

SOUTHERN AREA LOCALITY PLANNING GROUPS



Issue 168
25th June 2026



WELCOME

Welcome to Issue 168 of our newsletter, 'FYI' (For Your Information) - Our biggest issue on record EVER!!

In this, our third special edition, you will find more information on summer activities taking place across the Southern Trust Area for children, young people and their families, starting on [Page 3](#). Thank you to those who have submitted information on their summer schemes/activities over the past number of issues. We know how invaluable this is to families and to practitioners to be able to share!

Our next edition will be circulated on Thursday 23rd July, so please bear this in mind when sharing your flyers and information - See [Page 133](#) for details of all July to December newsletter dates & deadlines.

We hope you enjoy your summer and get the chance to have a well-earned and much-deserved break!

Locality Development Team, Southern Area

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Are you organising summer activities for children & young people?

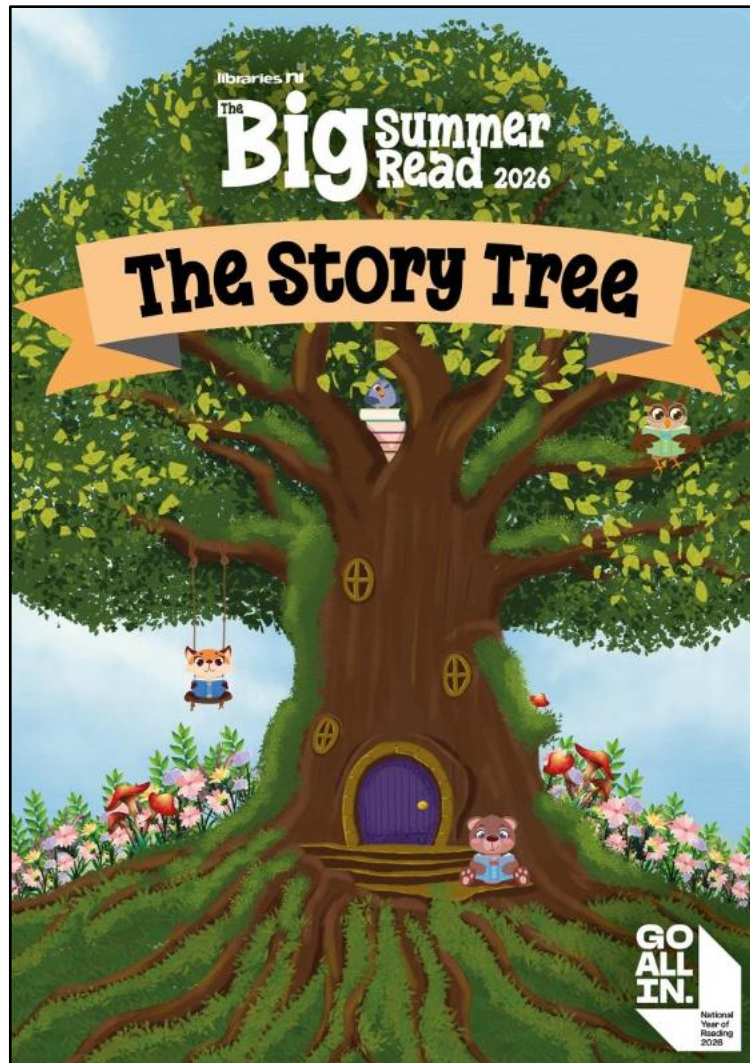
Do you want to share this information with other services?

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?

We are continuing to promote your summer activities in the **Summer Is Coming** section of this edition of 'FYI', starting on the [next page](#)

Thank you to those who have submitted information on their summer schemes/activities over the past number of editions of 'FYI'

It has been great for us to be able to showcase the wide range of opportunities available to children, young people and families across the Southern Trust Area



An easy way to keep your child learning over the summer

Delivered by Libraries NI, the Big Summer Read is a free summer programme designed to help primary school-aged children keep reading over the holidays.

Why it works

Over the summer, it's easy for reading habits to slip. The Big Summer Read gives children a simple way to keep going, helping them to:

- stay confident with reading
- build a positive routine
- return to school ready to learn

No pressure. No set reading list.

Children can choose books they enjoy, read at their own pace, and visit the library as often as they like. It's designed to fit around family life.

How to take part

Visit your local library, sign up, and start reading.

When?

29 June - 31 August 2026

Free at your local library

One library card gives access to books, eBooks, audiobooks and more. You can use your card at any library in Northern Ireland.



Visit librariesni.org.uk

A simple way to keep reading this summer





UNITED YOUTH INITIATIVE **PEACEPLUS**
Northern Ireland - Ireland
Co-funded by the

UYI SUMMER CAMPS 2026 FULLY FUNDED!

SUMMER OPPORTUNITIES ACROSS NORTHERN IRELAND & BORDER COUNTIES

HEALTHY KIDZ CAMPS

- 1 CRAIGAVON**
8th - 10th July
Ambassadors FC & Eire Og GAC
- 2 BALLYMENA**
14th - 17th July
Ballymena RFC & Ballymena All Sports GAC
- 3 ARMAGH**
20th - 24th July
Co Armagh RFC & Armagh Fiance Cops GAC
- 4 BANBRIDGE**
27th - 31st July
Banbridge Hockey Club, Clois Road Community Group & Lurgan Recreation Community Group
- 5 PORTADOWN**
3rd - 7th August
Portadown RFC & The No N9G GAC
- 6 LURGAN**
10th - 14th August
Lurgan RFC & Clann Eireann YC
- 7 MAGHERAFELT**
17th - 21st August
Raheny RFC & O'Donovan Rossa GAC
- 8 COLERAINE**
27th - 31st August
Coleraine RFC & Eighen Rue GAC

PEACEPLAYERS NI CAMPS

- KILKEEL**
8th - 10th July
- LARNE YMCA**
3rd - 7th August
- BELFAST**
10th - 14th August
St Peter's Immaculate & Townsend Street

BOYS & GIRLS CLUBS NI CAMPS

NEWTOWNABBIEY

- Malak CC & Mayfield Village Hall (8th - 10th July)
- Rathfriland & Whiteabbey Outreach Cohort (3rd - 7th August)

• Newtownabbey Outreach Summer Programme (10th - 14th August)
• Seawater District Residents Association & Whitwell Summer Programme (17th - 21st August)

BELFAST

- Cliftonville & Lower Orkney Summer Programme (10th July - 20th July)
- Hammer, Cliftonville & Divis Outreach Cohort (20th July - 7th August)

NEWRY

- Windsor HB Community & Bosses Youth (9th - 31st July)

NEWCASTLE

- Camp Shamrock & Tollymore (3rd July - 24th July)

NEWTOWNABBIEY

- Whitecity CC & Duncrain CC (29th June - 24th July)

H2O HEROES CAMPS

- DUNDALK - DIT**
22nd - 26th June
- CARRAN - SUN A R, KINGS COURT**
29th June - 3rd July
- DUNDALK - DIT**
13th - 17th July
- DUNDALK - REDEKER FAMILY RESIDENCE CENTRE, YOUTH WORK IRELAND**
20th - 24th July
- DUNDALK - DIT**
27th - 31st July

FIND YOUR CAMP NOW! **"CONTACT THE PROJECT CO-ORDINATORS"**

HSC Health and Social Care **Go Kids Go!** Independence through mobility Mae Murray Foundation *Creating Change Together*

OT LED WHEELCHAIR SKILLS OPPORTUNITIES

FOR CHILDREN IN NORTHERN IRELAND - **SUMMER 2026**

The Regional Occupational Therapy Wheelchair Training Programme for Northern Ireland, in partnership with **Go-Kids-Go**, **The Mae Murray Foundation**, and **Disability Sport NI**, is delighted to offer a range of free wheelchair skills, sports, and leisure opportunities this summer.

- These sessions are open to children and young people under 18 years of age who use either a self-propelling or powered wheelchair.
- The programme is designed to help participants build confidence and independence in using their wheelchair, while also providing opportunities to have fun, develop new skills, and make new friends.
- Parents, guardians, siblings, and friends are welcome to get involved and try a variety of wheelchair skills and sports using the additional wheelchairs available at each event. Please note that a parent or guardian must remain with their child throughout the session.
- Sessions will be held at locations across Northern Ireland, and participants are welcome to attend any of the available events.
- Advance registration is essential, as places are limited and allocated on a first-come, first-served basis. Early booking is therefore strongly recommended.

SUMMER 2026 EVENTS

- MMF Beach Day: East Strand Beach, Portrush 30/7/26 (12noon - 3pm)
- Go-Kids-Go: South Lake Leisure Centre, Craigavon 3/8/26 (10am - 2pm)
- Go-Kids-Go: Coleraine Leisure Centre, Coleraine 4/8/26 (10am - 2pm)
- Go-Kids-Go: Newforge Sports Complex, Belfast 5/8/26 (10am - 2pm)
- DSNI: South Lake Leisure Centre, Craigavon 14/8/26 (10:30am - 2:45pm)
- MMF Beach Day: Tyrrells Beach, Downpatrick 18/8/26 (12noon - 3pm)
- DSNI: Joey Dunlop Leisure Centre, Ballymoney 20/8/26 (10:30am - 2:45pm)

www.facebook.com/story

<https://forms.cloud.microsoft/responsepage>



Summer Is Coming!
 Promote Your 2026 Summer Activities



**SOUTHERN TRUST
 AREA**

SUMMER OF PLAY CHALLENGE




CRICKET OR ROUNDERS

40 40

OBSTACLE COURSE

STREET GAMES: KERBY/CRIBBY, 123 RED LIGHT, MARBLES, TWO BALLS

CAPTURE THE FLAG

ELASTICS

RACES: EGG & SPOON, BALLOON RELAY, SACK RACE

THE FLOOR IS LAVA

CARD GAMES

BALLOON VOLLEYBALL OR DODGEBALL

PUDDLE JUMPING

SKIPPING RHYMES

BOAT RACES

MAKE DAISY CHAINS

SHADOW TAG

TREASURE HUNT

BUILD A JUNGLE HUT

MAKE & FLY A KITE

ROLLER-SKATING

HOPSCOTCH OR CHALK ART





PlayBoard NI is registered with the Charity Commission for Northern Ireland NIC104724, company limited by guarantee no. NI30225, charity no. XR86639. www.playboard.org #SummerOfPlay 2024

 www.playboard.org/summer-of-play-challenge



**SOUTHERN TRUST
AREA**

A screenshot of the AutismNI website. The header includes the AutismNI logo, navigation links for "Basket", "My account", and "Helpline: 028 9040 1729", and a "DONATE" button. A secondary navigation bar contains links for "What is Autism?", "Help & Support", "Training & Courses", "Get Involved", "About Us", "Shop", and "Contact Us". The main content area is titled "Summer resources" and features four resource cards: "Summer Activities" (1.5 MB), "Going to the airport" (2.7 MB), "Travel calendar" (75.2 KB), and "Travel chart visual" (357.4 KB). Each card includes a title, an icon, a file size, and a "Download" button.



<https://autismni.org/summer-resources>



Summer Is Coming!

Promote Your 2026 Summer Activities



HEALTH HUB SUMMER 2026

HEALTH HUB

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

PORTADOWN

SRC PORTADOWN @12-2pm
(SEE DATES BELOW)

LURGAN

SRC LURGAN @ 2.30-4.30pm

MONDAY

- 29 JUNE
- 06 JULY
- 20 JULY
- 27 JULY
- 03 AUGUST
- 10 AUGUST
- 17 AUGUST

NEWRY

JOHN MITCHELL PLACE HEALTH CENTRE
@ 2.30-4.30pm

TUESDAY

- 30 JUNE
- 07 JULY
- 21 JULY
- 28 JULY
- 04 AUGUST
- 11 AUGUST
- 18 AUGUST

DUNGANNON

SWC DUNGANNON
@ 12-2pm

WEDNESDAY

- 01 JULY
- 08 JULY
- 29 JULY
- 05 AUGUST
- 12 AUGUST
- 19 AUGUST

ARMAGH

SRC ARMAGH
@ 2.30-4.30pm

THURSDAY

- 02 JULY
- 09 JULY
- 23 JULY
- 30 JULY
- 06 AUGUST
- 13 AUGUST
- 20 AUGUST

DROP IN..NO APPOINTMENT NEEDED!
FOR MORE INFORMATION, CALL 07787 432845 OR SCAN QR





11 Northern Regional Local Authorities (NRLAs) Project supported by the PHA

 07787 432845



**SOUTHERN TRUST
AREA**

Summer Safety

Follow our safety advice on:

- Caravan & Mobile Home
- Boat
- Water
- Countryside
- Traveling
- Car
- Camping
- BBQ
- Farming

Safer Together

Northern Ireland Fire & Rescue Service

As the summer holidays begin, **The Northern Ireland Fire & Rescue Service** are urging everyone to follow their simple advice to stay safe when visiting family and friends or exploring the outdoors

Read more [HERE](#) and please spread the word!



Summer Is Coming!

Promote Your 2026 Summer Activities



ABC COUNCIL
AREA

Armagh City
Banbridge
& Craigavon
Borough Council

LURGAN YOUTH ANNEXE

ea
Education
Authority

INTER-CLUB SPORTS CHALLENGE

WEDS 8TH JULY | 6-9 PM

LURGAN YOUTH ANNEXE

FUN • FRIENDSHIP • TEAMWORK

AGES
11-14

TAKE PART • GIVE IT YOUR ALL • HAVE FUN!



Summer Is Coming!

Promote Your 2026 Summer Activities



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



FREE!

DATES:

- Tues 21st July
- Tues 28th July
- Tues 4th Aug
- Tues 11th Aug

4-6pm

YOUTH ENGAGEMENT SERVICE

Storytelling through Art and Comics

Express. Create. Tell your story.

Comic Creations

YOUTH ACTION
NORTHERN IRELAND

BAW!

Limited Availability

TO REGISTER CONTACT
LEEANN: 0777761886
LEEANN@FUTUREPROOFNI.ORG

HSC Public Health Agency
Project supported by the PHA

futureproof
Inspire | Educate | Empower

For Neurodiverse young people 14+



0777761886



Summer Is Coming!

Promote Your 2026 Summer Activities



Celebrating all kinds of minds

Are you 14-17?

Are you Neurodiverse?

You're invited

Neuronext

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

Join us Tuesdays

@
4.00pm - 6.00pm



YOUTH
ENGAGEMENT
SERVICE



Activities include.....

Crafts Bead Work Oragami Mini Canvas Painting

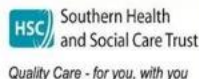
Bottle cap badges Movies Board Games Card Games

Table games Pictionary Nerf wars Charades

And many more

To register please contact

Lucinda 07793822389 or Veronica 07425330856



07793822389



AGE 11-18

A SPACE TO BELONG, CONNECT AND GROW

ASD YOUTH GROUP
WEDNESDAY EVENINGS
6.30 PM-8 PM

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

15A COMMERCIAL RD. BANBRIDGE BT323ES

CONTACT
SHAUNEY: 07599567942
ANNE: 07899666068





Summer Is Coming!

Promote Your 2026 Summer Activities



**BANBRIDGE
LPG AREA**

Rehearsals:
Thursday
5.30pm-7.30pm

YOUTH
ENGAGEMENT
SERVICE ✓

Drama Group

11-25 years old

📞 07599567942

✉️ shauney@futureproofni.org

📍 15a Commercial Rd,
Banbridge
BT323ES

HSC Public Health
Agency

✉️ shauney@futureproofni.org



Summer Is Coming!

Promote Your 2026 Summer Activities



**BANBRIDGE
LPG AREA**

HSC Public Health Agency
Project supported by the PHA



BANBRIDGE_YES

futureproof 
engage | educate | empower



**ARTS &
CRAFTS**

Female Nurture Group



Support Listen Empower

**THURSDAY
4-5.30PM**

AGE 11+

15A COMMERCIAL ROAD BANBRIDGE

REFERRALS VIA LUCINDA:
07540049938
LUCINDA@FUTREPROOFNI.ORG



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

 Lucinda@futureproofni.org

CYPSP
Children & Young People's Strategic Partnership

Summer Is Coming!

Promote Your 2026 Summer Activities



**BANBRIDGE
LPG AREA**

futureproof
engage | educate | empower

MEN'S HEAD'S

EVERY FRIDAY 2PM-4PM
18-25 years

A RELAXED SPACE FOR YOUNG MEN WITH ASD TO CONNECT, BUILD CONFIDENCE, LEARN NEW SKILLS AND TAKE PART IN ACTIVITIES AT THEIR OWN PACE.

PHONE: JOHN: 07981824588
EMAIL: INFO@FUTUREPROOFNI.ORG
INSTAGRAM: BANBRIDGE_YES

YOUTH ENGAGEMENT SERVICE

HSC Public Health Agency
Project supported by the PHA



 07981824588

Autism NI
Northern Ireland's Autism Charity

futureproof
engage | educate | empower

AUTISMOS

DROP IN. HANG OUT. BE YOU.

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

07540049938
15A COMMERCIAL RD, BANBRIDGE BT323ES
INFO@FUTUREPR OOFNI.ORG

GOOD VIBES

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

YOUTH ENGAGEMENT SERVICE

HSC Public Health Agency



 07540049938



**BANBRIDGE
LPG AREA**

**AWAKEN
GLORY DAYS**

**YOUTH INITIATIVES BANBRIDGE
SUMMER SCHEMES 2026
REGISTER NOW**

WEEK 1
MONDAY 27TH UNTIL FRIDAY 31ST JULY

WEEK 2
MONDAY 17TH UNTIL 21ST AUGUST

VENUE
ST PATRICKS COLLEGE
Scarva Road, Banbridge, BT32 3AS.

AGE
10 - 14 YEARS OLD // P7 TO YEAR 10

FIND OUT MORE ABOUT TIMES VIA THE QR CODE BELOW.

**MORE INFO AND
SIGN UP HERE**

VENUE

ST PATRICKS COLLEGE

**Scarva Road,
Banbridge,
Co. Down,
BT32 3AS.**

AWAKEN

For more information contact
Tel: 07833998421
Email: gareth.white@youthinitiatives.com
Web: www.youthinitiativesni.com

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

AWAKEN SUMMER PROGRAMME - WHAT'S THAT?

AWAKEN Summer Programme is an annual youth programme ran by Youth Initiatives Banbridge staff and volunteers in the local area for young people aged 10-14 (P7 to year 10).

Throughout these weeks your young person will be taking in loads of exciting activities, including... games, sports, arts and crafts, trips, fundays and so much more!!

AWAKEN Summer Scheme daily activities are free of charge excluding day trips (information will be provided at registration).

WEEK 1 27th - 31 ST JULY	Monday <i>THIS IS THE DAY</i>	Tuesday <i>RAISE THE BANNER DAY</i>	Wednesday <i>WONDER DAY</i>	Thursday <i>MISSION POSSIBLE DAY</i>	Friday <i>VICTORY FEAST DAY</i>
10-14s	11:30am-2pm	11:30am-2pm	TRIP TBC	11:30am-2pm	11:30am-2pm
WEEK 2 17th - 21 ST AUG	Monday <i>GROW DAY</i>	Tuesday <i>CHOSEN DAY</i>	Wednesday <i>VICTORY DAY</i>	Thursday <i>PROMISE DAY</i>	Friday <i>SERVE DAY</i>
10-14s	11:30am-2pm	11:30am-2pm	11:30am-2pm	11:30am-2pm	COMMUNITY FAMILY FUN DAY


To register for the Summer Programme you can scan QR Code below, or contact Gareth White on the details provided and he will provide you with the registration link. We're super excited to see you this summer!

**SCAN HERE
TO REGISTER**

10-14s


gareth.white@youthinitiatives.com



COFFEE CART FREE BBQ  INFLATABLES FACE PAINTS

YOUTH INITIATIVES BANBRIDGE

COMMUNITY FAMILY FUN DAY



FRIDAY 21ST AUGUST 2026
12PM - 3:30PM
SOLITUDE PARK, BANBRIDGE
NO COST AT ALL (EXCLUDING
COFFEE CART)

 gareth.white@youthinitiatives.com

SUMMER [AT]

BANBRIDGE YOUTH RESOURCE CENTRE

<p>w/c 20/07/26</p> <p>MONDAY - JUNIORS - 2-9 TUESDAY - SENIORS - 6-9 WEDNESDAY - INTERMEDIATES - 6-9 FRIDAY - EV - JUNIORS 2-9</p>	<p>w/c 27/07/26</p> <p>MONDAY - JUNIORS - 2-9 TUESDAY - SENIORS - 6-9 WEDNESDAY - INTERMEDIATES - 6-9 FRIDAY - EV - INTERMEDIATES 2-9</p>
<p>w/c 03/08/26</p> <p>MONDAY - JUNIORS - 2-9 TUESDAY - SENIORS - 6-9 WEDNESDAY - INTERMEDIATES - 6-9 FRIDAY - EV - SENIORS - 2-9</p>	<p>w/c 10/08/26</p> <p>MONDAY - JUNIORS - 2-9 TUESDAY - SENIORS - 6-9 WEDNESDAY - INTERMEDIATES - 2-9 FRIDAY - END OF SUMMER BBQ 6-9</p>

FOR MORE INFORMATION PLEASE CONTACT THE CENTRE ON 028 95986084



 028 95986084



Summer Is Coming!

Promote Your 2026 Summer Activities



CRAIGAVON
LPG AREA

Juniors
P4 - P7
1:30 - 4:00pm

Tue	&	Fri
30 th June,		3 rd July
7 th July,		10 th July
28 th July,		7 th August
4 th August,		(11am - 1pm)

Trip to Cocos, Newcastle
31st July 10am - 4pm

Intermediates
P7 - Year 9
6:00 - 8:30pm

Mon
29 th June
6 th July
27 th July
3 rd August

Seniors
Year 8 +
6:45 - 9:15pm

Tue & Thurs
30 th June, 2 nd July
7 th July, 9 th July
28 th July, 30 th July
4 th August, 6 th August

Trip to Portrush
7th August
2:00pm - 9:00pm

Seniors
Year 10 +
6:45 - 9:15pm

Fri
3 rd July
10 th July
31 st July

Interclub Activities
 Courage Cup 1st July
 Summer Bowls 2nd & 3rd July
 Interclub sports 8th July

TYC
Toghnevan Youth Centre
SUMMER
programme

ea Education Authority



Rachel.McCluskey@eani.org.uk



ea Education Authority TYC Toghnevan Youth Centre

SUMMER programme

Whats happening in the centre next week

MONDAY 29 TH JUNE	INTERMEDIATES P7-YR9	6:00PM - 8:30PM
TUESDAY 30 TH JUNE	JUNIORS P4-P7	1:30PM - 4:00PM
TUESDAY 30 TH JUNE	SENIORS YR 8 +	6:45PM - 9:15PM
THURSDAY 2 ND JULY	SENIORS YR 8 +	6:45PM - 9:15PM
FRIDAY 3 RD JULY	JUNIORS P4-P7	1:30PM - 4:00PM
FRIDAY 3 RD JULY	SENIORS YR 10 +	6:45PM - 9:15PM

Important info

WEDNESDAY 1ST JULY - INTERMEDIATE COURAGE CUP
THURSDAY 2ND & FRIDAY 3RD JULY - SUMMER BOWLS

- SELECTED PARTICIPANTS WILL HAVE RECIEVED A CONSENT FORM WITH DETAILS.



Rachel.McCluskey@eani.org.uk

ea Education Authority TYC Toghnevan Youth Centre

SUMMER programme

Whats happening in the centre next week

MONDAY 6 TH JULY	INTERMEDIATES P7-YR9	6:00PM - 8:30PM
TUESDAY 7 TH JULY	JUNIORS P4-P7	1:30PM - 4:00PM
TUESDAY 7 TH JULY	SENIORS YR 8 +	6:45PM - 9:15PM
THURSDAY 9 TH JULY	SENIORS YR 8 +	6:45PM - 9:15PM
FRIDAY 10 TH JULY	JUNIORS P4-P7	1:30PM - 4:00PM
FRIDAY 10 TH JULY	SENIORS YR 10 +	6:45PM - 9:15PM

Important info

WEDNESDAY 8TH JULY - INTERCLUB SPORTS
- SELECTED PARTICIPANTS WILL HAVE RECIEVED A CONSENT FORM WITH DETAILS.



Rachel.McCluskey@eani.org.uk



Summer Is Coming!

Promote Your 2026 Summer Activities



ea Education Authority TYC Taghnevan Youth Centre
SUMMER programme

Whats happening in the centre next week

MONDAY 27 TH JULY	INTERMEDIATES P7-YR9	6:00PM - 8:30PM
TUESDAY 28 TH JULY	JUNIORS P4-P7	1:30PM - 4:00PM
TUESDAY 28 TH JULY	SENIORS YR 8 +	6:45PM - 9:15PM
THURSDAY 30 TH JULY	SENIORS YR 8 +	6:45PM - 9:15PM
FRIDAY 31 ST JULY	JUNIORS P4-P7	TRIP - SEE BELOW
FRIDAY 31 ST JULY	SENIORS YR 10 +	6:45PM - 9:15PM

Important info
FRIDAY 31ST JULY 10:00AM - 1:00PM COCOS NEWCASTLE
- SELECTED PARTICIPANTS WILL HAVE RECIEVED A CONSENT FORM WITH DETAILS.



Rachel.McCluskey@eani.org.uk

ea Education Authority TYC Taghnevan Youth Centre
SUMMER programme

Whats happening in the centre next week

MONDAY 3 RD AUGUST	INTERMEDIATES P7-YR9	6:00PM - 8:30PM
TUESDAY 4 TH AUGUST	JUNIORS P4-P7	1:30PM - 4:00PM
TUESDAY 4 TH AUGUST	SENIORS YR 8 +	6:45PM - 9:15PM
THURSDAY 6 TH AUGUST	SENIORS YR 8 +	6:45PM - 9:15PM
FRIDAY 7 TH AUGUST	JUNIORS P4-P7	11:00AM - 1:00PM
FRIDAY 7 TH AUGUST	SENIORS YR 10 +	TRIP - SEE BELOW

Important info
FRIDAY 7TH AUGUST 2:00PM - 9:00PM - PORTRUSH
- SELECTED PARTICIPANTS WILL HAVE RECIEVED A CONSENT FORM WITH DETAILS.



Rachel.McCluskey@eani.org.uk



Summer Is Coming!

Promote Your 2026 Summer Activities



CRAIGAVON
LPG AREA

SUMMER SCHEME

MON 29TH JUNE- FRI 24TH JULY

JUNIORS

SESSION TIMES
MON + THURS 6-9PM
TUES 1-4PM

JOIN US FOR ARTS + CRAFTS,
SENSORY SPACE, SPORTS,
TRIPS AND MORE!

CALL IN TO THE YOUTH
ANNEXE FOR REGISTRATION
FORMS!

(AGE RANGE FOR JUNIORS IS
8-11, SCHOOL YEARS P5-P7)



andrew.barr@eani.org.uk

SUMMER SCHEME

MON 29TH JUNE- FRI 24TH JULY

SESSION TIMES
SENIORS/
INTERMEDIATES
(YR 8+)

TUES + WEDS 6-9PM

JOIN US FOR INTER-CLUB SPORTS
CHALLENGES, ARTS + CRAFTS,
BAKING, TRIPS AND MORE!

**INTERMEDIATES
(YR 8-10 ONLY)**

THURS 1-4PM

JOIN US FOR EDUCATIONAL
WORKSHOPS ON RESILIENCE,
EMPLOYABILITY, PSNI ENGAGEMENT
AND MORE!

CALL IN TO YOUTH ANNEXE
FOR REGISTRATION FORMS!



andrew.barr@eani.org.uk



SUMMER PROGRAMME 2026

4 WEEKS BEGINNING MON 21ST JULY

PLEASE SEE ON BACK OF FLYER FOR MORE INFO.

*VOLUNTEERING OPPORTUNITIES AVAILABLE FOR ANYONE AGED 16+

ACTIVITIES INCLUDE:

- Outdoor Games
- Arts and Crafts
- Team Challenges
- Interactive Games
- Educational Visits
- Sporting Activities
- Lifeskills Workshops
- Innovation Workshops
- Colour Run
- And much more...

For more info, please email - Jamie.King@eani.org.uk

JUNIOR MEMBERS ANYONE FROM AGED 9+

SENIOR MEMBERS ANYONE GOING INTO FIRST YEARS+

DRUMGOR YOUTH CENTRE SUMMER PROGRAMME 2026

<p>29-03 JULY</p> <p>Monday - 6pm to 8.30pm Junior Provision</p> <p>Tuesday - 2.15pm to 4.45pm Early Support Prog (closed)</p> <p>Wednesday - Courage Cup Please speak to a youth worker</p>	<p>Thursday Innovation Prog - 2.15pm to 4.45pm Open Provision - 6.45pm to 9.15pm</p> <p>Friday - 7pm to 9.45pm Senior Provision</p>
<p>06-10 JULY</p> <p>Monday - 6pm to 8.30pm Junior Provision</p> <p>Tuesday - 2.15pm to 4.45pm Early Support Prog (closed)</p> <p>Wednesday - 6.45pm to 9.15pm Senior Provision</p>	<p>Thursday Innovation Prog - 2.15pm to 4.45pm Open Provision - 6.45pm to 9.15pm</p> <p>Friday - 7pm to 9.45pm Senior Provision</p>
<p>20-23 JULY</p> <p>Monday - 6pm to 8.30pm Junior Provision</p> <p>Tuesday - 2.15pm to 4.45pm Early Support Prog (closed)</p> <p>Wednesday - 6.45pm to 9.15pm Senior Provision</p>	<p>Thursday Innovation Prog - 2.15pm to 4.45pm Open Provision - 6.45pm to 9.15pm</p> <p>Friday - 7pm to 9.45pm Senior Provision</p>
<p>27-31 JULY</p> <p>Monday - Educational Visit TBC Junior Provision</p> <p>Tuesday - 2.15pm to 4.45pm Early Support Prog (closed)</p> <p>Wednesday - 6.45pm to 9.15pm Senior Provision</p>	<p>Thursday Innovation Prog - 2.15pm to 4.45pm Open Provision - 6.45pm to 9.15pm</p> <p>Friday - Educational Visit TBC Senior Provision</p>

*Please note - Days and Times may change slightly but members will be kept updated. Each session is free. A parent / carer will be required to complete a registration form for all new members on first session. All new members are welcome.

For more info, please email - Jamie.King@eani.org.uk





Summer Is Coming!

Promote Your 2026 Summer Activities



libraries ni  **Free**

The Big Summer Read 2026
Grow your Story Tree this summer

Brownlow Library presents

Animal Fun Day

Friday 3 July 10:30am-3:30pm

All children under 8 must be accompanied by an adult

Animal Activities
10:30am-12noon
Scavenger Hunt, find out fun facts, animal jokes and poems

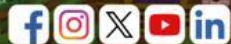
Animal Park visit
12noon-1:00pm
Meet a range of creatures up close, learn about them and touch and handle some animals - **Booking advisable**

Teddy Bears Picnic
1:15pm-2:15pm
Bring your own sandwiches and snacks along with your teddy

Animal Poetry and Craft
2:15pm-3:30pm
Write an animal poem and make an animal mask to bring back home - **Booking essential**

Every book you read adds a leaf to your Story Tree.
Read 10 books to complete the challenge.
Join the Big Summer Read at your library.





Connect with us
www.librariesni.org.uk



Summer Is Coming!

Promote Your 2026 Summer Activities



CRAIGAVON
LPG AREA



Summer Gets Active Family Day Stall Holder

Hi,

As part of Gets Active programme we host a family day for parents/carers to attend and engage with activities alongside their children. This is a great opportunity to have information stalls attend to share vital information with parents and carers and children. We are inviting people to complete this form who would fall under the following - Charities, organisations, businesses, Public Bodies who would like to hold a stall with relevant information or activities for children(p1-p7), parents and carers.

Please complete by Monday 6th July 2026

Thank-You for your time,
CIP/Oasis Staff

Event details

Venue: CIP Centre, 7 Foundry Street, Portadown, BT63 5AB (Please park at Free parking on Foundry Street)

Date: Friday 24th July

Time: 10am-12pm

Activities: Information Stalls, face painting, balloon modelling, BBQ, Arts & Craft, family gardening activity & games and some more activities!

Who: Open to Gets Active participants and their families only

For more information contact Bethany Ebron (Oasis Programme Manager)
bethany.ebron@cipni.com or 07516230448 or Steve Gates (Gets Active Lead)
steve.gates@cipni.com or 07999485389



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



BOLSTER COMMUNITY

Bolster Community is pleased to share that we will be hosting a number of day trips over the summer months for children with a disability and their families, including siblings, parents and carers

At present, we have one confirmed trip to Armagh Observatory & Planetarium on the 11th of August, with transport provided from Newry

Spaces are limited, so please reserve your place by contacting info@bolstercommunity.org or 028 3083 5764

Details of additional trips and activities will be announced in the coming weeks. To stay up to date with everything we have planned, please keep an eye on our Facebook page: [Bolster Community | Newry | Facebook](#)

We look forward to welcoming you for a fun-filled and inclusive summer!



Summer Is Coming!

Promote Your 2026 Summer Activities



**NEWRY & MOURNE
LPG AREA**

Cranfield Inclusive Beach All-Ability Fun Days



THURS 02 JULY
11AM - 1PM

Archery, Beach Scavenger Hunt,
Sensory Play with Sense NI



SAT 25 JULY
11AM - 1PM

Beach Games & Crafts,
Marshmallow Toasting



11AM - 5PM

Supported Dipping - come and try
our floating wheelchairs with the
support of our water team.

Booking: www.maemurrayfoundation.org



Tyrella Inclusive Beach All-Ability Fun Days



FRI 03 JULY 2PM - 4PM

Arts & Crafts, African Drumming, Scavenger
Hunt,

Adapted Paddleboarding *Booking essential



THURS 23 JULY 1PM - 3PM

Beach arts & Crafts, Marshmallow toasting.

Adapted Paddleboarding *Booking essential



FRI 07 AUG 2PM - 4PM

Archery, Beach Clean, Scavenger Hunt
In partnership with Live Here Love Here

Adapted Paddleboarding *Booking
essential

Booking: www.maemurrayfoundation.org



www.maemurrayfoundation.org



**NEWRY & MOURNE
LPG AREA**

YOUTH PRIDE *Newry*

WEDNESDAY 24TH JUNE
Crisis Cafe 3.30 - 7pm, year 8 plus - music, games arts and crafts

THURSDAY 25TH JUNE
Newry Youth Resource Centre 6-9pm. 15 plus - arts and crafts workshops

FRIDAY 26TH JUNE
Magnet Young Adult Centre 6-9pm, 15 plus - Karaoke, music and quiz

SATURDAY 27TH DUBLIN PRIDE
Bus leaving at 8.30am Magnet Young Adult Centre and returning at 4pm, breakfast on arrival, activities workshops and pride parade.

yes.magnetyac@gmail.com

MAGNET YAC PRESENTS:

PRIDE EVENT

FRIDAY 26TH JUNE - 6PM

KARAOKE, QUIZ, MOVIES, MAKE
YOUR OWN FLAG/RAINBOW,
SNACKS & MUCH MORE

PRIDE IS LOVE WITHOUT LIMITS

NO DRINK OR DRUGS IN YOU OR ON YOU

yes.magnetyac@gmail.com



**NEWRY & MOURNE
LPG AREA**

YOUTH ENGAGEMENT SERVICE

MAGNET Y.A.C.

AUTISM-FRIENDLY DROP-IN

A SAFE AND SUPPORTIVE SPACE FOR YOUNG PEOPLE (15+) WHO ARE AUTISTIC OR IDENTIFY WITH ASD.

NO PRESSURE. NO JUDGEMENT. JUST BE YOURSELF.

- SOCIAL TIME**
MEET OTHERS WHO GET IT
- ACTIVITIES**
GAMES, CREATIVE ACTIVITIES, MUSIC & MORE
- CHILL SPACES**
QUIET AREAS TO RELAX AND UNWIND
- SUPPORT**
FRIENDLY YOUTH WORKERS WHO UNDERSTAND

MONDAYS 6PM - 9PM
AGES 15+

WHAT TO EXPECT:

- ✓ CALM, WELCOMING ENVIRONMENT
- ✓ RESPECTFUL & UNDERSTANDING
- ✓ NO PRESSURE TO TALK OR JOIN IN - JUST BEING HERE IS ENOUGH
- ✓ SNACKS & DRINKS AVAILABLE

COME AS YOU ARE. YOU BELONG HERE.

MAGNET YOUNG ADULT CENTRE
81A HILL STREET
NEWRY
02830252214

PROUDLY SUPPORTED BY
HSC Public Health Agency

yes.magnetyac@gmail.com

YOUTH ENGAGEMENT SERVICE

MAGNET Y.A.C.

NEW YOUTH PROJECT BURREN COMMUNITY HUB

FOR YOUNG PEOPLE AGED 12-14 FROM SOUTH DOWN AREAS

EVERY TUESDAY 7PM - 9PM
STARTING 26TH MAY

YOUR SPACE. YOUR WAY.

- GAMES & ACTIVITIES**
Fun, inclusive games and activities for everyone!
- INTERACTIVE WORKSHOPS**
Get involved, have your say and learn new things!
- SOCIAL TRIPS**
Exciting trips, new experiences and great memories!

MEET NEW PEOPLE. BUILD CONFIDENCE. HAVE FUN.

FOR MORE INFORMATION
yes.magnetyac@gmail.com

MAGNET YOUNG ADULT CENTRE
81A Hill Street
Newry
02830252214

YOUR SPACE. YOUR WAY.

yes.magnetyac@gmail.com



NEWRY & MOURNE
LPG AREA

A poster with a textured, light-colored background. At the top left is the Magnet Y.A.C. logo. Next to it is the Youth Engagement Service logo. To the right are social media icons for Facebook and Instagram, with the text "FOLLOW US ON SOCIAL MEDIA MAGNET YOUNG ADULT CENTRE". The main text reads "Free HOMEMADE MEAL EVERY THURSDAY" in large, stylized fonts. Below this, it says "ENJOY A FREE HOMEMADE MEAL IN A WARM, FRIENDLY SPACE." There are four icons in a row: a chef's hat (Good Food), a group of people (Good Company), a bowl of soup (Everyone Welcome), and a fist (A Safe Space). At the bottom, it says "MAGNET YOUNG ADULT CENTRE CONNECT • LEARN • COMPETE • GROW".

 yes.magnetyac@gmail.com

A poster with a dark, textured background. At the top is the Magnet Y.A.C. logo. Below it, the text reads "MAGNET PRODUCTIONS" and "IT'S TIME FOR". In the center is a stylized graphic of a hand making the rock sign, with lightning bolts and a vinyl record. Below the graphic, it says "MUSIC & MEDIA" and "FRIDAYS @ 6PM-9PM".

 yes.magnetyac@gmail.com



Summer Is Coming!

Promote Your 2026 Summer Activities



**NEWRY & MOURNE
LPG AREA**

FOR MORE INFORMATION CONTACT US ON SOCIAL MEDIA

MAGNET YOUNG ADULT CENTRE



SATURDAY PROGRAMME

CONNECT • LEARN • COMPETE • GROW

			
WORKSHOPS DEVELOP NEW SKILLS, EXPLORE IDEAS AND BUILD CONFIDENCE	FIFA TOURNAMENT COMPETE, PLAY AND SHOW OFF YOUR SKILLS	POOL TOURNAMENT TAKE YOUR BEST SHOT AND BATTLE IT OUT FOR THE WIN	COOKING WORKSHOPS LEARN, COOK AND ENJOY DELICIOUS CREATIONS

EVERY SATURDAY
COME ALONG, GET INVOLVED
AND MAKE THE MOST OF YOUR WEEKEND!



yes.magnetyac@gmail.com



**NEWRY & MOURNE
LPG AREA**

GROWING TOGETHER

A friendly new mother and baby group for young mums (16-25) & their little ones

Starting May 2026

JOIN US FOR:

- Weekly fun sessions
- Creative & interactive activities
- Days out & trips
- Free goodie bags
- A safe, welcoming space
- Support & advice if needed

Food & snacks provided
Transport available if needed

No cost to attend
everything is included.

To join or find out more contact Gemma;
email; yes.magnetyac@gmail.com
phone/Whatsapp; 075 4151 5932

@ yes.magnetyac@gmail.com

SUMMER PROJECT

FOR YOUNG PEOPLE AGED 12-15 YEARS

STARTS TUESDAY 14TH JULY

CARNAGET COMMUNITY CENTRE

- MAKE FRIENDS
- FUN ACTIVITIES
- OVERNIGHT RESIDENTIAL
- FOOD, TRIPS & MORE
- GAMES, MOVIES & CHILL TIME

6 DAYS OF FUN, FRIENDS & NEW EXPERIENCES!

LIMITED SPACES! **DON'T MISS OUT - GET INVOLVED!**

TO REGISTER CONTACT **GEMMA**
yes.magnetyac@gmail.com | 02830252214

@ yes.magnetyac@gmail.com



**NEWRY & MOURNE
LPG AREA**

CLÁR AN
TSAMHRAIDH
SUMMER
PROGRAMME

Be Active

Ag freastal ar an Dún agus Ard Mhacha Theas
Serving Down and South Armagh

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

DÉAN RÉIDH DO SHAMHRADH LÁN SPRAOI! GET READY FOR A SUMMER OF FUN!

Newry, Mourne and Down District Council is excited to launch this year's summer programme – packed with exciting activities to keep everyone active and entertained throughout the holidays. Whether you're looking for fun family days out, sports and fitness sessions or ways to keep the kids engaged, there's something for everyone to enjoy. Make a big splash this summer with our water programme which includes swimming crash courses, junior lifeguard courses or join us at Tropicana in Newcastle for fun days out in our heated outdoor pools. Join the energy and adventure with our multi-sports camps and Teen Activity Week happening across the district! You can also hire our halls and courts throughout the summer for lots of indoor sports and games like table tennis, basketball, 5-a-side football, handball, squash and more. Check out what's available...

2



www.newrymournedown.org/summer-programme



Summer Is Coming!

Promote Your 2026 Summer Activities



**NEWRY & MOURNE
LPG AREA**

respect project

World Cup 2026

- 7 a side Tournament
- Fun Off Pitch Activities
- Spot Prizes To Be Won
- Gather your mates together and enter a team
- 10 - 12 year olds Section
5pm - 6:30pm
- 13 - 15 year olds Section
7pm - 8:30pm
- 16 - 18 year olds Section
9pm - 10:30pm

SATURDAY 8TH AUGUST 2026
NEWRY CITY SHOWGROUNDS

TO REGISTER A TEAM SCAN THE QR CODE



<https://www.surveymonkey.com/r/DL6HJ6V>



Summer Is Coming!

Promote Your 2026 Summer Activities



**DUNGANNON
LPG AREA**

FREE ESOL CAFÉ

**Wednesdays
10am-12pm
June- August 2026**

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

Reasons to join us:

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

For information:
028 87750211





A Mid Ulster Sanctuary Forum initiative



 028 87750211



Summer Is Coming!

Promote Your 2026 Summer Activities



DUNGANNON
LPG AREA

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

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

 Comhairle Ceantair
Lár Uladh
Mid Ulster
District Council



<http://www.midulstercouncil.org/summer>



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

July Training
Funded training - open to those in voluntary/community

- Risk Assessment & Risk Management
Thursday 2 July, 09:30am - 12:30pm, Online
- Child Protection Practice
Tuesday 7 July, 09:30am - 12:30pm, Online
- Safe Sleep
Tuesday 21 July, 09:30am - 11:30am, Online
- Child Protection Practice
Tuesday 28 July, 09:30am - 12:30pm, In-person

August training
Funded training - open to those in voluntary/community sector

- Mental Health Awareness
Monday 3 August, 09:30am - 12:30pm, Online
- The Benefits of Outdoors for Children
Tuesday 4 August, 10:00am - 4:00pm, In-person
- Life Story
Tuesday 11 August, 10:00am - 4:00pm, In-person
- Child Protection Practice
Tuesday 18 August, 09:30am - 12:30pm, Online
- Child Protection Case Conferences
Tuesday 18 August, 09:30am - 12:30pm, Online
- Designated Officer
Thursday 27 August, 10:00am - 4:00pm, In-person

September training
Funded training - open to those in voluntary/community

- Online Safety
Tuesday 8 Sept, 09:30am - 12:30pm, Online
- Good Practice in Recording and Reporting
Monday 28 Sept, 09:30am - 12:30pm, Online
- Understanding Emotions and Behaviours in Middle Childhood (4-12 years)
Tuesday 29 Sept, 09:30am - 12:30pm, Online

[Book CiNI training](#)



www.ci-ni.org.uk/training

August training Paid Courses

Baby Massage Instructor Training
Thurs 6 - Fri 7 August, 10:00am - 4:00pm,
In-person

**Managing Safeguarding Disclosures
and Maintaining Wellbeing**
Monday 17 August, 09:30am - 12:30pm,
Online

**Creating and Sustaining Healthy
Cultures: Safe, Brave Spaces**
Thursday 20 August, 6:30pm - 9:30pm,
Online

NEW
COURSE

NEW
COURSE

September Training Paid Courses

Trauma and the Helping Professional
Wednesday 9 September, 10:00am - 4:00pm, In-person

Counselling Skills for Everyday Practice
Friday 11 September, 10:00am - 4:00pm, In-person

Supporting School Based Anxiety
Monday 14 Sept, 09:30am - 12:30pm, Online

**Nurturing Resilience:
Moving Beyond Coping**
Wednesday 23 Sept, 10:00am - 4:00pm, In-person

**Youth Participation: Giving Young
People a Voice in Your Organisation**
Monday 28 Sept, 09:30am - 12:30pm, Online

**Understanding ADHD: A Strengths
Based Neuroaffirming Approach**
Wednesday 30 Sept, 10:00am - 1:00pm, Online

October training Paid Courses

**Safer by Design: Delivering
Organised Activities with Confidence**
Thursday 1 October, 09:30am - 12:30pm,
Online

Baby Yoga Instructor Training
Thursday 1 - Friday 2 October, 10:00am
- 4:00pm, In-person

[Book CiNI training](#)





ACET will be running their next PHA funded online **HIV STIs and Contraception OCN L2 Training Course** on:

Monday 17th, Wednesday 19th, Monday 24th and Wednesday 26th August 2026 from 10.00-11.30am each day

The course will be delivered entirely online via 4 live Zoom sessions

Please also forward this info on to any colleagues or contacts you think might be interested

We will cover:

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

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

The course is funded by the Public Health Agency so free of charge to participants, and is accredited with OCNNI at Level 2

Places are limited to 15 per course and allocated on a first-come-first-served basis

Apply [HERE](#)



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



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

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

Aims of Take 5 Ambassador Briefing Session

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

Briefing Session will take Place in

The Studio (upstairs)

Banbridge Leisure Centre

15 Downshire Place

Banbridge

BT32 3JY

On the following date:

Date: Thursday 24th September 2026

Time: 10.30am – 12.30pm

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



Take.5@southerntrust.hscni.net



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](#)



PARENTS AND CARERS!

YOU ARE SO WELCOME TO ATTEND OUR FREE MONTHLY ONLINE TRAINING!

HKT Basic Awareness Training	HKT Level One Training
<p>This session looks at how our day to day interactions- as parents or carers - impact our baby or child's brain development, and their speech, language and communication skills!</p> <p>Discover the vital role we as adults play, in shaping children's futures - impacting their education, employment, relationships and long term mental health. <i>(Approximately 1 hour)</i></p>	<p>This session focuses on the ages and stages of speech, language and communication development, between 1 and 10 years of age.</p> <p>You will be offered tips, strategies and activities to support each area of speech, language and communication, and guidance on when a referral to Speech and Language Therapy may be needed. <i>(Approx 2 hours)</i></p>

BOOK YOUR FREE PLACE ONLINE AT THE HELP KIDS TALK WEBSITE

or email helpkidstalk@resurgamtrust.co.uk



<https://helpkidstalk.co.uk/training>



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.



Funded by the **Public Health Agency**, **Stress Control** class topics covered include an overview of what stress is, controlling your thoughts and actions, and techniques to get a good night's sleep

The classes are presented by Dr Jim White, a Clinical Psychologist, and are available [HERE](#)

The remainder of classes in the current programme are scheduled as follows:

Session Four: 9am Monday 29th June

Session Five: 9am Monday 6th July

Session Six: 9am Monday 13th July

Each session is available until 8am on the following Monday

Participants do not have to register or log in to view the course - Simply visit the website [HERE](#) within the above timeframes and watch the streamed weekly sessions (Each class lasts around 90 minutes)



SOUTHERN TRUST AREA

WORKSHOPS

WHEN

Wednesday, August 19 2026
9:15am - 3:55pm

ADD TO CALENDAR

BOOKINGS

£0.00

BOOK NOW

Child Brain Injury Trust
hope for tomorrow - today

JOIN OUR VIRTUAL WORKSHOP

the eden dora trust
FOR CHILDREN WITH ENCEPHALITIS

UNDERSTANDING CHILDHOOD ACQUIRED BRAIN INJURY

An Introduction for Professionals

These workshops are kindly funded by The Eden Dora Trust for Children with Encephalitis

Child Brain Injury Trust, Field View, Baynards Green Farm Trading Estate, Baynards Green, Nr Bicester, Oxfordshire, OX27 7SR
Registered Charity No. 1113326 | A Charity Registered in Scotland SC 039703



<https://childbraininjurytrust.org.uk/events/>



Young People Gaming and Gambling

- 1** Awareness Sessions
 We deliver engaging awareness sessions on gaming or gambling for young people aged 11–17. Our sessions help young people understand the risks, recognise harmful behaviours, and make informed choices. Workshops are interactive, age-appropriate, and designed to build confidence in staying safe.
- 2** Awareness Sessions
 (Community and Professional)
 We provide awareness sessions on gaming or gambling for community and professionals working with young people. Our sessions highlight the risks, warning signs, and practical ways to support and safeguard young people. Workshops are informative, evidence-based, and designed to build confidence in having informed conversations.
- 3** Counselling
 We offer confidential counselling sessions for young people aged 11–17 affected by gaming or gambling. Our support provides a safe, non-judgemental space to talk, understand behaviours, and develop healthier coping strategies. Sessions are age-appropriate and focused on building resilience, confidence, and positive choices.
- 4** Group Work
 We offer supportive group sessions for young people aged 11–17 affected by gambling or gaming. These sessions provide a safe space to share experiences, learn from others, and build healthier habits together. Groups are age-appropriate, engaging, and focused on developing resilience, confidence, and positive choices.



Belfast and Southern Trust areas only



admin@dunlewey.org



SOUTHERN TRUST AREA

EVENTS


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



An opportunity to connect and learn from both professionals and those with lived experience of the complexities of Sexual Violence



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



HSC Public Health Agency

Take DoxyPEP
with PRIDE

Take DoxyPEP within 72 hours after sex to reduce your risk of certain STIs, including chlamydia and syphilis.

Go to: www.sexualhealthni.info/pride

#TakeDoxyPEPwithPRIDE
#PRIDENI2026

This year's **PRIDE NI 2026 Campaign** is on promoting uptake of DoxyPEP, an antibiotic taken after sex which can reduce the risk of chlamydia and syphilis

There have never been so many ways that you can help protect your sexual health:

Vaccines that protect against mpox and gonorrhoea,

DoxyPEP reduces chlamydia and syphilis

PrEP and PEP to prevent HIV

And condoms and dental dams protect against most STIs

The Sexual Health PRIDE NI 2026 Campaign Toolkit is available for download [HERE](#)

The Public Health Agency welcome your support in raising awareness and engaging support in this year's campaign via onward distribution of key messages across your respective teams and networks



The Public Health Agency, together with HSCTs, will be running a Mental Health Awareness Campaign
‘Feeling Anxious?’ The campaign will run from **10th September to 10th October 2026**

We need your support to amplify this important campaign in your organisation, workplace and community!

You can support and raise awareness of the campaign in different ways including:

Share the campaign messages using the campaign resources and tools with your audience

Promote the campaign messages in your buildings and online via social media/websites

Host an event using ‘calming skills’ – further information will be provided in the campaign pack

Encourage people to practice the Take 5 Steps to Wellbeing

A small selection of physical campaign materials will also be available

Please complete the form to register your interest in receiving digital and physical resources to support this important campaign [HERE](#) (Please note that the deadline for registering your interest is **5pm on Friday 12th June**)

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

If you have any questions about ordering campaign resource packs, e-mail MHSPCampaigns@hscni.net

WHO WE ARE

The Parenting Partnership is a Trust wide parenting support service that focuses on the delivery of evidence-based support programmes for parents/ carers of children & young people aged from pre-birth-18 years. It is a Trust led collaboration between health, social services, education and the community/voluntary sector.

AIM

To provide opportunities for group work support to parents/carers of children and young people in the Southern Trust area in a way that is accessible, meaningful and available at the point of need.

WHERE ARE PROGRAMMES DELIVERED?

Some of our programmes are delivered online and some are face to face in a variety of community settings. They run from September-June each year.

HOW TO ACCESS OUR PROGRAMMES

If you are a parent/carer resident in the Southern Trust Area, you can apply for our programmes using the links overleaf. Family Support Services in the Trust area can also apply on your behalf.

WHAT HAPPENS NEXT?

Once we receive the application we will make contact with the parent/carer to advise of the next appropriate programme.

.....

For further information please contact:

Maria Killen
Parenting Partnership Manager

Email:
parenting.partnership@southerntrust.hscni.net

Phone: 07880 474747

.....

To make an application please scan the QR code or use the link below to apply.

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

Southern Health and Social Care Trust

TOGETHER, IMPROVING CARE, TRANSFORMING LIVES

Supporting parents to give their child the best start and opportunities in life

WHAT PROGRAMMES DO WE DELIVER?



EARLY YEARS PROGRAMMES

PROGRAMME	WHO'S IT FOR?	HOW LONG IS IT FOR?	HOW CAN IT HELP?
Mellow Bumps/Dads to Be	Expectant Mums/Dads to Be From 20+ Weeks gestation	6 weeks	<ul style="list-style-type: none"> Prepares parents to welcome their baby into the world Promotes self-care Provides a safe place to share experiences
Solihull - Understanding your child's behaviour	Parents/carers of toddlers and pre school children	10 weeks	<ul style="list-style-type: none"> Strengthens parent child relationship Improves child prosocial behaviour Significant reduction in parental anxiety and stress
Incredible Years Autism and language delay	Parents/carers of children aged 2-6 years with a confirmed Autism diagnosis	14 weeks	<ul style="list-style-type: none"> Promotes child's development in communication, language, play and social skills Helps the children learning self-regulation skills Reduces stress and challenging behaviour

SCHOOL AGE PROGRAMMES

PROGRAMME	WHO'S IT FOR?	HOW LONG IS IT FOR?	HOW CAN IT HELP?
Parents Plus Childrens Programme	Parents/carers of children aged 6-11 years	9 weeks	<ul style="list-style-type: none"> Increases child positive social behaviour Reduces emotional and behavioural problems Decreases parental stress Increases parental confidence
Incredible Years School Age	Parents/carers of children aged 5-12 years	12 weeks	<ul style="list-style-type: none"> Increases praising behaviour and positive affirmation by parents Positive changes in emotional and behavioural difficulties Increases problem solving Positive family communication School readiness and engagement in school activities
Invest in Play	Parents/carers of children 5-12 years	12 weeks	<ul style="list-style-type: none"> Reduces child behavioural difficulties Increases child social skills, self confidence and emotional regulation Reduces parental stress

TEEN PROGRAMMES

PROGRAMME	WHO'S IT FOR?	HOW LONG IS IT FOR?	HOW CAN IT HELP?
Parents Plus Special Needs	Parents/carers of 11-18 year olds with special needs	7 weeks	<ul style="list-style-type: none"> Improves behaviour and emotional regulation Boosts self esteem of the young person Helps prepare for transitions Strengthens family relationships

FOR MORE INFORMATION ON THE SPECIFIC PROGRAMMES AVAILABLE PLEASE VISIT: [HTTPS://CYPSP.HSCNI.NET/EBPP/](https://cypsp.hscni.net/ebpp/)

Further information available [HERE](#)



Co-funded by the European Union and UK Government




OUR Generation - Growing Up Better, Together

OUR Generation is supported by PEACEPLUS, a programme managed by the Special EU Programmes Body (SEUPB). It is a partnership led by Action Mental Health, which aims to empower and invest in children and young people. OUR Generation brings together the expertise of nine partner organisations, and is committed to delivering impactful initiatives under the PEACEPLUS investment area of 'Youth Mental Health and Wellbeing.'

The cross-border partnership consists of: Action Mental Health, Boys & Girls Clubs NI, Co-operation Ireland, Donegal Youth Service, Include Youth, PlayBoard NI, Ulster University, YouthAction NI, and Youth Work Ireland.

The Project is developing and delivering programmes to increase mental health literacy, enhance emotional resilience, build the leadership skills of children and young people (aged 9-25) and leads research in mental health and the impact of trauma on our communities. The project runs in education, youth and community settings across Northern Ireland and the border counties of Ireland (Cavan, Monaghan, Sligo, Leitrim, Louth and Donegal) to contribute to peace and reconciliation through a range of cross-community and cross-border youth mental health and wellbeing models, peace and youth leadership programmes.

These programmes instil confidence in young people to act as agents of change, building peace for future generations. Capacity building programmes and events support key youth workers to enhance mental health and emotional wellbeing and empower children and young people to connect with their communities. Joint Training Schemes incorporate innovative and diverse methods such as new digital resources, art, music, sports, and podcasts. OUR Generation helps children and young people to build intrapersonal, interpersonal, and intergroup skills through activities that promote shared learning and diversity. Programmes like youth leadership, peer mentoring, and accredited training enrich their experiences.



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

-  33,000 children & young people will improve their emotional resilience and empathy, building skills to help themselves and others, gaining greater intercultural awareness and community cohesion whilst increasing capacity and desire to be active citizens in their communities.
-  5,000 key youth workers of children and young people including teachers, childcare practitioners and volunteers will be equipped with the skills, knowledge and confidence to support their mental health and wellbeing.
-  Children and young people and their key youth workers will co-design a range of digital resources including a mobile app, animations and podcasts to support their own needs and those of the wider communities.
-  Joint Training Schemes will be co-designed and implemented, applying two theoretical frameworks in trauma informed approaches to youth work and social identity perspective as a mechanism for peacebuilding.

Contact OUR Generation:

Visit our website: www.ourgeneration-cyp.com to find local support programmes in your area. Or scan the QR code on the right using your smartphone to take you straight there.




FOLLOW US

-  /ourGenCYP1
-  @ourGenCYP1
-  @ourGenCYP1
-  our-generation-project



Co-funded by the European Union and UK Government



SOUTHERN TRUST AREA

COMMUNITY SUPPORT



BE THE PART OF OUR

ACCESS TO RESILIENCE PROGRAMME



About Our Program:

TADA are currently calling out for groups who wish to benefit from our Access to Resilience programme. We will provide capacity building and community development support to rural community groups that will be tailored to meet the needs of individual groups.

This will include training workshops, mentoring and support with grant applications. There are also opportunities for individuals to gain qualifications in First Aid, Safeguarding, Health & Safety and Food Hygiene.

Your group will also receive a £500 incentive to go towards a project or event after the end of the programme.

- ✓ Free Certified Training
- ✓ £500 Completion Incentive
- ✓ Engaging Workshops
- ✓ Networking Opportunities

2 YEAR PROGRAMME

PROGRAMME TO RUN UNTIL APRIL 2028

For More Information Contact

info@tadarsn.com | 028 3839 8888



info@tadarsn.com

Why it matters (our impact)

At Rural Community Network, we address the challenges facing rural communities, including isolation, limited access to services, and underrepresentation in decision-making.

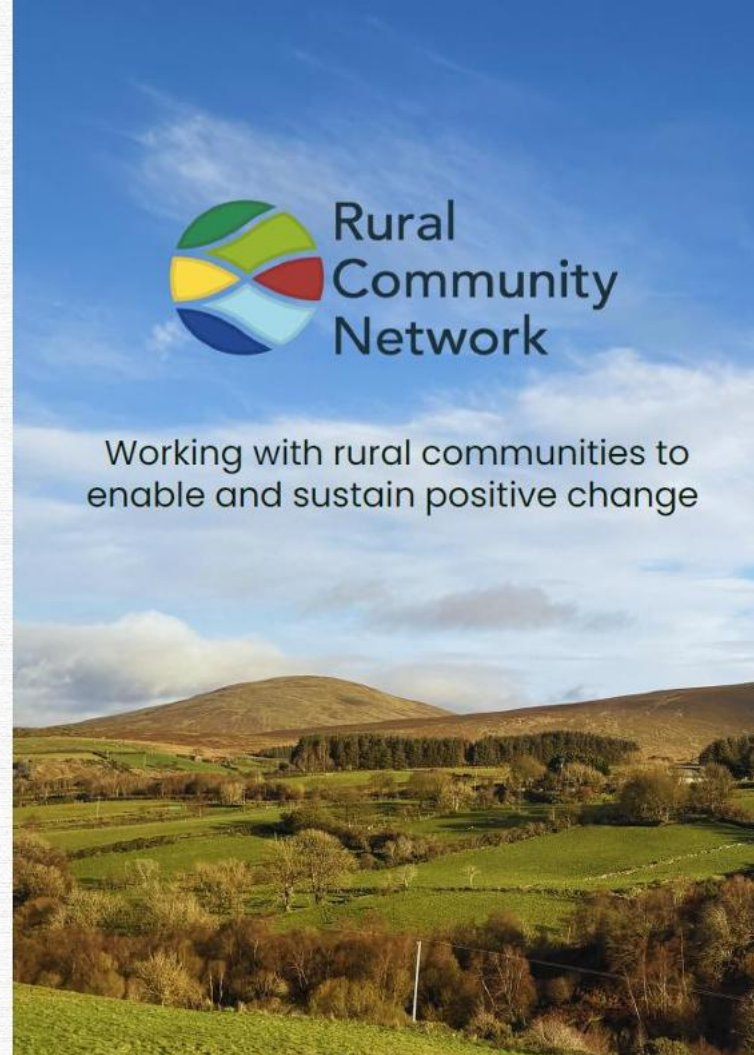
Our work benefits communities by building confidence, skills, and stronger local connections. Through our support, rural communities in Northern Ireland are better equipped to influence change, access opportunities, and create inclusive, sustainable places to live - ensuring rural voices are heard and valued at every level.

Contact Information

38A Oldtown Street
Cookstown
BT80 8EF

Tel: 028 86766670

info@ruralcommunitynetwork.org



info@ruralcommunitynetwork.org



About Us

Rural Community Network (RCN) was established in 1991 as a membership organisation to support and strengthen rural communities across Northern Ireland.

We were created to address rural disadvantage, isolation, and inequality, and to ensure rural voices are heard.

We serve rural communities by providing support, advocacy, training and resources. Our core mission is to enable and sustain positive change, and our vision is to have thriving and peaceful communities.

What we do

At Rural Community Network, we support rural communities to have a strong voice in shaping local services, community development, and a sustainable future.

Our work includes:

- Good Relations & Peacebuilding
- Heritage Projects
- Policy and Research Development
- Training & Capacity Building
- Advocacy & Representation
- Building Partnerships & Collaboration.

Key activities

Good Relations & Programmes

RCN promotes good relations through programmes that bring people from different communities together to build trust and understanding. It supports initiatives such as cross-community dialogue, shared rural development projects, training courses and by facilitating the good relations practitioner's forum Beyond Belfast. By encouraging participation, cooperation, and respect across cultural and social groups, RCN helps strengthen relationships and create more inclusive, cohesive rural communities.

Heritage Work

RCN works with rural communities across Northern Ireland to understand what their heritage means to them, and what skills, support, and connections they need to protect it. Rural heritage, whether built, natural or cultural, is consistently described by our members as something that shapes identity, connects people to place, and strengthens community life. For rural communities, heritage is not simply about the past - it is a tool of community engagement, a way to build pride, confidence and connection in areas that are often underserved or geographically isolated.

Policy and Research

RCN works to ensure that the needs and experiences of rural communities are reflected in policy and decision-making. Through research, evidence gathering and engagement with communities, RCN highlights the challenges facing rural areas, including access to services, poverty, and infrastructure; while also showcasing examples of good practice and innovative solutions from rural communities.

We contribute to consultations, develop policy briefings and work with government departments, local councils, and partner organisations to influence change. By amplifying rural voices and providing evidence-based insights, RCN helps shape policies that are more responsive, inclusive, and effective.



My Experience of Using Equipment to Live Better with a Disability

Your Voice Matters

We want to hear about your experience of using equipment that helps you live more independently.

By sharing your story, you can help us improve services for everyone across Northern Ireland. Your story is private/confidential.

You can access the survey by scanning the QR code or visiting the link below.

If you would like a printed version or assistance, contact us:

 **028 9536 1124**

 **1000morevoices@hscni.net**



<https://tinyurl.com/10KMVATE>

 <https://consultations2.nidirect.gov.uk/hsc/e65ac355/>



This is our health.

This is our health

Overview

“This is our health” is a new public engagement programme led by the Department of Health, with support from the Public Health Agency and HSC partners. Its aim is to listen to people and start developing a shared “health and care promise” – an agreement between the public and the HSC system about how we can all play a bigger part, so people can live healthier lives and services can focus their efforts where they are needed most.

Please take a few minutes to answer a couple of questions at the link below.

If you are under 16, you are welcome to complete this survey. It is your choice to take part and your answers are anonymous.

[Have your say >](#)

Closes 30 Jun 2026

Opened 27 Feb 2026

Contact

thisisourhealth@hscni.net



<https://consultations2.nidirect.gov.uk/hsc/this-is-our-health/>



HELP SHAPE MORE ACCESSIBLE COMMUNITY EVENTS

We're inviting neurodivergent people and families to take part in our research survey exploring barriers and enablers to attending community and pop-up events.

This co-produced survey is delivered by Neurodiversity Spark and Diverse Minds Events Limited, with ICEP Europe as our research partner.

The findings will help create a plain-English checklist and practical guide for organisers of community and pop-up events.

Your voice!
Better events!
Stronger communities!



www.neurodiversityspark.com/neurodiversity-accessibility-survey/



Digital Inclusion Innovation Fund: Device Request form

Overview

In February 2025, the UK Government launched its Digital Inclusion Action Plan to remove barriers to digital access and ensure everyone can participate in the digital world.

Through the Digital Inclusion Innovation Fund (DIIF), funding has been allocated to Northern Ireland to support local digital inclusion initiatives focused on:

- Opening up opportunities through skills
- Tackling data and device poverty
- Breaking down barriers to digital services
- Building confidence and supporting local delivery

As part of this initiative, **300 new laptop devices** are available for donation to eligible VCSE organisations across Northern Ireland. These devices are intended to support community-led digital inclusion projects aligned with DIIF objectives.

Each organisation may apply for **one laptop device**.

Closes 21 Jun 2026

Opened 1 Jun 2026

Contact

future@finance-ni.gov.uk



<https://consultations2.nidirect.gov.uk/dof/ebf3d2a2/>

THANK YOU FUND

Every year, the Thank You Fund gives back to local Irish non-profit organisations, helping them fund projects that matter to their communities.

2026 Coca Cola Thank You Fund Application Form

The Coca-Cola Thank You Fund is back with €100,000* in grants now available.

[Read Now](#)



Coca-Cola Thank You Fund FAQs

Here's what you need to know about the Coca-Cola Thank You Fund.

[Read Now](#)



www.coca-cola.com/ie/en/social/tyf

PEACEPLUS
Northern Ireland - Ireland

Co-funded by the
European Union | UK Government

Northern Ireland Executive
Stáin na Míreann
Government of Ireland
pobal

The PEACEPLUS Change Maker Funding Programme,
managed by the Special EU Programmes Body

**PEACEPLUS
CHANGE MAKER
FUNDING
PROGRAMME**

GRANTS OF
€10,000 – €100,000
(£8,700 TO £87,000)

TOTAL FUND: €40M / £35M

Who Can Apply

- ✓ Community groups
- ✓ Voluntary organisations
- ✓ Local bodies or partnerships
- ✓ Groups seeking to build cross-community or cross-border engagement

What the Funding Supports

- ✓ People-to-people projects
- ✓ Community events, programmes or activities
- ✓ Cross-community or cross-border collaboration
- ✓ Locally designed initiatives (flexible, tailored to community needs)

Simple application process, direct support available

Guidance and one-to-one advice available

Apply now or find out more at seupb.eu

APPLY TODAY!



www.seupb.eu/peaceplus/change-maker-funding-programme



SOUTHERN TRUST AREA

JOBS




Laurencetown, Lenaderg & Tullyish Community Association (LLTCA) is recruiting for the following position:

Project Co-ordinator for Connect 65+ Project until Dec 2030
30 hours per week NJC Scale 6, Pt 20 £32,597 per annum pro rata

For an application pack (application form, Job Description and Person Specification) email: assist@lltca.com

Closing date: Friday 26th June 2026 at noon
Interviews potentially Friday 3rd July

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

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

LLTCA is a Company Limited by Guarantee NI 31476
Accepted as a charity by the Inland Revenue under reference XR 13935

 assist@lltca.com




VACANCIES – JOIN OUR GROWING TEAM

InterACT Project

Help Build Stronger Families and Communities Across Mid Ulster

STEP is excited to expand our **InterACT Families & Communities Team** into the Northern area of Mid Ulster, including Cookstown, Magherafelt and surrounding areas.

WE ARE RECRUITING FOR:

-  **Community Development Area Lead**
-  **Family Support Area Lead**

SALARY
£31,100 FTE (£15.95 p/h)

HOURS
30 hours per week

WHY WORK WITH STEP?

- ✓ 36 days annual leave (full-time equivalent), including 10 statutory days
- ✓ Access to a company healthcare scheme
- ✓ Paid training and professional development opportunities
- ✓ 6% Employer Pension Contribution
- ✓ A supportive and values-led organisation
- ✓ The opportunity to make a real difference in the lives of individuals, families and communities

CLOSING DATE
12.00 noon, Tuesday 30 June 2026

INTERVIEWS
Interviews will be held during the week beginning 06 July 2026

TO APPLY
For further information and an application pack, please email alison.mccann@stepni.org

*Stronger families.
Stronger communities.
Better futures.*

 www.stepni.org/step-job-opportunities



SOUTHERN TRUST AREA

JOBS



Newry & District Gateway Club

WE ARE HIRING

YOUTH WORKER

REQUIREMENTS

- ✓ Ability to work effectively with individuals with additional needs.
- ✓ Strong organizational skills, including completion of essential paperwork
- ✓ Good communication and interpersonal skills
- ✓ Understanding of, or willingness to work in accordance with EA policies.

HOURS: 6 HOURS PER WEEK
TUESDAY SENIOR CLUB: 6.30-9.30PM
WEDNESDAY JUNIOR CLUB 6.30-9.30PM
SALARY £14 PER HOUR

JOB DESCRIPTION

We are seeking a dedicated and compassionate Youth worker to support and engage individuals with learning disabilities. This role involves delivering inclusive, enjoyable, and meaningful activities in a safe and supportive environment, helping members develop social skills, confidence and independence.

FOR A FULL JOB DESCRIPTION


info@newrygatewayclub.com

 info@newrygatewayclub.com

ses supported employment solutions

Workable (NI) Programme Guide for Employees

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

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

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

ses supported employment solutions

Workable (NI) Programme Guide for Employers

Do you have an employee with a **disability** or **health condition** which is affecting their ability to work?

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

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

We can support any employee who meets the following criteria:

- Be in employment of 10+ hours per week
- Have a disability or health condition which affects their ability to do their job
- May be at risk of losing their job due to their disability
- Their employment is based in Northern Ireland

Contact us for more information

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

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

Get in touch
www.sesni.org.uk

SCAN ME

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



SOUTHERN TRUST AREA

EMPLOYABILITY

CLANRYE GROUP YOUTH ACADEMY



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

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

HOW DOES IT WORK?

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

WHY WILL YOU LOVE IT?

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

ARE YOU ELIGIBLE?

If you're 16-18 (up to 25 if you've been in care), not currently in full-time education or full-time work, and enjoy hands-on learning.

FOR MORE INFORMATION

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



ENROL TODAY

LOCATIONS
Newry
Armagh
Banbridge

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









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






 <https://clanryegroup.com/youth-academy>

 chloe.marron@clanryegroup.com

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

Funded by UK Government

Unlock your potential, get ready for work!

Suitable for individuals aged 16+ who may want to (re)enter the world of work and need support to achieve this goal.

Including specialist support for those who are:

- > Over 50
- > Women returning to work
- > Long-term unemployed
- > Individuals with a disability

What's involved?

Skills Development

- Confidence Building
- Personal Development

Support

- Personal Development to include confidence building and motivation
- Health and Well-being focusing on physical and mental health
- Bespoke 1:1 support available

Employability

- Support with Job Search, CV, Applications, Interviews, Starting your own business
- Assistance to source employment

To find out more information contact:

clanryegroup.com | info@clanryegroup.com | 028 3089 8119

info@clanryegroup.com

FREE FUNDING TO HELP YOU GROW

We don't want money worries to stop you. Get help to access work, training or education with our Development Awards.

We can support with course fees, equipment, travel costs, or even childcare.

Find out more email us at: outreachni@kingstrust.org.uk

The King's Trust can provide young people with a Development Award. Each Award depends on each young person's unique needs, future career goals and personal development plans. Awards are available from £10 right up to a maximum of £500. Development Awards cannot reimburse costs already paid.

DSR 641 © The King's Trust 2014 - all rights reserved. The King's Trust is a registered charity incorporated by Royal Charter in England. Registered number 8000772. Registered office: The King's Trust, The King's Trust South London Centre 8 Gladys Path London SE1 8EG. Registered charity number in England and Wales: 1079675 and Scotland: SC041968.

outreachni@kingstrust.org.uk

JULY 2026

KING'S TRUST COURSES

GET READY

Get Ready for Careers in Customer Service

Age: 16-30 Taster: 6 Jul

Dates: 20 - 24 Jul

Location: Belfast

Gain insight into the wide variety of careers available in customer service. Receive valuable knowledge and guidance from industry professionals while learning key technical skills.

GET HIRED

Get Hired with Hospitality

Age: 16-30

Dates: 27 - 28 Jul

Location: Belfast

Develop the skills and confidence needed to start a career in hospitality. Take part in employability workshops while exploring opportunities suited to your interests and strengths. Connect with employers in the hospitality sector and explore pathways into employment

GET STARTED

Get Started with Brows and Lashes

Age: 16-30 Taster: 29 Jun

Dates: 6 - 10 Jul

Location: Belfast

Gain practical experience from a professional brows technician and work towards a Beauty Guilds qualification.

Get Started with Makeup

Age: 16-30 Taster: 14 Jul

Dates: 20 - 24 Jul

Location: Belfast

Gain practical experience from a professional makeup artist and learn about working in the industry. Work towards a Beauty Guilds qualification.

GET INTO

Get Into Marks & Spencer

Age: 16-30 Taster: 8 Jul

Dates: 20 Jul - 14 Aug

Location: Across NI

Gain four weeks work experience in a local M&S store, boost your employability skills, and receive 1:1 mentor support. Job opportunities available after the course.

ENTERPRISE

Age: 18-30

Dates: Available year round

Location: Online with 1:1 support

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

DEVELOPMENT AWARDS

Age: 16-30

Dates: Available year round

Location: Across Northern Ireland

Apply for grants of up to £500 to support you into education or employment. Can be used for course fees, clothing, equipment, license fees, travel cards, and more!

USEFUL INFO

All our courses:

- are free to attend
- don't impact benefits

We also:

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

CONTACT US

outreachni@kingstrust.org.uk

0800 842 842

kingstrust.org.uk





CURRENTLY RECRUITING Approved Home Childcarers



An Approved Home Childcarer is a professional childcare provider, approved by the Trust, who cares for children in the child's own home

Eligible applicants may receive a fully funded package of training, support and resources

Limited places, subject to funding



Available **ONLY** to applicants currently working in classroom assistant roles

enquiries@nicma.org

028 9181 1015

 enquiries@nicma.org

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

Promoting Wellbeing DIVISION

PROUDLY INVESTING IN OUR VOLUNTEERS

Northern Ireland Adoption & Foster Care

Could your family or friends give the gift of a lift?

We would hope that safe adults known to our foster carers maybe able to help with:

Role 1 involves transporting a child to and from school

Role 2 involves transporting a child to and from short breaks/respice

Have your friends or family got..

- Some free time on their hands
- A driving licence and access to a car?
- What it takes to support you in your role as a foster carer?

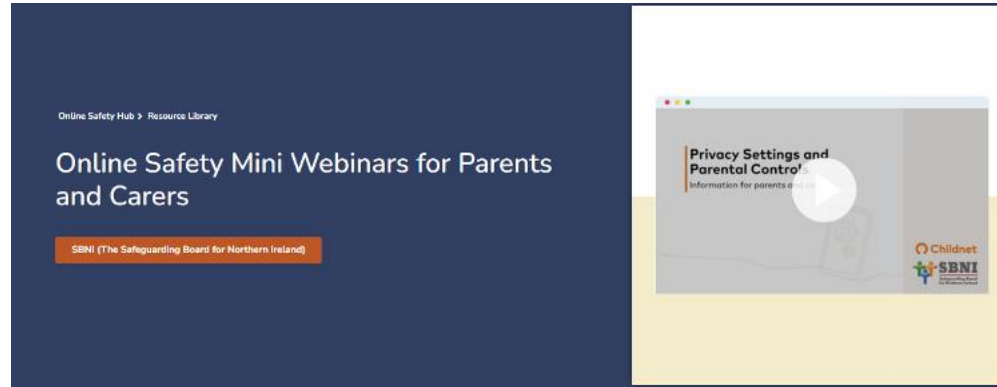
“As a Trust Service we are fully committed to reducing the time spent by our children and young people in taxis and creating a more normative experience of travelling with familiar adults.”

- All Volunteer Drivers will be registered through the Volunteer Service.
- Full training will be provided
- Mileage will be reimbursed at a rate of 45p per mile, capped at 10,000 miles per year.

For more information contact:
Email: volunteer.service@southerntrust.hscni.net or Phone: 02837563946



volunteer.service@southerntrust.hscni.net



A new series of short online safety mini webinars is now available on the **Online Safety Hub** for families, and can also be used by staff and volunteers working with children and young people

Commissioned by the **SBNI** and developed by online safety experts at **Childnet**, the webinars were shaped by partner input through the Online Safety Committee, align with the NI Executive's Online Safety Strategy, and reflect the real-life concerns and experiences of local families

The series includes six webinars (15-20 minutes each), offering practical tips, conversation starters and signposting to further support

Topics include:

Privacy settings and parental controls | Group chats and peer pressure | Online bullying behaviour and online sexual harassment | Nude image sharing | Online pornography and misogyny | Grooming, catfishing and sextortion

Partners are encouraged to watch, use and share these resources across teams, networks and settings such as schools and clubs, and family and friends

Ready-to-use text is available to support sharing via newsletters, intranets, websites and social media

Find out more and access the webinars via the [Online Safety Hub](#) or through [Childnet's YouTube Channel](#)



The screenshot shows the Childline website interface. At the top left is the 'childline' logo with the tagline 'ONLINE, ON THE PHONE, ANYTIME'. To the right, it says 'Call 0800 1111' and 'About us'. Below this is a navigation bar with buttons for 'Info and advice', 'Get support', 'Toolbox', 'Get involved', and 'Your locker'. A search bar is located on the right side of the navigation bar. Below the navigation bar, there is a breadcrumb trail: 'You are here / Home / Info and advice / Your feelings / Anxiety, stress and panic / Worries about the world / Worrying about the riots'. The main content area features a large green header with the title 'WORRYING ABOUT THE RIOTS' and a sub-header 'Rioting across parts of the UK has left many young people feeling scared and worried about their safety'. Below this is a section titled 'On this page' with a list of links: 'Ways to cope', 'Racism and harassment', and 'What if I've been involved?'. The background of the page shows a close-up of a young girl's face.





www.childline.org.uk/worrying-about-riots


The screenshot shows the NSPCC website interface. At the top left is the 'NSPCC' logo with the tagline 'EVERY CHILDHOOD IS WORTH FIGHTING FOR'. Below this is a navigation bar with buttons for 'Keeping children safe', 'Advice for families', 'Support us', and 'About us'. The main content area features a large green header with the title 'Talking to children about racism' and a sub-header 'Advice to help you understand how to talk to children about race and racism, and what you can do to support a child who's experiencing racist bullying.' The background of the page shows a colorful illustration of several stylized human heads in various colors (pink, orange, brown, red) with speech bubbles, set against a dark background.



www.nspcc.org.uk/children-race-racism-racial-bullying





[Home](#) [News](#) [Contacts](#) [Help](#) 

[Home](#) > [News](#)

Help and advice for anyone affected by the recent disorder

Date published: 12 June 2026

There is help and advice available following the recent public disorder. This includes information about housing, how to report a crime, schools, benefits and financial support.

Contents

- How to report hate crime
- If your home has been attacked
- Emergency numbers
- Protecting yourself and your home
- Benefits and financial support
- Support for victims of crime
- Public transport
- Roads information
- Schools and exams

Featured news

- Help and advice for anyone affected by the recent disorder
- Be aware of Giant hogweed and avoid contact
- Talk to someone if worried about mental wellbeing
- Important to talk about dying, death and bereavement

[More news ...](#)





SOUTHERN TRUST AREA

RESOURCES

 English 
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.....

 العربية


Scan me

www.cypsp.hscni.net/translation-hub

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


Children & Young People's Strategic Partnership

Youth Wellness Web

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

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

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


Scan QR code

**SCHOOL BULLYING
WELLBEING
BEREAVEMENT
MENTAL HEALTH**

Call Childline on:
0800 1111

Call LIFELINE on:
0808 808 8000

Text Shout:
852558

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

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

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



SOUTHERN TRUST AREA

RESOURCES

CYPSP
Children & Young People's Strategic Partnership

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



Resources to help you:

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

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

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

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



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



Bereavement Support

The Youth Wellness Web hosts a selection of videos and podcasts offering easy-to-follow information on grief and emotional wellbeing.

Working in Partnership since 2011



Explore videos and podcasts at:

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

Bereavement Support For Parents

Losing a child or supporting a grieving young person can feel overwhelming, and no one should have to go through it alone

The **Youth Wellness Web** offers a range of short videos and podcasts designed to gently support parents, carers and young people through grief and emotional wellbeing

These resources are easy to access, practical, and created to help you find understanding and comfort at your own pace

Whether you're looking for guidance, reassurance, or simply to hear voices that understand, support is here for you

Explore the resources [HERE](#)



SOUTHERN TRUST AREA

FAMILY SUPPORT

AnamCara
Supporting Parents After Bereavement

Home About Us Our Supports How You Can Help News & Events Contact Us

Supporting Parents After Bereavement

Offering information, resources, practical advice, links to professional organisations and services, general information for parents, extended families and also updates on forthcoming events.

OUR SUPPORTS

About Us
We aim to take a holistic approach to bereavement.
[Read More →](#)

Our Supports
Information, resources, practical advice, links.
[Read More →](#)

How You Can Help
Fundraising and donations.
[Read More →](#)

News & Events
Latest news and events.
[Read More →](#)

Donation
Help our organisation by donating today!
[DONATE NOW →](#)

<https://anamcara.ie/>

HSC Public Health Agency

BARNARDOS Changing childhoods. Changing lives.

Project supported by the PHA

The Child Bereavement Service, (Barnardos NI) are commissioned by the Public Health Agency (since 2010) to offer postvention support to children, young people and their families following a death by suicide in the Belfast, Southern and Northern Trust areas.

We are a professionally qualified, multi-disciplinary, therapeutic team skilled in working with children and young people and adults who have been traumatically bereaved. We utilise a variety of methodology to support our integrative practice such as counselling, art therapy, play therapy, narrative exposure, rapid rewind, and more recently EMDR, offering us a vast toolkit to enable us to address the postvention needs of children and families. We have received our bronze accreditation from Togetherness (Solihull) and we sit on the Advisory Board of the Childhood Bereavement Network UK. Staff are all registered/accredited with their respective professional /accrediting bodies.

What We Deliver

- Individual, therapeutic work with Children and Young People
- Groupwork interventions including family support work and peer support
- Training/capacity building sessions to practitioners supporting their work with Children and Young People bereaved by Suicide
- Support and advice to parents/carers
- Solihull parenting support
- Art Therapy group work for adults/carers bereaved by suicide.

Contact
Adviceline: 028 90668333
Monday and Tuesday 10-1pm and Friday 10-12.30pm
Or email us for a referral form at the address below
www.cbs.referrals@barnardos.org.uk

cbs.referrals@barnardos.org.uk



SOUTHERN TRUST AREA

FAMILY SUPPORT




make the call

0800 232 1271*

Quick Call, Lasting Difference.

Talk to us about accessing benefits, supports and services you may be entitled to.





Text: **ADVICE** to 079 8440 5248*
 Visit: nidirect.gov.uk/makethecall
 Email: makethecall@dfcn.gov.uk



Department for
Communities
www.communities.gov.uk

*network charges may apply

Don't rule yourself out...

Even if you already claim benefits, own your own home, work, claim a pension, or have some savings, you could be entitled to additional support.

- Have you been diagnosed with an illness, condition or disability?
- Are you caring for someone?
- Have you reached retirement age?
- Are you unemployed or looking for work?
- Are you confused about benefits?



Whatever your situation Don't miss out... Find out!

Contact Make the Call for a **free and confidential** assessment. A friend or relative can make the call on your behalf (with your consent), providing they are with you when you call. We also offer an outreach service where we can visit you in your home to help you complete application forms.

“ I would never have been able to get the things me and my wife need without the Make the Call service. They are invaluable. Life would have been an awful lot harder and it would have taken a lot longer to get help. ”

CALLER



make the call

0800 232 1271*

Quick Call, Lasting Difference.

*network charges may apply

 0800 232 1271

Introducing
FAMILY TALKS
Family Mediation Service
 Helping families talk, listen and find a way forward

Family relationships can become difficult during times of change. Family Talks is a new mediation service from Relate NI, supporting family members to communicate more effectively, reduce conflict and make their own arrangements for the future.

Relate NI | Dormant Assets NI | Delivered by THE NATIONAL LOTTERY COMMUNITY FUND

Swipe >>

Who is Family Talks for?

Family Talks can support:

- Parents and adult children
- Grandparents and wider family members
- Siblings
- Families affected by separation, divorce or family restructuring
- Families experiencing difficulties as a result of poor health or changing circumstances

Relate NI | Dormant Assets NI | Delivered by THE NATIONAL LOTTERY COMMUNITY FUND

Swipe >>

How does it work?

Each family member involved is offered an individual, confidential meeting with a mediator. When the mediation timing is assessed as suitable for all, and family members wish to take part, joint mediation sessions can then be arranged.

Through this funded pilot, families can access:

- An individual assessment appointment for each participant
- Up to two joint Family Talks mediation sessions
- Joint sessions lasting up to two hours each

Relate NI | Dormant Assets NI | Delivered by THE NATIONAL LOTTERY COMMUNITY FUND

Swipe >>



www.relateni.org/family-talks-wider-family-mediation-service



Young People Gaming and Gambling

- 1** Awareness Sessions
 We deliver engaging awareness sessions on gaming or gambling for young people aged 11–17. Our sessions help young people understand the risks, recognise harmful behaviours, and make informed choices. Workshops are interactive, age-appropriate, and designed to build confidence in staying safe.
- 2** Awareness Sessions
 (Community and Professional)
 We provide awareness sessions on gaming or gambling for community and professionals working with young people. Our sessions highlight the risks, warning signs, and practical ways to support and safeguard young people. Workshops are informative, evidence-based, and designed to build confidence in having informed conversations.
- 3** Counselling
 We offer confidential counselling sessions for young people aged 11–17 affected by gaming or gambling. Our support provides a safe, non-judgemental space to talk, understand behaviours, and develop healthier coping strategies. Sessions are age-appropriate and focused on building resilience, confidence, and positive choices.
- 4** Group Work
 We offer supportive group sessions for young people aged 11–17 affected by gambling or gaming. These sessions provide a safe space to share experiences, learn from others, and build healthier habits together. Groups are age-appropriate, engaging, and focused on developing resilience, confidence, and positive choices.



Belfast and Southern Trust areas only



admin@dunlewey.org

Gaming or Gambling Concerns?



Free, Confidential Counselling for Ages 11-17.

Available in the Belfast & Southern Trust areas

- Talk openly about gaming or gambling habits
- Understand why they happen and how they affect you
- Build confidence, resilience, and make positive choices

Trauma-informed • Age-appropriate • Here to support you.

Group awareness sessions also available on request.

Reach out today – help is free and confidential.



admin@dunlewey.org

02890 392547

admin@dunlewey.org



FREE SCHOOL MEALS AND UNIFORM ALLOWANCE

Applications **open NOW**

You may be entitled if you receive **ANY** of the following benefits:

- ✓ Income Related Employment and Support Allowance
- ✓ Guarantee Element of State Pension Credit
- ✓ Universal Credit and have net household earnings not exceeding the approved threshold



econnect

www.eani.org.uk/fsm



www.eani.org.uk/free-school-meals-uniform-grants



SOUTHERN TRUST AREA

FAMILY SUPPORT

familysupport NI.gov.uk

Helping You Find the Services You Need

We all need advice and support at different times in our lives....

www.familysupportni.gov.uk provides contact details for various Family Support Services

- ✓ Separating Families
- ✓ Adoption/Fostering
- ✓ Drugs/ Alcohol
- ✓ Support For Carers
- ✓ Cancer Support
- ✓ Domestic/Sexual Abuse
- ✓ Family Support Hubs
- ✓ Bereavement
- ✓ Parenting Support
- ✓ Disability
- ✓ Sure Start
- ✓ Autism



www.FamilySupportNI.gov.uk

E: info@familysupportni.gov.uk Tel: 0845 600 6483

[f](#) [x](#) [@](#) @familysupportni [f](#) [x](#) [@](#)

familysupport NI.gov.uk

Helping You Find the Services You Need



Easy Steps Search

- Go to Family Support
- Choose a Service from categories listed

OR

- 'Keyword Search' e.g. 'Child Contact Centre'
- Input Postcode

Other Useful Features

- **TRANSLATION** - Use 'Select Language' at bottom of Page
- Various options can be **printed off** (in English/other language) and given to people to discuss with partner/family
- **Browsealoud** functionality
- **Dedicated telephone and email** which is manned during office hours to respond to public/service providers
- Providers of Family Support Services can quickly add/update details of service provision by contacting info@familysupportni.gov.uk

familysupport NI.gov.uk
Helping You Find the Services You Need



www.familysupportni.gov.uk

familysupport NI.gov.uk
Helping You Find the Services You Need

Looking for Childcare/Financial Assistance with Childcare Costs?

ALL **REGISTERED** childcare providers are listed on www.familysupportni.gov.uk the public register of childcare providers, as required by law.

- Approved Home Care
- Childminders
- Creche
- Day Nursery
- Out of School
- Playgroup
- Statutory Nursery School/Unit
- Summer Scheme



There is also useful related information on this website – including **Financial Assistance with Childcare Costs**

Different types of help towards childcare are available, with support available to working parents through the benefits system, government support schemes or tax relief. The best form of help will be determined by your circumstances

Most working families in Northern Ireland will be entitled to financial support with their childcare costs, although there are some exceptions.

You can only receive help with childcare costs that are being paid to **Registered** or **Approved** childcare providers (as listed on www.familysupportni.gov.uk).



T. **0845 600 6483**
E. info@familysupportni.gov.uk
www.familysupportni.gov.uk

@Familysupportni

Easy-Steps Search Guide

Go to Childcare



Select type of provider from Drop-down list.
Then input your **FULL** Postcode and search within 1/5/10 miles.
Results can be filtered (at left of screen) by :

- ✓ Vacancies
- ✓ School Pick-up or Drop-off
- ✓ Disability/Complex Needs
- ✓ Flexible Working Hours
- ✓ Registered for Tax Free Childcare
- ✓ Accepts Childcare Vouchers
- ✓ Pre-School Funded Places
- ✓ Breakfast Club

Keyword Search – can be used for e.g. town/village or a specific need such as ‘autism’ or ‘epipen’ It can also be used If you are looking to contact/ check registration of a particular childcare provider

familysupport NI.gov.uk
Helping You Find the Services You Need

Help with Childcare Costs

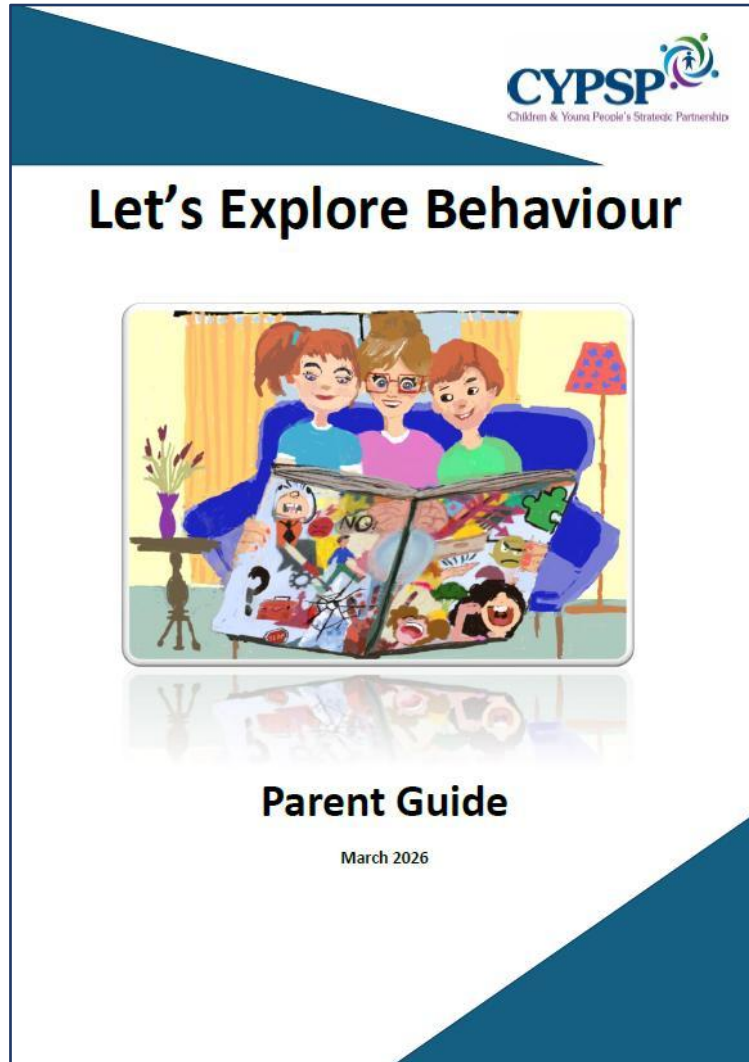
The amount of financial support you may be entitled to receive in each scheme will depend on your circumstances. It can be complicated to work out what is best for you but there is help available with this :-

Employers For Childcare Family Benefits Advice Service – provides free, confidential and impartial advice setting out your best options for support, depending on your specific circumstances. The Advisors are available on Freephone 0800 028 3008, Monday to Friday, 9am to 5pm, or by emailing hello@employersforchildcare.org.

www.childcarechoices.gov.uk is a government website that shows the different types of help available (though not all will be available in Northern Ireland).

Financial help if you have children
<https://www.gov.uk/browse/childcare-parenting/financial-help-children> is a government online list of all the main forms of support with the cost of childcare you may be able to claim depending on your circumstances.

www.gov.uk/childcare-calculator – an online calculator that will work out how much money you could get towards registered or approved childcare.



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

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

It reinforces three key messages:


You are not alone

Your child is capable




You are doing better than you think

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

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



A Go To Guide for Parents of Teenagers

Parenting Tweens and Teens
A Go-To guide for parents
Advice, information and signposting

Welcome


If you've picked up this resource, chances are things may feel difficult right now. Perhaps you're worried about your teenager, struggling with constant arguments, feeling shut out, or wondering why nothing seems to work anymore. You may feel like you've tried everything, run out of ideas, or simply don't know what to do next.

Parenting a teenager can be challenging at the best of times. When you're also coping with your own stresses, mental health difficulties, financial pressures, relationship challenges, or other demands of everyday life, it can feel even harder.

This go-to guide is about helping you understand what might be happening for your teenager, exploring practical ways to manage and reminding you that change is possible—even when things feel stuck. It covers quick, easy-to-read tips from managing social media, talking about relationships and sexuality to keeping calm and parenting on!

Most importantly, you are not expected to do this alone. Reaching out for support is a sign of strength, and there are people, services, and communities who can help.

Whatever your situation, we hope this go-to guide offers encouragement, understanding, and practical support as you and your teenager continue your journey together.



Index

Section 1: Go Tos for Understanding Teenagers Living with Teenagers
 Attachment: The Heart of Parenting (10-18yrs)

Section 2: Go Tos for Creating a Calmer Home
 5 Steps to Supporting Behaviour
 Peaceful Connections at Home
 Never too old to Play
 Keep Calm and Parent On
 Strategies for Difficult Times

Section 3: Go Tos for Talking to children about Mental Health
 Emotionally Based School Avoidance
 Relationships and Sexuality
 Supporting your LGBTQI+ Child
 Self Harm
 Teen Pregnancy
 Vaping

Section 4: Go Tos for Staying Safe and Well Online
 Social Media 'terms & lingo'
 Social Media – Hidden Risks and Decoy Apps
 Online Gaming
 Sextortion
 Support and Report



SOCIAL MEDIA BAN
Under 16's
Spring 2027

A message from Parentline NI to all parents. With the news of proposed legislation to ban social media access for their child, many parents may be wondering how best to manage the changes.

If you're feeling unsure or concerned how to navigate this transition, please reach out. Support and advice are available- you don't have to figure it out on your own.

We are here for you with support- get in touch- no waiting lists. Call our free and confidential helpline on 0808 8020 400

0808 8020 400

FREE RESOURCES FOR PARENTS AND CARERS

Parentline NI
0808 8020 400

A Go To Guide for Parents of Teenagers

SUMMER SURVIVAL SUITCASE

Parent well
A Source of Inspiration

Parentline Pathways
A Go-To Guide for Parents

CALL 0808 8020 400 TO GET YOUR COPY

0808 8020 400



PARENTLINE NI

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



Call us today on 0808 8020 400

 0808 8020 400

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



SOUTHERN TRUST AREA

FAMILY SUPPORT

We are closed

**Monday 13th and
Tuesday 14th July**

**You can request a call back
via our website or leave a
voicemail and we will get
back to you.**

**We reopen on Wednesday 15th
July at 9am.**



Calls are made from a withheld number



 0808 8020 400



SOUTHERN TRUST AREA

FAMILY
SUPPORT



Together Families is a partnership model that will transform how children, young people and families are supported across Northern Ireland. It shifts the current system from reactive, high-cost statutory intervention to earlier, community-based support so that families can access the right help at the right time, closer to home.

Together for Families was developed under the Children's Social Care Services Reform Programme and informed by learning from a significant Northern Ireland Lottery programme delivered between 2014 and 2021 – [Reaching Out – Supporting Families](#) and the Independent Review of Children's Social Care Services led by Professor Ray Jones which reported in June 2023.

Read more about the **Together For Families Partnership Model** [HERE](#)
(Why it matters | What's Changing? | What the programme will deliver)

Services Available Through The Hub May Include...

- Practical Support
- Disability Support
- Drug & Alcohol Support
- Emotional Health & Wellbeing
- Signposting to Other Supports
- Advice & Guidance
- Family Support
- Education Support
- Youth Support
- Parenting Programmes
- Behaviour Support
- Parenting Support

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

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

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



There Are 3 Family Support Hubs In the Southern Trust Area

ARMAGH & DUNGANNON HUB

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

CRAIGAVON & BANBRIDGE HUB

Lisa Grant
NIACRO
26 Carleton Street, Portadown Co. Armagh
BT62 3EP
T: 028 38331168
E: familysupporthub@niacro.co.uk

NEWRY & MOURNE HUB

Allison Slater
Bolster Community
Unit 1, Killeavy Road
Newry
BT35 6UA
T: 028 3083 5764
E: familysupporthub@bolstercommunity.org

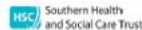


Southern Area
FAMILY SUPPORT HUB

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 **most recent 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 a Short Breaks foster carer?

Children with disabilities

We are seeking foster carers across Northern Ireland to provide regular short breaks for children and young people with disabilities.

Short Breaks foster carers receive financial assistance, training and ongoing support.

0800 0720 137
adoptionandfostercare.hscni.net

For those interested in finding out more about becoming a short breaks foster carer for children with disabilities (anywhere in NI), get in touch:

Call **08000 0720 137**

Make an online enquiry [HERE](#)

E-mail: hello@adoptionandfostercare.hscni.net

Find out more [HERE](#)

What are General Practice Mental Health Practitioners?

Good mental health is just as important as good physical health, and maintaining it should be a priority for everyone. One in four people in Northern Ireland will experience problems that affect their mental health. Those with mental health problems often face stigma and discrimination, and fear of these can prevent them from getting help and hinder their recovery.

Often a few simple things may be all you need to protect your mental wellbeing.

Your mental health practitioner is an expert who can:

- ▶ Provide an Initial assessment
- ▶ Advise on management of your mental health
- ▶ Offer short term treatment
- ▶ Direct you to appropriate services
- ▶ Refer you to specialist mental health services



Further Information

Further information about all of these services can be found at www.health-ni.gov.uk/mdt

Appointments

If you would like to book an appointment with any of these new services, please contact:



Suggestions, Comments, Complaints

We value your opinions and will act on them whenever possible. If you have any feedback on the services you have received, please fill out a feedback form.



General Practice Multi-Disciplinary Teams



To complement the existing staff within GP practices, three new practice based roles have been created:

- ▶ First contact physiotherapists
- ▶ Social workers
- ▶ Mental health practitioners

You can book an appointment with any of these services directly without first seeing your GP.



HEALTH AND WELLBEING 2026
DELIVERING TOGETHER



What are General Practice Multi-Disciplinary Teams?

We understand that your physical health, mental health and social wellbeing are all equally important to you. To enhance the existing practice team and assist you in achieving these aims, you can now book an appointment with a physiotherapist, social worker, and mental health practitioner. You will also have improved access to health visitors and district nurses.

Multi-disciplinary teams seek to address any issues that you face at the earliest opportunity, providing access to a range of experts who can provide you with the care, advice and support that you need.

- ▶ GENERAL PRACTICE
- ▶ PHYSIOTHERAPY
- ▶ MENTAL HEALTH
- ▶ PHARMACIST
- ▶ SOCIAL WORK
- ▶ DISTRICT NURSING & HEALTH VISITING

What are First Contact Physiotherapists?

Our first contact physiotherapists are experts in problems with your joints, muscles and soft tissue (back pain, neck pain, painful joints or sprains and strains).

We can:

- ▶ Diagnose your condition
- ▶ Offer you advice and exercises to manage your condition
- ▶ Order tests
- ▶ Prescribe medication
- ▶ Request x-rays
- ▶ Refer you to another service if required
- ▶ Direct you to community based activities

The physiotherapist will give you advice and may provide you with exercises and discuss medication. If they feel you require a course of physiotherapy treatment they can refer you or advise you to self-refer. They will be able to discuss medication that may help you, and may also prescribe some medication.

What are General Practice Social Workers?

Social wellbeing affects how people feel about themselves, how well they function and the overall quality of their life. Social workers work with individuals, families and communities to improve their social wellbeing.

Types of Support Provided

The sort of things that we could help you with are:

- ▶ Isolation or loneliness
- ▶ Carer support
- ▶ Relationship difficulties
- ▶ Parenting difficulties
- ▶ Housing difficulties
- ▶ Stress
- ▶ Bereavement and trauma
- ▶ Alcohol and drug addiction



Together we can:

- ▶ Discuss any issues you are facing
- ▶ Explore what is important for you
- ▶ Agree what help we can offer you
- ▶ Provide you with support

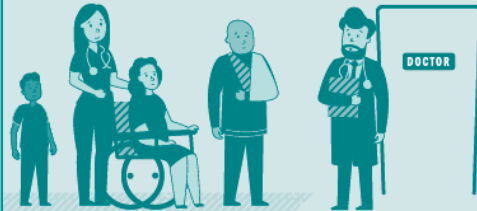


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- ▶ GENERAL PRACTICE
- ▶ PHYSIOTHERAPY
- ▶ MENTAL HEALTH
- ▶ PHARMACIST
- ▶ SOCIAL WORK
- ▶ DISTRICT NURSING & HEALTH VISITING



Further Information

Further information about all of these services can be found at www.health-ni.gov.uk/mdt

Appointments

If you would like to book an appointment with the General Practice Mental Health Practitioner, please contact:



Suggestions, Comments, Complaints

We value your opinions and will act on them whenever possible. If you have any feedback on the services you have received, please fill out a feedback form.

#MDT #DeliveringTogether

Health and Social Care

General Practice Mental Health Practitioners



Your GP surgery now has a general practice mental health practitioner.

You can book an appointment with them directly without first seeing your GP.

Department of Health
An tDáiríe Sábaithe
Máinistreacha O'Páistíe
www.health-ni.gov.uk

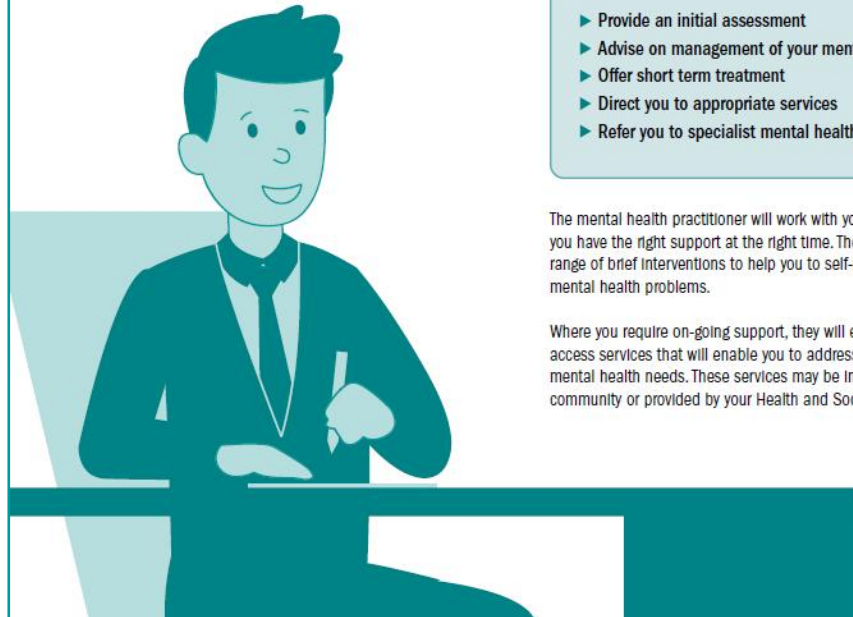
HEALTH AND WELLBEING 2026
DELIVERING TOGETHER



What are General Practice Mental Health Practitioners?

General Practice Mental Health Practitioners have joined the multi-disciplinary team within your GP practice. They will work with you to help improve your mental health and wellbeing through early intervention, prevention and management of mental health issues, using a range of approaches to achieve this.

Good mental health is just as important as good physical health. One in four people in Northern Ireland will experience problems that negatively affect their mental health. While the things which affect your mental health can be very complex, there are many things that can be done to help support your mental wellbeing.



Your mental health practitioner can provide you with the tools and appropriate support that will enable you to improve and maintain good mental health and wellbeing.

If you are concerned about your mental health, you should seek support at the earliest opportunity.

How can a Mental Health Practitioner help you?

Your mental health practitioner is an expert who can:

- ▶ Provide an initial assessment
- ▶ Advise on management of your mental health
- ▶ Offer short term treatment
- ▶ Direct you to appropriate services
- ▶ Refer you to specialist mental health services

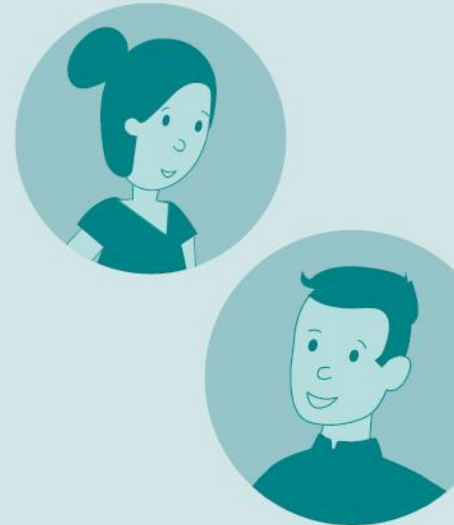
The mental health practitioner will work with you to ensure that you have the right support at the right time. They can offer a range of brief interventions to help you to self-manage common mental health problems.

Where you require on-going support, they will ensure that you access services that will enable you to address your individual mental health needs. These services may be in your local community or provided by your Health and Social Care Trust.

Is this service right for me?

Yes, if you are concerned about your mental health and wellbeing. Examples may be:

- ▶ Stress
- ▶ Coping with bereavement
- ▶ Addiction issues (alcohol/drug/gambling etc)
- ▶ Depression
- ▶ Anxiety
- ▶ Suicidal thoughts
- ▶ Panic attacks
- ▶ Excessive worrying or negative thoughts



What are General Practice Multi-Disciplinary Teams?

We understand that your physical health, mental health and social wellbeing are all equally important to you. To enhance the existing practice team and assist you in achieving these aims, you can now book an appointment with a physiotherapist, social worker, and mental health practitioner. You will also have improved access to health visitors and district nurses.

Multi-disciplinary teams seek to address any issues that you face at the earliest opportunity, providing access to a range of experts who can provide you with the care, advice and support that you need.

- ▶ GENERAL PRACTICE
- ▶ PHYSIOTHERAPY
- ▶ MENTAL HEALTH
- ▶ PHARMACIST
- ▶ SOCIAL WORK
- ▶ DISTRICT NURSING & HEALTH VISITING



Further Information

Further information about all of these services can be found at www.health-ni.gov.uk/mdt

Appointments

If you would like to book an appointment with any of these new services, please contact:

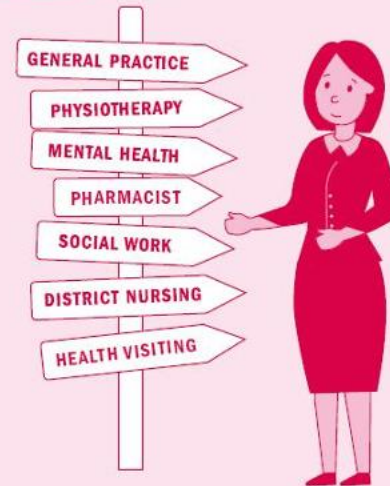


Suggestions, Comments, Complaints

We value your opinions and will act on them whenever possible. If you have any feedback on the services you have received, please fill out a feedback form.



General Practice Social Work



As part of the new practice based multi-disciplinary team, your GP practice now has a social work service available to registered patients of all ages.

You can book this service directly without first seeing your GP.



HEALTH AND WELLBEING 2026
DELIVERING TOGETHER



What are General Practice Social Workers?

General practice social workers have joined the multi-disciplinary team within your GP practice. Your social wellbeing affects how you feel about yourself, how well you function and the overall quality of your life. Issues which affect your social wellbeing may have a significant impact on your physical or mental health.

Social workers can discuss any problems you have and explore what is important to you. They will provide you with practical advice, help and support in order to address these problems.

Where the social worker feels that you may benefit from other services, they may work with other people or groups in your local community that can support your needs.

Types of Support Provided

The sort of things that we could help you with are:

- ▶ Isolation or loneliness
- ▶ Carer support
- ▶ Relationship difficulties
- ▶ Parenting difficulties
- ▶ Housing difficulties
- ▶ Stress
- ▶ Bereavement
- ▶ Traumatic life events
- ▶ Financial difficulties
- ▶ Alcohol and drug issues

Together we can:

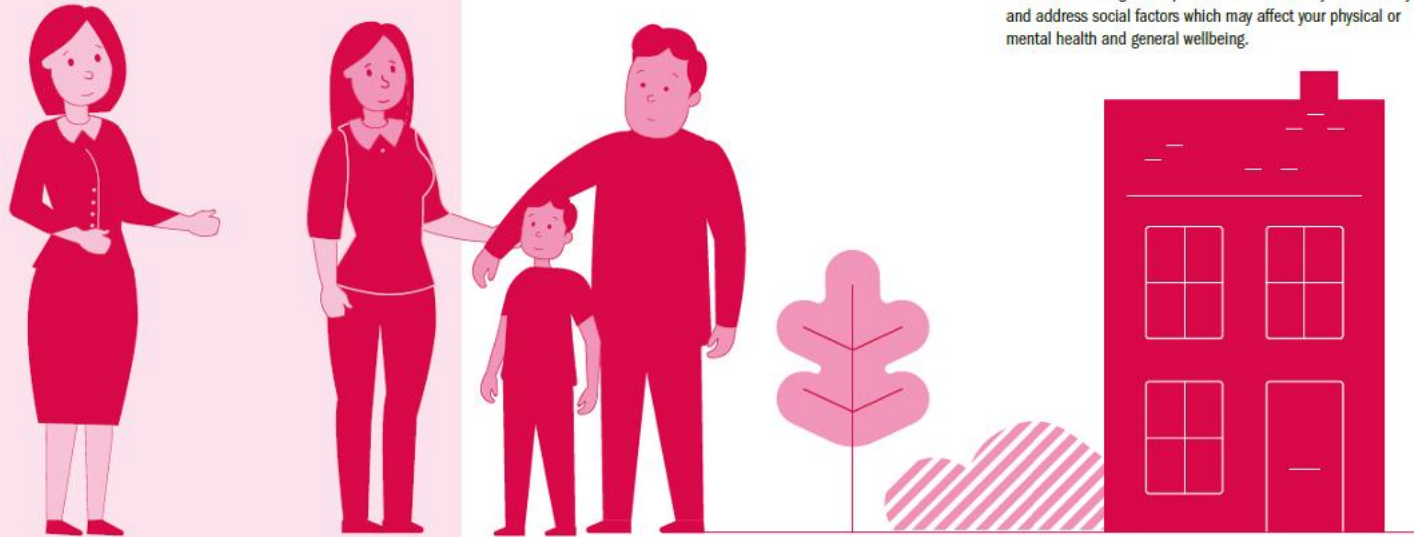
- ▶ Discuss any issues you are facing
- ▶ Explore what is important for you
- ▶ Agree what help we can offer you
- ▶ Provide you with support

What is Social Work?

Social work seeks to improve the social wellbeing of individuals, families and communities. Social workers do this by:

- ▶ Promoting people's independence
- ▶ Supporting people's social inclusion and participation in society
- ▶ Helping people to keep safe and well

If you choose to use this service, social workers and social work assistants working in the practice will work with you to identify and address social factors which may affect your physical or mental health and general wellbeing.



The **Farm Families Health Checks Programme** is making a significant impact across NI.

The Programme has been screening the physical and mental health and well-being of farmers and their families since 2012 by attending Marts, Community Events and selected Agri-food Businesses.

This unique and detailed service has and will continue to have life changing impacts for rural dwellers.

A client who attended a local livestock mart and was diagnosed with high blood pressure said:

"I didn't know my blood pressure was high. It was good this was picked up early before I developed further complications."

It is a NI wide initiative **jointly funded** by **DAERA** and the **Public Health Agency**.

For further information

If you have any questions about the service that the Farm Families Health Checks Programme provides or would like to book the Mobile Unit to attend a Rural Event please contact:

Programme Support Officer

Telephone:
028 2563 5573

Email:
farm.families6@northerntrust.hscni.net



Farm Families Health Checks



FREE HEALTH ASSESSMENTS AND ADVICE

Tailored especially for you





The Farm Families Health Checks Programme is a one-stop mobile facility offering free health assessments and advice tailored specifically for you.



Each health check is completed quickly and efficiently, offering a good indicator of your health, including risk of **heart disease**, early detection of **diabetes** and **emotional health** and **wellbeing**.

When you have completed your written consent form, the following tests will be completed:

 Blood Pressure	 Height & Weight	 Body Mass Index (BMI)	 Cholesterol	 Diabetic Risk Score	 HbA1c test if required	 Mental Health & Wellbeing
---	--	--	--	--	---	--

After your health check we can signpost you to various support services that are relevant to your needs and locally available to you.

You will also have the opportunity to discuss health issues with the Nurse. Depending on your lifestyle, you will receive advice tailored for you on smoking, healthy eating, keeping active, alcohol consumption and how to spot the early signs of cancer.

What happens next?

When your health assessment is complete you will receive a copy of your results and with your consent we will send a copy to your GP.

We will NOT send any of your information to any third parties without your prior consent.




Available in Public Libraries

Free Period Products

For more information including locations please visit nidirect.gov.uk or myperiod.org.uk

Scan to download the PickupMyPeriod App

The Executive Office
www.theexecutiveoffice.org.uk

libraries NI
www.librariesni.org.uk

iOS Android

Available in Public Libraries

Period Dignity for all!

Reducing the Stigma
48% of girls feel embarrassed by their period, with the figure rising to 58% of 14 year olds.
Plan International UK

Period products are essential items for personal care which address a normal biological need. From May 2024 period products will be made freely available to everyone who needs to use them!

WHO are they for?

- Free products are available for anyone and everyone who needs to use them.
- You can pick them up for yourself or for someone else who needs them.

WHEN can I get them?

- Period products will be available from libraries from 13 May 2024.
- Opening hours for libraries and mobile library stops can be found on the PickupMyPeriod app.

WHERE can I get them?

- Every library will make period products available (including mobile libraries).
- You can also locate your nearest free period products via the PickupMyPeriod App.

HOW do I get them?

- Just follow the signposting in libraries and take what you need when you need it.

For more information, please visit nidirect.gov.uk



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




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



ABC COUNCIL AREA

abc | Community Development
 Helping Communities. Making a Difference.

Funding ABC Newsletter

Supporting community and voluntary organisations in finding new and relevant funding opportunities.

armaghbanbridgecraigavon.gov.uk/communitygrants

Armagh City Banbridge & Craigavon Borough Council

ABC YOUTH VOICE

Are you aged 15-21 and live in the ABC Council area?
WE'RE LOOKING FOR YOUNG PEOPLE TO JOIN!

Your Voice. Your Community. Your Future.

WE WANT MEMBERS
 Do you want to make a difference for young people across Armagh City, Banbridge & Craigavon Borough Council area?
 ABC Youth Voice gives young people the chance to speak up, share ideas, and help shape decisions that matter in their communities.

AS A MEMBER, YOU CAN:

- Share your views on issues affecting young people
- Meet new people and build friendships
- Work alongside decision makers and community leaders
- Develop confidence, leadership, and communication skills
- Take part in training, events, and exciting opportunities
- Represent the voice of young people in your area

Your opinions matter and this is your chance to be heard.

WHO? Live in the ABC Council area & be 15-21 years.
HOW DO I APPLY? Scan on the QR code.
 For further information @ victoria.joy@eani.org.uk
DEADLINE FOR APPLICATIONS Friday 10 July 2026

APPLY HERE

Armagh City Banbridge & Craigavon Borough Council
 Northern Ireland Executive
 ea Education Authority
 T:buc

www.armaghbanbridgecraigavon.gov.uk/uploads

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



ARMAGH LPG AREA

Established in 1987,

DUNLEWEY
ADDICTION SERVICES
providing specialist support within the field of addiction ever since.

**DROP IN
SUPPORT SERVICE**

*Come along,
get some support*

A **NEW** drop in support service for
young people (11–25 yrs) and their
family members affected by
substance use in the Armagh area.

 **Starts Tuesday 16th June**
Every Tuesday
4:00pm – 6:00pm

 **Dunlewey Offices**
Lurgyvallen Business Park,
72 Cathedral Road,
Armagh, BT61 8AG

 Confidential, friendly and non-judgemental
No appointment needed – just drop in.

 We're here to listen, support and help
you find the right path forward.

www.dunlewey.org | 07803 413 049 |   



07803 413 049



BANBRIDGE LPG AREA



banbridge_yes

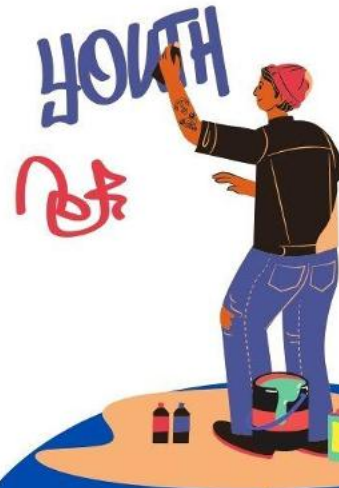
DROP IN

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

15A COMMERCIAL ROAD,
BANBRIDGE

Lucinda@futureproofni.org

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



Lucinda@futureproofni.org



BANBRIDGE LPG AREA

OUR SERVICES

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



YOUTH
ENGAGEMENT
SERVICE

OUR GROUPS

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

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

CONTACT
US

07540049938

15a Commercial
Road, Banbridge

banbridge_yes

banbridge Youth Engagement Service



HSC Public Health
Agency

Project supported by the PHA



07540049938



BANBRIDGE LPG AREA



Venue:
Old Town Hall,
1 Scarva St,
Banbridge
BT32 3DA

Refreshments
Provided
Free of Charge

For more information

Contact: Veronica Kerr
Telephone number:
07425630856

Cancer Support Group Banbridge

Supported by the MDT Social Work Team, Banbridge Group Surgery



Support for ANYONE affected by cancer

Family Members Welcome



Upcoming Events:

Time: 6.30pm to 8.30pm

24th June 2026

Tea/coffee & conversation
Coffee shop to be confirmed

(July - summer break)

26th August 2026

tea/coffee conversation
Coffee shop to be confirmed



07425630856



BANBRIDGE LPG AREA

WOMEN'S HOLISTIC HEALTH PROGRAMME

8 Week Programme

Commencing
Tuesday 7 July 2026 | 6.30pm
Banbridge Leisure Centre

An 8 week women's holistic health & wellbeing programme. Programme is free of charge and is open to all women in the community.

Interested in coming along?
Numbers are limited, please register your interest with
Leanne McGivern, @ star.surestart@southerntrust.hscni.net
or ☎ 07375 947 861 or ☎ 02840 622 475



star.surestart@southerntrust.hscni.net

BANBRIDGE MEN'S HEALTH & LIFESTYLE PROGRAMME

8 Week Programme

Commencing
Monday 7 September 2026 | 6.30pm
Banbridge Leisure Centre

Weekly Physical Activities and Health Information Sessions. Programme is free of charge and is open to all men in the community.

Interested in coming along?
Numbers are limited, please register your interest with
Leanne McGivern, @ star.surestart@southerntrust.hscni.net
or ☎ 07375 947 861 or ☎ 02840 622 475



star.surestart@southerntrust.hscni.net



The Bridge Pantry
Opening Hours
Mondays and Thursdays
10am until 12noon

BANBRIDGE COMMUNITY SOCIAL SUPERMARKET

JULY & AUGUST SUMMER MEMBERSHIP (FOR FAMILIES IN RECEIPT OF FREE SCHOOL MEALS)

“NO CHILD SHOULD GO HUNGRY”

Sign up this Summer for our Summer Membership

Family Membership allows each household one shop per week

£15.00 membership per week will allow you to shop for up to 20 food and household items

To sign up, please visit [HERE](#)



If you or any household you know are struggling to make decisions between household bills and food?
Please contact us today, we are here to help!

Are you a working household? Does your income leave you just above the threshold of any benefit support? Are the household wages just not covering all your outgoings? Are you on maternity leave? Are you between jobs? Are you a stay-at-home parent with only one wage coming in? Are you a Single parent?

Whatever your circumstances if you are struggling, please contact us to arrange one of our food support memberships to help free up your finances to allow you to not have to make choices between food and bills

Please note all referral meeting must be arranged prior to arrival as we cannot carry out referral meetings during our sessions

How our memberships work

Single Person Membership - £8.00 you choose 12 items of food and household products in our weekly shop
Two Person Membership - £12.00 you choose 16 items of food and household products in your weekly shop
Family Membership - £15.00 you choose 20 items of food and household products in your weekly shop.

To apply for membership, click [HERE](#)

E-mail thebridge@gracegeneration.co.uk or message us on Facebook [HERE](#)



CRAIGAVON LPG AREA

CRAIGAVON MEN'S HEALTH & LIFESTYLE PROGRAMME

8 Week Programme

Commencing
Thursday 25 June 2026 | 6.00pm
Brownstown Community Centre, Craigavon

Weekly Physical Activities and Health Information Sessions.
Programme is free of charge and is open to all men in the community.

Interested in coming along?
Numbers are limited, please register your interest with
Alicia Lappin, Alicia.lappin@southerntrust.hscni.net
or **07860 396 920**



Alicia.lappin@southerntrust.hscni.net



CRAIGAVON LPG AREA



Glo is a week of giving back to the community

During the day our young people are involved in garden clean-ups, care home visits, etc.

Date: Monday 17th - Friday 21st August

Time: 9:30am- 8:30pm

Location: Craigavon Presbyterian Church

We are currently asking churches, youth work organisations and other community organisations if they have anything they would like practical help with - This could be helping to prepare anything for upcoming summer schemes, painting, tidying etc.

We will likely have 2 teams of 10 young people available from 6-7pm in the evenings of the week of 17-21st August

There will also be at least 2 or more leaders there with the young people and we can offer this practical help anywhere in the Portadown, Lurgan or Craigavon Area

If there's any way your organisation could use a team for an hour in the evening during the week, please get in touch and let us know how we can help

E-mail: sarah@aspireni.org



NEWRY & MOURNE LPG AREA



How to talk about Suicide

A course for everyday folk living everyday lives...
Led by survivors of suicidal crisis



- Confidence and skills to start and navigate a 'suicide conversation'
- Relaxed and comfortable atmosphere with no role-play or clinical jargon
- Benefit of lived experience commentary, insight, and live Q&A opportunities
- Improved understanding of helpful language, approaches, and signposting
- Improved self-care awareness
- Optional follow-up 1:1 confidential chat appointment to reflect or ask questions



Choose your date:

29 Jun	9.30am-1.00pm	Ballybot House, Newry
9 Sep	5.30pm-8.30pm	Online via Zoom
24 Sep	9.30am-1.00pm	Ballybot House, Newry
8 Oct	2.00pm-5.00pm	Online via Zoom
20 Oct	9.30am - 1.00pm	Ballybot House, Newry

Healthcare Professionals & Community Volunteers also welcome



Mental Health Forum (NIC04 166) | Ballybot House, 28 Corn Market, Newry, BT359BG | Office Telephone: 028 30252423 | www.thementalhealthforum.co.uk

Calling all clubs in Newry, Mourne and Down - Youth Work Alliance are hosting:

SAFEGUARDING AWARENESS TRAINING FOR VOLUNTEERS

in preparation for summer!

Friday 3rd July @ 1pm
St. John Bosco Youth Centre

Registration Link Below!



<https://uk.surveymonkey.com/r/5P555B2>



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



NEWRY & MOURNE LPG AREA

Healthy & Respectful Relationships Workshops

Are you involved with a **School, Youth Club** or **Group** in the **Newry Mourne & Down** area?

We are also keen to work with groups in the wider NMD area

Limited funded workshops available for groups with **Post Primary** ages

Secure your place now!

Topics include:

- Healthy and unhealthy relationships
- Ending violence against women and girls
- Domestic abuse & Coercive control
- Consent

For more information:
Contact:
Fiona McNaughton
 fionam@womensaidarmaghdown.org
 028 3751 1974



fionam@womensaidarmaghdown.org

A safe home is a happy home

Then your household is at greater risk of a home accident and we can give you information, advice, referrals to other agencies to address specific safety issues and (where appropriate) free equipment to make your home safer.

- Have you children under the age of 5?
- Are you over 65?
- Does someone in your household have a disability or vulnerability?

Contact our Home Safety Team for a FREE visit.
 0330 137 4024 or email: ehealth@nmandd.org

95% of home accidents are preventable



ehealth@nmandd.org



NEWRY & MOURNE LPG AREA

YouthAction
NORTHERN IRELAND

CYBER QUEST

16-25 Year old?

BUILD CONFIDENCE, LEADERSHIP AND CYBER SKILLS

QUALIFICATIONS

- INTERNATIONAL CERTIFICATION OF DIGITAL LITERACY
- VISIT TECH HUBS
- ILM LEVEL 2 YOUNG LEADERS
- USE AI TOOLS
- PROGRESS TO HIGHER LEVEL QUALIFICATIONS
- CYBER AWARENESS TRAINING
- NEWRY AREA**

SIGN UP! Contact Debbie for more details deborah@youthaction.org

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

deborah@youthaction.org

YouthAction
NORTHERN IRELAND

CYBER QUEST

16-25 Year old?

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- USE AI TOOLS
- PROGRESS TO HIGHER LEVEL QUALIFICATIONS
- CYBER AWARENESS TRAINING
- KILKEEL AREA**

SIGN UP! Contact Debbie for more details deborah@youthaction.org

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

deborah@youthaction.org




A Youth Centre run by Young People for Young People
15-25 yr olds

Programmes we offer:


- Arts
- Music
- Life Skills
- Health & Wellbeing

028 3026 9070
magnetyac9@gmail.com
81a Hill St , Newry* BT34 1DG

 magnetyac9@gmail.com



YOUTH ENGAGEMENT SERVICE



We work with young people aged 11- 25 yrs old.



We offer
Social and Recreational Activities & Educational programmes

Outreach work in

- South Armagh
- South Down
- Newry City

YOUTH ENGAGEMENT SERVICE logo and HSC Public Health Agency logo

YOUTH ENGAGEMENT SERVICE
Magnet Young Adult Centre, 81a Hill St, Newry BT34 1DG
Tel- (028) 30252214 Email- yes,magnetyac@gmail.com


  @magnetYACYouthEngagement

 yes.magnetyac@gmail.com

THE CARD SCHEME

YOUNG PEOPLE AGED 16 - 25

THE SCHEME IS A CONFIDENTIAL SEXUAL HEALTH SERVICE FOR YOUNG PEOPLE. IT PROVIDES FREE CONDOMS AND INFORMATION AND ADVICE ON THEIR SEXUAL HEALTH AND WELLBEING



JUST DROP IN, NO APPOINTMENT NEEDED. FOR FURTHER INFORMATION PLEASE CONTACT MAGNET Y.A.C ON (028) 302 52214 OR FIND US ON FACEBOOK AT MAGNET YAC YOUTH-ENGAGEMENT

**MAGNET YOUNG ADULT CENTRE
81a HILL STREET, NEWRY, BT34 1DG**

 028 302 52214

Pink Present



If you require sanitary products please avail of these **FREE** at the following points

**MAGNET YOUNG ADULT CENTRE
81A HILL STREET
NEWRY
BT34 1DG**

TEL: (028) 30269070 / 30252214

#pinkpresent #periodpoverty

 028 302 52214



Mental Health support for children and young people

If you, or someone you care for, would like to avail of F R E E counselling for mental health, you can refer into the Regenerate services right here in Kilkeel. Available to everyone aged 5-21 in the greater Kilkeel area.

Scan the QR code on your phone to access the simple referral form

17-19 Greencastle Street, Kilkeel
M: 07761702714
E: regenerate@thejimsproject.org.uk



<https://uk.surveymonkey.com/r/tgjx3z2?>



NEWRY & MOURNE LPG AREA



Text Size: [Reset](#) - +



[Home](#)
[Residents](#)
[Business](#)
[Council](#)

- Council/Committee Agenda, Minutes & Audio
- Belfast Region City Deal
- Brexit
- About Us
- Chairperson's Office
- Community Planning
- Living Well Together
- Developing Your Plan
- Delivering Your Plan
- Communities Leading Change
- Newry, Mourne and Down Youth Voice
- Tackling Isolation and Loneliness Together**
- Complaints To The Council
- Consultations
- Corporate Publications

Tackling Isolation and Loneliness Together

Welcome to Tackling Isolation and Loneliness Together (TILT)

The Newry, Mourne and Down Community Planning Partnership has developed an initiative to help address loneliness and isolation across our district.

Our aim is to raise awareness of these issues and guide you toward activities, support or learning opportunities that may help you or someone you care about feel more connected.

What is Loneliness and Social Isolation?

Loneliness is a normal human *emotion* people may experience at some stage in their life. One in three people in Northern Ireland feel they are lonely.

HSC Loneliness Awareness Week
setrustMedia

From a UK healthcare provider, self-compassion is based on science

Chris Germer and Kristen Neff
Chris Clinical Psychologist
Influenced by the work of Paul Gilbert a Clinical Psychologist who developed Compassion focused therapy
There are over 1,600 articles published on self-compassion
What it does for people

1. Increase in compassion for self and others.
2. Decrease in depression, anxiety, stress and emotional avoidance.
3. Increase in social connectedness, life satisfaction and happiness.
4. Gains maintained after one year
5. Link between increase in self-compassion and amount of practice.

Watch on YouTube





SOUTH ARMAGH LPG AREA

PILOT SERVICE IN CROSSMAGLEN



**CONFIDENTIAL,
SAFE, AND
OPEN TO ALL
WOMEN**

No appointment
needed

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

~~Thu 26th March~~

NEXT Thu 25th June

10am - 12noon

**Crossmaglen
Community Centre
Cardinal O'faich Square
BT35 9AA**

Women's Aid



DUNGANNON LPG AREA

Feel Good **DUNGANNON**

Community and voluntary organisations are invited to take part in the
Feel Good Dungannon Health & Wellbeing Information Day 2026

This event aims to bring together families and individuals from all walks of life to learn about the support, services, groups, and activities available locally, helping people to connect, feel supported, and improve their overall wellbeing

The day will include:

Community Health & Wellbeing information stands

Taster activity sessions (e.g. chair-based exercise, Chi Me, wellbeing activities)

A chatty walk leaving from the venue

Health checks available on the day

Your organisation can be involved by:

Hosting an information stand, and/or

Delivering a short taster activity session


If you would like to book a stand or express interest in running a taster activity, click [HERE](#)

If you have any questions or would like to discuss your involvement, e-mail Sinead.Taylor@southerntrust.hscni.net


Please spread the word with other organisations or groups who you may be aware of in the Dungannon, Coalisland & wider Clogher Valley Area who are working to improve outcomes for children, young people, families and/or individuals of all ages



DUNGANNON LPG AREA




HERITAGE JOURNEYS: VOICES OF MIGRANT WOMEN IN MID ULSTER



- Empowering migrant women to tell their stories
- Providing a legacy of tradition, culture and history
- Raising awareness

If you would like to have an opportunity to tell your story please contact fswc.gilliang@gmail.com for more information. We would love to hear from you!

www.firststepswomenscentre.org
028 87727648
21A William Street Dungannon,
Bt70 1DX



fswc.gilliang@gmail.com

SANCTUARY RUNNERS

- SOLIDARITY
- FRIENDSHIP
- RESPECT



Launching in DUNGANNON

as part of our Unity in Diversity Programme.

Runners, joggers, walkers and talkers all welcome!!

Meet on the steps of Ranfurly House
every Thursday, 12:30 pm - 1:30 pm

Become part of a growing International movement to share solidarity, friendship and respect with ALL in our community.

Bring a SMILE and Register to get your *free* Sanctuary Runners top.







Unity in Diversity is supported by PEACEPLUS, a programme managed by the Special EU Programmes Body (SEUPB)



www.firststepswomenscentre.org/unity-in-diversity

DUNGANNON LPG AREA

NEW!

REAP Employment Programme

Are you unemployed, over 18 years old & not receiving Job Benefit? REAP is a **FREE** programme where women who would like to gain employment can receive support to help them take their next steps.

How can we help?

- 1:1 Mentorship:** Time to discuss your individual needs, current barriers to employment & to create a plan together to help you move forward.
- Support workshops:** Workshops aimed at breaking barriers to employment such as: finances, childcare concerns, Making a CV, interview skills & confidence building.
- Employer & recruitment connections:** Opportunities to meet prospective employers & recruitment events.
- Additional support:** Links to other wellbeing programmes, English language courses, citizenship mentoring, community & cultural links, counselling & support services.
- Ongoing Support:** Follow up from staff, once employed for up to 6 months.

What will you need to do?

This programme is a pressure free partnership approach to gaining employment. We will provide support & access to activities for those seeking work. Childcare & transport can be organised to help you attend- Free of charge also.

How can I access this?

Contact Tara on: 02887727648
or fswc.tara@gmail.com



REAP SUPPORT SESSIONS

SEPT-NOV 2026

CAREER ADVICE Mon 14th Sept (10.00-12.00) <i>Thinking about returning to work but unsure what you want to do? Come & explore your options.</i>	CV WORKSHOP Thurs 17th Sept (11.30-1.30) <i>Need a CV but dont know where to start? 'Make & take' workshop to create your CV.</i>	CHILDCARE BENEFITS Mon 19th Oct (10.00-11.00) <i>'Can I afford to return to work?' Get impartial advice on childcare & benefits.</i>
INTERVIEW SKILLS Thurs 15th Oct (11.30-1.30) <i>Nervous about interviews & don't know what to say? Join us to build your confidence & skills.</i>	CHALLENGING WORK RELATIONSHIPS Wed 4th Nov (10.00-11.00) <i>Have you struggled at work previously? Understanding & managing challenging relationships in work.</i>	COST OF LIVING Thurs 26th Nov (1.00 -3.00) <i>Struggling with money & feeling overwhelmed? Support on budgeting, planning for emergencies & debt.</i>

WHAT IS REAP & WHO CAN APPLY?

REAP is a **FREE** programme aimed at women who are over 18, not currently working, not in full time education & not receiving Job seekers allowance. The programme helps you to build your skills, confidence & to take your first steps towards employment.

Contact: fswc.tara@gmail.com 02887727648





DUNGANNON LPG AREA

first steps
Women's Centre
Support. Educate. Empower.

Free Education, Training & Wellbeing Services

Sept 2025 - June 2026

- English for Beginners
- Improve Your English
- ESOL (English for Speakers of Other Languages) - various levels
- First Aid (Standard, Mental Health, Paediatrics)
- Food Safety Level 2
- Employability Skills
- Digital Literacy/IT
- Leadership
- Business Admin
- Exploring Civic & Cultural Society
- Women, Barriers & Breakthroughs
- Mindfulness/Meditation
- Holistic Therapies
- Confidence/Assertiveness
- Creative Writing
- Stretch & Tone / Pilates
- Crafts
- Dancing
- Photography
- Canva
- Pictures of My World
- Cultural Awareness
- Counselling
- Working with Children
- Wellbeing in Nature
- Beginners Spanish
- Unlock Your DIY Potential
- ...and much much more

Free Childcare • Transport • Counselling • Hygiene Bank

"Supporting women's wellbeing, personal and professional development"

Please apply online at: www.firststepswomenscentre.org
Email: thewomenscentre@gmail.com Phone: 028 87727648

first steps
Women's Centre
Support. Educate. Empower.

ESOL

English for Speakers of Other Languages

Do you want to improve your English skills?

Você quer melhorar as suas capacidades em Inglês?

Ar noretume patobulinti savo anglu kalbos zinias?

Ita hakarak hadia ita nia abilidade lian English?

Szeretném az angol nyelvtudásodat fejleszteni?

„Czy chcesz polepszyć swój angielski?”

Chcete si zlepšit svoju angličtinu?

هل ترغب في تحسين مهاراتك في اللغة الإنجليزية؟

Искате ли да подобрите своя английски?

Чи хотіли б ви покращити свої знання англійської мови?

хотите ли Вы улучшить свои знания английского языка?

Please apply online at: www.firststepswomenscentre.org
Email: thewomenscentre@gmail.com Phone: 028 87727648









DUNGANNON LPG AREA

first steps
Women's Centre
 Support. Educate. Empower.

Wellbeing Courses Sept - Oct 2026

www.firststepswomenscentre.org/apply



<p>Unlock Your DIY Potential Mon 14th Sept, 9.45 -12.45pm, 4 wks</p>  <p>This empowering course with Sarah is designed to help you build confidence and independence by mastering essential DIY skills and tools. You will gain hands-on experience in how to: master power tools, build a stud wall frame, create a custom tool box and hang shelving.</p>	<p>Building Self Confidence Mon 7th Sept, 12.30-2.30pm, 6 wks</p>  <p>This course delivered by Norah Hughes will help you improve your confidence and self-esteem, adopt a more positive approach to life, identify the changes you want to make, and help you express your ideas and feelings in an open and honest manner.</p>
<p>Forest Bathing Mon 14th Sept, 10am-11.30am, 4 wks</p>  <p>Leave the rush behind and step into the quiet world of the forest with Melanie McGee as your guide. These sessions combine gentle movement and mindfulness. You'll explore the forest engaging your senses allowing the sights, sounds, and subtle energy of the woods to gently support you.</p>	<p>Music Therapy Taster Tues 22nd Sept, 10-11.30am, 1 wk</p>  <p>Join Cathy Quinn for a taster session with the option afterwards to join a 4 week course. This taster session provides a gentle introduction to music therapy, focusing on relaxation, self-expression, and group connection. Participants will leave feeling more relaxed, connected, and with simple tools they can use in everyday life.</p>
<p>Spotting Early Red Flags in Relationships 16/9/26 10-11am</p>  <p>This is a 1 hour workshop with Karen Gracey. Many women are in, or have come out of, toxic relationships, and many say they didn't recognise the signs at the beginning. This aim of this workshop is to help women become more aware of those early signs before they find themselves in toxic or controlling relationships.</p>	<p>Respectful Relationships Wed 23rd Sept ,9.45am -11.45am, 4 wks</p>  <p>Relate NI are delivering this excellent course which promotes respectful relationships and an understanding of the differences between challenging relationships and those rooted in harms. It reduces barriers by creating a supportive group where participants focus on developing self-worth and confidence building in relationships to ensure women & girls feel safe everywhere.</p>

DUNGANNON LPG AREA

<p>African Drumming Wed 16th Sept, 12.30-2.30pm, 6 wks</p>  <p>This vibrant course is fun, uplifting and very energising! No musical or drumming background is necessary. Expertly guided by Marcella from Community Tribal Drumming, you will learn to play hand-drums and other percussion instruments creating a wonderful group rhythm.</p>	<p>Holistic Self Help for Perimenopause 21/10, 9.45–11.45, 6 wks</p>  <p>Embrace a smoother transition to menopause with Susanne Trouton from Foot Works. This course empowers you with techniques to naturally balance your hormones, soothe your nervous system, and reclaim control over your body's well-being. Includes: reflexology, massage, relaxing facial techniques and aromatherapy.</p>
<p>Sound Bath TBC</p>  <p>Join Christina for a truly nourishing hour of deep relaxation. A Sound Bath is an immersive experience that uses sound to nurture your mind and body. Different sounds and frequencies are introduced in succession created by a variety of instruments including tuning forks, gongs, crystal singing bowls, chimes, and voice. Pure bliss!</p>	<p>Wellbeing Morning Thurs 8th Oct, 10am – 2pm</p>  <p>A beautiful morning of relaxation and wellbeing. Amanda will guide you in various body-mind-spirit practices designed to alleviate stress, heal trauma, and foster peace. These holistic techniques integrate ancient traditions and modern research, empowering individuals to use their own inner wisdom for self-care</p>
<p>Mindset Matters (ZOOM) Mon 12th Oct, 7pm – 8.30pm x 4 wks</p>  <p>This 4 week ONLINE course delivered by Helen Quinn will help you to build mental fitness and improve various aspects of your life including stress management, relationships, positive parenting, time management and emotional intelligence. You will develop new habits through daily practice to create positive lasting changes.</p>	<p>APPLY – use the QR code / apply online / call in /phone</p>  <p>For questions Contact Amanda: 028 8772 7648 fswc.amandab@gmail.com www.firststepswomenscentre.org/apply</p>



First Steps Women's Centre, 21a William Street, Dungannon, Co. Tyrone BT70 1DX www.firststepswomenscentre.org/

DUNGANNON LPG AREA

READY SET WORK

EMPLOYABILITY SUPPORT FOR YOUNG PEOPLE AGED 16-24

GET JOB READY IN 3 DAYS!

- BUILD CONFIDENCE** (Icon: person with arms raised)
- FUN, SOCIAL, SUPPORTIVE ENVIRONMENT** (Icon: group of people)
- GET HIRED** (Icon: briefcase)

WHEN? BEGINNING JULY 2nd 11am - 2pm

WHERE? Network Personnel Magherafelt

ARE YOU 16+ LOOKING FOR WORK OVER THE SUMMER AND WOULD LIKE SUPPORT?

BUILD YOUR FUTURE. WE'RE HERE TO HELP!

REAL SUPPORT REAL OPPORTUNITIES | **REAL RESULTS**

A 3 DAY PROGRAMME DESIGNED TO GET YOU JOB READY

THURS 2 JULY	FOCUS ON SKILLS AND SUPPORT TO COMPLETE A CV Light refreshments provided	
MON 6 JULY	INTERVIEW SKILLS AND JOB APPLICATION SUPPORT Light refreshments provided	
TUES 7 JULY	MEET LOCAL EMPLOYERS Lunch Provided - Dominos	
THURS 9 JULY	(OPTIONAL) Level 2 Award in Principles of Manual Handling	

END RESULT

Each young person will have:

- A completed CV
- Experience answering interview questions
- A job application submitted (Ideally)
- A clear plan for finding work

EARN A REWARD!

RECEIVE A £20 Amazon Voucher upon completion

READY TO GET STARTED? Jillian 07736350773 / 028 7963 1032

SPACES ARE LIMITED - SIGN UP TODAY! referral@networkpersonnel.org.uk / info@networkpersonnel.org.uk

Funded by UK Government |

referral@networkpersonnel.org.uk



DUNGANNON LPG AREA

APPLICATION OF NUMBER ESSENTIAL SKILLS

OCN LEVEL 1 OR LEVEL 2 CERTIFICATE




Do you need to gain a maths qualification equivalent to GCSE grade C?
Join our fast-track course, just one class a week for 9 weeks!
Learn in a welcoming, supportive and community based environment.

REGISTER NOW

MAGHERAFELT

COMMENCING
Wednesday 1st July
2026 until Wednesday
26th August 2026
10:00am - 3:30pm
Exam on 27th August 2026

*Eligibility criteria applies



028 7963 1032



referral@networkpersonnel.org.uk



Funded by UK Government

This project is funded by the UK Government through the Local Growth Fund



network personnel
Together towards Employment



GROW PARTNERSHIP

Apprenticeships

Earn while you learn, gain real work skills and open doors to a bright future!

 Level 2 & 3 Business Administration	 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

Scan here for more info!



Must be aged 16+ and working at least 21 hours per week!

Don't have GCSE's in English, Maths or ICT? **Don't worry!** we will help you to complete Essential Skills qualifications as part of your Apprenticeship (up to grade 'C').





Department for the Economy
www.economy-ni.gov.uk

An Roinn Geilleagair

Apprenticeships



network personnel
Together towards Employment

Apprenticeships are delivered through the ApprenticeshipsNI programme and are funded through the Department for the Economy

 referral@networkpersonnel.org.uk

 info@networkpersonnel.org.uk



DUNGANNON LPG AREA

Nourish & Connect Mid Ulster



Empowering communities through food skills, wellbeing and shared experiences

- ◆ Budget tips
- ◆ Better wellbeing
- ◆ Cooking Skills
- ◆ New friendships



For more information...
and to register scan the QR code!



Nourish and Connect, a project supported by PEACEPLUS, a programme managed by the Special EU Programmes Body (SEUPB)

Nourish & Connect Mid Ulster



Building Healthier Lives Together

A community-based programme designed to help people across Mid Ulster build healthier lifestyles, this **8-week** programme includes a range of engaging and practical workshops designed to support healthier living and stronger community connections.

You will take part in sessions covering...



- ✓ **Health & Nutrition** - Understand how your food supports health and wellbeing. Learn how to prepare nutritious meals on a budget.
- ✓ **Budgeting & Smart Food Shopping** - Practical tips to make your food budget go further.
- ✓ **Understanding Food Labels** - Learn how to read and understand what's in your food.
- ✓ **Growing Your Own Food** - Discover simple ways to grow fresh produce at home.
- ✓ **Health & Wellbeing Activities** - Enjoy light exercise and activities that support wellbeing.

Various venues across Mid Ulster

Interested in Joining?
For further information and to register scan the QR code
If you have a group / venue where you would like the programme delivered in the Mid Ulster area, please contact Rosemary Hunter
Email: rosemary@networkpersonnel.org.uk



Nourish and Connect, a project supported by PEACEPLUS, a programme managed by the Special EU Programmes Body (SEUPB)



rosemary@networkpersonnel.org.uk

DUNGANNON LPG AREA

Confidence and Motivation for Seeking Work
 29th June – 10am to 12pm
Job Search Workshop
 30th June – 2pm to 4pm
Mock Interviews Workshop
 7th July – 2pm to 4pm
Confidence and Motivation for Seeking Work
 20th July -2pm to 4pm
Interview Skills Workshop
 21st July – 10am to 12pm
Interview Preparation Workshop
 28th July – 10am to 12pm
Jobsearch Skills
 4th August – 2pm to 4pm

Importance of Sleep Workshop
 23rd June – 2pm to 4pm
Resilience Workshop
 30th June – 10am to 12pm
Penny Wise Pound Smarter (Budgeting)
 7th July – 2pm to 4pm
Personal Success and Wellbeing
 20th July – 10am to 12pm
Self-Care Workshop
 28th July – 2pm to 4pm
Confidence and Motivation Workshop
 3rd August – 10am to 12pm

Digital Safeguarding Workshop
 24th June – 2pm to 4pm
Excel Workshop
 25th June – 10am to 12pm
Unlocking AI Workshop
 30th June – 10am to 12pm
PowerPoint Workshop
 7th July – 10am to 12pm
Basic IT
 8th July – 10am to 12pm
Unlocking AI Workshop
 4th August – 10am to 12pm

Level 2 Digital Skills
 23/30th June 07/21/28th July (5 weeks)
 9-30am to 1-30pm
Level 2 Understanding Mental Wellbeing
 1st July 10am to 3pm
Level 2 Principles of Manual Handling
 9th July – 10am to 3pm

Essential Skills Application of Number (Level 1 & 2)
 01, 08, 15, 22, 29th July 05, 12, 19, 26th August
 27th August – Exam
 10am to 3-30pm
Level 1 ES Digital Skills
 27th July 03, 10th August – 10am to 3pm





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

[Issue 167](#)
4th June 2026

[Issue 166](#)
14th May 2026

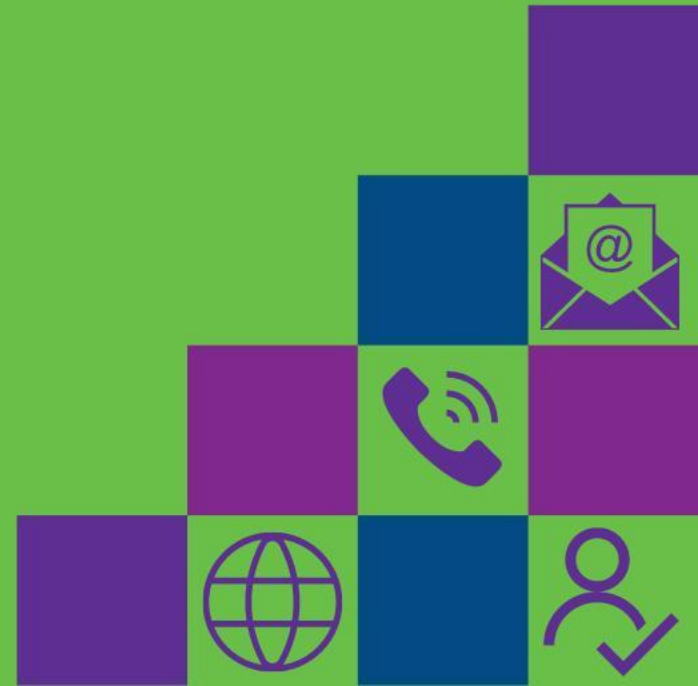
SUBMISSION

- ✓ 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

Armagh	Thur. 3 rd Sep
Craigavon	Tues. 8 th Sep
South Armagh	Tues. 15 th Sep
Banbridge	Wed. 23 rd Sep
Dungannon	Tues. 29 th Sep
Newry & Mourne	Wed. 7 th Oct

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
JULY TO DECEMBER 2026



JUL ISSUE 169 Publication: 23rd | Deadline: 21st

AUG ISSUE 170 Publication: 13th | Deadline: 11th

SEP ISSUE 171 Publication: 3rd | Deadline: 1st
ISSUE 172 Publication: 24th | Deadline: 22nd

OCT ISSUE 173 Publication: 15th | Deadline: 13th

NOV ISSUE 174 Publication: 5th | Deadline: 3rd
ISSUE 175 Publication: 26th | Deadline: 24th

DEC ISSUE 176 Publication: 17th | Deadline: 15th



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



Advertise in our upcoming issue!

Circulation Date:

23rd July 2026

Copy Deadline:

21st July 2026



localityplanning@ci-ni.org.uk



Sign up to receive 'FYI' Newsletter TODAY!

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

