programme facilitated by healthcare professionals, such as Occupational Therapists, Physiotherapists and Mental Health Nurses. Our aim is to help you to manage your health condition to enable you to stay in work, return to work or find employment.

Who is CMP for?

CMP could help you if, as a result of your health you are:

In Work but struggling to stay in work and need support in managing your health

Off Work for up to 12 weeks

On Benefits and not working at present

On other DFC programmes - e.g. Workable (NI) or Access to Work (NI) etc

Participation on CMP is entirely voluntary so it will NOT affect your benefits.

How will CMP help me?

Working together with the CMP healthcare professionals you will:

- Gain a better understanding of your health condition(s)
- Learn new ways of managing your health and wellbeing
- Increase your confidence to cope with health and work
- Improve your ability to stay in work, make a successful return to work, or progress towards work

What does it involve?

Initially a member of the CMP team will contact you by phone to discuss the programme and see if the timing is right for you.

If you both decide that CMP could be useful, then you will work together to agree an individual action plan specific to your health needs.

You may be offered 1:1 sessions in person, by phone or virtually and may also have the opportunity to participate in group workshops. The programme can last up to 12 weeks.

The programme offers advice, education and support on areas such as:

- Dealing with stress and anxiety
- Managing low mood and depression
- Coping with pain and fatigue
- Developing a healthier lifestyle
- Exploring potential options that will help support you to stay in work, return to work or help you find employment

How do I access CMP?

You can contact your local CMP office directly by phone or email.

You can ask to be referred by your Work Coach at the local Jobs and Benefits office.

You can also be referred by your GP or healthcare professional.

Health, Work and Well Being





Are you an organisation working with economically inactive people in your council area?

Would you like to offer your service users or community an alternative pathway into employment?

We are delighted to have been appointed the delivery agents for the **Go Succeed: Get Started In Business Programme** in your area, designed specifically for those who are currently not working or unable to work

For more information about what events are coming up or to register interest for one of your service users click [HERE](#)

To find out if your service users or members of your community are eligible for the Go Succeed: Get Started In Business programme check out our full list of eligible economically inactive groups at [HERE](#)

For more information on the programme, or to discuss collaboration, contact projects@excaliburpress.co.uk, project lead Tina Calder (tina@excaliburpress.co.uk) or call our stakeholder liaison officer Carole King on 07841714056 (carole@excaliburpress.co.uk)

Join the Tesco Winter Food Collection

27 - 29 November



HC Homeless
Connect

IN PARTNERSHIP WITH

FareShare
fighting hunger,
tackling food waste



<https://fareshare.org.uk/foodcollection/>



The **Online Safety Hub** is a central place where young people, parents, carers and professionals can find practical advice and support about child safety online, all in one easy-to-use site

Updated regularly with resources from trusted organisations as part of the Northern Ireland Executive's [Online Safety Strategy](#), the Hub now includes video tours for [adults](#) and [young people](#) to guide you through its features

The Hub is designed for sharing - use the resources, spread the word, and help us grow by contributing your organisation's content using the details below:

[Visit The Hub](#)

[Read the Hub Highlights Newsletter](#)

[Promote The Hub](#)

[Submit Content](#)



[Click on the video thumbnail above](#), to watch the showcasing video created by young people from Cookstown Youth Centre, aimed at raising awareness around the issue of **Sextortion**

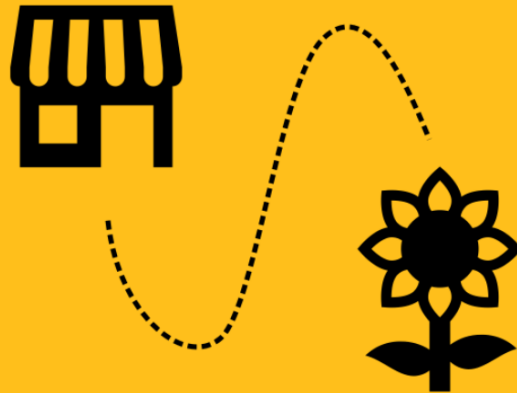
This impactful piece is the combination of a 10-month programme that began with a focus on Ending Violence Against Woman and Girls and evolved into a vital exploration of online safety following insightful discussions with PSNI officers who work in the field of online safety

Do more for the causes you work for.

Get free items donated by local businesses to help make your ideas happen.



www.agoodthing.org.uk



Find all the things you need for your charitable organisation

We know what it's like to run a charity – money and resources are precious, but so is your time. And you need to focus on the core services you deliver.

Our aim is to make it easy for charities of all sizes to get hold of the right sorts of things to help them achieve their goals.

Whether it's laptops for staff, gifts for the people you're helping, furniture for the office or even a place to meet, A Good Thing will connect you to local businesses that can offer you what you're in need of.

www.agoodthing.org.uk

hello@agoodthing.org.uk

[agoodthing_uk](https://www.instagram.com/agoodthing_uk)

[agoodthing.org.uk](https://www.facebook.com/agoodthing.org.uk)



How it works:

1. A business posts an offer
2. You make a request
3. Your request is accepted
4. You collect the item(s)

To get started, visit
www.agoodthing.org.uk



www.agoodthing.org.uk

The Together Project



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

Activities include:

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



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

If you are interested in being involved, please contact:

Amanda.Johnston@sense.org.uk
Belfasthub@sense.org.uk
 Telephone: 02890833430



aine.donnelly@sense.org.uk

FREE WORKSHOPS FOR PARENTS & CARERS



Let's Talk- simple tools for building early language
 TUESDAY 25TH NOV 7-8.30PM, ON ZOOM

Join Leigh, one of the Clinical Directors, and Speech and Language Therapists, at Insight Clinic for a session exploring how children learn to communicate, from first sounds to fluent conversations.

Hear Me, See Me, Know Me

WEDNESDAY 3RD DECEMBER, 7-8.30PM, ON ZOOM

A workshop for parents of children who are being assessed or are diagnosed as autistic, delivered by Elaine McGreevy- Speech & Language Therapist.

Surviving the Season: Fussy Eating & Autism Made Easier

WEDNESDAY 10TH DECEMBER, 7-8.30PM, ON ZOOM

A session on fussy eating and autism with Dr Kirsty Porter, Children's Dietitian at Nutrition4kidsNI.

CALL 0808 8020 400 NOW FOR MORE INFORMATION OR TO BOOK YOUR PLACE



0808 8020 400



SOUTHERN TRUST AREA

FAMILY
SUPPORT

PARENTLINE NI

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

Parentline NI
CHECKLIST



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

Call us today on 0808 8020 400



0808 8020 400



parentline@ci-ni.org.uk



www.ci-ni.org.uk/parentline

Services Available Through The Hub May Include...



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

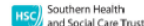


Southern Area FAMILY SUPPORT HUB

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?

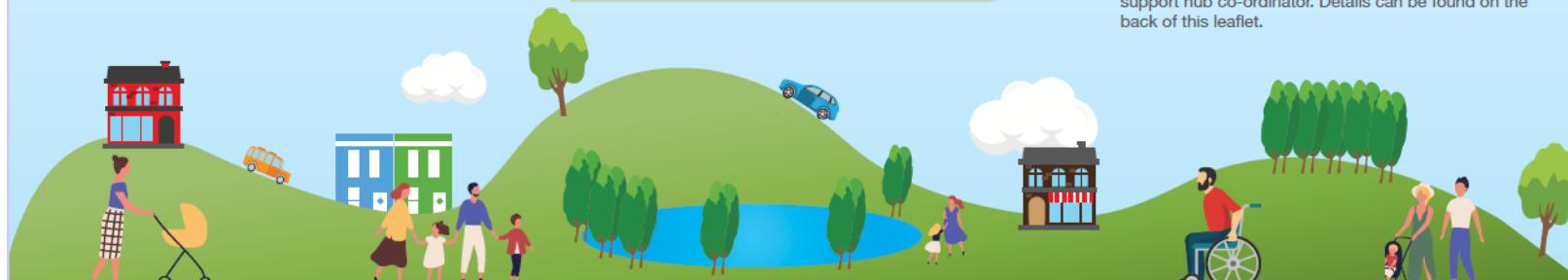
- Your family would like support - this is a voluntary process and you can withdraw your referral at any time.
- You are a family with children aged 0 -17 years.
- No social worker currently involved with your family.

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.



Winter season 2025 / 26

Winter viruses can be serious, who is eligible and where to get your vaccine.

Where to get your vaccine	COVID vaccine	Flu vaccine
GP Practice 	- Adults aged 75 years and over 18 and over who are immunosuppressed	65 years and over 6 mths. - 64yrs. clinical risk group (excluding those eligible in school) - Pregnant women - Pre-school children - Carers - Household contacts of immunosuppressed
Community Pharmacy 	- Residents in care homes for older adults - Adults aged 75 years and over 18 and over who are immunosuppressed	- Care home residents and staff - All HSC workers 65 years and over 18 - 64yrs. clinical risk group - Pregnant women 18- 64 yrs. who are carers 18- 64 yrs. household contacts of immunosuppressed
HSC Trust 	6 months and over who are immunosuppressed - Housebound via home visits	- All HSC workers - Pregnant women via maternity - Housebound via home visits
In school 		All children in primary and secondary school (up to Year 12), including children in risk groups

www.nidirect.gov.uk/wintervaccines

 HSC Public Health Agency

The latest respiratory report shows influenza activity has increased again across all surveillance indicators

Vaccines provide the best defence against winter viruses

People who are eligible for vaccination against flu or COVID-19 this year should make themselves aware of their own GP surgery's or community pharmacist's vaccination arrangements and work with them to get vaccinated

For further information, visit [HERE](#)



With just 4 weeks to Christmas..... Let's have a **Ho-Ho-Healthier Holiday Season!**

At Christmas we're often surrounded by so much delicious food and drink...festive fries, boxes of chocolates and cheeseboards galore! You can absolutely still enjoy the festive period without overdoing it

Some tips to try:

Realistic – trying to make healthier choices 80% of the time is more realistic and allows space for enjoying some of your favourite festive foods.

Usual routine – stick to your usual eating and activity routines when you can

Drink plenty of water – stay well hydrated by drinking 6-8 glasses of fluid daily

Outside – research shows that just 5 minutes walking in nature improves mood, self-esteem & relaxation so why not try to fit in some lunchtime steps

Limit alcohol - if you drink alcohol try to stick within the limits of 14 units per week with a few alcohol-free days each week

Portion control – it's totally OK to enjoy your favourite festive treats but just think about how much and how often you're having them. For example, 3 chocolates = ~130 calories, 10 sweets = ~430 calories – that's a difference of 300 calories!

Habit stack – add some healthy habits onto things you already do. For example, do a few squats while you wait for the kettle to boil or add an extra piece of fruit as a snack

Find out more top tips from our Public Health Dietitians in this short video [HERE](#)



Tis' the Season for Using Your Slow Cooker!

Slow cooking has become a popular cooking method due to its minimal effort and energy-savings

Find out our top tips for making the most of your slow cooker in this short video [HERE](#)



As temperatures continue to cool, we look to our food to heat us up

Our YouTube channel has simple step-by-step recipe videos for lots of easy and tasty meals

[Potato & Leek Soup](#)

[Chicken Curry](#)

[Fish Pie](#)

There are lots more recipes on our YouTube channel [HERE](#) so check it out if you are looking for tasty but healthy dinner inspiration on the run up to Christmas!



ABC COUNCIL AREA

Festive Multicultural Event

Free Entry
*Limited Spaces

Family-friendly celebration
with lots of festive activities, including:

- *Arts & Crafts*
- *Face Painting*
- *Dance Performances*
- *Christmas Tattoos*
- *Popcorn & Candy Floss*
- *Delicious Food for Everyone*

Saturday 6th December, 2025

2PM - 5PM

Millennium Court,
5-7 William St,
Portadown,
Craigavon BT62 3NX

ABC COMMUNITY NETWORK
ANAH BARRIDE CRAIGAVON

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

Portadown
Healthcare Division

To register, please call ABC Community Network on
028 3839 2777



028 3839 2777



ABC COUNCIL AREA

ABC Funding Opportunities

Armagh City, Banbridge & Craigavon Borough Council is offering financial assistance to eligible groups in the voluntary, community and social enterprise sector for the period **1 April 2026 - 31 March 2027** for:-

- Running costs (for eligible organisations)
- Programmes
- Events

Funding is available through the following grant programmes:

- Community Grants
- Arts, Culture and Events Grants
- Good Relations Grants
- International Linkages Grant

Applications are open at 9.00am on Monday 3 November to 12 noon Friday 28 November 2025.

To further assist groups there are the normal Information Sessions and additional Drop-in sessions for support on the following dates:-

- **Tuesday 4 November at Brownlow Hub, 6.30pm - 9.00pm**
Information sessions followed by Drop-in support sessions, 7.00pm - 9.00pm
- **Wednesday 5 November, 3.00pm**
Virtual Information Sessions
- **Thursday 6 November at The Old Town Hall, Banbridge, 6.30pm - 9.00pm**
Drop-in support sessions
- **Tuesday 11 November at the Hayloft, Palace Stables, Armagh, 6.30pm - 9.00pm**
Drop-in support sessions

To register for these sessions email fap@armaghbanbridgecraigavon.gov.uk



armaghbanbridgecraigavon.gov.uk



Community Training

COURSES INCLUDE

**Safeguarding | First aid
Mental Health First Aid | Food Hygiene
Manual Handling**

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



fap@armaghbanbridgecraigavon.gov.uk



www.armaghbanbridgecraigavon.gov.uk/community



ABC COUNCIL AREA



ABC Council would like to invite you to become a **GetMovingABC Workplace Partner** and to pledge your businesses commitment to invest in your employees Health & Wellbeing journey where we can jointly explore, coordinate and plan how to motivate and support your employees to lead an active and fulfilling life inside and outside of work

If you would like to sign your business up or to seek more information on becoming a Get Moving ABC Partner, please contact:

Laura O'Hagan | Sports Development Officer

Tel: 07436537846 | E-mail: laural.ohagan@armaghbanbridgecraigavon.gov.uk



PARENTS PLUS

Early Years Programme

A practical and positive parenting course promoting confidence, learning and good behaviour in young children aged 1 to 6 years.

This programme is for parents/carers of children 1-6 years with Special Needs/additional support needs, resident in the Armagh & Dungannon locality.

Time: Every Tues 9.45am-12.15pm x 6 weeks

Dates: 17th February-24th March 2026

Location: Barnardo's, Grange Building, Towerhill, ARMAGH

To apply: Call **Caroline 07561024675** or
email caroline.williamson@barnardos.org.uk


ParentsPlus
Empowering Professionals to Support Families

Parents Plus is an Irish charity that develops practical, evidence-based parenting and mental health programmes. We train professionals working with children and families to deliver the programmes in communities and clinical settings. Our programmes support families to communicate effectively, build satisfying relationships and overcome emotional and behavioural problems.
www.parentsplus.ie



caroline.williamson@barnardos.org.uk



The Dean and Chapter
invite you to attend a special Community Carol Service

'Together at Christmas'

in St Patrick's Church of Ireland Cathedral, Armagh,
on Wednesday 3rd December 2025
at 7.30 p.m.

Representatives of organisations and charities are encouraged to wear their uniforms.



Supported by The Royal Foundation of The Prince and Princess of Wales
and in association with the Lieutenancy of County Armagh.





BANBRIDGE LPG AREA

HSC Public Health Agency
Project supported by the PHA

futureproof
engage | educate | empower

Nurture Group

Support • Listen • Empower

15A COMMERCIAL ROAD
BANBRIDGE

REFERRALS VIA:
LUCINDA@FUTUREPROOFNI.ORG

A SAFE SPACE FOR YOUNG WOMEN AGE 11-14: FOCUSING ON MENTAL HEALTH AND WELLBEING. GET CREATIVE WITH CRAFTS, GAMES WHILE BUILDING FRIENDSHIPS.

BANBRIDGE_YES



lucinda@futureproofni.org

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

Federation of Family Practices
Newry & District

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
Tuesday
every
4.00 – 5.30

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 07540049938 or Veronica 07425330856



07540049938



BANBRIDGE LPG AREA

YOUTH ENGAGEMENT SERVICE

futureproof
engage | educate | empower

LGBTQIA+ +GROUP

WEDNESDAY
4.30-6PM

15A COMMERCIAL ROAD,
BANBRIDGE

COME ON DOWN!

Cara-Friend

CONTACT LUCINDA: 07540049938
LUCINDA@FUTUREPROOFNI.ORG

 
BANBRIDGE_YES

futureproof
engage | educate | empower

HSC Public Health
Agency

 07540049938

ECLIPSE
YOUTH
GROUPS

A SPACE TO BELONG. CONNECT AND GROW

AGE
11-18

ASD YOUTH GROUP

WEDNESDAY EVENINGS
6.30 PM-8 PM

A WELCOMING AND
SUPPORTIVE SPACE TO
MAKE FRIENDS. LEARN NEW
SKILLS AND HAVE FUN

15A COMMERCIAL RD. BANBRIDGE
BT323ES

CONTACT
SHAUNEY: 07599567942
ANNE: 07899666068

 07599567942 / 07899666068

GILFORD MEN'S HEALTH & LIFESTYLE PROGRAMME

10 Week Programme

Commencing
Wednesday 7 January 2026 | 6.00pm
GILFORD COMMUNITY CENTRE, BANBRIDGE

Weekly Physical Activities and Health Information Sessions.
Programme is Free and open to all men in the Banbridge Locality.

Interested in coming along?
Numbers will be restricted so please register your details by
Fri 19 Dec 2025 to: Frances Haughey, Health Inequalities Officer
✉ frances.haughey@armaghbanbridgecraigavon.gov.uk
☎ 07500 772 905

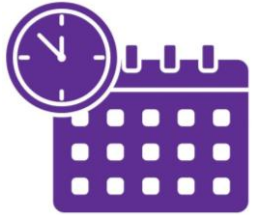


 **HSC Public Health Agency**
Project supported by the PHA

 **Armagh City Banbridge & Craigavon Borough Council**



frances.haughey@armaghbanbridgecraigavon.gov.uk



Event taking
place
THIS EVENING!



YOU ARE INVITED

BOLSTER
COMMUNITY

*Festive
Sip & Shop*
with **IMPACT**

THURS 27TH NOVEMBER
4PM TO 7PM

Join us at Bolster Community
HQ on Thurs 27th November,
for an evening of friendly
chats, meaningful shopping,
and a chance to support
many local charities, social
enterprises and small
independent businesses!

FOLLOW US ON
SOCIALS FOR
FURTHER
UPDATES!!

f i d



www.facebook.com/bolstercommunity



JOIN VOLUNTEER NOW
FOR A FESTIVE

*Mobile
Volunteering Event!*

Newry Library
Friday 12 Dec 2025
from 10 am to 12 noon

Have your Christmas jumpers
at the ready for what promises
to be a joy-filled morning.

**We can't wait to see
you there and spread
the good cheer!**

Together with volunteering to label items
for **Oxfam Ireland**, you can also make
someone's Christmas by writing
Christmas cards for the **Kindness
Postbox**.

For more details, contact Bronagh on
07708 077954 or email
bronagh.demeillers@volunteernow.co.uk

VOLUNTEER NOW
Volunteers change lives



bronagh.demeillers@volunteernow.co.uk



Step Into Autumn
with Our

WELLBEING WALKING GROUP

ALL AGES
WELCOME!

Breathe in the fresh air,
crunch through the
autumn leaves, and
enjoy friendly company
on our 6-week walking
adventure through
Derrymore Woods, starting
Monday 27th October.

If you need 1-1 support,
please bring a chaperone.

FREE
REFRESHMENTS!

L When: Mondays
from 27th Oct – 1
Dec

Time: 11am

Where:
Derrymore Woods

Register with us on 028 3083 5764

**BOLSTER
COMMUNITY**

HSC Southern Health
and Social Care Trust

 028 3083 5764



**BOLSTER
COMMUNITY**

TOTS & TEA

Join our meet up's
Fun Activities | Safe Space
Cuppas & Catch-ups | Peer Support

WE MEET THE LAST THREE
WEDNESDAYS' OF EACH MONTH
AT THE MEADOW & ARMAGH
ROAD COMMUNITY CENTRE
(10AM-12 NOON)

Plus Parents only meet up once a month!

For further info & to register, please call
Julie-Anne at Bolster Community on
028 3083 5764

**BOLSTER
COMMUNITY**

The Community
Foundation
Northern Ireland

HSC Southern Health
and Social Care Trust

 028 3083 5764



NEWRY & MOURNE LPG AREA



An employability programme to assist and support individuals aged 16+ to enter the work force or return to employment.



Funded by
UK Government



FREE CSR CARD TRAINING

Is your goal to work on a Construction Site?

Join us in conjunction with Health Matters for a FREE one day course to gain your CSR Card (Health & Safety - White Card), providing you with knowledge in health & safety and awareness of hazards within the construction industry.

 **HEALTH MATTERS**
HEALTH & SAFETY

 **Tuesday 2nd December 2025**
 **9am - 5pm**

This course will cover:

- Fundamental Practicalities of Health & Safety
- Safe Systems of Work
- Health Awareness and Hazards & Controls

 **Clanrye Group, Drumalane Mill, The Quays, Newry**

For more information or to sign up, contact us on:
 info@clanryegroup.com  **(028) 3089 8119**



SRC Southern Regional College



Clanrye Group
Here To Support You



COMMUNITY ADVICE
Newry & Mourne



Women's Aid
ARMAGH DOWN



info@clanryegroup.com



FREE

BIAB FOR BEGINNERS TRAINING

**Tuesday
9th Dec
10am-4pm**

**E-MO Nails,
11B
Monaghan
St, Newry.**



**Limited
Spaces
Available**

**Lunch
Provided**

Are you *16 -30, from the Newry council area & currently unemployed/not in education or training?

***must have National Insurance Number.**



**Funded by
UK Government**

**Contact Rebekah to book:
07841014211**



07841014211

NEWRY & MOURNE LPG AREA



Parents & Carers

Are you parenting an adolescent with special needs/additional support needs and living in the Newry & Mourne Area?

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

Support your child to:

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

As a parent, learn how to:

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

Dates: Tuesday 13th January-Tuesday 3rd March 2026 (7 weeks)

Time: 10am-12.30pm

Location: St Pauls High School, Bessbrook

For more information please contact:

Maria Killen, Parenting Partnership

Phone: 07880 474747 **Email:** parenting.partnership@southerntrust.hscni.net



Click or scan here
for the Referral Form



Delivery Partners: Parenting Partnership & MDT



parentingpartnership@southerntrust.hscni.net



Careers Fairs
For 5th & 6th year students

Local employers with potential & future vacancies can exhibit for **FREE** to engage with students, principals & careers teachers to develop a prospective talent pipeline

20th January 2026
Newry Leisure Centre

4th February 2026
Down Leisure Centre

Register via link in post

NEWRY, MOURNE AND DOWN Labour Market Partnership Working Together

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

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

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



Funded by UK Government

YOUTH START
A BETTER START IN LIFE & WORK

Begin the Journey to Employment, Education or Training

Are you 16 – 30 years old and unsure of your next steps when it comes to employment, education or training?

Are you in the Belfast, Newtownabbey, Newry, Mourne and Down areas?

We are here to help. Sign up to Youth Start! Get involved with:

- Group work designed to meet your needs
- 1-2-1 support
- Free travel, food & childcare
- Upskilling & site visits
- Support into employment, education or training

For more information contact
Email: info@niyf.org Tel: (028) 9033 1990

Logos: YouthAction, springboard, Kings Trust, include YOUTH, START360, NI YOUTH FORUM, bytes

 info@niyf.org



YOUTH NIGHT

Mondays 7-9pm
Coming January
2026

Newtownhamilton
Community Centre
Year 8+

Parents- drop in for
registration info

Contact Ryan on 07300987080 **Monday 15th December**
ryan.crilly@eani.org.uk **Anytime between 7-9pm**



ryan.crilly@eani.org.uk

Need Extra Support for Your Family?

**Sure Start South Armagh
is here for you!**

Family Support Team:

- ✓ Health professionals
- ✓ Parenting specialists
- ✓ Family support workers
- ✓ Child development



If you are a family or know a family who
needs support beyond scheduled
programmes, we can help.



Contact us today:
028 3083 0022

Sure Start South Armagh



028 3083 0022

JOIN VOLUNTEER NOW
FOR A FESTIVE

Mobile Volunteering Event!

Dungannon Library
Friday 12 Dec 2025
from 10 am to 12 noon

Have your Christmas jumpers at the ready for what promises to be a joy-filled morning.

We can't wait to see you there and spread the good cheer!

Together with volunteering to label items for **Oxfam Ireland**, you can also make someone's Christmas by writing Christmas cards for the **Kindness Postbox**.

For more details, contact Jamie on 07850 851 824 or email jamie.greer@volunteernow.co.uk

VOLUNTEER NOW
Volunteers change lives





jamie.greer@volunteernow.co.uk



PARENTS PLUS

Early Years Programme

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Time: Every Tues 9.45am-12.15pm x 6 weeks

Dates: 17th February-24th March 2026

Location: Barnardo's, Grange Building, Towerhill, ARMAGH

To apply: Call Caroline 07561024675 or email caroline.williamson@barnardos.org.uk

ParentsPlus
Empowering Professionals to Support Families

Parents Plus is an Irish charity that develops practical, evidence-based parenting and mental health programmes. We train professionals working with children and families to deliver the programmes in communities and clinical settings. Our programmes support families to communicate effectively, build satisfying relationships and overcome emotional and behavioural problems.
www.parentsplus.ie



caroline.williamson@barnardos.org.uk

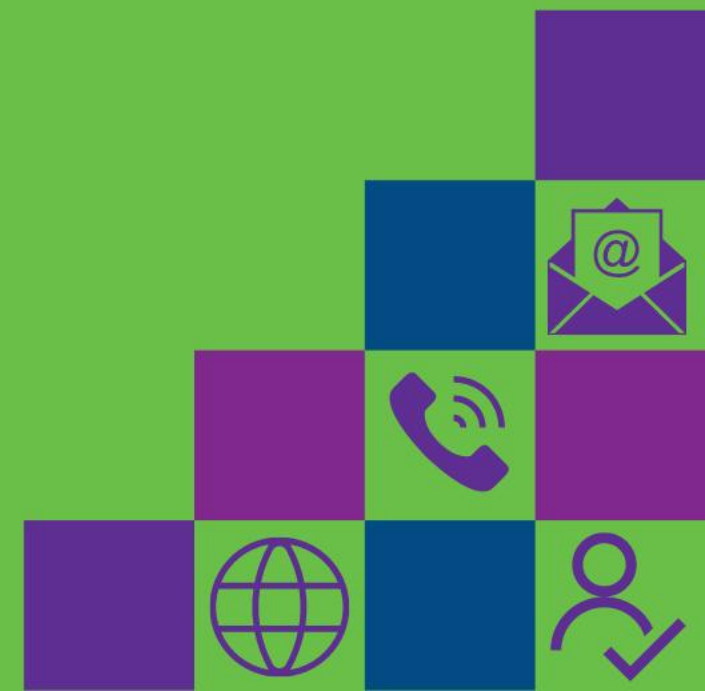
SUBMISSION		GUIDELINES
✓ Submit the information in the format you would like it to be included. We can't transform a word-heavy document into a flyer.		✓ 'FYI' will usually be issued every fortnight, on a Thursday afternoon. Please send your articles for inclusion by 5pm of the Tuesday prior to this.
✓ Less words, bigger pictures!		
✓ We do not advertise or endorse those events or programmes which are privately funded as a business.		✓ We may have to decline to advertise information which is not applicable to better outcomes for children and young people.
✓ Information will usually be included for x1 edition, unless otherwise requested.		✓ 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 157](#)
6th November 2025

[Issue 156](#)
16th October 2025



UPCOMING 2025 LPG MEETINGS

Dungannon	Tues. 2nd Dec
Newry & Mourne	Wed. 10 th Dec
Armagh	Thur. 8 th Jan
Craigavon	Tues. 13 th Jan
South Armagh	Tues. 20 th Jan
Banbridge	Wed. 28 th Jan

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



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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:
18th December 2025**

**Copy Deadline:
16th December 2025**



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