

SOUTHERN AREA LOCALITY PLANNING GROUPS



ISSUE 164
2nd April 2026



WELCOME

Welcome to Issue 164 of our newsletter, 'FYI' (For Your Information).

Our 'FYI' Feedback Survey closes today - Visit [page 3](#) to complete the short survey, to help us review and improve this resource.

As Easter is just around the corner, you will see our CYPSP Children & Young People's Resource Pack on [page 7](#), providing a wide range of activities to do during the school break.

This edition of 'FYI' also contains information on upcoming training opportunities, events, resources and links for you, colleagues and families to avail of.

We hope you have a lovely Easter break and catch up in three weeks' time!

Locality Development Team, Southern Area

IN THIS ISSUE

Pages 3 to 48

[Southern Trust Area \('FYI' Feedback Survey | CYPSP Updates | Training | Workshops | Events | Awareness Campaigns | Parenting Programmes | Youth Programmes | Focus Groups | Funding | Jobs | Employability | Volunteering | Resources | Family Support | Foster Care | Health\)](#)

Pages 49 & 50

[ABC Council Area](#)

Page 51

[Armagh LPG Area](#)

Pages 52 to 55

[Banbridge LPG Area](#)

Pages 56 & 57

[Craigavon LPG Area](#)

Pages 58 & 59

[Newry & Mourne LPG Area](#)

Pages 60 & 61

[South Armagh LPG Area](#)

Page 62

[Dungannon LPG Area](#)

Page 63

[Newsletter Submission Guidelines](#)

Page 64

[Important LPG Member Information](#)

Pages 65 & 66

[Next Issue Key Dates & Subscribe](#)





Our For Your Information



'FYI' is now in its 7th year... Doesn't time fly!

As always, we are very keen to obtain feedback on our newsletter and the impact it makes with yourselves and families in the Southern Area

Can you give a couple of minutes of your time and complete a short survey to help us review and improve this resource?

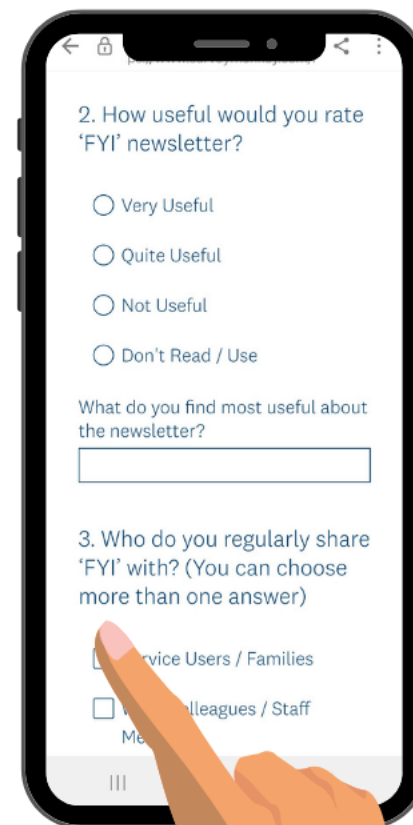
The survey is available to complete [HERE](#)

Deadline for survey returns is **Thursday 2nd April 2026**

We would also like to take this opportunity to thank our LPG members and newsletter recipients for your continued support of 'FYI'

If you would like to discuss 'FYI' newsletter directly, please do not hesitate to contact us

Locality Development Team, Southern Area
localityplanning@ci-ni.org.uk



Let's Explore Behaviour



Parent Guide

March 2026

We are delighted to share that the new CYPSP '**Let's Explore Behaviour' Parent Guide** was officially launched at the Stronger Together: Information Day for Children with Additional Needs, on 25th March, at The Braid Arts Centre in Ballymena

The guide is a reflective toolkit designed to help parents understand what their child's behaviour may be communicating and how small, consistent steps can make a difference

It reinforces three key messages:

You are not alone

Your child is capable

You are doing better than you think

By building parents' confidence and offering clear, workable strategies, the guide aims to reduce stress, strengthen relationships, and promote consistent support across home, school, and services - It represents strong partnership working across health, education, and the community sector

The '*Let's Explore Behaviour*' Parent Guide is available free of charge and can be downloaded [HERE](#)



The issue of self-harm and suicide amongst young people has been raised at Southern Area LPG meetings over the past number of years, predominantly by youth workers, school-based and support services staff who have observed a growing prevalence of young people presenting with anxiety or distress, including self-harm behaviours

Self-harm & suicidal behaviours are interconnected, but distinguishing between the two can be challenging - It is, therefore, crucial to recognise the significant differences in intention and the risks each one presents

Hosted by the Southern Area Locality Development Team, Inspire delivered their SHIP (Self-Harm Intervention Programme) PHA-funded Community Workshop, in-person, to 19 participants in Tower Hill, Armagh, on Wednesday 21st January 2026, providing a safe and supportive environment to learn how to recognise the signs, respond with compassion, and connect individuals, if appropriate, to Inspire's SHIP or to other relevant support services

View the **Understanding Self-Harm Workshop** Scorecard [HERE](#)



Edition 1/2026

March 2026





Family Support Hubs Newsletter

Special Focus: Easter Activities



Happy Easter



Welcome to **Edition 1/2026** of the CYPSP Family Support Hub Newsletter providing advice, support, resources and updates as at 24 March 2026. If you would like a service or information to be included in the next edition of the newsletter please send details to: cypsp@hscni.net Hubs are continuing to work hard to provide vital support to children and families. We have 29 Family Support Hubs in operation covering all of Northern Ireland since 2013. Hubs co-ordinate existing statutory/community and voluntary services:-

- To improve access to early intervention family Support services by matching the needs of referred families to family support providers.
- To improve coordination of early intervention family support services by creating a collaborative network of community, voluntary and statutory providers.
- To improve awareness of early intervention family support services.
- To assess the level of unmet need for early intervention family support services and inform the Trust's CYPSP Outcomes Groups.

For More information or to make a referral visit <https://cypsp.hscni.net/family-support-hubs>

Where are the hubs?

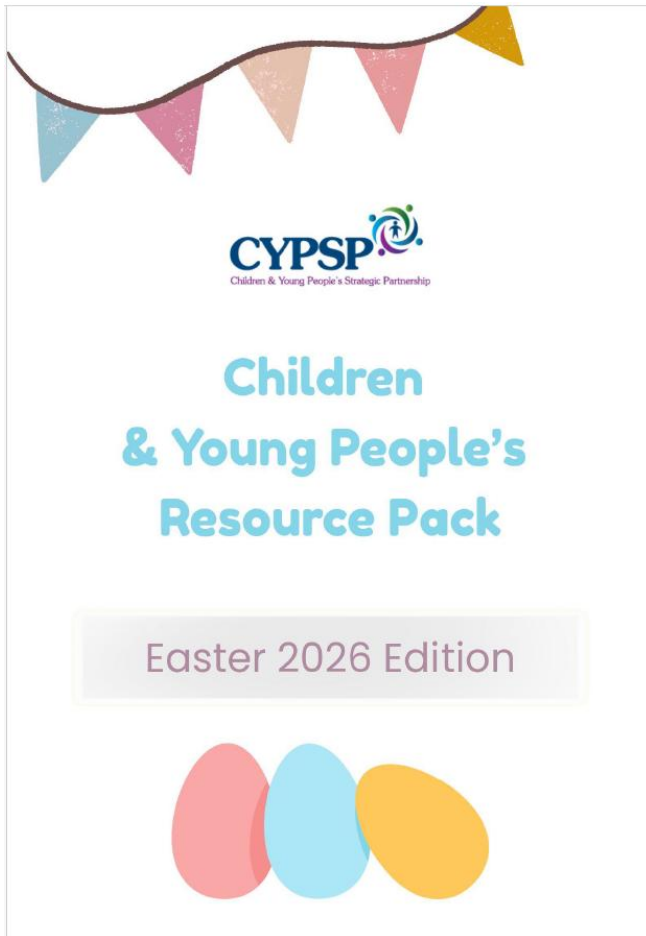


As we step into the brighter days of spring, this Easter edition of the Family Support Hub newsletter is bursting with energy, fresh ideas, and a fantastic line-up of activities and events for families across our communities

Inside, you'll find a vibrant mix of seasonal programmes, practical supports, and inspiring opportunities designed to help children, young people, and parents make the most of the weeks ahead

We hope you enjoy diving into this lively spring edition and feel inspired to share it widely

The **Easter Edition of the FSH Newsletter** is available to download [HERE](#)



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

Packed with egg-cellent crafts, wellbeing tools, disability and bereavement support, safety tips and so much more, it's full of ideas to make the season fun, colourful and supportive for everyone

Explore it, download it & share it to spread some Easter positivity!

Resources and activities are free and in the public domain

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

Download your copy TODAY [HERE](#)



YOUTH WELLNESS WEB

Feeling overwhelmed?
Anxious? Or just need
some tips to stay well?

YOU are not alone.

The Youth Wellness Web
is here for YOU –
anytime, anywhere.

No matter how big or
small it feels, it's okay to
reach out.

[HTTPS://CYPSP.HSCNI.NET/YOUTH-WELLNESS-WEB/](https://cypsp.hscni.net/youth-wellness-web/)

Working in Partnership since 2011



Youth Wellness Web - Here for You

Feeling overwhelmed? Anxious? Or just looking for ways to
boost your wellbeing?

You're never on your own

The Youth Wellness Web is an online space designed to
help young people find trusted information, helpful tips, and
tools to stay well - anytime, anywhere

Explore the supports available [HERE](#)



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

Children in Northern Ireland **April Training**
Funded training - open to those in voluntary/community sector

Good Practice in Recording and Reporting

Tuesday 14 April, 09:30am - 12:30pm, Online

Child Protection Practice

Wednesday 15 April, 6:00pm - 9:00pm, Online

Designated Officer

Wednesday 22 April, 10:00am - 4:00pm, In-person

Child Protection Practice

Tuesday 28 April, 09:30am - 12:30pm, Online

Children in Northern Ireland **May Training**
Funded training - open to those in voluntary/community sector

Designated Officer

Tuesday 5 May 09:30am - 12:30pm, Online

Risk Assessment and Risk Management

Wednesday 6 May, 09:30am - 12:30pm, Online

Child Protection Practice

Monday 11 May, 6:00pm - 9:00pm, Online

The Benefits of Outdoors for Children

Tuesday 12 May, 10:00am - 4:00pm, In-person

Online Safety

Tuesday 19 May, 09:30am - 12:30pm, Online

Child Protection Case Conferences

Thursday 21 May, 10:00am - 1:00pm, Online

Children in Northern Ireland **June Training**
Funded training - open to those in voluntary/community sector

Understanding Emotions and Behaviours: Early Years (0-5 Years)

Tuesday 2 June, 10:00am - 4:00pm, In-person

Designated Officer

Wednesday 10 June, 10:00am - 4:pm, In-person



www.ci-ni.org.uk/training

Children
in Northern
Ireland



April / May /
June Training
Paid Courses

Baby Massage Instructor Training

Thursday 23 April - Friday 24 April
10:00am - 4:00pm, In-person

Understanding Autism

Thursday 30 April, 10:00am - 4:00pm, In-person

Understanding ADHD: A Strengths Based Neuroaffirming Approach

Friday 15 May, 10:00am - 1:00pm, Online

Baby Yoga Instructor Training

Thursday 4 June - Friday 5 June
10:00am - 4:00pm, In-person



www.ci-ni.org.uk/training



ASCERT APRIL ONLINE TRAINING COURSES

DATE	COURSE	TIME
Thurs 2nd	Substance Use Awareness	10 AM - 1 PM
Thurs 9th	Understanding Synthetic Cannabinoids (SPICE)	10 AM - 1 PM
Thurs 16th	Complexities of Cannabis	10 AM - 1 PM
Mon 20th & Mon 27th	Working with Substance Use in a Homeless Setting	10 AM - 1 PM
Tues 21st & Weds 29th	Foundation Module Young People, Children & Families	10 AM - 4 PM
Weds 22nd & Weds 29th	Neurodiversity and Substance Use	9.30 AM - 12.30 PM
Weds 22nd & Thurs 23rd	Understanding the use of Performance and Image Enhancing Drugs	10 AM - 1 PM
Weds 29th	Understanding Cocaine	10 AM - 1 PM

HSC Public Health Agency Project supported by the PHA Delivered via Zoom

<https://training.ascert.biz/>

HSC Public Health Agency Project supported by the PHA acet

HIV STIs & Contraception OCN Level 2 Course

THERE ARE 2 COURSE DATE OPTIONS:

COURSE 1: Monday 13th, Wednesday 15th, Monday 20th and Wednesday 22nd April 2026 from 10.00-11.30am each day
APPLY HERE:
<https://www.eventbrite.com/e/1982440380544?aff=oddtcreator>

COURSE 2: Monday 11th, Wednesday 13th, Monday 18th and Wednesday 20th May 2026 from 10.00-11.30am each day
APPLY HERE:
<https://www.eventbrite.com/e/1984296554410?aff=oddtcreator>

The course will be delivered online via 4 live Zoom sessions and will cover:

- Sexually Transmitted Infections
- Blood-borne viruses : HIV and Hepatitis B/C
 - Contraception
 - Prevention
 - Condom Use
- Local Sexual Health Services

It will be suitable for anyone working or volunteering with either young people or adults in Northern Ireland who would like to improve their understanding of sexual health.

Register using the link above or contact Nigel@acet-ni.com

[April / May](#)



SOUTHERN TRUST AREA

TRAINING



★ APRIL - JUNE 2026

OUR GENERATION LEARNING LAB



22/04 10AM-12PM	Drug Misuse Training ONLINE
22/04 2-5PM	Childhood Bereavement Training ONLINE
24/04 12-12:30PM	Tea with OG (Information Session) ONLINE
29/04 10AM-12PM	Building resilience with Children & Young People (Foster Services) ONLINE
7&8/5 TWO DAY TRAINING	MENTAL HEALTH FIRST AID TRAINING IN PERSON LIMITED PLACES AVAILABLE

★ APRIL - JUNE 2026

OUR GENERATION LEARNING LAB



SERIES OF DIGITAL DETOX WORKSHOPS

24/04 10AM - 2PM	DIGITAL DETOX OUTDOOR WORKSHOP BELFAST LOCATION TBC
01/05 10AM - 2PM	DIGITAL DETOX OUTDOOR WORKSHOP TOLLYMORE FOREST PARK, NEWCASTLE
08/05 11AM - 3PM	DIGITAL DETOX OUTDOOR WORKSHOP BALLINTOY HARBOUR
15/05 11AM - 3PM	DIGITAL DETOX OUTDOOR WORKSHOP GLENVEAGH NATIONAL PARK DONEGAL

★ APRIL - JUNE 2026

OUR GENERATION LEARNING LAB



13/05 10-11:30AM	Managing Exam Stress ONLINE
28/05 12-12:30PM	Tea with OG (Information Session) ONLINE
05/06 10AM-5PM	LEGO Therapy IN PERSON BELFAST
12/06 10AM-5PM	LEGO Therapy IN PERSON MONAGHAN
26/06 12-12:30PM	Tea with OG (Information Session) ONLINE

What trainings would benefit your work with children & young people?

Let us know via this short survey. Follow the link or scan the QR code below!
<https://forms.gle/mfMMx4PPH1k6Tp4b9>





SOUTHERN TRUST AREA

TRAINING



PIPS HOPE AND SUPPORT

Training and Workshops for Your Organisation

Contact us for any enquiries on 028 30266195 or email training@pipshopeandsupport.org

 <p>Take5 Duration: 1 - 1.5 Hrs Participant Number: up to 35</p> <p>Learn how to maintain and improve your mental wellbeing with five simple ways: Connect, Be Active, Take Notice, Keep Learning, Give.</p>	 <p>safeTALK Duration: 3-3.5 Hrs Participant Number: minimum of 10 /maximum of 30</p> <p>This workshop is designed to help build the skills and confidence necessary to recognise individuals with thoughts of suicide and direct them to someone who can keep them safe. Key Themes: Suicide alertness; Signposting. (Participants must be 15yrs and over)</p>	 <p>ASIST Duration: 16 Hrs (delivered over 2 days) Participant Number: minimum of 10 /maximum of 24</p> <p>A workshop designed to increase a person's willingness, confidence, and capacity to provide suicide first aid. Key Themes: Personal and community attitudes towards suicide; Suicide awareness and intervention skills; Developing a safety plan with the person to connect them to further support. (Participants must be 18yrs and over)</p>
 <p>GIMME 5 A fun filled activity-based workshop designed for children. Duration: 1 - 1.5 Hrs Participant Number: up to 35</p> <p>Created by the SHSCT, this workshop introduces children to the concept of the <i>5 ways to wellbeing</i>. Key Theme: Introducing the concept of wellbeing.</p>	<p>Shoulder to Shoulder Duration: Option 1 (condensed) 1.5 - 2 Hrs Option 2: (OCN Level 2 certificate) 6 - 8 Hrs Participant Number: up to 30</p> <p>This is a suicide awareness workshop. Key Themes: Exploring attitudes; Suicide awareness; Signposting; Selfcare. (Participants must be 15yrs and over)</p>	 <p>Mental Health First Aid Duration: 16 Hrs (delivered over 2 days) Participant Number: minimum of 10 /maximum of 24</p> <p>This course is designed to increase a person's willingness, confidence, and capacity to provide help to a person who is developing a mental health problem or who is currently in a mental health crisis, until professional help is available or until the crisis resolves. Key Themes: Recognising the symptoms of mental health problems; Providing initial help; Guiding a person towards appropriate professional help. (Participants must be 18 yrs and over)</p>
<p>Be ALERT</p> <p>MENTAL HEALTH AWARENESS Duration: 1.5 – 2 hrs Participant Number: up to 35</p> <p>The aim of this course is to provide an understanding around mental health, versus mental ill health, and how to take steps towards helping yourself or someone else you are concerned about. Key Theme: Recognition, Awareness, Signposting, Self-care</p>	 <p>●BUILDING PERSONAL RESILIENCE or ●BUILDING PERSONAL RESILIENCE IN THE WORKPLACE or ●BUILDING THE RESILIENT STUDENT Duration: 1 – 1.5 Hrs Participant Number: up to 35</p> <p>Group and individual learning on how to develop the skills needed to cope, survive, and thrive in challenging circumstances. This course can be adapted to suit adults, students, or younger age groups. Key themes: what is resilience; resilient thinking and mindset; stress management; self-awareness; selfcare.</p>	<p>B+POSITIVE Duration: 2.5 - 3 Hrs Participants Number: up to 35</p> <p>This workshop helps to provide an understanding of the issues affecting our mental health and promoting positive mental health through group discussion and activities. Key Themes: Developing self-care plans; Breaking the stigma cycle. (Participants should be 11 yrs and over)</p>



training@pipshopeandsupport.org



HSC Southern Health and Social Care Trust

RECOVERY COLLEGE COURSES

We have a wide range of courses available

 **APRIL, MAY AND JUNE 2026**

To register your interest / enrol on any of the courses, get in touch.
All our courses are free of charge.

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](#)

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



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

Understanding your child
Solihull Approach

Sleep Awareness Sessions

For parents/carers of 0-5 year olds.

Wednesday 15th April
10am – 11.30am

Come join us online via MS Teams. To book your place contact:

- mona.hanna@southerntrust.hscni.net
- 07452 509 055



mona.hanna@southerntrust.hscni.net

MARCH 2026

FUTURE FOUNDATIONS IN THE VOLUNTARY YOUTH WORK SECTOR:

Join Conversations on Future Structures, Relationships & the Voice of Young People

BELFAST • DERRY • LURGAN • BALLYMENA • NEWRY

www.nicva.org/future-foundations

The Parent Participation Service invites you to...

Think Outside the Box...

Supporting Children's Emotional Health & Wellbeing

Join us for a FREE supportive, informative event exploring children's emotional health & wellbeing with a range of therapies available to support emotional wellbeing.

Date: Wednesday 29th April 2026
Time: 9:30am - 3:00pm
Where: Lough Neagh Discovery & Conference Centre
 How to book? [Click here to book](#)

Tea / Coffee on arrival and lunch will be provided

Guest Speaker

We are delighted to be joined by **Conor McCafferty** - Registered Psychotherapist.

Practical Workshops

Workshop Taster sessions in:

- Equine Therapy
- Beyond Bricks Lego
- Music Therapy
- Art Therapy
- Creative Writing & Poetry Therapy


Who is this for?
 Parents, carers and professionals caring for or working with children, who want to:

- better understand children's emotions
- explore supportive therapies
- learn practical strategies
- connect with local services

Bookings close Monday 20th April - please book early to avoid disappointment

E-mail! ppinbox@ci-ni.org.uk for more information

www.eventbrite.co.uk/e/think-outside-the-box



Paul Dix In Person in
New-Bridge Integrated College
Thursday 18th June @ 9:30am

An important day for Educators
across Northern Ireland



9:30am - 12:00pm



Come and hear Paul's inspirational Key note on "When The Adults Change" and relational practice in schools. You will also hear about work here in New-Bridge from staff and pupils.



 New-Bridge Integrated College
25 Donard View Road, Loughbrickland, BT32 3LN
 028 4062 5010
 info@newbridgecollege.loughbrickland.ni.sch.uk

FREE Event

Limited spaces, book via the link or QR code attached

Please complete the Forms sign up link



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

Advocacy VOICE OF HOPE VSV
Supporting Victims of Sexual Violence

WHAT'S LEFT UNSAID

Canal Court Newry **10/09 2026** Thursday 9.30am - 1pm

Lived Experience | Learning | Professional Networking

Secure Your Spot Today

 www.eventbrite.co.uk/whats-left-unsaid



SOUTHERN TRUST AREA

AWARENESS CAMPAIGNS

The poster features a dark teal background with a light blue cloud-like shape on the left containing the text 'Its walking month! Walk This May' and 'Its free, easy to add into your day and can improve your mood'. To the right, there are four key messages: Wellbeing, Inclusivity, Connection, and Everyday movement. At the bottom, there is a list of benefits and a 'Click here to register' button. The footer includes contact information and an illustration of people walking, including one in a wheelchair.

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

WALKING FOR HEALTH

Its walking month!
Walk This May
Its free, easy to add into your day and can improve your mood

What this month is all about:

- Wellbeing**- a small burst of movement can brighten your day!
- Inclusivity**- Move in a way that suits you!
- Connection** – Walking & wheeling can bring people together!
- Everyday movement** – walking or wheeling is free, accessible and requires no special equipment – move your way!

Join us as a partner for Walk this May 2026! [Click here to register](#)

Help your community, walking group, organisation & individuals *walk or wheel their way to a better day!*

- ✓ **Join our Movement**
Once your sign up you will receive helpful resources to support walking & wheeling.
- ✓ **Use our resources**
to take part in a Walk This May step challenge.
- ✓ **Enter our Walk this May photo competition**
Prizes available for the best photo of your favourite walking route - 20 smart watches to give away!
- ✓ **Stronger connections**
Come together to celebrate our wonderful walking routes and green spaces.

For more information contact:- physical.activity@southerntrust.hscni.net



<https://forms.cloud.microsoft/e/Qjr024AKM5>

Understanding Your Child's Behaviour

A Solihull Approach (Togetherness) programme for parents and carers of toddler and pre-school aged children



This programme is for parents and carers who want to know more about parenting and how children develop, and to understand children's behaviour better.

Our evaluation of previous programmes has shown that parents have found them helpful, they tend to feel less anxious and their children's behaviour tends to improve.

We will explore issues like:

Having fun	Communication
Development Needs	Parenting styles
Behavioural Difficulties	Sleep

DATES & TIMES
Date of programme is
15th April 2026
7.00pm - 9.00pm
For 10 weeks Online

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



parenting.partnership@southerntrust.hscni.net

Teen programmes

Programme: Parents Plus Special Needs Programme
Start date: Wed 10th Sept-22nd of Oct 2025
Duration: 7 weeks (10am-12.30pm)
Location: Clanrye, 34 Amagh Business Centre, Loughgall Road, Amagh
Attendees: Parents/carers of young people 11-18 years in the Southern Trust with a confirmed Autism diagnosis.
Facilitators: Clanrye & Parenting Partnership
Enquires/Referrals: e Claire.convery@clanryegroup.com
 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 \(CYPSP\) \(hscni.net\)](http://ParentSupport-ChildrenandYoungPeople'sStrategicPartnership(CYPSP)(hscni.net))



Evidence Based

SUPPORT PROGRAMMES FOR PARENTS & CARERS

Giving every child the best start/opportunity in life

2025/ 2026 Southern Trust


Please visit our CYPSP webpage to access the range of **evidence-based parenting programmes** available to families resident in the Southern Trust Area from 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](#)

TARGETED
LIFE SKILLS
SERVICE

Preventing Drug & Alcohol related harm



 HSC Public Health Agency

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

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

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

If you are interested in this service being delivered, or want the full leaflet emailed to you, contact tom.mcallister@start360.org

PlayBoard NI's

Spaces to Be

FREE mental health and well-being programme for children aged 9 – 11, featuring fun play sessions and interactive staff training, enhancing Shared Education



Rooted in the child's right to play, the programme empowers children to:

- Increase mental health literacy
- Enhance emotional resilience
- Develop self-help and coping skills
- Foster inclusivity and acceptance of difference
- Build cross-community relationships

Supporting the NI Curriculum:

- Personal Development & Mutual Understanding
- Personal Skills & Thinking Capabilities
- World Around Us
- Physical Education
- Arts

Bookings open for 2026-2027

100% of participating staff said:

- ✓ Training will have a positive impact on their practice
- ✓ They will apply what has been learned in real-life work situations
- ✓ They would recommend PlayBoard training to schools and settings
- ✓ The trainers were excellent

GET IN TOUCH*

E: OurGeneration@playboard.co.uk
playboard.org
ourgeneration-cyp.com



A project supported by PEACEPLUS, a programme managed by the Special EU Programmes Body (SEUPB). *Selection criteria applies. Playboard NI is registered with the Charity Commission for Northern Ireland NC104724, company limited by guarantee no. NI3025, charity no. X1996639.

 OurGeneration@playboard.co.uk



SOUTHERN TRUST AREA

FOCUS
GROUPS



Clanrye Group

Here To Support You

Carers Focus Group

Have your opinion heard! We would love to hear what you have to say about the services we provide to you. Be part of our planning process and let us know what you would like to see this year!

Thursday 16th April Armagh City Hotel
Monday 20th April Clanrye Banbridge Office
Thursday 23rd April Canal Court Hotel Newry

10.30am - 12.30pm
Tea/coffee scones provided

To book a space, contact us on (028) 3089 8119 or info@clanryegroup.com



Southern Health
and Social Care Trust



info@clanryegroup.com

Second Call for Locality Led Projects

ANNOUNCED

Education Minister, Paul Givan, has launched the second call for project proposals **to raise educational achievement and reduce educational disadvantage** under the RAISE Programme. Organisations are invited to submit project proposals that address key objectives identified in the RAISE Strategic Area Plans. Proposals must be submitted via the RAISE online platform by

12pm on 22 April 2026

Find out more [HERE](#)

RAISE Programme

Call for RAISE Home School Community Connections Locality Led Projects

LAUNCHED



Education Minister, Paul Givan, has launched a call for proposed projects **to strengthen links between schools, pupil's families and the wider community** across twelve RAISE Localities

Organisations are invited to submit proposals that will help enhance these vital connections, a key priority highlighted in each locality's Strategic Area Plan

Proposals for the RAISE Home School Community Connections Call must be submitted via the RAISE online platform by

12pm on 22 April 2026

Find out more [HERE](#)



We're Hiring! Join STEP's new InterACT Project



STEP is excited to offer roles for three passionate and dedicated professionals in our brand-new **InterACT Families & Communities Programme**.

Posts are secured for at least 3 years and offer candidates the chance to make a real difference for families and communities across Mid Ulster. Salary for all 3 posts is £31,100 + 6% Pension pro rata for 30 hrs per week.

Community Development Area Lead
Northern Mid Ulster Council Area (1 post)
Southern Mid Ulster Council Area (1 post)

Family Support Area Lead
Northern Mid Ulster Council Area (1 post)

Information and application pack available, please email **alison.mccann@stepni.org**
Closing date: 12.00 noon Mon 13 April
Interviews to be held 20-22 April



- Why work with STEP?**
- ✓ 36 days leave inclusive of 10 statutory days (FT)
 - ✓ Access to company healthcare scheme
 - ✓ Access to paid training and development

alison.mccann@stepni.org



HOME / JOBS AND VOLUNTEERING / FAMILY SUPPORT PRACTITIONER

JOB | FULL TIME

Family Support Practitioner Bolster Community

Friday / 17 April 2026 12:00pm

Salary: £25,233

Hours per week: 37.50



We are seeking to recruit a Family Support Practitioner to deliver early intervention and practical, home-based support to families across the Craigavon and Banbridge areas. This is a temporary post for one year (subject to continued funding). The successful candidate will join a passionate, people-focused team dedicated to making a meaningful difference in local communities. The role will be based from our Newry office. Due to the nature of the role and travel required between families, a full driving licence and access to a vehicle are essential. If you are committed to supporting families and want to be part of a dynamic and supportive organisation, we would love to hear from you. Please complete and return the attached application form by 12 noon on Friday, 17th April.

Closing Date

Friday / 17 April 2026
12:00pm

Contact Details

Unit 1 Whitegates Business Park
Newry
BT35 6UA

02830835764
allison@bolstercommunity.org

www.communityni.org/job/family-support-practitioner-65



SOUTHERN TRUST AREA

EMPLOYABILITY

April 2026

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)

GET READY

Get Ready for Careers in Customer Service
 Age: 16-30 Taster: 13 Apr
 Dates: 20 - 24 Apr
 Location: Belfast
 Gain insight into the wide variety of careers available in customer service. Receive valuable knowledge and guidance from industry professionals while learning key technical skills.

GET STARTED

Get Started with Music
 Age: 16-30 Taster: 13 Apr
 Dates: 20 - 24 Apr
 Location: Belfast
 Build new skills or learn from scratch from a professional music producer, and learn what it's like to work in the music industry.

ENTERPRISE

Age: 18-30
 Dates: Available year round
 Location: Online with 1:1 support
 Take part in expert-led workshops on finance, marketing, business planning, sales, and more. Get support to build a business plan and access grants to help you launch your business.

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
 6E Weavers Business Park, Belfast, BT12 5GH
 30 Apr, 12pm - 2pm
 Free parking is available at our centre, or we are easily walkable from Grand Central Station.



CONTACT US

outreachni@kingstrust.org.uk
 0800 842 842
 kingstrust.org.uk

DSN 6411 © The King's Trust 2024 - all rights reserved. The King's Trust is a registered charity incorporated by Royal Charter in England. Registered number 19000772. Registered office: The King's Trust, The King's Trust South London Centre 8 Glade Path London SE1 8EG. Registered charity number in England and Wales: 1079675 and Scotland: SC041198.

 outreachni@kingstrust.org.uk



PEACEPLUS
Northern Ireland - Ireland

Co-funded by the

 European Union
  UK Government

 Rialtas na hÉireann
Government of Ireland
  Northern Ireland
Executive
www.northernireland.gov.uk

SKILLS CONNECT

Skills Connect is a project supported by PEACEPLUS, a programme managed by the Special EU Programmes Body (SEUPB). The programme is delivered by Cedar in partnership with the NOW Group, OCN NI, Ulster University and the Dundalk Institute of Technology.

Skills Connect provides person-centred support to empower individuals with disability, autism or brain injury. The programme aims to overcome barriers to employment through skills-based training, attainment of accredited vocational qualifications, and the development of meaningful career pathways.

If you are interested in retraining or upskilling in one of the following areas, Skills Connect is designed for you.

- Hospitality and Tourism
- Health and Social Care
- Green Economy
- Employability Skills

If you would like to speak to a member of the Skills Connect team contact:

Maria Kelly, Employer Liaison Officer
 Telephone: 07483520622
 Email: maria.kelly@cedar-foundation.org






Opportunity Choice Inclusion

 maria.kelly@cedar-foundation.org

CLANRYE GROUP YOUTH ACADEMY

RECEIVED YOUR RESULTS & NEED TO FAST TRACK TO GET YOUR GRADES?

Less time in the classroom and spend one year getting real-world skills, paid placement and student-centred support.

HOW DOES IT WORK?

Avail of vocational sampling with hands-on learning in Clanrye Group's Youth Academy Centres & on work placement.
It's the same 2 year qualification packed into 1!

WHY WILL YOU LOVE IT?

- Receive £40 EMA every week PLUS travel and a bonus when you hit your goals.
- Gain a recognised certificate with supportive tutors, 1:1 coaching, day trips and social enterprise projects.

ARE YOU ELIGIBLE?

If you're 16-18 (up to 24 if you've been in care), not currently in full-time education or full-time work, and enjoy hands-on learning.

FOR MORE INFORMATION

Scan this code to view further details on the Clanrye Group Youth Academy.

ENROL TODAY

LOCATIONS

Newry
Armagh
Banbridge

CONTACT US

(028) 3089 8119
info@clanryegroup.com
www.clanryegroup.com

Skills for Life & Work

A vocational training programme for young people aged 16-21* with a recognised learning difficulty / disability.
*Up to 24 years if in care

EARN AS YOU LEARN

£40

per week

A 3 YEAR programme offering structured and supervised training alongside employability support to help prepare each young person for the world of work.

Qualifications

- Essential Skills (Literacy, Numeracy & Digital Skills)
- Construction (in partnership with SRC)
- Catering & Hospitality (in partnership with SRC)
- Retail & Customer Service
- Horticulture
- IT Technician
- Business Administration
- Warehousing
- Personal Development
- Employability

Employability Support

- Employability workshops
- Work placement opportunities (2 days per week)

Enrichment Activities

- Life & Independent Skills
- Sports, trips and fun activities
- Confidence building sessions
- Positive mental health promotion
- Pastoral Care

ENROL TOAY

LOCATIONS

Slieve Gullion
Newry
Portadown
Lurgan
Armagh
Banbridge

CONTACT US

(028) 3089 8119
info@clanryegroup.com
www.clanryegroup.com

@ info@clanryegroup.com

@ info@clanryegroup.com

ses supported employment solutions

Workable (NI) Programme Guide for Employees

Do you have a **disability** or **health condition** which is affecting your ability to work?

Would you like **support** to retain **employment**?

Department for Communities | An Roinn Pobal | Department for Communities
www.communities-ni.gov.uk

SES Workable (NI) can support employees by:

- Helping people return to work following illness or disability
- Disability Awareness training for staff teams
- Advising on reasonable adjustments and adaptations
- Removing stigma and perceptions around disability
- Mediate between employee and management to achieve best solution for all
- Minimising impact of disability in the workplace
- Providing impartial support for all involved

Benefits to employers:



Free for employer



Long-term and short-term absence reduced



Reduced need for temporary staff



Less HR time spent on follow-ups



Increased productivity

SES delivers Workable (NI) via seven disability organisations who have an extensive experience and knowledge of the needs of those with a disability or health condition.

The partners are Action Mental Health, Cedar Foundation, AdaptNI, Mencap, NOW Group, Orchardville and the RNIB.



We can support any employee who meets the following criteria:



Be in employment of 10+ hours per week



Have a disability or health condition which affects their ability to do their job



May be at risk of losing their job due to their disability



Their employment is based in Northern Ireland

Contact us for more information

Patricia Kelly
pkelly@amh.org.uk
M: 07976 640226

Sinead Drummond
s.drummond@cedar-foundation.org
M: 07791 332151

Get in touch
www.sesni.org.uk



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

An Roinn
Pobal

Department for
Communities



sgreener@amh.org.uk

APPRENTICESHIPS NI GET STARTED. GET SKILLED.

WHO CAN APPLY:

- ▶ Anyone of minimum school leaving age.
- ▶ In employment or about to take up employment for at least 21 hours per week.
- ▶ Existing employees can apply if they are moving into a new job role that requires significant new training.

CHOOSE FROM A VOCATIONAL QUALIFICATION IN:

- Horticulture
- Retail
- Customer Service
- Warehousing & Storage

WHAT'S INVOLVED IN AN APPRENTICESHIP:

- ▶ On-the-job-training – learn practical skills in the workplace with support from supervisors or mentors
- ▶ Off-the-job training (day release) – structured learning, one day attendance at Clanrye Group
- ▶ Opportunities to gain qualifications in Essential Skills Numeracy, Literacy & Digital ICT if required
- ▶ Gain a level 2 qualification in your chosen vocational area

CONTACT US
028 3089 8119
chloe.marron@clanryegroup.com

LOCATIONS
Newry
Slieve Gullion
Lurgan
Banbridge

chloe.marron@clanryegroup.com

Areas include

APPRENTICESHIPS NI GET STARTED. GET SKILLED.

This programme is open to all school leavers aged 16+

Clanrye Group, via Apprenticeships NI, can provide you with high-quality vocational training to help you build real skills and confidence.

- Train in a real job
- Earn while you learn
- Build a career

Scan the QR code and take your first step - APPLY TODAY!

To get started contact us today ...

CONTACT US
Chloe Marron
028 3089 8119
chloe.marron@clanryegroup.com

LOCATIONS
Newry
Slieve Gullion
Lurgan

FIND US ON

chloe.marron@clanryegroup.com

VOLUNTEER NOW
Volunteers change lives



VOLUNTEERING EVENTS CALENDAR

EASTER
Volunteering Opportunities
at
Ulster American Folk Park, Omagh
and
Ulster Folk Museum, Cultra

FESTIVAL OF FOOLS
2nd-4th May 2026
Volunteers Needed!

Festival of Fools is a jam-packed weekend of circus, featuring acrobatics, gut-busting comedy and jaw-dropping stunts.

Need support with:

- Working out at performances
- Engaging the public
- Promoting the artists
- Conducting audience surveys


Benefits:

- Festival of Fools T-shirt
- Lunch Each Day
- Invitation to the Final

Belfast
Comhaltas
Fleadh Cheanna na hÉireann Belfast 2026
Be part of the Fleadh
Sunday 2 - Sunday 9 August 2026
Celebrating Together


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

You can volunteer. You can change lives.



Thriving Mind

Thriving Mind is a source of well-being tools to support anyone looking after their well-being. They include short clips for relaxed breathing, an introduction to mindfulness, calming skills, the revised Dealing with Worry Booklet, and four online interventions including Self-compassion and Bend Don't Break and more. Try the QR code or go [Thriving Mind | ASCERT](#)









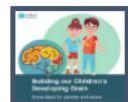

Do you tend to overthink things and see the bad before the good?

Does your nervous system work against you rather than for you?

Do you over criticize yourself with mistakes and put yourself down?

As a parent, do meltdowns from your children exhaust you?

The 4 on-line self-help resources with workbooks that can be downloaded has visual clips that guides the viewer through the workbooks at their own pace. They are all free and confidential.

<p>Self-Compassion to Improve Wellbeing and Support Growth</p>		
<p>https://www.ascert.biz/self-compassion/</p>		
<p>Bend Don't Break: Low intensity CBT based self-help to support resilience</p>		
<p>https://www.ascert.biz/bend-dont-break/</p>		
<p>Using the Polyvagal Theory to Support Well-being</p>		
<p>Making Our Nervous System Work For Us ASCERT</p>		
<p>Building our Children's Developing Brain for parents to help build their children's emotional regulation.</p>		
<p>https://view.pagetiger.com/selfcareforfamilies</p>		

If you make any use of the written copies of the workbooks or on-line version, your feedback will be invaluable. Each of the on-line links have an evaluation/feedback tab which is completely anonymous. Let us know if any of these tools are helpful. Thriving Mind is ASCERT and the South Eastern, and Western H&SCT with support from the Public Health Agency working together to support well-being



HSC Health and Social Care

Support Resources

The Practitioner's Toolkit

Mental Health and Ethnic Minority Groups

Introduction Quick Tips Barriers to Accessing Services Accessing the Appropriate Support - List of Resources

**The Practitioner's Toolkit:
Mental Health and Ethnic Minority Groups**
is now available!

This toolkit considers how mental health is viewed in different cultures, barriers to accessing services, cultural competences in mental health, 'dos and don'ts' quick reference guide

There is also information on interpreting and translation services as well as other support organisations that practitioners can refer clients to

Download the toolkit [HERE](#)



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

Visit the Online Safety Hub [HERE](#)

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, so please use the resources, spread the word and help us grow by contributing your organisation's content [HERE](#)



SOUTHERN TRUST AREA

RESOURCES

 English

CYPSP
Children & Young People's Strategic Partnership

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




Scan me

www.cypsp.hscni.net/translation-hub

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

CYPSP
Children & Young People's Strategic Partnership

Youth Wellness Web

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

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

Visit
cypsp.hscni.net/youth-wellness-web/


Scan QR code

**SCHOOL BULLYING
WELLBEING
BEREAVEMENT
MENTAL HEALTH**

Call Childline on:
0800 1111

Call LIFELINE on:
0808 808 8000

Text Shout:
852558

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

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

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



SOUTHERN TRUST AREA

RESOURCES

CYPSP
Children & Young People's Strategic Partnership

"Behind every child who believes in themselves is a parent who believed in them first" Matthew Jacobson



Resources to help you:

Your influence as a parent is one of the most significant factors in your child's life chances. We want to support and work with you as the primary care giver and educator for your children to ensure what we offer is meaningful, consistent and available at the point of need.

Scan QR codes or visit our parents support pages for lots of advice, information, support services, parenting programmes and much more

Parent Support
The Parent Support webpage is designed for Parents and Organisations working to support families using group work approaches.
cypsp.hscni.net/ebpp/

WELCOME TO THE YOUTH WELLNESS WEB
Parents/Carers support
tinyurl.com/kxf2yk7v

SUPPORTING PARENTS, HOLDING FAMILIES



Encourage, equip and empower parents and families

'Supporting Parents, Holding Families' is a free programme facilitated by Links Counselling Service, created to support parents & carers of all family types.

The sessions have two elements. They offer a space to reflect on your parenting journey alongside other parents and they also offer knowledge and understanding about difficult emotions for you and your children (young and old) and how this impacts parenting.

The programme runs via Zoom over 6 weeks (a 1.5 hour session each week) starting **Monday 13th April at 7.30pm**. Our hope is that you will draw on resources you may already have within, connect with other parents and leave feeling empowered and equipped with new tools and techniques to help you continue leading and supporting your family.

Some of the topics explored are:



To register for the course please complete our referral form here:

www.linkscounselling.com/get-counselling or contact us on 02838 342825



www.linkscounselling.com/get-counselling



**PARENT &
TODDLER
GROUPS**

**WE WANT TO
HEAR FROM
YOU!**

FamilySupportNI.gov.uk

Do you run a Parent and Toddler group in Northern Ireland?
We are updating the information we hold on **FamilySupportNI.gov.uk**
Check if your group is listed and if your information is correct:
Search Results in Parent & Toddler Category
Get in touch with us to publicise your group today!
E-mail: info@familysupportni.gov.uk

Where will the service be delivered?

Each of our services have offices across the Trust Areas and will also ensure they can find a location for your appointments that suits you. You can also request your appointments to be held online if that is your preferred option.

Getting Started is Simple

- Self-refer - Complete our simple online forms or call us directly
- Ask someone to help. They can complete the referral form or call us with your permission

For information, advice and to find out more about services near you visit www.DrugsandAlcoholNI.info



"Addressing drugs and alcohol together"



Who delivers the service

The service is delivered by 3 organisations across each of the 5 HSC Trust Areas.

If you live in the Belfast Trust Area contact Inspire Addiction Services

Tel: 0800 987 4117
Email: addictionservices@inspirewellbeing.org
Website: www.inspirewellbeing.org

If you live in the Northern Trust Area contact Links Counselling Service

Tel: 028 3834 2825
Email: office@linkscounselling.com
Website: www.linkscounselling.com/stepstochange
Online Referral Form:
www.linkscounselling.com/get-counselling

If you live in the Southern Trust Area contact Links Counselling Service

Tel: 028 3834 2825
Email: office@linkscounselling.com
Website: www.linkscounselling.com/stepstochange
Online Referral Form:
www.linkscounselling.com/get-counselling

If you live in the South Eastern Trust Area contact Inspire Addiction Services

Tel: 0800 987 4117
Email: addictionservices@inspirewellbeing.org
Website: www.inspirewellbeing.org

If you live in the Western Trust Area contact ASCERT

Tel: 0800 2545 123
Email: steps2change@ascert.biz
Website: www.ascert.biz/project/steps-to-change/



Project supported by the PHA



Steps to Change

Supporting adults and families across Northern Ireland who are affected by the use of drugs or alcohol



Are you concerned about your substance use or a loved one's substance use?

We understand that reaching out to access counselling support for the first time or having previous involvement can be overwhelming.

This free, confidential and professionally qualified service will support you to feel comfortable and safe as we work with you to understand your needs and offer you the right support.

We will work with you at your own pace, in your own way.

What to expect with this service?

The service can offer:

- One to One brief advice or therapeutic support to adults aged 18+ years
- Family Support including advice, information and structured support to families impacted by a loved one's substance use, even if loved ones are not engaged in support



How We Work Together

Your choice - Whether that's cutting down, stopping, or finding balance

You lead - We follow your goals and timeline

Flexible support - Face to face, phone, or online sessions

Up to 10 sessions of one to one support – Designed around what works for you

Families can receive up to 5 sessions of family support

Completely confidential - Your privacy matters

How to access the service

This service has an open access. We accept referrals from;

- Adults seeking help can self-refer
- Family members or friends
- Professional referrals welcome





HAPPY EASTER

FROM EVERYONE AT PARENTLINE NI

We will close on Friday 3rd April at 5pm and reopen on Monday 13th April at 9am



0808 8020 400



 0808 8020 400

Parents, carers, family members...

If you need us we're here

0808 8020 400



 0808 8020 400

 parentline@ci-ni.org.uk

 www.ci-ni.org.uk/parentline

Services Available Through The Hub May Include...



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

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

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



There Are 3 Family Support Hubs In the Southern Trust Area

ARMAGH & DUNGANNON HUB

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 **Easter 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/216493917>

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.





SOUTHERN TRUST AREA

FOSTER CARE

HELLO SPRING

Give a child a brighter future

Start your journey to become a Short Breaks carer today!

Short Breaks Service
for children with a disability

Could you become a Short Breaks foster carer?
If you can commit to a minimum of one overnight of care per month for a child with a disability get in touch with our team.
We offer: Allowances | Training | Support

START HERE

Contact:
T: 02837 564350
E: shortbreaks.team@southerntrust.hscni.net
Short Breaks | Southern Health & Social Care Trust

Southern Health and Social Care Trust Northern Ireland Foster Care



shortbreaks.team@southerntrust.hscni.net



Has your child had their vaccines?

Personal Child Health Record

Please keep this book safe

Please bring this book to all appointments

September 2017

BOY

Check their red book and speak to your GP or health visitor if they are due.

- chickenpox
- mumps
- whooping cough
- meningitis
- polio
- diphtheria
- measles
- rotavirus

HSC Public Health Agency

If you are unsure if your child is up to date with vaccinations, the easiest way to check is to look at your child's red book or speak to your health visitor

If your child has missed a vaccination, please contact your GP practice to book an appointment, as soon as you can, to make sure they have maximum protection against disease

For more information, visit [HERE](#)



Healthy habits can disappear when Easter eggs and chocolate bunnies appear... It's all about moderation and you can still enjoy a chocolatey treat for the special occasion!

It's a good idea to try to keep some healthy habits in place over the Easter period, for example:

Start the day with your usual healthy breakfast like poached or scrambled eggs on toast, a wholegrain breakfast cereal or porridge with fruit - Find out more about eggs and cholesterol [HERE](#)

Get outdoors and be active when you can - gardening, a walk or maybe even an Easter egg hunt!

Try to have some healthier snacks (in amongst the chocolate!) - For healthy snack ideas watch this short video from our Dietitians [HERE](#)

Keep chocolate out of eyesight and easy reach - Keep it in a cupboard...out of sight, out of mind!

If you eat more chocolate than you planned, don't be too hard on yourself - Just take small steps to get back on track

Watch our new video series on healthier habits [HERE](#)

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

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

The Health Trainer Service is:

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

The Health Trainer will:

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

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

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

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

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

www.verve-network.co.uk

Contact the Community Health Trainer Service
T: 028 3756 3946 E: verve.network@southerntrust.hscni.net

HEALTH TRAINER ONE TO ONE HEALTH AND WELLNESS COACHING

SUPPORTING YOU TO MAKE HEALTHIER CHOICES...

Supporting you to **become more active**

Supporting you to look after your **mental and emotional wellbeing**

Supporting you to assess **how much alcohol is too much**

Supporting you to **connect to services and activities**

Supporting you to **make healthier eating choices**

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

www.verve-network.co.uk

Contact the Community Health Trainer Service
T: 028 3756 3946 E: verve.network@southerntrust.hscni.net



verve.network@southerntrust.hscni.net



ABC COUNCIL AREA

GET HOPPING INTO A GETACTIVEABC EASTER

FAMILY FRIENDLY EVENTS

HIGHLIGHTS INCLUDE:
 EASTER MULTI-SPORTS CAMPS | SOUTH LAKE SPLASH INTO EASTER
 WATERSPORTS ACTIVITY DAY | LORD MAYOR EASTER EGG TRAIL | EASTER AT
 CRAIGAVON GOLF & SKI | OXFORD ISLAND EASTER TRAILS & WALKS
 EASTER GOLF

getactiveabc.com/easter

<https://getactiveabc.com/easter>

EASTER MULTI-SPORTS CAMPS

FAMILY FRIENDLY EVENT **BOOK ONLINE**

ALL CAMPS SUITABLE FOR AGE 5-11YRS

8, 9, 10 April	10.00am-12noon	Dromore Community Centre	€15PP
8, 9, 10 April	10.00am-12noon	South Lake Leisure Centre	€15PP
8, 9, 10 April	2.00pm-4.00pm	Orchard Leisure Centre	€15PP

getactiveabc.com/easter

<https://getactiveabc.com/easter-multi-skills-camps>



ABC COUNCIL AREA

"Say Hello"

Join us at the annual meeting of ABC Connect Well, Live Well Network

Where: Armagh City Hotel
When: Thursday 16th April 2026
Time: 10am - 1pm

RSVP by scanning the QR code, click the link below or email back!



<https://forms.office.com/e/frWkmtS7eq>



ARMAGH LPG AREA

GROUP HIRE!

PLANNING A GROUP HIRE OUTING OR ACTIVITY?

OUR GROUP HIRE SERVICE OFFERS RELIABLE TRANSPORT FOR:

- VOLUNTARY GROUPS
- COMMUNITY GROUPS
- NON-PROFIT GROUPS

USE OUR DRIVERS! OR USE YOUR OWN!

- ACCESS NI CHECKED
- FIRST AID TRAINED
- DISABILITY & SAFETY AWARE
- MUST BE ENTITLED TO DRIVE A MINIBUS

CALL US: (028) 3751 8151
OR EMAIL: ADMIN@ARMAGH RURAL TRANSPORT

BOOK NOW!

Follow @armaghruraltransport on FB and Instagram to keep up to date



admin@armaghruraltransport.com

ARMAGH RURAL TRANSPORT

PLANNING SUMMER ACTIVITIES?

Need affordable transport for your group?
Have you thought about Armagh Rural Transport?

We offer flexible transport options for your group:

- Self-drive hire or a Vehicle with one of our trained drivers

Perfect for:

- Day trips
- Community outings
- Youth groups
- Sports teams
- Social clubs

Book Your Group Transport Today
Contact us to check availability and prices.

Follow @armaghruraltransport on FB and Instagram to keep up to date



admin@armaghruraltransport.com



BANBRIDGE LPG AREA

HSC Public Health Agency
Project supported by the PHA

futureproof engage | educate | empower

Female Nurture Group

Support • Listen • Empower

MONDAY
3.30PM-5.30PM
AGE 11+

REFERRALS VIA LUCINDA:
07540049938
LUCINDA@FUTUREPROOFNI.ORG

15A COMMERCIAL ROAD BANBRIDGE

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

BANBRIDGE_YES



lucinda@futureproofni.org

Celebrating all kinds of minds

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

Join us Tuesdays
@
4.00pm - 5.30pm

Neuronext

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

YOUTH ENGAGEMENT SERVICE

Activities include.....
Crafts Bead Work Oragami Mini Canvas Painting
Bottle cap badges Movies Board Games Card Games
Table games Pictionary Nerf wars Charades

And many more

To register please contact
Lucinda 07793822389 or Veronica 07425330856

futureproof engage | educate | empower

HSC Southern Health and Social Care Trust
Federation of Family Practitioners Newry & District
Quality Care - for you, with you



07793822389



BANBRIDGE LPG AREA

ECLIPSE YOUTH GROUPS

AGE 11-18

A SPACE TO BELONG, CONNECT AND GROW

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

ECLIPSE YOUTH GROUPS

Rehearsals: Thursday 5.30pm-7.30pm

YOUTH ENGAGEMENT SERVICE

Drama Group

11-25 years old

07599567942
shauney@futureproofni.org
15a Commercial Rd, Banbridge BT323ES

E2 pound per session

futureproof
engage | educate | empower

HSC Public Health Agency

shauney@futureproofni.org



BANBRIDGE LPG AREA

AUTISMOS
DROP IN. HANG OUT. BE YOU.

A fun, female-only space for young people with autism (diagnosed or not) to come along, make new friends, and be unapologetically you!

**FRIDAY:
4.30PM-6PM
11-17 YEAR
OLDS**

GOOD VIBES

YOUTH ENGAGEMENT SERVICE

07540049938

15A COMMERCIAL RD, BANBRIDGE BT323ES

INFO@FUTUREPR OOFNI.ORG

HSC Public Health Agency



info@futureproofni.org



BANBRIDGE LPG AREA

DROP IN



banbridge_yes

- MONDAY 4PM-6PM: AGE 15-18
- TUESDAY 4PM-5.30PM: AGE 11-14
- TUESDAY 6PM-7.30PM: AGE 15-18
- THURSDAY 4PM-5.30PM: AGE 11-14
- THURSDAY: 6PM-7.30PM: AGE 15-18

A safe and welcoming space where young people can hang out with friends, join activities and access support.


15A COMMERCIAL ROAD,
BANBRIDGE
Lucinda@futureproofni.org




YOUTH ENGAGEMENT SERVICE



 lucinda@futureproofni.org



OUR SERVICES

- DRUGS AND ALCOHOL
- SEXUAL HEALTH
- C-CARD SCHEME
- 1-2-1 SUPPORT
- EMPLOYMENT
- LIFE SKILLS
- HEALTHY EATING
- MENTAL HEALTH
- EDUCATION

OUR GROUPS

- YOUNG MENS GROUP
- YOUNG WOMENS GROUP
- NEURODIVERSE GROUP
- DRAMA GROUP
- PHARMACY PROGRAMME
- DROP IN FOR AGES 11-14
- DROP IN FOR AGES 16-18

INFORMATION, ADVICE & SUPPORT FOR YOUNG PEOPLE AGED 11-25


CONTACT US

07540049938

15a Commercial Road, Banbridge

banbridge_yes

banbridge Youth Engagement Service




Project supported by the PHA

 info@futureproofni.org



CRAIGAVON LPG AREA

CRAIGAVON, LURGAN AND PORTADOWN PLACE PLANS ONLINE ENGAGEMENT SURVEY NOW OPEN

Your voice matters, we'd like to hear from you.
Survey closing
Wednesday 20 May 2026



Completed surveys will be entered into a draw to win a **Shop ABC Gift Card**.


Armagh Banbridge and Craigavon Community Planning Partnership





 <https://armaghbanbridgecraigavon.citizenspace.com>

CRAIGAVON, LURGAN AND PORTADOWN PLACE PLANS



SCAN TO TAKE PART

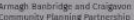


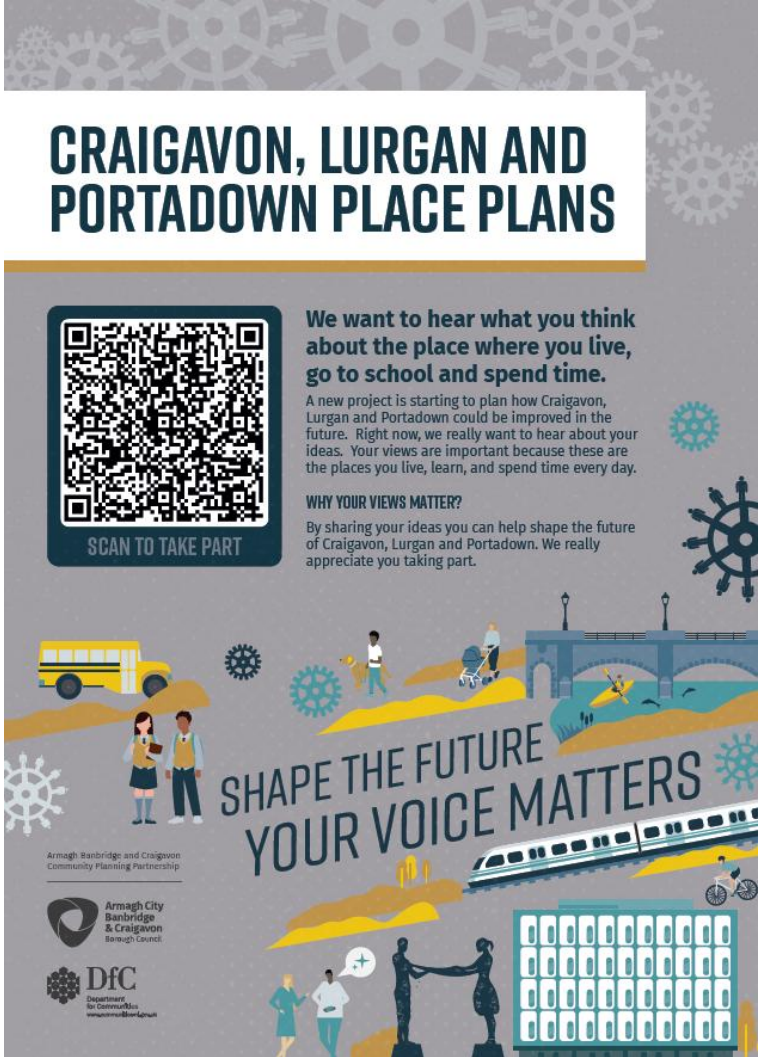
We want to hear what you think about the place where you live, go to school and spend time.

A new project is starting to plan how Craigavon, Lurgan and Portadown could be improved in the future. Right now, we really want to hear about your ideas. Your views are important because these are the places you live, learn, and spend time every day.

WHY YOUR VIEWS MATTER?

By sharing your ideas you can help shape the future of Craigavon, Lurgan and Portadown. We really appreciate you taking part.

**SHAPE THE FUTURE
YOUR VOICE MATTERS**

 <https://docs.google.com/forms>



CRAIGAVON LPG AREA



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

Join our free diabetes sessions

PORTADOWN LIVE WELL HUB

Tuesday 28 th April 2026	10-11am
Tuesday 5 th May 2026	10-11am
Tuesday 12 th May 2026	10-11am
Tuesday 19 th May 2026	10-11am
Tuesday 26 th May 2026	10-11am

Venue: Portadown Town Hall

15 Edward Street, Portadown, BT62 3LX

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

Diabetes and Wellbeing Support For All

We are launching a Diabetes Live Well Hub in Portadown Town Hall. 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 215199) and in Scotland (no. SC139136) © Diabetes UK 2025



communityteamni@diabetes.org.uk

NEWRY & MOURNE LPG AREA



FAMILY VOLUNTEERING

WE NEED HELP WITH

Supporting the Larder, Foodbank in Newry with a collection of non perishable food.

- Sat 18th April @Tesco Newry From 10.30am

INTERESTED IN JOINING US?

Contact Bronagh: 07708 077 954
bronagh.demeillers@volunteernow.co.uk



bronagh.demeillers@volunteernow.co.uk



FAMILY VOLUNTEERING

WE NEED HELP WITH...

- Sat 18 April 2026: Tesco Newry food donation collection with The Larder Newry
- Sat 16 May 2026: Newry Canal Tow Path with Inland Waterways.
- Sun 14 June 2026: Gateway choir event

INTERESTED IN JOINING US?

Contact Bronagh: 07708 077 954
bronagh.demeillers@volunteernow.co.uk



bronagh.demeillers@volunteernow.co.uk



NEWRY & MOURNE LPG AREA

Community Support Hub

A welcoming space to connect with us, feel supported and receive confidential advice on the issues that matter to you.

Tuesday 21st April | 3:00pm - 6:00pm
Newry Leisure Centre, Cecil Street

-  COUNCIL STAFF
-  HOUSING ADVICE
-  HEALTH
-  SAFETY
-  FINANCIAL ADVICE
-  TRAINING AND EMPLOYMENT



www.newrymouredown.org/community-support-hubs

SOUTH ARMAGH LPG AREA

Slieve Gullion DEA & Health Improvement Team Present

FUEL THE FAMILY

Free Event
Limited
Spaces

Learn how small, simple food swaps can make a big difference to your family's nutrition. This session is packed with practical meal ideas, smarter choices at the supermarket, and everyday solutions for stress-free family meals.

- ✓ Breakfast, lunch and dinner ideas
- ✓ Shopping on a budget
- ✓ Food Swaps
- ✓ Free goodie bag for all attendees (including recipe books, lunch boxes & thermal lunch flasks)

Wednesday 15th April
1:45pm-2:30pm
Forkhill Primary School

To book email alannah.brennan@nmandd.org

Public Health Agency
Project supported by the PHA

alannah.brennan@nmandd.org

Slieve Gullion DEA & Health Improvement Team Present

FUEL THE FAMILY

Free Event
Limited
Spaces

Learn how small, simple food swaps can make a big difference to your family's nutrition. This session is packed with practical meal ideas, smarter choices at the supermarket, and everyday solutions for stress-free family meals.

- ✓ Breakfast, lunch and dinner ideas
- ✓ Shopping on a budget
- ✓ Food Swaps
- ✓ Free goodie bag for all attendees (including recipe books, lunch boxes & thermal lunch flasks)

Tuesday 28 April
7pm-8pm
Forkhill Community Centre

To book email aoife.mccomiskey@nmandd.org

Public Health Agency
Project supported by the PHA

alannah.brennan@nmandd.org

SOUTH ARMAGH LPG AREA

SLIEVE GULLION DEA AND NEWRY, MOURNE & DOWN PCSP

EmpowerHER Auto Nights

From warning lights to wheel changes — we've got you covered

FREE EVENT

WEDS 22 APRIL
OR
THURS 30 APRIL

ON THE NIGHT

- Daily car safety checks
- Essential road safety guidance
- Basic vehicle maintenance tips
- Understanding dashboard warning lights
- Refreshments & goodie bags

22 APRIL | 7PM – 9PM | THE WELCOME INN, FORKHILL
30 APRIL | 7PM – 9PM | SAFE MART, CAMLOUGH

Book Now:
✉ aoife.mccomiskey@nmandd.org
R.S.V.P. by Friday 17th April | Limited Places

PILOT SERVICE IN CROSSMAGLEN

CONFIDENTIAL, SAFE, AND OPEN TO ALL WOMEN

No appointment needed

Thu 26th March

Thu 25th June

10am - 12noon

Crossmaglen Community Centre
Cardinal O'faich Square
BT35 9AA

- Women's Aid
- Solicitor
- Money Advice
- Housing Advice
- Police
- Crime Prevention

Women's Aid
ARMAGH DOWN



aoife.mccomiskey@nmandd.org



DUNGANNON LPG AREA

FREE ESOL CAFÉ

**Wednesdays
10am-12pm
March & April 2026**

**The Junction,
12 Beechvalley Way,
Dungannon**

Reasons to join us:

- Practise your English
- Enjoy a cup of tea
- Meet new people

For information:
028 87750211



A Mid Ulster
Sanctuary Forum
initiative



 028 87750211



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

[Issue 163](#)
12th March 2026

[Issue 162](#)
19th February 2026

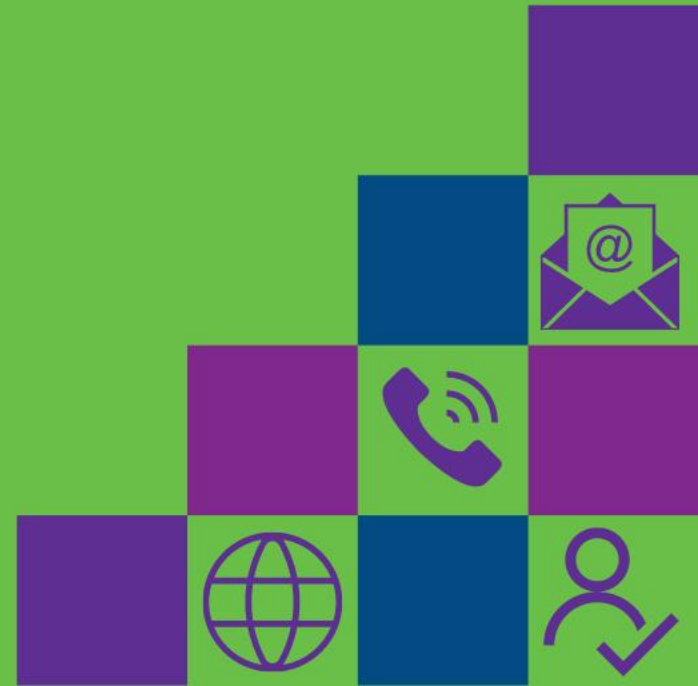
SUBMISSION

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



GUIDELINES

- ✓ 'FYI' will usually be issued every three weeks, on a Thursday. Please send your articles for inclusion by 4pm 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.



UPCOMING 2026 LPG MEETINGS

Banbridge	Wed. 15 th Apr
Newry & Mourne	Wed. 22 nd Apr
Dungannon	Tues. 28 th Apr
Armagh	Thur. 7 th May
Craigavon	Tues. 12 th May
South Armagh	Wed. 3 rd Jun

Meetings are usually scheduled to begin at 10am
Formats will alternate between face-to-face & Zoom
(Refer to the 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)
CYPSP, 2nd Floor, Health & Social Care Board, Tower Hill, Armagh. BT61 9DR

'FYI' NEWSLETTER CALENDAR
JANUARY TO JUNE 2026



JAN	ISSUE 160 ISSUE 161	Publication: 8 th Deadline: 6 th Publication: 29 th Deadline: 27 th
FEB	ISSUE 162	Publication: 19 th Deadline: 17 th
MAR	ISSUE 163	Publication: 12 th Deadline: 10 th
APR	ISSUE 164 ISSUE 165	Publication: 2 nd Deadline: 31 st Publication: 23 rd Deadline: 21 st
MAY	ISSUE 166	Publication: 14 th Deadline: 12 th
JUN	ISSUE 167 ISSUE 168	Publication: 4 th Deadline: 2 nd Publication: 25 th Deadline: 23 rd



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:
23rd April 2026
Copy Deadline:
21st April 2026**



localityplanning@ci-ni.org.uk



Sign up to receive 'FYI' Newsletter TODAY!

E-mail: localityplanning@ci-ni.org.uk

