

SOUTHERN AREA LOCALITY PLANNING GROUPS



ISSUE 165
23rd April 2026



WELCOME

Welcome to Issue 165 of our newsletter, 'FYI' (For Your Information).

We hope that everyone is back & feeling refreshed after the recent Easter break. It seems that local services & organisations have hit the ground running, as we have a wide range of training opportunities, workshops, events, parenting programmes & activities included in what is another jam-packed edition of our newsletter!

On the [next page](#) you will see a call to submit any summer activities you are planning and want to promote for children, young people and families. This makes it easier for parents, carers and practitioners to access this important information. Please also include any local activities you are aware of as well as free / low-cost resources.

Locality Development Team, Southern Area

IN THIS ISSUE

Pages 3 to 69

[Southern Trust Area \(CYPSP Updates | Training | Workshops | Events | Awareness Campaigns | Parenting Programmes | Youth Programmes | Focus Groups | Community Development | Consultations | Surveys | Reports | Funding | Jobs | Employability | Volunteering | Resources | Family Support | Foster Care | Health\)](#)

Pages 70 & 71

[ABC Council Area](#)

Pages 72 to 74

[Armagh LPG Area](#)

Page 75

[Banbridge LPG Area](#)

Page 76

[Craigavon LPG Area](#)

Pages 77 & 78

[Newry & Mourne LPG Area](#)

Page 79

[South Armagh LPG Area](#)

Pages 80 & 81

[Dungannon LPG Area](#)

Page 82

[Newsletter Submission Guidelines](#)

Page 83

[Important LPG Member Information](#)

Pages 84 & 85

[Next Issue Key Dates & Subscribe](#)





Are you organising summer activities for children & young people?

Do you want to share this information with other services?

Do you want to find out what is happening in the summer for families, children or young people in your area so you can pass it on?

Each year we aim to provide timely, useful information for parents/carers and practitioners who are searching for summer activities for their children and clients to participate in

Our **Summer Activities Directory 2026** will be incorporated into the three upcoming editions of 'FYI', circulating on:
Thursday 14th May, Thursday 4th June and Thursday 25th June

Please submit any relevant information you may have regarding your group or organisation, or any summer schemes you may know of, so we can showcase the wide range of opportunities available across the Southern Trust Area

Deadlines for the above special 'FYI' editions will be the Tuesday prior to circulation and we ask that, where possible, artwork is submitted already set-up (in jpeg, png or pdf format)

Send your submissions to localityplanning@ci-ni.org.uk



Parents / Carers Zone

Feeling unsure where
to find reliable
support for your
child?

The Youth Wellness
Web's Parents/Carers
Zone brings trusted
information together
in one place –
mental health, online
safety, wellbeing, and
local services.

<https://cypsp.hscni.net/youth-wellness-web/parent-teacher-zone/#contentYwwParents>

Working in Partnership since 2011



Support for parents & carers made simple!
Trusted advice on mental health, wellbeing, online safety &
local services, all in one place
Visit the **Youth Wellness Web's Parents/Carers Zone** [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 

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 Practice
Thursday 21 May, 09:30am - 12:30pm, In-person

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

Understand Emotions and Behaviours: Early Years (0-5 Years)
Tuesday 2 June, 10:00am - 4:00pm, In-person

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

Gaming and Gambling Harm Prevention (YGAM)
Tuesday 16 June, 10:00am - 12:30pm, Online

Designated Officer
Tuesday 23 June, 09:30am - 12:30pm, Online





Children in Northern Ireland 

April / May / June Training
Paid Courses

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

Autistic Women and Girls
Thursday 28 May, 10:00am - 4:00pm, In-person

Baby Yoga Instructor Training
Thursday 4 - Friday 5 June, 10:00am - 4:00pm, In-person

Counselling Skills for Everyday Practice
Friday 12 June, 10:00am - 4:00pm, In-person

Trauma and the Helping Professional
Thursday 18 June, 10:00am - 4:00pm, In-person



www.ci-ni.org.uk/training



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>



www.eventbrite.co.uk/our-generation



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

MENTAL HEALTH FIRST AID

On successful completion certificates issued through the Public Health Agency

Join us for a two-day in-person Mental Health First Aid training designed to equip you with the skills to support young people and members of your community.

Topics Covered:

- Understanding Mental Health
- Reduce Stigma
- Identify signs and symptoms
- Respond to crisis
- Encourage help-seeking
- Improve communication

Date & Time:
7th May & 8th May
10am start

Who Should Attend?

- Teachers
- Youth Workers
- Community Workers

Location:
Duncairn Community Centre, Upper Mervue Street, Belfast, BT15 2JZ

Email ASabir@CooperationIreland.org to secure your spot

Training for Youth Workers

Learn creative tools to spark engagement and innovation
Resources and ongoing support to help you put learning into action
CPD Accredited

Sign Up Using The QR Code or email ignite@ysi.ie

Train with YSI and develop the skills to facilitate a social innovation programme with your young people.

YOUNG SOCIAL INNOVATORS | **PEACEPLUS** Northern Ireland - Ireland

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

ysi.ie



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](#)

Digital Detox Workshops

Youth, Environment, Sport
Aimed at anyone working with children and young people

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

Guided nature immersion
Campfire connection & storytelling
Mindfulness & wellbeing activities
Digital disconnection practices

ASABIR@COOPERATIONIRELAND.ORG

www.eventbrite.co.uk/digital-detox

Building Resilience in Children and Young People

Aimed at Youth Workers, Foster Carers, and individuals involved in youth protection services

Date: 29 April 2026
Time: 10:00 AM – 12:00 PM

- This session covers key resilience components: emotional regulation, problem-solving, and adaptability.
- Strategies for building children's resilience include fostering a growth mindset, encouraging independence, and providing a supportive environment for emotional expression.
- Empowering children with resilience helps them navigate life's challenges more confidently.

To secure your spot, please reach out to ASABIR@CooperationIreland.org

Alternatively, you can register through the link available on the 'Cooperation Ireland' Eventbrite page

www.eventbrite.co.uk/building-resilience

BEND DON'T BREAK

For Carers aimed at strengthening their mental resilience.

This workshop is great for people who suffer from low mood, constant worry and stress. It will give you information on how to mentally improve yourself to deal with life's everyday challenges.



Ballybot House, Newry



Starting Wednesday 29th April -
Wednesday 13th May 10.30am - 12.30pm

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



Southern Health
and Social Care Trust



Clanrye Group
Here To Support You



info@clanryegroup.com

GAMING AND GAMBLING HARM AWARENESS SESSION FOR PARENTS, CARERS, AND GUARDIANS

Come and join Ygam's online awareness session to develop your understanding of gaming and gambling, enabling you to have conversations with your children about the potential harms.

DATE: WED 29TH APRIL

TIME: 7-8.30PM

ONLINE VIA ZOOM

TO BOOK YOUR PLACE

CALL 0808 8020 400



Parent
LineNI
0808 8020 400



0808 8020 400

“

Perfect class, perfect teacher!
I've done CBT before but didn't
get much out of it but you have
explained things in a way I really
understood and made perfect sense
to my life. I'm telling everyone
to do this class!



stress control

Stress often includes a mix of anxiety, depression, panic, sleep problems, poor wellbeing, low self-confidence, and low self-esteem. If stress is affecting your daily life and you're ready to take control, Stress Control can help.

Developed by consultant clinical psychologist Dr Jim White, Stress Control is a 6 session online course that combines cognitive behavioural therapy (CBT), positive psychology and wellbeing.

Through the course, you'll gain practical skills to manage stress effectively and improve your overall wellbeing.

Please see www.stresscontrolclass.com for dates of classes running in Northern Ireland.

Stress Control Classes currently running during this **Stress Awareness Month**

- Session One: 9am Monday 13th April (available until 27th April)
- Session Two: 9am Monday 20th April
- Session Three: 9am Monday 27th April
- Session Four: 9am Monday 4th May
- Session Five: 9am Monday 11th May
- Session Six: 9am Monday 18th May

Each session is available until 8am on the following Monday
Participants do not have to register or log in to complete the course
Simply visit the website [HERE](#) at any stage within the above timeframes and watch the streamed weekly sessions
Each class lasts around 90 minutes

action
mental
health

Eating Disorder Support

BodyTalk Workshop is an interactive workshop that aims to raise awareness and understanding of eating disorders, whilst looking at body image concerns in today's society.

Topics

Part 1: Understanding Body Image – exploring the role of media with fitness/beauty and diet industry/ how to be aware of dangers and challenge harmful body ideals.

- Building a body positive image.

Part 2: Eating Disorders - the signs and symptoms/ myths and misconceptions/ causes and prevention. Signposting to Support.



BodyTalk Workshop is available free to Adult community groups/organisations/sports clubs, OR post-primary Youth and Education settings. BodyTalk workshop is delivered across the Southern Trust Area as part of our Eating Disorder Support Project.

For further information or booking enquiries please contact us:

Email: eatingdisorders@amh.org.uk

Eating Disorders Support Project Workers: Deborah McCready or Lorraine McMinn

Project Supported by

 Southern Health
and Social Care Trust



eatingdisorders@amh.org.uk

AWARE FREE Upcoming Courses | May 2026

OVERCOMING DEPRESSION.
CHANGING LIVES.

Learn more about mental health! Options for individuals, parents and more!

Mental Health Course for Parents & Expectant Parents

For expectant parents and parents of children aged 3 and under

 Thursday 7 May, 7-9pm

 Delivered online (Zoom)

Mental Health Course for Individuals Impacted by Cancer

For people affected by cancer, offering practical tools to support emotional wellbeing

 Tuesdays, 12 May to 9 June, 6:30pm-8:30pm

 Delivered online (Zoom)

A Course to Help Anxiety, Low Mood and Challenge Negative Thinking

A Cognitive Behavioural Therapy (CBT) based programme

 Fridays, 22 May to 26 June, 11am-1pm

 Delivered face-to-face at AWARE NI,
40-44 Duncairn Gardens, Belfast, BT15 2GG

To sign up, visit aware-ni.org or use the link in our post



<https://aware-ni.org/news/free-mental-health-programmes-may2026>



Children in Northern Ireland The Parent Participation Service invites you to... **CYPSP** Children & Young People's Strategic Partnership

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

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

QUEEN'S UNIVERSITY BELFAST ACADEMIC ENGLISH SERVICE CIVIC ENGAGEMENT AND STRATEGIC COMMUNICATIONS

INFORMATION SESSIONS ON: ACADEMIC ENGLISH CLASSES FOR REFUGEES & ASYLUM SEEKERS

REGISTER FOR ONE OF THE FOLLOWING:

29 APRIL 2026, 12.30-2.00pm
 Rm 0G.026, 6 College Park East, Belfast BT7 1PS
 Or:
30 APRIL 2026, 6.00-7.30pm
 Room 0G.074, Lanyon Building, Queen's


<https://events.humanitix.com/ae-info-sessions-2026>


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


<https://events.humanitix.com/ae-info-sessions-2026>


Money Guiders NI Network Event

Wills, Wishes, Power of Attorney & What Happens Next



 **Wed 6 May**
10:30-12:30

 **In Person**
2 Royal Ave Belfast


Money Guiders NI Network  **Money & Pensions Service**


in partnership with **Professor Sheena Grattan**


 www.eventbrite.co.uk/wills-wishes


Money Guiders NI Network Event


Planning for the End of Life: Money, Choices, and Compassionate Support



 **Thurs 7 May**
11:00-12:00

 **Online**
MS Teams

Money Guiders NI Network  **Money & Pensions Service**

in partnership with  **Compassionate Communities Northern Ireland**

 www.eventbrite.co.uk/planning-for-the-end-of-life



Money Guiders NI Network Event

Five Years of
Community Impact:
Mental Health &
Money Guidance in NI



Thurs 14 May
10:00-2:00



In Person
MAC Belfast



in partnership
with



www.eventbrite.co.uk/five-years-of-community-impact-mental-health-money-guidance-in-ni-tickets



FANDOM CON

Gaming & socialising event
celebrating Autism & Neurodiversity
23rd May 2026 @ ICC Belfast

Limited Tickets

Buy your tickets at
www.nowgroup.org/fandom

Get ready! This year's **Fandom Con** is levelling up and taking over the ICC Belfast (right beside the Waterfront) on Saturday 23rd May 12 noon - 4pm and you won't want to miss it!

Expect an unforgettable day packed with gaming, cosplay, workshops, special guests, and loads more surprises

Whether you're into anime, comics, gaming, movies, or just love the buzz of a fan-filled festival, Fandom Con has something for absolutely everyone - all ages, all interests, all welcome

New for 2026, anyone wishing to take part in the cosplay competition must register in advance online - Open to all experience levels, the competition celebrates creativity, self-expression and fandom in a supportive, judgment-free environment

Cosplay registration is now open via the official Cosplay Form [HERE](#)

Learn more and grab your event tickets [HERE](#)

ALL TOGETHER NOW

Embedding inclusive practices where every child is seen, heard, valued and supported from the beginning.

Special Guests Include:

Rowena Hicks
Five Minutes to Thrive

Emer Maguire
Musical Comedian & BBC Presenter

SRC Banbridge Campus
Tuesday 19 May 2026
16:30 - 21:00

"Belonging Begins here." Join us for All Together Now: Foundations of Belonging, a free one evening conference dedicated to inclusive practices in early years education across Northern Ireland.

Together we'll explore inclusive practices that put belonging at the heart of early childhood education, exploring how we can create spaces where every child is seen, supported, and celebrated - right from the start.

www.eventbrite.co.uk/all-together-now

AUTISM, MENSTRUATION & MENTAL HEALTH

Autistic women's health has been overlooked for too long. Experiences of menstruation, hormones, pregnancy and menopause have been misunderstood, dismissed or never fully recognised, leaving autistic women to navigate complex changes without the language, support or space to be heard.

SAVE THE DATE!

THURSDAY 28TH MAY
09:30-13:00
LOUGH NEAGH DISCOVERY CENTRE
Craigavon, BT66 6NJ

This event brings together lived experiences and research to create something different: a space where autistic women's voices are centred, not questioned. Save the date, scan the QR code and join the conversation!

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

eden
project

What will you do?

The Big Lunch and The Big Help Out are teaming up on 5-8 June for a weekend of **friendship, food, fun and action – and everyone's invited!**

It's one big do – a chance to meet, eat and lend a hand locally in the UK's biggest celebration of community.

Big or small, what you do is up to you – a BBQ with the neighbours, a local litter pick or helping a good cause for the day – we can all do something!


It's easy, it's fun and it's for everyone – so what will *you* do?

Plan your do

Get your free resources



www.edenprojectcommunities.com/the-big-do



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



It's Stress Awareness Month - some stress is normal, but too much isn't
A little stress is a natural human reaction to challenges or changes in your life, but constant stress and an inability to relax can harm your physical and mental wellbeing
Let's look at what stress actually is, recognisable signs and symptoms, and practical strategies for looking after your mental health

Click [HERE](#)



Northern Ireland Alcohol Awareness Week (NIAAW) will take place from **15th June 2026**, providing an important opportunity to raise awareness about alcohol use and its impact on individuals, families, and communities

This annual initiative encourages open conversations, promotes healthier choices, and supports those who may be seeking information or help related to alcohol

We would be delighted to work with organisations and community groups during this week

If you are planning any events or activities near this date, our staff are available to attend or host an information stand, offering guidance, resources, and support tailored to your audience - Their presence can help create a welcoming space for discussion and learning

In addition, staff can provide alcohol awareness packs, which include useful materials designed to inform and engage participants - If this is something that would benefit your organisation or event, please do not hesitate to get in touch

We look forward to collaborating with you to make Northern Ireland Alcohol Awareness Week 2026 a meaningful and impactful experience



lucinda.mcginnis@start360.org



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>



SOUTHERN TRUST AREA

PARENTING PROGRAMMES





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 7 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: Altnaveigh House 51
Downshire Road, Newry BT34 1EE.

Start Date: Thursday 7th May to
Thursday 18th June 2026

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

Criteria: For parents with a child diagnosed with ADHD/awaiting an assessment, aged 6-12 years and who are resident in the Southern Trust area.

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

Delivered by:
BOLSTER COMMUNITY

Funded by:
HSC Southern Health and Social Care Trust

 gemma@bolstercommunity.org

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

IGNITE COMMUNITY
EMPOWERING YOUNG PEOPLE THROUGH INNOVATION & ACTION

We're excited to introduce the Ignite Community Programme, supported by PEACEPLUS, a programme managed by the Special EU Programmes Body (SEUPB).
Ignite Community is designed to empower young people aged 9-25 to address social issues they care about through social innovation with creativity, confidence, and real impact.

WHY IGNITE COMMUNITY?

- **Flexible & Accessible:** Perfect as an after-school activity for schools or a stimulating programme for community and youth groups.
- **Youth-led & Experiential:** Young people identify challenges important to them and develop practical solutions through hands-on, project-based learning.
- **Inclusive & Impactful:** Tailored to engage diverse and marginalised youth, giving a voice where it's often unheard.
- **Proven Track Record:** Since 2022, Ignite has empowered over 320 young people, with new funding enabling access for nearly 6,000 participants across Northern Ireland, Border counties, Galway, Limerick, Clare, and Cork.

For over 23 years, YSI has nurtured young changemakers, building vital skills like critical thinking, collaboration, empathy, and problem-solving through a youth-led, experiential approach that goes beyond the classroom.

AS A SCHOOL OR YOUTH ORGANISATION, YOU WILL RECEIVE:

- Access to YSI's **CPD-Certified** Ignite Community Train the Trainer programme
- **Flexible delivery** tailored to your timetable and setting
- Ongoing **support and guidance** from YSI's dedicated team

REGISTER YOUR INTEREST IN IGNITE COMMUNITY HERE:

FOR MORE INFORMATION, VISIT OUR WEBSITE:
www.ysi.ie

Logos: YOUNG SOCIAL INNOVATORS, PEACEPLUS Northern Ireland - Ireland, YSI, Kippie, Arts Care

Ignite Community - Empowering Young People to Lead Change

Ignite Community is a fully funded, cross-border youth programme for young people aged 9-25 across the border counties and Northern Ireland

The programme supports young people to explore issues that matter to them, develop leadership and teamwork skills, and design and deliver their own social action projects

Through hands-on workshops and collaborative activities, participants build confidence, strengthen their voice, and learn how to turn ideas into real impact within their communities

Ignite Community is youth-led, inclusive, and focused on creating positive change across all backgrounds and traditions

If you work with young people and would like to find out how Ignite Community could support your group, we'd love to connect!

E-mail: saleh.rifaie@youngsocialinnovators.ie

action
mental
health

Mindset: Mental health awareness programme



Mindset is a mental health and emotional wellbeing programme, offered to Young People and Adults.

How can the Mindset programme help you?

- Raises your awareness and understanding of mental and emotional health and wellbeing.
- Increases your knowledge of signs and symptoms of mental ill health.
- Promotes self-help, self-care and resilience techniques.
- Explores how to maintain a safe level of positive mental and emotional health and wellbeing.
- Provides information and resources on mental health support organisations available locally and regionally.



wellbeing@amh.org.uk

Who is Mindset for?

- The Mindset Programme can be tailored to young people from 14 years and to adults. There is also a version tailored for young people and adults with Special Educational Needs (SEN).

Where is Mindset offered?

- Mindset is delivered by Action Mental Health Project Workers across Northern Ireland in all youth and community settings.

More information

- Mindset is funded by the Public Health Agency. The programme is available throughout the year in all HSC Trust areas.

Learner requirements: None
Time: 3 hours (Can be delivered in 1 or 2 sessions)
Delivery: In-person or online via Zoom.
Group numbers: 8-30

Programmes will involve a mixture of learning slides and audience participation, along with group work and exercises. Everything shared in a session is confidential.



Find out more about our Schools & Community Wellbeing programmes at amh.org.uk or **email: wellbeing@amh.org.uk**

Action Mental Health is a local charity supporting minds and changing lives, across Northern Ireland.

To find out how you can support our vital work through donations and fundraising, or by leaving a gift in your Will, please visit amh.org.uk

Schools & Community Wellbeing
Action Mental Health
4a Steeple Road Antrim
BT41 1AF

T: 028 9442 5356
E: wellbeing@amh.org.uk

www.amh.org.uk



Registered with the Charity Commission for Northern Ireland NIC100753.



wellbeing@amh.org.uk

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 NIC104724, company limited by guarantee no. NI30225, charity no. XR96639.

 OurGeneration@playboard.co.uk



DO YOU WORK WITH YOUNG PEOPLE AGED 11-25?



We are offering fully funded, interactive and engaging workshops to help empower your young people to help End Violence Against Women and Girls.

Empowering Young People to End Violence Against Women & Girls

Learning Outcomes

- How to use the '5 Ds' of Intervention
- Understand the 4 Cornerstones of Healthy Relationships & More!

<https://nexusni-eips.counsel360.co.uk/referral/create>

READY TO STEP UP AND STEP IN?



 <https://nexusni.org/evawg-training>



**ARE YOU A SINGLE DAD?
DO YOU HAVE A CHILD UNDER 3?
WHETHER YOU LIVE WITH YOUR CHILD OR
PARENT APART WE WOULD LOVE YOU TO
JOIN OUR SINGLE DADS FOCUS GROUP**

THANK YOU
We know that parents are very busy, and as a thank you for taking part, you will receive a £50 shopping voucher.

Join us:
Parentline is hosting a focus group (up to 8 dads) to advise a new study about how best to include parents in future research about children. The focus group will meet once, be online and will last around 1.5 hours

Where can I get more information?
For more information or to register to take part call ParentLine on 0808 8020 400.



UCL **ParentLineNI** **Children in Northern Ireland**

 0808 8020 400

COMMUNITY DEVELOPMENT

Supporting diverse groups across NI to welcome and integrate children and families seeking sanctuary through project development, training, and sharing best practice.

We aim to create more opportunities for groups to share knowledge, resources, and strategies for community programmes that foster inclusion, wellbeing, and skill-building. By exchanging ideas and best practice, we can learn from each other and keep growing together!

Here's what we offer:

Programme Development Support - Help setting up initiatives and delivering programmes tailored to your community

Training - Flexible sessions on topics such as Myth Busting, Cultural Consciousness, and practical use of our guides. We're open to adapting training to your needs

Parenting Programmes – if your community identifies a need, we can deliver tailored parenting support

Written Guides- We provide resources, training, and initial co-facilitation, enabling you to adapt and implement them in ways that best suit your community

Some examples of our available guides:

Growing Together Guide - a programme guide to support social and emotional development, through play, for young children who have arrived seeking sanctuary

School Readiness Guide - a programme focused on helping children learn and prepare for formal education

Cultural Kitchen Guide - a recipe for promoting integration and community wellbeing

UBUNTU

For more information on the Ubuntu project and to get in touch scan our QR code



Or got to our website

www.barnardos.org.uk/get-support/services/ubuntu



Ubuntu is an ancient word which appears in several African languages. Roughly translating to “I am because we are” at its core it recognises that each person’s identity and well-being are shaped by our relationships with others.



THE UBUNTU PROJECT

Who we are

The 'Ubuntu' philosophy recognises that we all impact one another, it calls on us to consciously ensure this impact is positive. It values community, interconnectedness, and shared humanity, promoting compassion, respect, and mutual support—extending to how we care for nature and the environment."

Barnardo's Ubuntu Project, funded by The National Lottery UK Fund, operates across Hertfordshire, Northern Ireland, and Scotland. We support communities by connecting voluntary and statutory organisations that support children, young people, and families seeking sanctuary in the UK. We use this term as we support regardless of the path taken to seek protection, including those seeking refuge and those claiming asylum.



YOUTH VOICE NETWORK

Amplifying the voices of young people seeking sanctuary through a rights-based approach rooted in the Lundy Model of Participation.

We are guided by five core principles that shape everything we do **CONNECTION, COMPASSION, CONFIDENCE BUILDING, CHALLENGING** and **CHANGE MAKING**

We deliver a range of youth provisions across NI for young people aged 12–19 who have arrived seeking sanctuary. New members can join our programmes within this age range. As our established members progress through the Network, those aged 18+ have the opportunity to become Young Leaders—empowering them to guide and inspire the next generation.

The Network creates opportunities for young people to engage directly with key stakeholders, influencing policy, research, and decision-making to ensure their voices are truly seen, heard, and valued.

The Ubuntu Youth Voice Network is a collaborative platform where young people share their experiences, highlight the challenges they face, and work together to propose and drive solutions that create meaningful change.

PRACTITIONERS NETWORK

A fundamental element of the Ubuntu model is the creation of a multi-agency regional network that shares intelligence and develops joint solutions, focusing exclusively on children and young people who have arrived seeking sanctuary.

The Ubuntu Practitioners Network will 'knit together' agencies and stakeholders committed to the welfare and well-being of children seeking sanctuary, as well as the wider communities into which they and their families are placed. By working collaboratively across regions, the network will align goals, share information, identify systemic challenges, and advocate for meaningful change through:

PEER SUPPORT AND COLLABORATION

Creating a safe space for practitioners to exchange challenges, ideas, and examples of good practice.

DEVELOPING BETTER SYSTEMS & IMPROVED OUTCOMES

Strengthening services and ensuring consistent, high-quality support for children and young people.

ADVOCATING FOR CHANGE

Amplifying children's voices to influence local and national policy, inform action plans, and shape government strategies.



UBUNTU NI

COMMUNITY DEVELOPMENT



Through our Community Development programmes we aim to support diverse groups across Northern Ireland to welcome and integrate children and families seeking sanctuary through project development, training, and sharing best practice.

We aim to create more opportunities for groups to share knowledge, resources, and strategies for community programmes that foster inclusion, wellbeing, and skill-building. By exchanging ideas and best practice, we can learn from each other and keep growing together.

Here's what we offer:

- Training and capacity building for community groups who want to develop their work with children and families seeking sanctuary.
- Tailored support according to your organisation and community setting.
- Access to training and programme guides.
- Share information and learn from others by joining our Practitioners Network.

Training workshops

- Immigration Myth Busting – increase your knowledge of the environment for people arriving to the UK seeking sanctuary.
- Cultural Consciousness – increase your awareness of biases and actively seek to understand and respect cultural differences.



UBUNTU NI

Programme Development Support



Ubuntu have developed two programme guides - **Growing Together** and **Cultural Kitchen** - to support organisations working with children and families seeking sanctuary to integrate and feel settled. These can be adapted to your setting and needs of your participants.

Each includes a programme guide to help you to understand the theory behind the purpose as well as practical advice to deliver the programme in your setting. The Ubuntu team can offer training for your volunteers and staff and a follow up visit to support delivery.

Growing Together

The guide focuses on social and emotional wellbeing from a trauma informed perspective and promotes self-regulation through nature and play. Core elements of each Growing Together session include Play, Nature, Movement, and Connection.

WHAT IS IT?

A guide designed to help community groups to deliver their own Growing Together sessions in safe, supportive, and developmentally appropriate ways. It includes 6 session plans which can be used as they are or adapted to suit your group's needs.

WHO IS IT FOR?

Primary aged children (4-11 years) who have recently arrived in Northern Ireland. Ideal for children waiting for a school place or who may be struggling to settle in school.



UBUNTU NI

Cultural Kitchen



Cultural Kitchen nurtures strong community connections and enables participants to collaborate, share knowledge, and work together through cooking. Participants will come together to prepare, cook and share their dishes. It gives everyone involved the opportunity to learn and celebrate different cultures, make new social connections and sample new and exciting flavors from around the world.

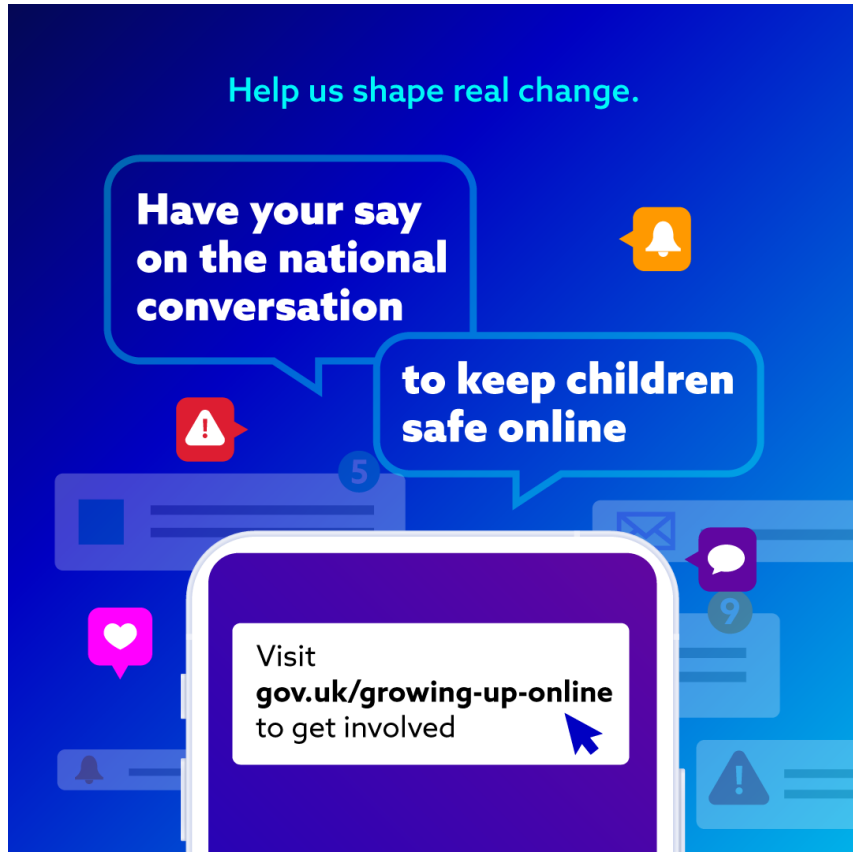
WHAT IS IT?

A guide to running your own community-based cooking programme or event to support local communities to engage and welcome families seeking sanctuary.

WHO IS IT FOR?

Community groups looking to raise awareness and engage with families seeking sanctuary and local communities.





The government recently launched a landmark consultation, to seek views on major measures to protect children on social media, gaming sites and AI chatbots

Have your say and help shape the future of children's digital wellbeing [HERE](#)
The '**Growing Up in the Online World**' Consultation is available on GOV.UK and you can choose which sections are most relevant to you

Parents, carers and young people each have a dedicated version of the consultation designed to be straightforward to complete

[Main consultation](#)

[Child-friendly version](#)

[Parent-friendly version](#)

The consultation closes on **Tuesday 26th May 2026**

Rural NI: Our New Approach 2026-2041



“People and Government working together to shape a thriving, sustainable and inclusive rural Northern Ireland”

Have your say
 Rural communities are central to Northern Ireland's social, economic and environmental wellbeing. This consultation invites your views on a new long term rural policy that aims to better understand, champion and support rural Northern Ireland over the next 15 years.
 Visit www.daera-ni.gov.uk/consultations/rural-ni-our-new-approach or scan the QR code



Join the Conversation. Share Your Views.

CONSULTATION CLOSES: MONDAY 1ST JUNE 2026

WHY DO WE NEED A NEW RURAL POLICY?

We want to make sure rural communities get the right support over the next 15 years. To do this we need to put the right structures in place so government and rural communities can work together to help rural Northern Ireland thrive. Things have changed in rural Northern Ireland.

- Rural communities are more diverse.
- New government priorities e.g. climate change.
- Tighter public finances.
- Rural Needs Act (Northern Ireland) 2016.
- The NI Rural Development Programme has closed.

WHAT IS RURAL NI: OUR NEW APPROACH 2026-2041?

- It is a long-term plan for the future.
- It sets out a **vision** for rural Northern Ireland.
- It does not replace the old NI Rural Development Programme funding.
- It will help government and communities **work together**.
- It is using evidence to guide better decision making.
- It is about supporting rural communities in ways that go beyond funding.

WHAT DOES THE DRAFT NEW RURAL POLICY AIM TO DO?

The new policy wants to:

- Work together across government and communities.
- Understand rural communities.
- Champion rural voices.
- Support rural communities.

WHAT ARE WE ASKING YOU?

We want to hear your views on the **proposals** in this plan.

WHAT ARE THE MAIN PROPOSALS?

There are five main proposals including:

- Proposal 1:** Putting Rural Voices at the Heart of Government
- Proposal 2:** Local Partnerships for Local Impact
- Proposal 3:** Understanding Rural
- Proposal 4:** Strengthening Rural Communities at Local and Regional Level
- Proposal 5:** Reviewing the Rural Needs Act (Northern Ireland) 2016





Northern Ireland Sleep Support Line Feasibility Study

Sleep Action is exploring the potential to expand our successful **Sleep Support Line**, currently available to families in Scotland, to Northern Ireland

This free, confidential service offers tailored advice and guidance to families experiencing sleep difficulties, helping to improve wellbeing and family life through practical, evidence-informed support

We are currently undertaking a feasibility study to better understand the level of need in Northern Ireland and to shape how the service could be designed and delivered most effectively

This expansion is subject to securing appropriate funding, and your insights will be invaluable in helping us develop a service that meets the real needs of local families and communities

We would be very grateful if you could take a few moments to answer our **Northern Ireland Sleep Support Line Feasibility Survey** [HERE](#)

Your feedback will remain confidential and will only be used to inform planning and funding proposals

We would appreciate if you could complete the questionnaire by the 30th April, though we will accept responses after this time.



SOUTHERN TRUST AREA

SURVEYS



ARE YOU OVER THE AGE OF 18?

HAVE YOUR SAY!

Researchers in the Nutrition Innovation Centre for Food and Health (NICHE) are investigating food insecurity among residents in Northern Ireland.



Northern Ireland is experiencing unprecedented numbers of people suffering with food insecurity with nearly 1 in 4 families struggling. We want to know your experiences and your views on it.



Take 10 minutes to fill out our anonymous survey and have your say!
Here's what to do



1	2	3	4
Scan the QR code	Fill out the survey	Give us your perspective	Enter for a chance to win 1 of 2 £100 vouchers!

For any queries please contact Aimee Russell at russell-a17@ulster.ac.uk
Chief Investigator Emeir McSorley at em.mcsorley@ulster.ac.uk
This study was reviewed and approved by the school of Biomedical Sciences Research Ethics Filter Committee (Study No. FCBMS 25-135-C)

 <https://redcap.science.ulster.ac.uk/surveys>



Infant Mental Health Framework for Northern Ireland



Starting Well - from pre-birth to three years

March 2026



www.publichealth.hscni.net/files



RAISE Programme Second Call for Locality Led Projects

DEADLINE
EXTENDED



RAISE
ASPIRATIONS & ACHIEVEMENT

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

The deadline for organisations to submit **project proposals** as part of the **RAISE Programmes second call for Locality Led Projects** has been extended to **12.00 noon, Wednesday 29 April 2026**

Proposals must be submitted via the RAISE online platform and late submissions will not be accepted

The platform can be accessed [HERE](#)

For more info. visit [HERE](#)

RAISE Programme

Call for RAISE Home School Community Connections Locality Led Projects

DEADLINE
EXTENDED



Call for projects to strengthen school, home and community links in RAISE Localities

The deadline for organisations to submit proposals that will help enhance these vital connections has been extended to

12.00 noon, Wednesday 29 April 2026

Proposals must be submitted via the RAISE online platform and late submissions will not be accepted

The platform can be accessed [HERE](#)

For more info. visit [HERE](#)



LOCAL COMMUNITY SPACES FUND

Supporting grassroots community groups to transform spaces at the heart of their local community



WHO CAN APPLY

Charities and CICs that benefit local people

GRANT VALUE

Grants of £10,000 to £20,000

WHEN TO APPLY

Applications open from 14th April - 28th April



<https://asdafoundation.org/local-community-spaces-fund/>



Contact News / Events Search [social icons]

About Us Inspiring Generosity Our Programmes Apply For Funding Donate

The Community Foundation Northern Ireland

Community Foundation Northern Ireland > Open Calls > Openreach Community Fund

Openreach Community Fund

The Openreach Community Fund was established with capital from BT, management and unions. It exists to support small, locally based grassroots community projects.

Who can apply

Constituted grass roots community and voluntary groups.

Closing Date: May 14, 2026 13:00
Closing in: 23 day(s) & 1 hour(s)

Area: Northern Ireland

Grant size: £500-£2,000

Priorities: Young people - Older people - People with disabilities

<https://communityfoundationni.org/openreach-community-fund>



SOUTHERN TRUST AREA

FUNDING



**Sign up to the
CFNI Newsletter
to keep up to date
with our latest
grants and news**

The *elle*
Community
Foundation
Northern Ireland

The *elle*
Community
Foundation
Northern Ireland

Keep up to date with **The Community Foundation for Northern Ireland's** latest news, funding opportunities and impactful projects by signing up for their newsletter

Register [HERE](#)

The UK Youth Fund is now open for expressions of interest!

Multi-year, unrestricted funding for small organisations supporting young people in eligible areas across the UK. Full details and criteria on our website.

Submit Expression of Interest: Wednesday 6th May 2026 (11:59 PM)



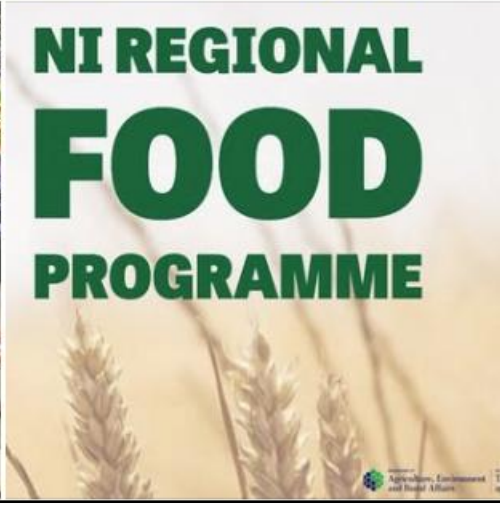
The UK Community Foundation Northern Ireland

Applications for The Noah Donohoe Youth Sports Fund are now open. Apply by Thursday

Partnership Grants Scheme now open!



NI REGIONAL FOOD PROGRAMME



Department of Agriculture, Environment and Rural Affairs



Funding News

(Published 20 April 2026)

Weekly round-up of funding news and deadlines from **NICVA GrantTracker** available [HERE](#)



Newry & Mourne Area Learning Community

WE'RE

HIRING!

ALC Co-ordinator

Role:

- To facilitate the development of Newry & Mourne Area Learning Community (ALC) in liaison with ALC School Principals and EF Coordinators
- To ensure that Newry & Mourne ALC meets the needs and requirements of the Entitlement Framework (EF).
- To implement and monitor opportunities for extending collaboration including TransformEd initiatives and programmes

MORE INFO



For more information click the link below



Closing date to apply for the role is Tuesday 6th May



<https://ennilive-my.sharepoint.com>



Mind Wise

We need you!

MENTAL HEALTH SUPPORT WORKER (HOUSING)

Location: Millmount Court, Lurgan Road, Banbridge BT32 4LU
Hours: 30 hours per week
Starting Salary: £20,982.40
Closing date: **We are recruiting on a rolling basis and will review applications as they are submitted.**

All our roles make a positive impact on the lives of others.

 <https://mindwise.current-vacancies.com>

Mind Wise

We need you!

MENTAL HEALTH SUPPORT WORKER (HOUSING) - MATERNITY COVER

Location: 9 Ben Crom Close, Magheramurphy, Kilkeel BT34 4ZW
Hours: 22.5 hours per week
Starting Salary: £15,736.80
Closing date: **We are recruiting on a rolling basis and will review applications as they are submitted.**

All our roles make a positive impact on the lives of others.

 <https://mindwise.current-vacancies.com>



The poster features the Mindwise logo at the top, followed by the text 'We need you!' in a large, bold font. Below this, a dark blue box contains the job title 'Mental Health Support Worker (Community)'. Further down, the poster lists job details: 'Location: Covers SHSCT Area', 'Hours: 35 hours per week', 'Starting Salary: £24,479.47', and 'Closing date: 12 noon, 30th April 2026'. At the bottom, it states 'All our roles make a positive impact on the lives of others.' The background of the poster is a soft-focus image of yellow flowers.



<https://mindwise.current-vacancies.com>



SOUTHERN TRUST AREA

EMPLOYABILITY

King's Trust
Northern Ireland

AGED 16 - 30 AND NOT IN FULL-TIME WORK OR EDUCATION?
FREE FUNDING TO HELP YOU GROW

If you are struggling to access work, training or education because of costs, we have one-off grants of up to £500 to remove financial barriers between you and your goals!

What We Can Fund:

- Course fees up to Level 3
- License costs eg SIA or CSR cards
- Travel cards
- Workwear or PPE
- Mandatory course equipment
- Interview clothing

- You don't have to pay back a development award
- It doesn't affect your benefits
- Each award and amount is subject to application

Get In Touch:
outreachnorthernireland@kingstrust.org.uk

DSN 4378 © The King's Trust 2024 - all rights reserved. The King's Trust is a registered charity incorporated by Royal Charter in England. Registered number: 82000772. 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: 1079475 and Scotland: SC04198.

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

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

Cedar
Opportunity Choice Inclusion

maria.kelly@cedar-foundation.org

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



Apprenticeships



chloe.marron@clanryegroup.com



Young Person Questioned
What was good about the volunteer service?

"The volunteer was funny"

"It came to an end when I was ready"

COULD YOU VOLUNTEER?

"I wouldn't change anything about the time I spent with my Volunteer"

"Getting food"

"It was nice to get out of the house, I liked my volunteer"

kairos STRENGTHENING FAMILIES

YOUNG PEOPLE'S PARTNERSHIP

HSC Southern Health and Social Care Trust

TOGETHER, IMPROVING CARE, TRANSFORMING LIVES

Enabling children & young people -to be safe and healthy, to learn, achieve and thrive into adulthood

@ Aine.mulholland@southerntrust.hscni.net

Advocacy VOICE OF HOPE VSV

WE'RE RECRUITING BOARD MEMBERS

AdvocacyVSV is looking for new Board Members with skills in:

- ✓ Accountancy & Financial Management
- ✓ Money Management & Governance
- ✓ Legal Expertise
- ✓ Social Care / Health & Wellbeing
- ✓ Business Development & Strategy

Use your expertise to help strengthen support for victims and survivors of sexual violence. Voluntary role | Strategic impact

APPLY NOW → info@advocacyvsv.com

www.advocacyvsv.com 07852 594 677

@ info@advocacyvsv.com



SOUTHERN TRUST AREA

VOLUNTEERING

Join us to celebrate VOLUNTEERS' WEEK

VOLUNTEER NOW
Volunteers change lives

Call into one of our sessions to connect, share ideas, and celebrate the power of recognition and reward in volunteering - and pick up some free Volunteers' Week 2026 merchandise while you're there! A light lunch will be provided, so just let us know any dietary requirements.

Antrim & Newtownabbey	DATE / LOCATION TBC
Ards & North Down	Wed 6 May , 12pm-2pm at Bangor Eilim 13 Balloo Cres, Bangor BT19 7WP
Belfast	Tues 19 May , 10:30am-12:30pm, Skainos Training Room 239 Newtownards Rd Belfast BT4 1AF
Mid & East Antrim	Tues 19 May , 12pm-2pm at ECOS Hub Kernohans Lane, Ballymena BT43 7QA
Lisburn & Castlereagh	Tues 21 April , 11am-1pm at Laganview Enterprise Centre Ltd 69 Drumbeg Dr L BT28 1QJ
Armagh, Banbridge, Craigavon	Tue 5 May , 12-2pm at The Palace Demesne, Armagh BT60 4EL
Fermanagh	Thurs 7 May , 11am-1pm at Fermanagh House, Broadmeadow Place, Enniskillen BT74 7HR
Mid Ulster	Tues 19 May , 12-2pm at Thomas Doran Parkanaur Trust, 57 Parkanaur Rd, Dungannon BT70 3AA
Newry, Mourne & Down	Wed 20 May 2026 , 12-2pm at YMCA Newcastle, Donard Park, Newcastle, BT33 0GR

 **Visit Volunteer Now's website to register**



 [Armagh, Banbridge, Craigavon](#) / [Mid Ulster](#) / [Newry, Mourne & Down](#)



Help children and young people put their feelings into words with this **Blob Feelings & Emotions Chart**

It includes a wide range of everyday emotions - from happy and calm to overwhelmed, jealous, and worried but trying


The simple blob characters make it easier to recognise feelings, build emotional vocabulary, and start meaningful conversations

Useful for social workers, teachers, parents, and anyone supporting children's emotional wellbeing

Ideal for check-ins, one-to-one work, or everyday conversations at home or in school


Download your free printable pdf chart [HERE](#)

Visit the **Social Workers Toolbox** website for more FREE resources [HERE](#)



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](#)









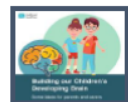

Do you tend to overthink things and see the bad before the good?

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



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.....

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/](https://www.cypsp.hscni.net/youth-wellness-web/)

**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



<https://cypsp.hscni.net/youth-wellness-web/parent-teacher-zone> / <https://cypsp.hscni.net/ebpp/>

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

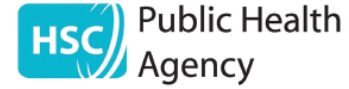
Tel: 028 3834 2825
Email: office@linkscounselling.com
Website: www.linkscounselling.com/stepstochange
Online Referral Form:
www.linkscounselling.com/get-counselling

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





PARENTLINE NI

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



Call us today on 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

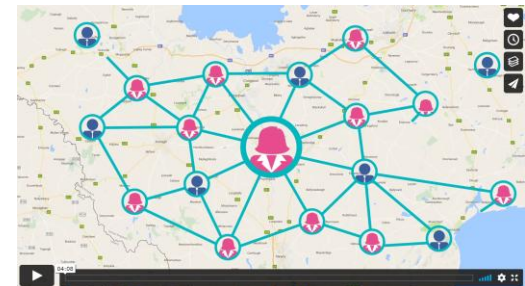


The 3 **Family Support Hubs** in the Southern Area continue to operate as normal and are open for referrals

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



Could you be the change in a young person's life?

Supported Lodgings/STAY

Supported lodgings/STAY hosts provide accommodation to care-experienced young people and young refugees, and offer practical and emotional support to guide them towards independent living.

Hosts receive training, support and financial assistance.

0800 0720 137
adoptionandfostercare.hscni.net



The **STAY** project, (**Supported Transition Accommodation for young people**) offers a bedroom to a 16-21 year old, who needs lodging type accommodation. These young people are usually in work, college, apprenticeships or school. They have faced challenges in life, but are managing well, and are close to being able to live independently, but need that final bit of 'long arm' support!

You can be working full-time, or be unemployed, have experience as a parent, or none at all. We will talk you through the process, and explain the financial and emotional support we offer to our hosts and young people, and we do a short assessment and some basic background checks.

You may want to offer a short-term option to a young person who has arrived to NI and has no family supports or networks, a long-term situation, or respite.

All you need is a desire to help, and a spare bedroom.

If you are interested you can contact Fidelma Ruddy **07354168277** or Mark Coiley on **07860918712** for an informal chat, with no obligation

Take care in the sun by



Staying in the shade



Covering up



Wear sunglasses with 100% UV protection



Wear a broad-brim hat



Use sun protection with at least SPF30 and UVA 4-5 stars

Over exposure to UV rays from the sun can damage your skin and lead to skin cancer

Regardless of your skin colour or tone, you need to protect your skin by using sunscreen when the UV index is 3 or more, even if it is cool or cloudy

Applying sunscreen regularly will help protect your skin from harmful UV rays, reduce your risk of skin cancer and prevent premature aging

To find out more, visit [HERE](#)

5 Moments for Medication Safety



- #### Starting a medication

 - What is the name of this medication and what is it for?
 - What are the risks and possible side effects?
- #### Taking my medication

 - When should I take this medication and how much should I take each time?
 - What should I do if I have any side effects?
- #### Adding a medication

 - Do I really need another medication?
 - Is it OK to take this medication with my other medications?
- #### Reviewing my medication

 - How long should I take each medication for?
 - Am I taking any medications that I no longer need?
- #### Stopping my medication

 - When should I stop each medication?
 - If I have to stop taking a medication due to an unwanted effect, where should I report this?






Transforming Medication Safety NI (TMSNI) have introduced the ‘5 Moments for Medication Safety’, highlighting the five key moments where awareness and action by patients and carers, can help to reduce avoidable medication related harm

For patients and carers, these five moments are a chance to ask questions, understand treatment, and feel confident in managing their medications

For more information, visit [HERE](#)



SOUTHERN TRUST AREA

HEALTH

PROMOTING WELL BEING

SUPPORT WORKERS

Promoting Health and Well being within local Communities throughout the Southern Trust Area

OUR SERVICES

- Food & Nutrition Awareness
- Physical Activity Programmes
- Mental Health Awareness
- Home Accident Prevention Awareness
- Community Health Champion Training
- Community Health Events

LEARN MORE ABOUT WHAT WE OFFER




PROMOTING WELL BEING

FOR FURTHER INFORMATION

FOR MORE INFORMATION ABOUT OUR PROGRAMMES AND SERVICES, CONTACT THE SUPPORT WORKER FOR YOUR AREA:

Armagh / Dungannon Area:

Sinead Mc Parland

- St Luke's Hospital, Armagh BT61 7NQ
- Sinead.mcparland@southerntrust.hscni.net
- 028 3756 4491

Banbridge / Craigavon Area:

Katrina Black

- Brownlow Health Centre, Craigavon BT65 5BE
- katrina.black@southerntrust.hscni.net
- 028 3756 3947

Newry & Mourne Area:

Eileen Mc Givern

- John Mitchel Place Clinic, Newry BT34 2BU
- Eileen.McGivern@southerntrust.hscni.net
- 028 3756 6296

SCAN QR CODE TO DOWNLOAD OUR BOOKING REFERRAL FORM




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

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



Northern Ireland Chest Heart & Stroke

Work Well Live Well

Chest Heart & Stroke

Work Well Live Well is a FREE workplace health and wellbeing support programme funded by the Public Health Agency (PHA) and delivered by Northern Ireland Chest Heart & Stroke (NICHs). Our Workplace Health Promotion team are here to help your workplace improve employee health, wellbeing and culture.

Bronze

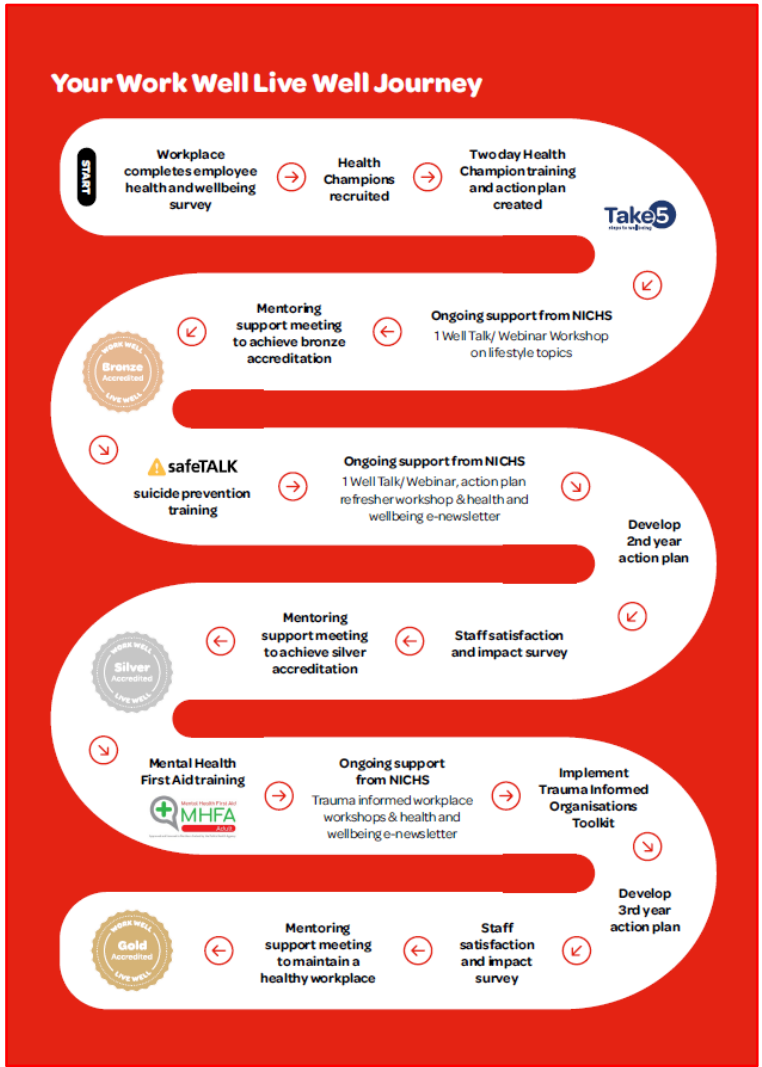
- Access to an employee health and wellbeing survey to determine workplace health priorities
- A comprehensive report outlining the health of employees
- Health Champion training, incorporating Take 5 steps to wellbeing, for employees within your workplace
- Assistance with the development and implementation of a workplace health and wellbeing action plan
- 1 NICHs Well Talk or Well Webinar for your workplace
- Mentoring support for Health Champions to progress to silver accreditation
- Bronze accreditation for your workplace.

Silver

- Additional Health Champion training for new employees, if required
- Accredited safeTALK suicide prevention training for 1 member of staff
- Workplace health and wellbeing e-newsletter for Health Champions
- Workplace health and wellbeing action plan refresher workshop
- Staff satisfaction and impact survey on workplace health and wellbeing
- 1 NICHs Well Talk or Well Webinar for your workplace
- Mentoring support for Health Champions to progress to gold accreditation
- Silver accreditation for your workplace.

Gold

- Accredited Mental Health First Aid training for 1 member of staff
- Trauma Informed Toolkit for organisations
- Trauma Informed workplace workshops.
- Workplace health and wellbeing e-newsletter for Health Champions
- Staff satisfaction and impact survey on workplace health and wellbeing
- Mentoring support for Health Champions to maintain a healthy workplace
- Gold accreditation for your workplace.



Almost **90%** of our income comes from public donations.

Find out how you can support NICHS at www.nichs.org.uk



- Follow us:
- Facebook: www.facebook.com/NorthernIrelandChestHeartandStroke
 - X: @nichstweet
 - Instagram: @nichstheartandstroke
 - LinkedIn: www.linkedin.com/company/nichs
 - TikTok: @nichstheartandstroke
 - YouTube: www.youtube.com/nichstheartstroke
 - Threads: @nichstheartandstroke

Northern Ireland Chest Heart & Stroke
 21 Dublin Road, Belfast BT2 7HB
 t. 028 9032 0184
www.nichs.org.uk





ABC COUNCIL AREA



Tak£500+ applications are now open for your chance to receive up to £1000!

Applications for the Tak£500+ project are now open and groups can receive up to an incredible £1000 for a project to benefit their area!

This Participatory Budget Fund encourages local residents within the Armagh, Banbridge and Craigavon borough to apply for funding for a project that they think will have a positive impact on their community. Last year, 116 local groups collectively received £114,100 for a wide range of projects including sporting initiatives for all ages, community gardens and intergenerational initiatives to name just a few.

Both constituted groups and non-constituted groups can apply for funding to help bring an idea to life. Ideas can be based on the Take 5 Ways to Wellbeing – which are a great guide to helping you to look after yourself and others during these uncertain days, including keeping you connected to the people around you and encouraging communities to lean on each other.

Applications can be made online [HERE](#)

If you need more information or support, please contact a member of the PB Working Group who will be happy to help you. Full contact details are online or alternatively, you can e-mail PB@armaghbanbridgecraigavon.gov.uk



ABC COUNCIL AREA

BASKETBALL

Free sessions starts
Friday 24 April 2026

Basketball Sports sessions are led by experienced coaches who will ensure you have fun, learn new skills and get the best out of each session. Activities include, skills coaching, 3v3 and 5v5 games and tournaments.

St Mary's Youth Club | Price: Free
U14's 6.00pm - 7.00pm | U16's 7.00pm - 8.00pm

FREE 10 WEEK PROGRAMME
SPRING

Limited spaces | pre-booking is ESSENTIAL.
Book online using the QR code or for further information please contact **Alex Clifford** 07436 537 845
Alex.clifford@armaghbanbridgecraigavon.gov.uk

ABC Connect Well, Live Well Network

MEETING!

Wednesday
13th May
on MS Teams at 11am

Join us online to plan for
Loneliness Awareness Week
in June 2026

MEETING LONELINESS TOGETHER



<https://eu.jotform.com/251313251172343>



abc.connectwell-livewell@southerntrust.hscni.net



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



ARMAGH LPG AREA

CRAIGAVON, LURGAN AND PORTADOWN PLACE PLANS



Your voice matters! We are creating place plans for Craigavon, Lurgan and Portadown and we need your input, to shape stronger and more vibrant places.

ALL	CRAIGAVON	LURGAN	PORTADOWN
<p>Do you have a business, trade in the area or own a commercial property?</p> <p>Business workshop Wed 22 Apr 6.00pm - 7.15pm Jethro Centre, Lurgan</p> <p>Or join us online to have a chat about your place Wed 15 Apr 7.00pm - 8.00pm Wed 6 May 1.00pm - 2.00pm</p> <p>Scan the QR code below to find the log in details.</p>	<p>Coffee & Chat Tue 28 Apr Brownlow Library 11.30am - 12.30pm</p> <p>Coffee & Chat Tue 5 May South Lake Leisure Centre 1.30pm - 2.30pm</p> <p>Engage & Explore Thu 7 May Marlborough House 2.00pm - 4.00pm Registration required</p>	<p>Place Plan Discussion Tue 21 Apr Cricket Pavilion, Lurgan Park 6.30pm - 8.00pm</p> <p>Coffee & Chat Wed 22 Apr Connect Café, Emmanuel Church, Lurgan 10.30am - 11.30am</p> <p>Heritage Walk and Talk Thu 7 May Meeting Point - Gates of Lurgan Park, Robert Street 10.30am - 12 Noon Registration required</p>	<p>Place Plan Discussion Wed 29 Apr Portadown Town Hall 2.00pm - 3.30pm</p> <p>Coffee & Chat Wed 6 May People's Park Pavilion 5.00pm - 6.15pm</p> <p>Heritage Walk and Talk Mon 11 May Meeting Point - Car Park at Shillington's Quay, Portadown 10.30am - 12 Noon Registration required</p>

A **public survey** is live online which we are encouraging everyone to take part in, you can access [HERE](#)

A **children and young people survey** is also available online [HERE](#)

List of events and booking links can be accessed on the project webpage [HERE](#)



ARMAGH LPG AREA



ARMAGH RURAL TRANSPORT

ACCESS PLUS

We're delighted to launch Access Plus — a new service created directly from the feedback of our service users.

NEW SERVICE

- Access Plus will now cover all hospitals across Northern Ireland.
- Over the next 12 months, the service will support up to 100 healthcare appointments.
- If you'd like to know more or think Access Plus could help you, Please get in touch!

CONTACT US
(028) 3751 8151
armaghruraltransport.com

Funded by



HALIFAX FOUNDATION
for Northern Ireland



028 3751 8151



BANBRIDGE LPG AREA

GARVAGHY HEALTH & WELLBEING FAYRE

SATURDAY
25
APRIL

Featuring Lady Mary Peters & compered by Anne-Marie Wallace from BBC Radio Ulster

Meet & Connect with Others | Expert Health Talks | Advice & Support Stands | Tea, Coffee & BBQ

Free Event

10AM TO 4PM | **102 Garvaghy Church Road, Banbridge BT32 3SB**

Everyone Welcome

Featuring:

- Age NI
- Diabetes UK
- Podiatrist
- Farm Families Health Bus
- Acute Care at Home
- Hearing screening
- Ear wax removal
- Bowel screening nurses
- First Aid awareness sessions
- Cyber security awareness

Accessible Venue | No Dogs Onsite | Children must be supervised and accompanied by an adult at all times

No registration required for visiting public



CRAIGAVON LPG AREA



oasis
GETS ACTIVE
Apr 25 - Mar 26

Gets Active is a programme developed by Children in Northern Ireland and delivered regionally through a network of community partners. Portadown Gets Active (PGA) has been delivered in Portadown since 2017, with Community Intercultural Programme – Oasis acting as the lead community partner.

The programme provides primary school-aged children with a healthy breakfast and lunch during school holidays, alongside opportunities to try new activities, engage in physical exercise, and most importantly, have fun with their peers throughout the year. It also supports the development of young leaders and volunteers aged 12–18, who play an active role in the design and delivery of Gets Active within Oasis.

Referrals to the programme are received through a range of partners including the Craigavon & Banbridge Family Support Hub (FSH), Community Intercultural Programme, local primary schools, Family Intervention services, and the Southern Health and Social Care Trust (SHSCT). Children from across the Armagh, Banbridge and Craigavon Borough Council area participate in the programme, with a particular focus on engaging children who are eligible for free school meals.

Throughout this report you will find a snapshot of activities delivered over the year. It also highlights feedback from children and young people, parents, and key learning gathered throughout the programme.

The continued success and reach of this project would not be possible without the key support of the McClay Foundation. Oasis Youth works in partnership with a range of key agencies and organisations to ensure Portadown Gets Active has been successfully delivered since 2017. We hope you enjoy reading about our year.



Thankyou to our funders and Partners for their generosity and continuous support!

THE *McClay* FOUNDATION

Children in Northern Ireland | HSC Public Health Agency | Armagh City Banbridge & Craigavon Borough Council

COMMUNITY FUND | PORTADOWN GETS ACTIVE | Meals & More

niacro | HSC Southern Health and Social Care Trust | CYPSP

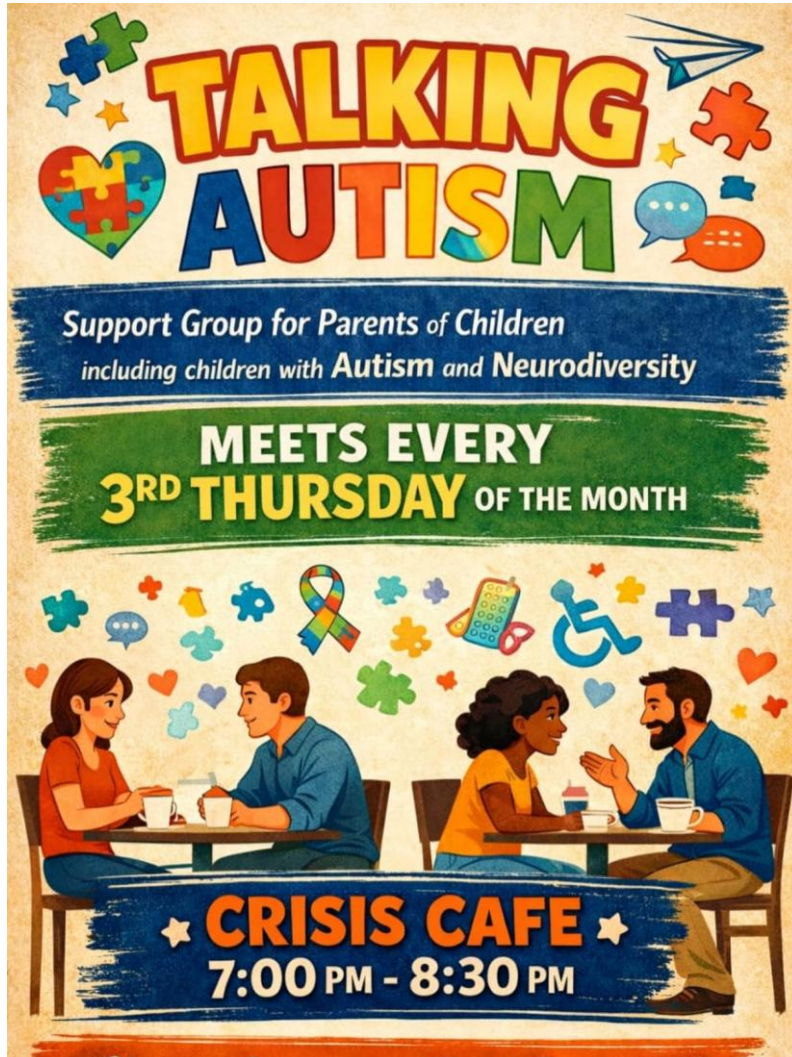
cip | oasis

Please take the time to read our **Annual Report for Gets Active 2025-2026**

A busy year for Oasis Gets Active provision and a testament to Steve, volunteers and team for delivering, but also to the support from all of you who have made this programme a possibility - For funding, supporting, recruiting stalls and delivery for family days, referrals, advice and even helping out in the kitchen!

We are very grateful for the ongoing support as we head towards 10 years of Gets Active next year!

Read the full report [HERE](#)



**TALKING
AUTISM**

Support Group for Parents of Children
including children with Autism and Neurodiversity

MEETS EVERY
3RD THURSDAY OF THE MONTH

★ CRISIS CAFE ★
7:00 PM - 8:30 PM

Crisis Cafe, River House, 41 The Mall, Newry BT34 1AN



FAMILY VOLUNTEERING

WE NEED HELP WITH...

- 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

VOLUNTEER NOW
Volunteers change lives



bronagh.demeillers@volunteernow.co.uk



NEWRY & MOURNE LPG AREA



Newry & Mourne

Tender Beginnings Birth Trauma Support Group

Providing safety, connection, understanding, healing and practical tools

What We Offer

- Sharing stories
- Coping tools and grounding practices
- Birth debrief
- Support in navigating the health/maternity system
- Exploring family & relationship impacts
- Practical wellbeing and self-care
- Referrals and resource sharing
- Peer mentoring

When & Where

Meets: Last Tuesday of every month
 First session: Tuesday 27th January
 Time: 7:00pm – 9:00pm
 Location: Newry Sure Start Building, Unit 1, Fiveaways, Armagh Road, Newry

Get in Touch

To register your interest or for further information:
 Email: info@homestartnewry.com
 Phone: 028:302 66139

You are not alone – support is here.



info@homestartnewry.com

RECRUITING NOW



VOLUNTEERS NEEDED

Are you a mum, dad, grandparent or carer?
 We need people with your experience to volunteer at your local Home-Start.

- Make a difference to the lives of parents and children
- Enhance your well-being
- Access free, high quality training

Find out more:
www.home-start.org.uk/volunteertoday



info@networkpersonnel.org.uk



SOUTH ARMAGH LPG AREA

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
ARMAGH DOWN**

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

No appointment needed / Just drop in on the day



DUNGANNON LPG AREA



Northern Ireland Alcohol Awareness Week (NIAAW) will take place from **15th June 2026**, providing an important opportunity to raise awareness about alcohol use and its impact on individuals, families, and communities

This annual initiative encourages open conversations, promotes healthier choices, and supports those who may be seeking information or help related to alcohol

We would be delighted to work with organisations and community groups during this week

If you are planning any events or activities near this date, our staff are available to attend or host an information stand, offering guidance, resources, and support tailored to your audience - Their presence can help create a welcoming space for discussion and learning

In addition, staff can provide alcohol awareness packs, which include useful materials designed to inform and engage participants - If this is something that would benefit your organisation or event, please do not hesitate to get in touch

We look forward to collaborating with you to make Northern Ireland Alcohol Awareness Week 2026 a meaningful and impactful experience



lucinda.mcginnis@start360.org



DUNGANNON LPG AREA

It's never too earlyor too late
to start an

APPRENTICESHIP

Your future. Your way. No age limits!

For more information!

Get in touch!

Call: 028 7963 1032

Email: info@networkpersonnel.org.uk *Eligibility criteria applies




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- Level 2 & 3 Children's Care Learning & Development
- Level 2 & 3 Customer Service
- Level 2 Team Leading
- Level 3 Management
- Level 2 Warehousing & Storage
- Level 3 Logistics Operations
- Level 2 & 3 Retail

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Call: 028 7963 1032

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 info@networkpersonnel.org.uk



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

[Issue 164](#)
2nd April 2026

[Issue 163](#)
12th March 2026

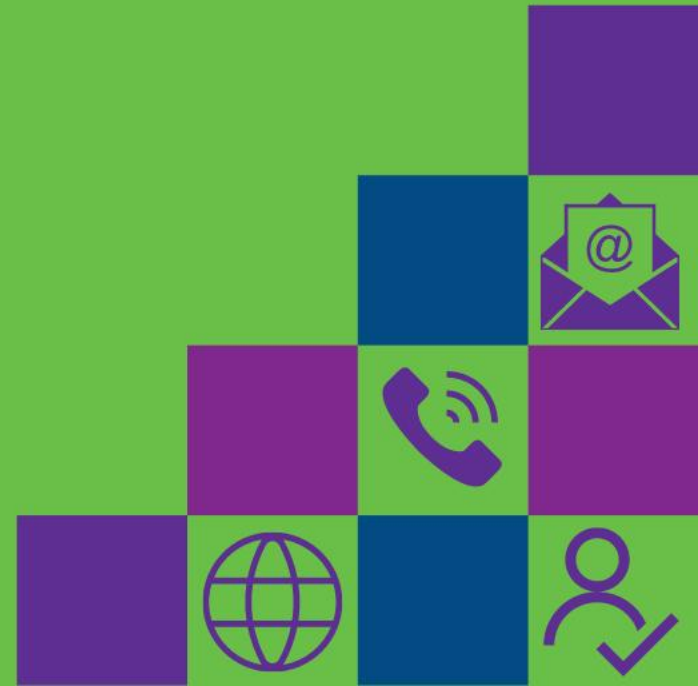
SUBMISSION

- ✓ 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

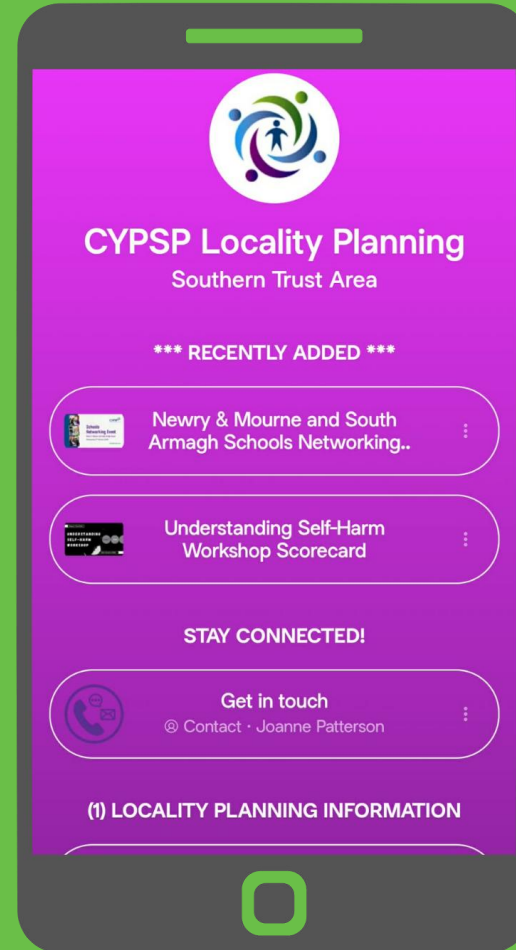
- ✓ 'FYI' will usually be issued every three weeks, on a Thursday. Please send your articles for inclusion by 4pm of the Tuesday prior to this.
- ✓ We may have to decline to advertise information which is not applicable to better outcomes for children and young people.
- ✓ Your feedback is welcome. (We 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

Dungannon	Tues. 28 th Apr
Armagh	Thur. 7 th May
Craigavon	Tues. 12 th May
Newry & Mourne	Wed. 3 rd Jun
South Armagh	Wed. 3 rd Jun
Banbridge	Wed. 17 th 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:

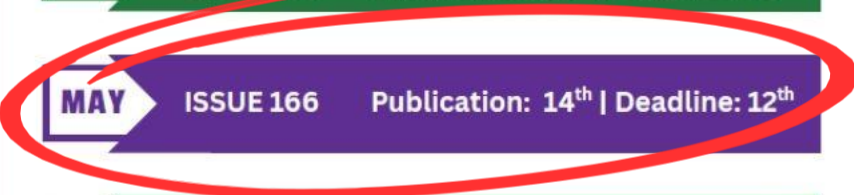
Joanne Patterson (localityplanning@ci-ni.org.uk)

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

'FYI' NEWSLETTER CALENDAR
JANUARY TO JUNE 2026



JAN	ISSUE 160	Publication: 8 th Deadline: 6 th
	ISSUE 161	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	Publication: 2 nd Deadline: 31 st
	ISSUE 165	Publication: 23 rd Deadline: 21 st
MAY	ISSUE 166	Publication: 14 th Deadline: 12 th
JUN	ISSUE 167	Publication: 4 th Deadline: 2 nd
	ISSUE 168	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:

14th May 2026

Copy Deadline:

12th May 2026



localityplanning@ci-ni.org.uk



Sign up to receive 'FYI' Newsletter TODAY!

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

