

SOUTHERN AREA LOCALITY PLANNING GROUPS



ISSUE 169
23rd July 2026



WELCOME

Welcome to Issue 169 of our newsletter, 'FYI' (For Your Information).

This is one of two editions of 'FYI' which will circulate throughout the summer. Our next edition is on Thursday 13th August, so please bear this in mind when sharing any of your flyers and information.

Pages 3 to 6 of this month's issue include links to some Report Cards which have recently been produced to demonstrate/highlight the impact of just some of the projects which we, along with our members, have been involved in during the first half of 2026. Please take the time to read through the Scorecards and you might even see some familiar faces in the photos which are included!

We hope you are enjoying your summer and get a chance to have a well-earned break (if you haven't already).

Locality Development Team, Southern Area

IN THIS ISSUE

Pages 3 to 72

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

Page 73 to 75

[ABC Council Area](#)

Pages 76 & 77

[Armagh LPG Area](#)

Pages 78 to 84

[Banbridge LPG Area](#)

Pages 85 & 86

[Craigavon LPG Area](#)

Pages 87 to 93

[Newry & Mourne LPG Area](#)

Pages 94 to 101

[Dungannon LPG Area](#)

Page 102

[Newsletter Submission Guidelines](#)

Page 103

[Important LPG Member Information](#)

Pages 104 & 105

[Next Issue Key Dates & Subscribe](#)





The **All About YOUTH Conference** was held on Thursday 26th February 2026 at Craigavon Civic & Conference Centre and was open to all those working or volunteering with children and young people in the Armagh City, Banbridge and Craigavon Borough Council Area

Bringing together a wide range of local statutory, community and voluntary organisations, the event offered a unique day of learning, connection and inspiration, focusing on wellbeing, networking, sharing of experiences and celebrating good practice across the youth sector

Attendees also took part in collaborative sessions designed to build stronger partnerships and to ensure that services remain responsive, inclusive and aligned with the needs of children and young people living in the ABC Council Areas

Download the Event Scorecard [HERE](#)



Following feedback received at the Good Relations Conference hosted by ABC Council, Ark Housing and the Northern Ireland Housing Executive in October 2025, the **Joining the Dots Services Networking Event** was organised by the **Feel Good Armagh** Planning Group

The event provided an opportunity for organisations supporting all ages across the Armagh Area to come together, increase awareness of available services, strengthen relationships, share information and explore opportunities for future partnership working

The event was held at Armagh City Hotel on Thursday 14th May 2026 and brought together representatives from a wide range of statutory, community and voluntary organisations working across the local area

Download the Event Scorecard [HERE](#)



We are delighted to share the findings from the **'FYI' Feedback Survey 2026**, showcasing the continued impact of 'FYI' Newsletter as a trusted information-sharing, signposting and networking resource for practitioners, organisations and communities across the Southern Area

We would like to thank everyone who completed the survey and to all LPG members and organisations that continue to contribute content to 'FYI'

Your ongoing support helps ensure the newsletter remains a valuable resource for sharing information, strengthening partnerships and improving outcomes for children, young people and families

To find out more about the findings, download the 'FYI' Feedback Survey 2026 Scorecard [HERE](#)

Supporting Children's Emotional Health & Wellbeing

[SCORECARD]

Think Outside the Box... Event

Hosted by the Parent Participation Service



How much did we do?



Parents were active participants throughout the event, engaging in workshop activities, asking questions, and sharing experiences during discussions. Demand was high, with a waiting list of 49 indicating a clear need for this type of support.

Parental participation was a core focus of the event.

Parents were not passive attendees, but active participants throughout.

Participation included but was not limited to:

- Engagement in Interactive Workshops
- Questions raised during the Q&A Session
- Informal Discussions with Service Providers
- Wishing Well and Doodle Tablecloths
- Completion of Evaluation Forms

Is anyone better off?

Final Thought: One word to describe your **experience**...



Sometimes, one word just isn't enough!

Fantastic, connected and hopeful. June's closing speech was particularly inspiring. It was heartening to be in a room full of people with children's wellbeing at the centre. We can't improve alone - we need to work together. Thank you.

Informative. Experiencing a sample therapy session was valuable and gave a better understanding of what it is.

I was at some training and it was suggested I attend. So happy I did. Excellent speakers and fabulous setting. How could I not go home informed and energised!

Pleasant and bright. I loved the room, flowers and friendly welcome. It felt relaxed, and I really enjoyed chatting to other parents and professionals on the same wavelength. A great day highlighting the services available. The shortbread was epic too. Thank you!

Parents, carers and professionals from across Northern Ireland came together for the **Think Outside The Box Event** in April 2026, hosted by the Parent Participation Service, to explore new ways of supporting children's emotional health and wellbeing

The event provided an opportunity to learn about a range of therapeutic approaches, connect with local services and share experiences in a supportive environment

Attendees took part in workshops on Equine Therapy, Lego Therapy, Music Therapy, Art Therapy and Poetry Therapy, alongside networking opportunities and expert presentations

Feedback showed a significant positive impact, with 98% of participants finding the event useful and 100% saying they would recommend it to others

Participants also reported feeling more confident, better informed and more aware of local support services following the event

Download the Event Scorecard [HERE](#)



Our funding restrictions are such that funded training is only available to those who work/volunteer for a **voluntary, charitable, faith or community-based** organisation

August training

Funded training - open to those in voluntary, charitable, community or faith-based organisations

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 Case Conferences
Tuesday 18 August, 09:30am - 12:30pm, Online

September training

Funded training - open to those in voluntary, charitable, community or faith-based organisations

Child Protection Practice
Tuesday 1 Sept, 09:30am - 12:30pm, Online

Designated Officer
Monday 7 Sept, 09:30am - 12:30pm, Online

Online Safety
Tuesday 8 Sept, 09:30am - 12:30pm, Online

Designated Officer
Tuesday 15 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



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

Understanding Autism
Thursday 24 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
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



www.ci-ni.org.uk/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](#)



PI.P.S.
Hope and Support

safeTALK

TRAINING WORKSHOP

Wednesday 12th August
PIPS Hope and Support, Newry
2pm - 5pm

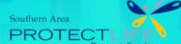
YOU CAN MAKE A DIFFERENCE!

Acquire the skills to recognise persons with thoughts of suicide and to connect them to suicide intervention resources.

Encourages open discussions about suicide, reducing stigma.

Get a better understanding.

To register contact training@pipshopeandsupport.org

PIPS partners ...   



training@pipshopeandsupport.org



PI.P.S.
Hope and Support

Covering the SHSCT area
 Southern Health and Social Care Trust

Supporting positive mental health & wellbeing in our schools and community

Applied Suicide Intervention Skills Training (ASIST)

PIPS Hope & Support has a number of fully funded places for individuals and small groups to undertake the Applied Suicide Intervention Skills Training course (ASIST), available to anyone living/working in the Southern Trust area. Places are limited and will be allocated on a first come basis. As this is a fully funded course, there is no cost to complete the training however we kindly ask you ensure you have the time commitment to be able to attend the 2 full days before signing up.

Dates: 10th & 11th September 2026
Times: 09:30 - 16:30 both days
Location: PIPS Hope and Support
50 Mill Street, Newry BT34 1AG

ASIST is a two-day interactive workshop in suicide first aid which teaches participants to recognise when someone may have thoughts of suicide and work with them to create a plan that will support their immediate safety. Over the course of the two-day workshop, ASIST participants learn to:

- Understand the ways that personal and societal attitudes affect views on suicide and interventions
- Provide guidance and suicide first aid to a person at risk in ways that meet their individual safety needs
- Identify the key elements of an effective suicide safety plan and the actions required to implement it
- Appreciate the value of improving and integrating suicide prevention resources in the community at large
- Recognize other important aspects of suicide prevention including life-promotion and self-care

To speak with us about booking places please contact us on 028 3026 6195 (Mon-Fri)

To register interest for a place on this course please scan the QR code or [CLICK THIS LINK](#) and we will get back to you.



PIPS partners ...   



www.pipshopeandsupport.org/asist



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

Supporting positive mental health & wellbeing in our Schools and Community

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

Dates: Wednesday 23rd and Thursday 24th September 2026

Times: 9:45am - 4:45pm, both days

Venue: Dungannon Library, 36 Market Square, Dungannon BT70 1JD

Course Fee: The course is funded through SHSCT Protect Life Strategy, so there is no cost to participants. However we do ask you to ensure you can attend both dates before applying, as places are limited and you must attend both sessions to get your certificate.

About the ASIST course

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

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

ASIST is for caregivers who want to feel more comfortable, confident and competent in helping to prevent the immediate risk of suicide. It is an interactive, practical, practice-oriented workshop. Enjoy small group discussions and skills practice that are based upon adult learning principles.

To register interest for a place on this course please use the QR code or [CLICK THIS LINK](#) to register and we will get back to you.

Places are limited, so we cannot usually accept enquiries from large groups. To speak with us about booking places please contact us on wellbeing@amh.org.uk or call 028 9442 5356 (Tues - Fri for calls)

wellbeing@amh.org.uk

Supporting positive mental health & wellbeing in our Schools and Community

Mental Health First Aid (MHFA) in SHSCT - October 2026

Action Mental Health have a number of fully funded places for individuals and small groups to undertake the PHA licenced Mental Health First Aid course, available to anyone living/working in the Southern Trust area. Places are limited and will be allocated on a first come basis. As this is a fully funded course, there is no cost to complete the training however we kindly ask you ensure you have the time commitment to be able to attend the 2 full days before signing up.

Dates: Wednesday 7th and 14th October 2026

Times: 09:30 - 16:30 both days

Location: Clan Na Gael, Francis St, Lurgan, BT66 6DP

At a Glance:

- Can be undertaken by any interested individual aged 18+
- Recognising symptoms of mental health problems & provide initial help
- How to guide a person towards appropriate professional help
- Promote mental health literacy
- Topics covered include: What is meant by mental health/mental ill-health / Dealing with crisis situations such as suicidal behaviour, self-harm, panic attacks and acute psychotic behaviour.
- Recognising the signs and symptoms of common mental health problems and disorders and where and how to get help and self-help strategies.

To register interest for a place on this course please use the QR code above or [CLICK THIS LINK](#) and we will get back to you.

Places are limited, so we cannot usually accept enquiries from large groups. To speak with us about booking places please contact us on wellbeing@amh.org.uk or call 028 9442 5356 (Tues-Fri for calls).

wellbeing@amh.org.uk



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



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



PARENTS AND CARERS!

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

HKT Basic Awareness Training	HKT Level One Training
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! Discover the vital role we as adults play, in shaping children's futures - impacting their education, employment, relationships and long term mental health. (Approximately 1 hour)	This session focuses on the ages and stages of speech, language and communication development, between 1 and 10 years of age. 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. (Approx 2 hours)

BOOK YOUR FREE PLACE ONLINE AT THE HELP KIDS TALK WEBSITE

or email helpkidstalk@resurgamtrust.co.uk



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



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](#)

Money Guiders Wales Network Event

Building Financial Resilience: A Cash First Approach for Money Guiders



Mon 27 July
10:00-11:30



Online
Google Meet



Arweinyr
Arian
Rhwyrddwath Cymru

Money
Guiders
Wales Network

Gwasanaeth
Arian a
Phensiynau

Money &
Pensions
Service

in partnership
with

CleanSlate
home to **Quids in!**



www.eventbrite.co.uk/building-financial-resilience

Money Guiders NI Network Event

Money Conversations: Understanding Credit Scores



Tues 28 July
11:00-12:00



Online
MS Teams



Money
Guiders
Northern Ireland

Money &
Pensions
Service

in partnership
with


nestegg



www.eventbrite.co.uk/money-conversations

Money Guiders England Network Event

Understanding People in Financially Vulnerable Circumstances

 **Thu 30 July**
10:00 - 11:00

 **Online**
MS Teams



Money Guiders England Network  in partnership with 

 www.eventbrite.com/understanding-people

Money Guiders NI Network Event

Changing Energy Related Behaviour: Household Energy Guidance

 **Tues 18 Aug**
10:00-2:00

 **In person**
The Ormeau Baths



Fully Funded CPD ACCREDITED Session

Money Guiders Northern Ireland  in partnership with 

 www.eventbrite.co.uk/energy-related-behaviour



Mindfulness FOR TEACHERS

A selection of courses to create more grounded, less stressed teaching staff.

Are you interested in learning about the practice and benefits of mindfulness for yourself and your pupils?

AWARE offers six-week and eight-week courses. These are taught over Zoom by our certified trainers.

► Six-week 'Introduction to Mindfulness' course (2 hours per week)

This course will introduce you to the meaning of mindfulness, how it can support you in everyday life and how you can use it in your role as a teacher or classroom assistant.

Each session will introduce a different practice and touch lightly on various aspects of mindfulness.

► Eight-week mindfulness courses (2 hours per week)

AWARE also offers further in-depth 8-week mindfulness courses that include a mindfulness retreat.

The 8-week courses are recognised as a pre-requisite for teacher training in Paws b, delivered by the Mindfulness in Schools Project (MISP).

For more information on available courses, please visit aware-ni.org/upcoming-mindfulness-courses or email Sharon@aware-ni.org

AWARE
OVERCOMING DEPRESSION.
CHANGING LIVES.

AWARE-NI.ORG 
T: 02890 357 820 (BELFAST) / 02871 240 402 (DERRY/LONDONDERRY)
Registered with the Charity Commission for Northern Ireland with NIC100561 Company No. NI. 30447

MISP
MINDFULNESS IN SCHOOLS PROJECT

For the **Six-week 'Introduction to Mindfulness' course:**

ET 5884 Mindfulness Course for Teachers & Classroom Assistants
Tuesdays 15th September - 20th October 7pm-9pm, register [HERE](#)

ET 5885 Mindfulness Course for Teachers & Classroom Assistants
Wednesdays 16th September - 21st October 7pm-9pm, register [HERE](#)

For the **Eight-week mindfulness courses:**

ET 5878 Mindfulness-based Cognitive Therapy for Primary Teachers & Classroom Assistants Mondays 21st September - 16th November
4.30pm-6.30pm, register [HERE](#)

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



Water Safety Northern Ireland Strategy Launch

Water Safety Northern Ireland Strategy Launch

Friday 24 July 2026 | 11:00am – 1:00pm

Moira Lakes Paddle Sports & Events Centre (BT67 0EY)



You are warmly invited to attend the launch of **Northern Ireland's first-ever Water Safety Strategy**.

This launch will take place ahead of World Drowning Prevention Day, which follows on Saturday 25 July.

This invitation-only event and media day is a unique opportunity to:

- Hear about the vision and priorities of the new Water Safety Northern Ireland Strategy.
- Connect with influential partners and leaders from across Northern Ireland.
- Network with representatives from government, local councils, emergency services, governing bodies and the voluntary sector.
- Experience a practical water safety activity and have the opportunity to practise **Finding Your Float** in the lake.

The event will bring together organisations committed to reducing drowning and improving water safety across Northern Ireland, marking an important milestone in collaborative prevention efforts.



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

SAVE THE DATES!

Summer disability activities 2026

Join us for a summer of **fun**, **friendship** and **inclusive** experiences

Saturday 25 July

Inclusive Beach Day

Cranfield Beach

10:00am - 2:00pm

In Partnership with Mae Murray Foundation

Tuesday 11 August

Armagh observatory & Planetarium

Departing Newry Leisure Centre

Departing 2pm

Transport provided by Bolster

Families pay admission on the day

Friday 21 August

C&J'S Animal Park

Departing Newry Leisure Centre

11:00am - 2pm

Transport provided by Bolster

Families pay admission on the day

Open to children and young people with disabilities and their families

Contact julie-anne@bolstercommunity.org or call our office on 028 3083 5764 for more details



julie-anne@bolstercommunity.org

Inclusive Beach Day

Saturday 25 July

10:00am - 2:00pm

Cranfield Beach

Open to children and young people with disabilities and their families

Contact julie-anne@bolstercommunity.org or call our office on 028 3083 5764 for more details



julie-anne@bolstercommunity.org

PARENTAL CHOICE & PREFERENCE: EDUCATION IN NORTHERN IRELAND

St Mary's
University College,
Belfast

Thu 06 August 2026
6.30pm

REGISTER HERE:



MORE INFORMATION:
jessica@ief.org.uk

ief
integrated
education fund

Féile an Phobail
IRELAND'S BIGGEST COMMUNITY ARTS FESTIVAL
2026



www.eventbrite.co.uk/parental-choice-preference



Invitation to Host an Information Stand

Women's Aid Armagh Down is hosting a family fun day for women and children accessing our services at Gosford Forest Park on **Wednesday 12th August**

We are inviting local organisations to host an information stand in the hall from **12:30pm–2:00pm**

This is a great opportunity to engage with families, raise awareness of your service, and provide information about support available within our local community

Information stands were extremely well received last year, with many women commenting on how valuable it was to speak directly with local organisations within a relaxed environment

If you would be interested in attending, we would love to hear from you!

Please contact Rachel Buchanan at rachelb@womensaidarmaghdown.org or 07719 056128 to confirm your availability/ ask any questions

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



As part of the Year of Data, the HSC Data Institute invites you to

Our Health Data: How Is It Used?

An event with open conversation about how our health and social care data is used to improve services, support research, and benefit the public.

Hear real examples, ask questions, and share your views on how health and social care data should be used.

Guest speakers include Queen's University Belfast, Public Health Agency, HSC Research & Development, Office for Research Ethics Northern Ireland, and the HSC Honest Broker Service.

Date: Wednesday 30 September

Time: 10am to 3pm

Location: Assembly Buildings
Conference Centre,
Fisherwick Place,
Belfast City Centre, BT1 6DW

Lunch and refreshments provided.

Limited places. Book now!

To register, or for more information, contact datainstitute@hscni.net



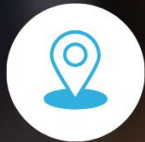
datainstitute@hscni.net

Save the date!

Inclusion & Wellbeing Shared Learning Event



Thursday 15th
October 2026
09:00-17:00



Killyhevlin Lakeside
Hotel & Lodges
Enniskillen, Northern
Ireland, BT74 6RW



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



www.eventbrite.co.uk/inclusion-and-wellbeing

World Breastfeeding Week | 1-7 August 2026

World Breastfeeding Week is a global campaign to raise awareness of the importance of breastfeeding and the role that families, communities, healthcare professionals and workplaces can play in supporting breastfeeding mothers

Good nutrition plays a vital role during pregnancy and breastfeeding

Eating a varied, balanced diet can help meet increased nutritional needs, support maternal wellbeing and provide the energy needed to care for a growing baby

Staying well-hydrated and making healthier food choices can also help support overall health during this important stage of life

To mark World Breastfeeding Week, the Public Health Dietitians Group have created a short video sharing simple, practical and trustworthy nutrition advice to support you and your baby on your breastfeeding journey

Whether you are preparing for your baby's arrival, currently breastfeeding, or supporting someone who is, we hope you find these tips helpful

Watch the video [HERE](#)

Please share widely!





Parenting Week 2026

We want Parenting Week to reflect the experiences, interests, and needs of local families - and we need your help!

Share your ideas for themes and activities, or join our Parent Panel to help plan and shape the week. Whether you have lots of ideas or simply want to ensure parent voices are heard, we'd love to have you involved.

Parenting Week takes place **19th – 23rd October 2026**



Get involved today and help us create a Parenting Week that works for parents, with parents.

Please complete our online survey by Friday 7th August 2026

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



ppinbox@ci-ni.org.uk



"The programme has helped strengthen my relationship with my child"

"It has been a really good investment of my time. We have made so many positive changes"

"Getting that connection with your child through play, the relationship improves, cooperation improves, everything improves."

invest in play®

Building Stronger Relationships For The Whole Family

A 12-week programme for parents/carers of children aged 5-12 years, living in the Southern Trust area

Start Date: Tuesday 15th September 2026

Time: 10am-12pm

Location: Clanrye, Unit 34, Armagh Business Centre, 2 Loughgall Rd, Armagh BT61 7NH

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

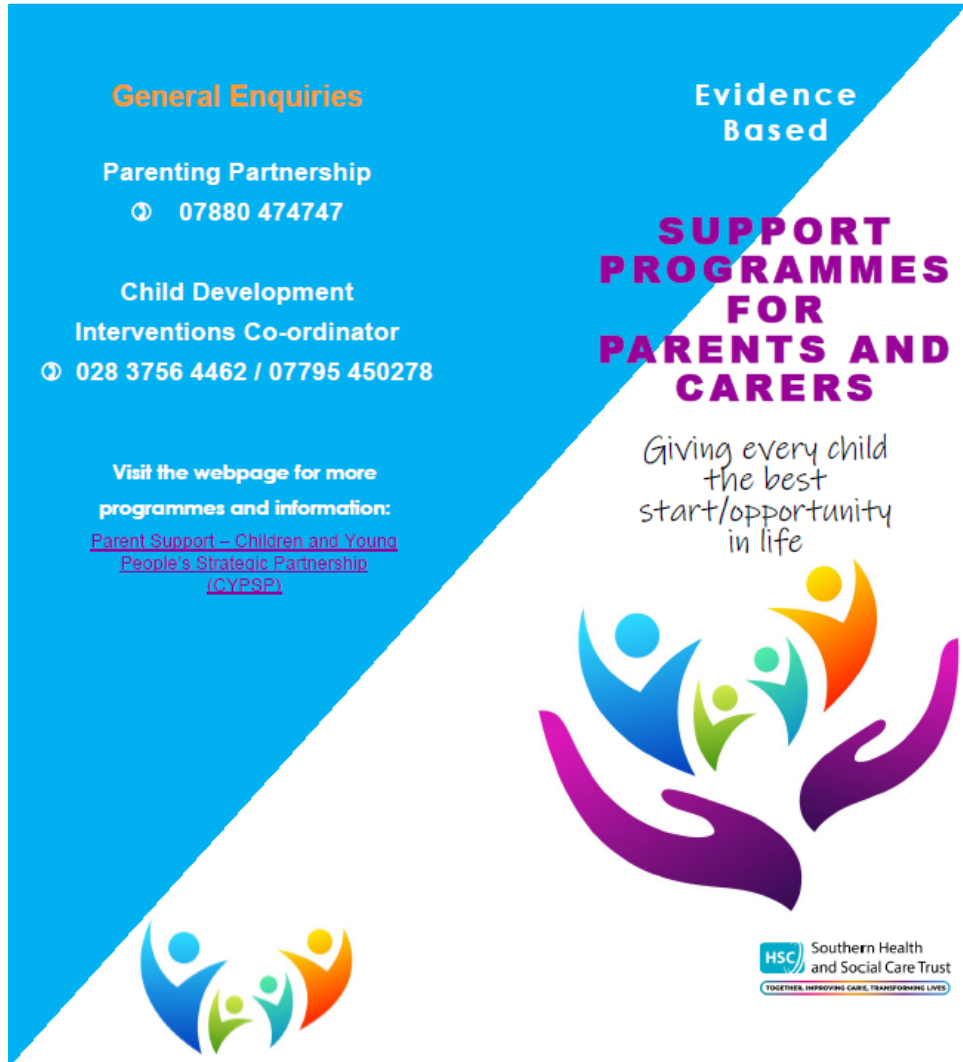


Click or scan here for the Referral Form





parenting.partnership@southerntrust.hscni.net



General Enquiries

Parenting Partnership
☎ 07880 474747

Child Development
Interventions Co-ordinator
☎ 028 3756 4462 / 07795 450278

Visit the webpage for more
programmes and information:
[Parent Support – Children and Young
People's Strategic Partnership
\(CYPSP\)](#)

**Evidence
Based**

**SUPPORT
PROGRAMMES
FOR
PARENTS AND
CARERS**

*Giving every child
the best
start/opportunity
in life*



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

Arrangements have now been made for our **upcoming evidence-based programmes for parents and carers** of typically developing children and children and young people with special needs, resident in the Southern Trust Area

They will run from September 2026 to June 2027 and are free to access
Parents & carers are very welcome to self-refer or services can apply with consent on a family's behalf

Details have also been uploaded onto the **CYPSP Parent Support Page**
[HERE](#)

(Please note, additional programmes may be added throughout the year)

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

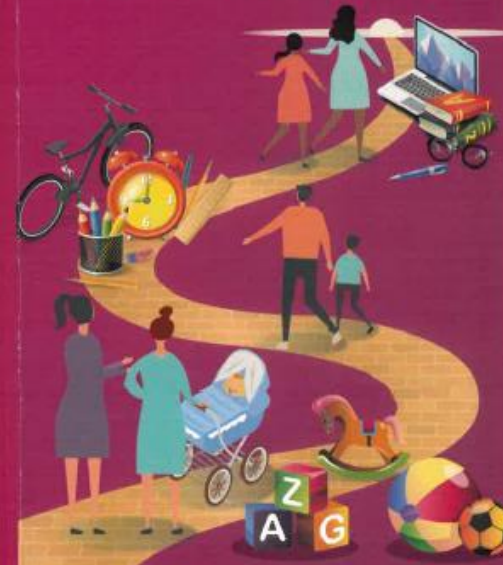
To make an application please scan the QR code or use the link below to apply:



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



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	- 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	- 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	- 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	- 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	- 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	- 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	- 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](#)

action
mental
health

Mindset: Mental health awareness programme



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

How can the Mindset programme help you?

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



Who is Mindset for?

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

Where is Mindset offered?

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

More information

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

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

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



Project supported by the PHA

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

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

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

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

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

www.amh.org.uk



Registered with the Charity Commission for Northern Ireland NIC100753.



wellbeing@amh.org.uk



Co-funded by the
European Union | 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.






/ourGenCYP1


@ourGenCYP1


@ourGenCYP1

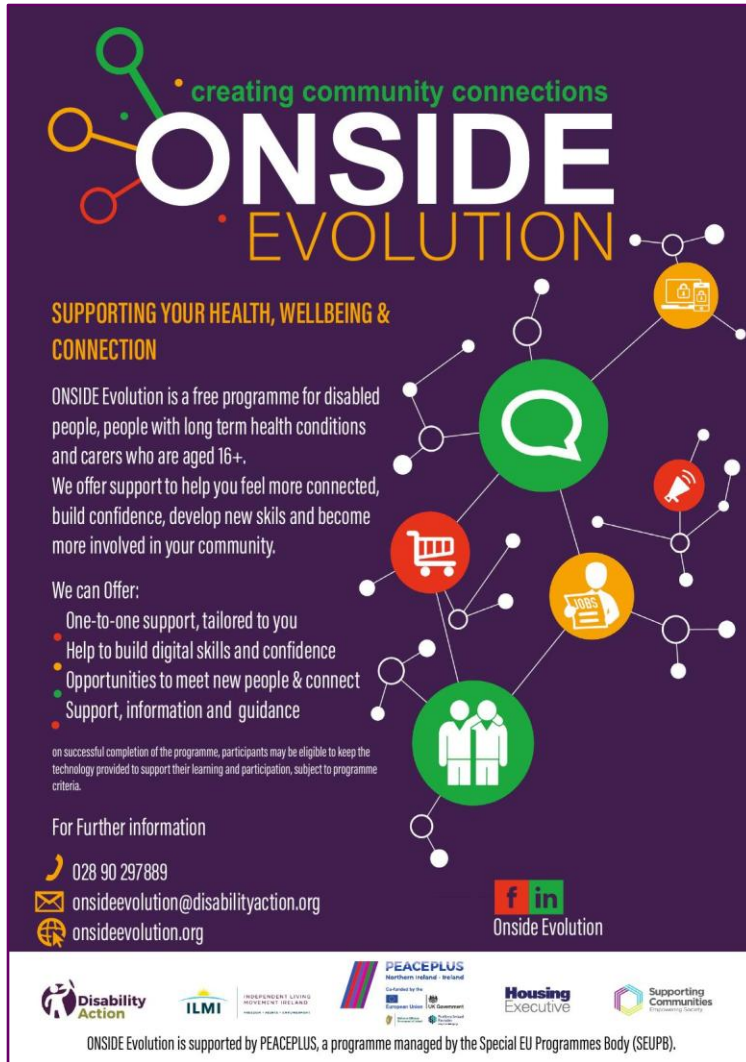

our-generation-project



Co-funded by the
European Union | UK Government



mmclaughlin@cooperationireland.org



creating community connections

ONSIDE EVOLUTION

SUPPORTING YOUR HEALTH, WELLBEING & CONNECTION

ONSIDE Evolution is a free programme for disabled people, people with long term health conditions and carers who are aged 16+.

We offer support to help you feel more connected, build confidence, develop new skills and become more involved in your community.

We can Offer:

- One-to-one support, tailored to you
- Help to build digital skills and confidence
- Opportunities to meet new people & connect
- Support, information and guidance

on successful completion of the programme, participants may be eligible to keep the technology provided to support their learning and participation, subject to programme criteria.

For Further information

☎ 028 90 297889

✉ onsideevolution@disabilityaction.org

🌐 onsideevolution.org

Onside Evolution

Disability Action

ILMI

PEACEPLUS
Northern Ireland - Ireland

Housing Executive

Supporting Communities

ONSIDE Evolution is supported by PEACEPLUS, a programme managed by the Special EU Programmes Body (SEUPB).

ONSIDE Evolution is a new PEACEPLUS-funded programme led by Disability Action in partnership with the Northern Ireland Housing Executive (NIHE), Independent Living Movement Ireland (ILMI), and Supporting Communities

The programme supports disabled people and carers aged 16 and over across Northern Ireland and the border counties to reduce social isolation, improve digital confidence, strengthen community connections, and increase opportunities for participation and active citizenship

The programme is designed to be person-centred, supporting individuals to identify and achieve goals that are important to them while building meaningful connections within their communities

We are keen to work alongside community and voluntary organisations to ensure disabled people and carers who may benefit from this opportunity are aware of the support available

We would be grateful if you could share information about the programme with your service users, members, staff, and networks

We would also welcome the opportunity to meet with you to discuss potential referral pathways, partnership working, or opportunities to raise awareness of the programme within your community

If you would like to find out more, arrange a meeting, or discuss referrals, please do not hesitate to get in touch via e-mail: annemccrory@disabilityaction.org



Ad Hoc Committee on the School Uniforms (Trousers) Bill

**We want your views on the
Committee for Education Bill which
proposes to allow all pupils to wear
trousers in school.**

**Survey
Open**



The **School Uniforms (Trousers) Bill** was introduced into the Assembly on 22nd June 2026 and passed its Second Stage on 30th June 2026

The purpose of the Bill is to permit all pupils to wear trousers as part of their school uniform

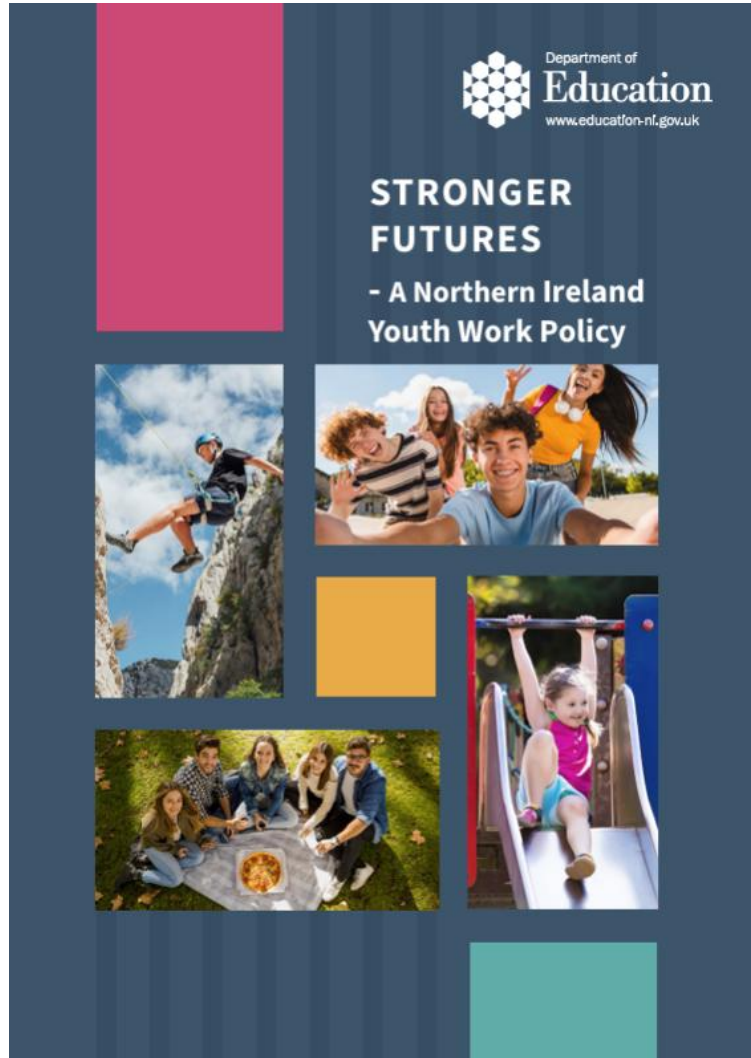
The [Ad Hoc Committee on the School Uniforms \(Trousers\) Bill](#) is considering the School Uniforms (Trousers) Bill - A copy of the Bill and the Explanatory and Financial Memorandum can be found [HERE](#)

The Committee would like to hear your views on the School Uniforms (Trousers) Bill to inform its consideration of the Bill

Should you wish to provide views, you can do so [HERE](#)

The survey is open to any individual or organisation to respond

The closing date for written submissions is **Sunday 23 August 2026**



The Department of Education (DE) invites you to take part in the public consultation for **Stronger Futures: A Northern Ireland Youth Work Policy Statement**

We welcome contributions from everyone who attends, works and has an interest in youth provision in your community

Share your views and help us to continue to champion and support youth work in Northern and what it means to you

Have your say [HERE](#)

The consultation is open until 25 September 2026 at 23:59



Are you the parent/guardian of a child/children with a disability and/or long-term medical condition?

Is your child aged between 4-16 years?
Do you live in Northern Ireland?

Researchers at Ulster University want to hear how cost affects your child's participation in sport and physical activity

To take part in a 30 min interview...


<https://forms.office.com/e/U8bP1aHsr4>

If you have any questions, please contact:
Dr Maria O'Kane (m.okane@ulster.ac.uk or 028 7167 5519)

Ethical approval granted by Ulster University









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

Research Update

Positive childhood experiences and wellbeing among children and young people in Northern Ireland

Nicole Bond and Siobhan O'Neill

Wellbeing is a broad term that includes emotional, thinking, and social aspects of a person's life. It is closely linked to mental health, resilience, and life satisfaction. Experiences in early childhood shape how people understand and respond to the world as they grow up. Research shows that difficult experiences in childhood are strongly linked to mental health problems later in life, and the more adversity a child experiences, the greater the risk of these developing. However, positive experiences, called Benevolent Childhood Experiences (BCEs), can reduce these negative effects. BCEs include feeling safe, having supportive adults, and enjoying school. These experiences are linked to better mental health, including lower levels of depression, anxiety, and stress. Supporting children and young people early in life can increase these positive experiences.

Supporting the mental health of children and young people is a key priority in policy frameworks such as the Mental Health Strategy 2021-2031 (Department of Health, 2021), the Children and Young People's Strategy 2020-2030 (Northern Ireland Executive, 2020),

and the Children and Young People's Emotional Health and Wellbeing in Education Framework (Department of Education, Department of Health, 2021). These policies aim to improve mental health support for children and young people across health, education, and community services. They focus on early identification, promoting wellbeing for all, and helping those with greater needs. However, there are still challenges, including services working separately, weak collaboration between sectors, and limited funding. Recent data also show that young people's life satisfaction and confidence have declined in recent years (Northern Ireland Executive, 2026).

This Research Update is based on data from two sources. Firstly, 4,191 Primary 7 children from the 2025 Kids' Life and Times survey (KLT). Secondly, 16-year-olds from the 2025 Young Life and Times survey (YLT), of whom 1,087 out of a total of 2,129 completed the questions on wellbeing. The surveys measure wellbeing and protective factors (BCEs) providing insight into areas where intervention and prevention measures may be most effective. Due to rounding some totals may not add up to 100%.

General Mental Health and Wellbeing

KLT and YLT asked children and young people to rate their mental health from poor to excellent. Most reported good, very good, or excellent mental health (KLT 85%; YLT 61%). However, 15% of 10/11-year-olds and 39% of 16-year-olds reported fair or poor mental health.

Survey participants answered five questions about how they felt over the past two weeks. These form the WHO-5 Wellbeing Index (scores from 1 to 100). Scores of 50 or below suggests poor wellbeing, and 28 or below suggests very poor wellbeing, which can indicate depression. Figure 1 shows that most 10/11-year-olds (74%) reported moderate to high wellbeing, but 21% reported poor wellbeing and 6% very poor wellbeing. Among 16-year-olds, results were less positive: 41% reported moderate to high wellbeing, 35% poor wellbeing, and 24% very poor wellbeing. This shows that wellbeing can decrease with age.

New Research Update now available that Research Officer, Dr Nicole Bond, and Mental Health Champion, Professor Siobhan O'Neill, authored for ARK, based on the 2025 Kids' Life and Times and Youth Life and Times Surveys

Read the full report [HERE](#)

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

Personal and Public
Involvement (PPI)  Involving you,
improving care



Invitation for Service Users to Get Involved in Shaping the Future Working Together Strategy

Help Us Review and Refresh the Trust's Working Together Strategy

The Trust is reviewing its **Working Together Strategy 2022–2025** and developing a refreshed **Working Together Strategy 2026–2030**.

The Working Together Strategy sets out how the Trust works in partnership with patients, service users, carers, families and communities to improve services and ensure that people's experiences, views and ideas help shape how care is planned, delivered and improved.

We want the review process to be informed by the people who use our services. We are therefore inviting service users to become involved and help shape the future direction of Working Together across the Trust.



user.involvement@southerntrust.hscni.net



Community and voluntary groups are being encouraged to apply for “**Making Life Better**” grants, a short-term funding programme that focuses on improving mental health and emotional wellbeing

The **Public Health Agency (PHA)** initiative aims to help address health and wellbeing needs in local communities across Northern Ireland

The programme provides the community and voluntary sector with the opportunity to access small, non-recurring funding of between £1,000 and £5,000 which can be used to support health improvement in local communities

Groups have until **3pm on Friday 31st July** to submit applications

Find out more and apply [HERE](#)



Apply for a £250 Mental Health Campaign Microgrant

Do you have an idea to help your community mark World Suicide Prevention Day (10th September) or World Mental Health Day (10th October)?

The **Promoting Wellbeing: Mental Health Campaigns 2026 Microgrants Fund** is offering grants of £250 to support creative activities that promote positive mental health and suicide prevention messages

Open to both constituted and non-constituted groups (with a constituted sponsor), funding can support events, workshops, equipment, venue hire, facilitators and other innovative campaign activities

Successful groups will also receive campaign resource packs

Applications are welcome from anyone with an idea to engage the adult population and promote mental wellbeing in a safe, positive and responsible way

Applications close at **midnight on Thursday 6th August 2026**

Find out more and apply [HERE](#)



SOUTHERN TRUST AREA

JOBS



NOW HIRING
EARLY YEARS ASSISTANT
ARMAGH

- 20 Hours Per Week
- Permanent
- Apply online
- Applications Close 30th July at 4pm



<https://jobs.hscni.net/Job/42799>



BOLSTER COMMUNITY

Keep an eye out on Bolster Community socials, for further information on some upcoming job posts (Autism Connect, Disability Support, Training and Project Admin and Community Services) which will be going live during August!

[Facebook](#)

[Instagram](#)

[X](#)

[LinkedIn](#)

E-mail: info@bolstercommunity.org



Careers Service

Exam results advice and support for students and parents

As young people and their families wait expectantly for exam results, help and advice is available
A/AS level results will be announced on Thursday 13 August and GCSE results on Thursday 20 August



As a parent/ carer you may be uncertain about the best way forward for your child after they have received their exam results

You will want to know how best to support and guide them, particularly if they do not get the results they had anticipated

The Careers Service has a team of professionally-qualified advisers who provide free, impartial advice and guidance to both parents/carers and students when considering future educational/career paths



Careers advisers are available to offer support whatever the circumstances, and at any stage in a person's career journey, even after they have left school:

Phone: 0300 200 7820

E-mail by completing the online form at [Ask Careers](#)

Go online and [chat with an adviser](#)

Careers advisers are available from 9.30am to 4.30pm, Monday to Friday (excluding public holidays)

Further useful information can be found, as follows:

[How the Careers Service can help you](#)

[Guides to help with career planning](#)

[Skills in demand](#)

[Getting ready for university or college](#)

[Financial Support at school and college](#)



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Home

›

Education

›

11-19: your learning and career options

›

School and other options

Options after Year 12

At the end of Year 12 you need to start thinking about the career path you want to take. You should find out what qualifications are required if you have a particular career in mind. You can carry on learning, get a job or do a training course or apprenticeship.

Contents

- Careers service advice when you receive GCSE results
- Careers guidance for Year 12 students
- Staying on at school
- Further education
- Apprenticeships
- Careers Service advice on apprenticeships
- Skills for Life and Work
- Employment
- Help with your decisions



www.nidirect.gov.uk/options-after-year-12

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News

Contacts

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Home › Education › 11-19: your learning and career options › School and other options

Options after Year 14

After year 14 there are lots of options open to you. The choice you make will be influenced by many things such as your career aspirations, financial situation, if you want to continue with your education and also employment opportunities.

Contents

- Careers service advice when you receive A Level results
- Careers guidance for Year 14 students
- Higher Education (HE)
- Further Education (FE)
- Training
- Careers Service advice on apprenticeships
- Work Experience Programme
- Employment
- Volunteering



www.nidirect.gov.uk/options-after-year-14



SOUTHERN TRUST AREA

EMPLOYABILITY

August 2026

KING'S TRUST COURSES

GET READY

Get Ready for Careers in Health & Social Care

Age: 16-30 Taster: 10 Aug

Dates: 17 - 28 Aug

Location: Belfast

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

Get Ready for Careers in Coding

Age: 16-30 Taster: 24 Aug

Dates: 1 - 11 Sept

Location: W5 Life, Belfast

Meet with industry professionals and find out what it's like to work in coding. Take part in a mix of lessons and coding challenges. Work towards OCN NI Level 2 Award in Vocational Skills on Developing Websites, and Career Preparation and Planning.

Ant & Dec's Making it in Media

Age: 16-25 Taster: 24 Aug

Dates: 1 - 11 Sept

Location: Belfast

Learn industry skills like script writing, camera operating, lighting, and editing. Gain insight into media careers from industry experts.

GET INTO

Get Into Lifeguarding

Age: 16-30 Taster: 10 Aug

Dates: 17 Aug - 18 Sept

Location: Belfast

Gain hands-on experience at a local gym and learn about careers in the leisure industry. Work towards your National Pool Lifeguard Qualification. Opportunities to gain paid employment after the programme.

GET STARTED

Get Started with Content Creation

Age: 16-30 Taster: 10 Aug

Dates: 17 - 21 Aug

Location: Belfast

Learn how to create and edit content for social media, with a focus on podcasting, video content, and visual marketing.

Get Started with Music

Age: 16-30 Taster: 10 Aug

Dates: 17 - 21 Aug

Location: Belfast

Build new skills or learn from scratch from a professional music producer, and learn what it's like to work in the music industry.

GET HIRED

Get Hired in Customer Service

Age: 16-30

Dates: 26 - 27 August

Location: Belfast

Meet customer service staff from Better Gym, learn about the roles available, and interview for live vacancies.

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!

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.

UNLOCK SKILLS FOR WORK

Age: 16-30

Dates: 20 - 21 Aug

Location: Belfast

Get tailored 1:1 support to help you build confidence, identify your strengths, and gain the skills needed to apply for different roles.

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



DSN 6411 © The King's Trust 2024 - all rights reserved. The King's Trust is a registered charity incorporated by Royal Charter in England. Registered number RC000072. Registered office: The King's Trust, The King's Trust South London Centre 9 Glade Path London SE1 8EG. Registered charity number in England and Wales: 1079679 and Scotland: SC041198.



outreachni@kingstrust.org.uk



ADULT VOLUNTEERS NEEDED!

Inspire. Support. Grow.

Scouting Ireland is calling on local adults to make a real difference in the lives of children and young people.

AS A VOLUNTEER YOU CAN:

- Help young people build confidence, skills and resilience
- Develop your own skills and leadership abilities
- Be part of a welcoming community
- Make a positive impact locally

YOU DON'T NEED TO HAVE BEEN A SCOUT TO MAKE A DIFFERENCE.

Full training and ongoing support provided.

GIVE YOUR TIME. SHAPE THEIR FUTURE.



AREAS INCLUDED:

WAITING LIST

- Slievegullion
- Newry
- Lurgan
- Craigavon
- Armagh
- Dungannon
- Cookstown
- Portadown
- Omagh
- Enniskillen
- Lisnaskea
- Dromore
- Irvinestown



JOIN OUR WAITING LIST AND WE'LL BE IN TOUCH AS NEW GROUPS DEVELOP IN YOUR AREA.

Get Involved Today!

CONTACT PADRAIG MCBRIEN

Mobile: 07386489364

Email: pmcbrien@scouts.ie



ADVENTURE. FRIENDSHIP. FUN. FOR LIFE.

Scouting Ireland - Be Prepared



pmcbrien@scouts.ie



Attracting and Selecting Volunteers

In the busy modern world with so many demands on people's time, it can sometimes prove difficult to attract as many new volunteers as we need to in order to deliver our projects and plans.

With this in mind, our three-hour workshop can help you rise to this challenge.

We will help you ensure you have all the right elements in place before seeking new volunteers, and equip you to review and refresh your volunteer recruitment practices for maximum impact – from creating compelling role descriptions and adverts, to getting your selection processes right first time.

Join in with fellow volunteer managers and coordinators in this online course to learn how to make your volunteering offer as appealing as possible – and get your volunteer work off to the best start.



www.volunteernow.co.uk/attracting-and-selecting



Risk Assessing Volunteer Roles and Projects

Can you identify potential risks in your volunteering roles and projects? Do you know how assess these risks and manage them?

Welcome to this session, where we will explore these issues and more – including why we need to assess risk and how volunteer managers can implement this process within their volunteer programme.



www.volunteernow.co.uk/risk-assessing



Managing Volunteers: Conflicts, Complaints & Problems

Sometimes managing and leading volunteer teams can present us with unique challenges that can be difficult to overcome.

Issues like:

- Volunteers who have come into conflict with each other in a way that is damaging team morale
- Volunteer teams who dislike and resist changes that the organisation wants to make
- Volunteers who are not performing well but who are unwilling to step back
- A volunteer who has clashed with a service user in a way that might damage the organisation's reputation

may arise and need your immediate attention without there being any clear guidance on how best to resolve them.

This workshop will explain various strategies, communication styles and conflict management skills that will help you resolve these types of difficulties.

We will then explore some real case studies to think about how to apply these problem-solving techniques in practice.



www.volunteernow.co.uk/managing-and-motivating



**UN YEAR OF
VOLUNTEERING
AWARDS
2026**

GROWING VOLUNTEERING AND
STRENGTHENING COMMUNITIES
ACROSS NORTHERN IRELAND

NOMINATIONS NOW OPEN

As part of the UN Year of Volunteering for Sustainable Development 2026, these awards recognise the individuals and organisations whose time, commitment and compassion are making a real difference across Northern Ireland.

KEY DATES

Nominations close - 30 September 2026
Awards Ceremony - 3 December 2026

SUBMIT YOUR NOMINATION TODAY

Visit this [LINK](#) to complete your nomination online.
If you need a paper copy, large-print form, or any other support to submit a nomination, please contact comms@volunteernow.co.uk



INTERNATIONAL
VOLUNTEER YEAR 2026



Department for
Communities
www.communities.gov.uk

2026 has been designated as the UN Year of Volunteering for Sustainable Development

To mark this, the Minister for Communities, Gordon Lyons MLA, will host a special awards ceremony recognising the individuals and organisations making a real difference across Northern Ireland. Volunteers are at the heart of our communities and these awards are your opportunity to recognise the people and groups whose time, energy and commitment create lasting impact.

Submit your nomination (which includes a Youth Impact Award) [HERE](#)



Summer Bumper Pack 2026

Reduce the stress and have fun
this Summer with your child

Phone Parentline
0808 8020 400 for your free pack

Parent Line NI
0808 8020 400

 0808 8020 400



FREE RESOURCES FOR PARENTS AND CARERS

Parent Line 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



SOUTHERN TRUST AREA

RESOURCES

AutismNI
Northern Ireland's Autism Charity

Basket 0 My account Helpline: 028 9040 1729 DONATE Q £

What is Autism? ▾ Help & Support ▾ Training & Courses ▾ Get Involved ▾ About Us ▾ Shop Contact Us

Summer resources

Home > Summer resources

Summer Activities



Summer activities
1.5 MB

Download

Going to the airport



Going to the airport
2.7 MB

Download

Travel calendar



Travel calendar
75.2 KB

Download

Travel chart visual

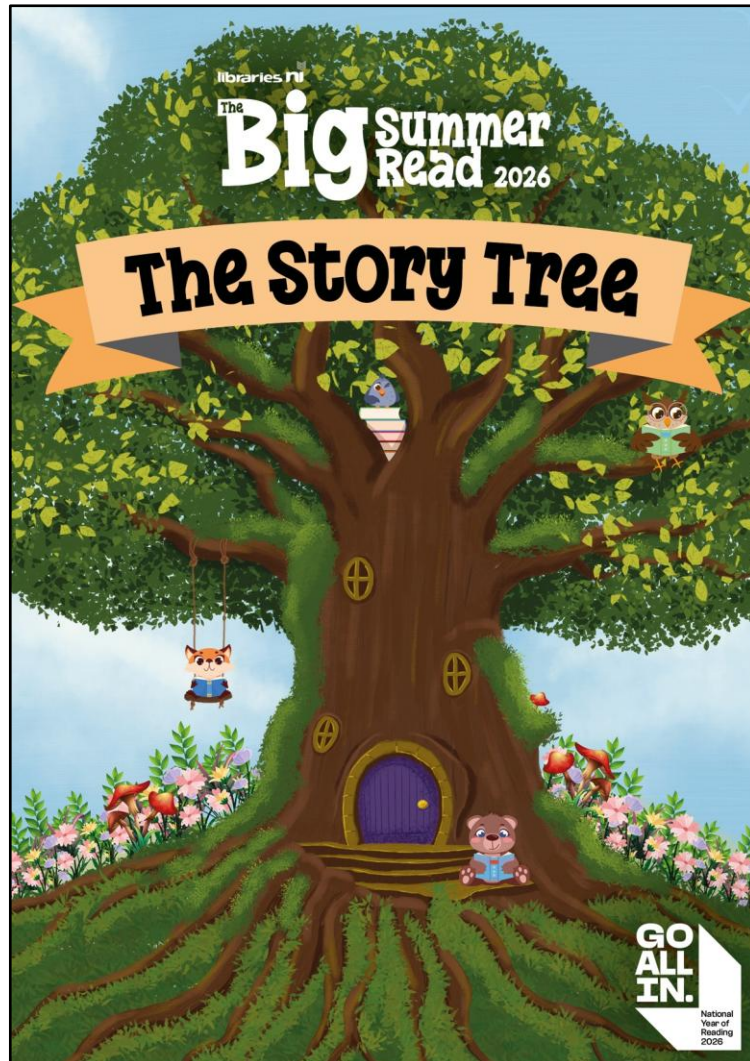


Travel chart visual
357.4 KB

Download



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



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



www.librariesni.org.uk/big-summer-read-2026



GETTING WEATHER READY



The Regional Community Resilience Group (RCRG) Newsletter – Keeping members weather ready

WELCOME

Welcome to the Summer 2026 edition of the Getting Weather Ready newsletter which has lots of tips and advice on simple steps we can all take to get ourselves #WeatherReady for the months ahead.

The Met Office looks back on Autumn and Winter 2025/26

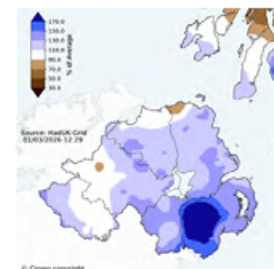
If the first few months of this year felt especially grey and wet, the data confirms it. January 2026 was Northern Ireland's second wettest January on record – and the wettest in 149 years – with 170% of average rainfall.

Much of the rain fell during and in the days following [Storm Chandra](#), with the wet weather continuing into February. On 5 February a new record was set for the wettest February day for NI, with 140mm of rain recorded at Trassey Slievenaman, Co. Down.

There was plenty of rain towards the end of 2025 too, with Autumn ranked

as the third wettest for NI since records began in 1836. Overall, the period from October 2025 to March 2026 was the second wettest on record – where we had 123% of our typical rainfall for these months.

The prolonged wet weather brought disruption and challenges to our communities, with extensive flooding to farmland, very high river and lough levels and damage to homes and businesses.



© Crown copyright
NI Winter Rainfall 2026 compared to average

Why was it so wet?

Several factors contributed to the at times relentless rainfall:

- A stronger-than-usual jet stream shifted southwards;
- A blocked pressure pattern caused Atlantic weather systems to stall;
- This set up a sustained south-easterly airflow, drawing in moist air from the Irish Sea and directing rain to eastern parts of NI especially.

Climate change is also playing a role, with a warmer atmosphere holding more moisture – around 7% more for every °C of warming, leading to wetter winters for the UK.

Continues on next page

Contents

Summer 2026

Page

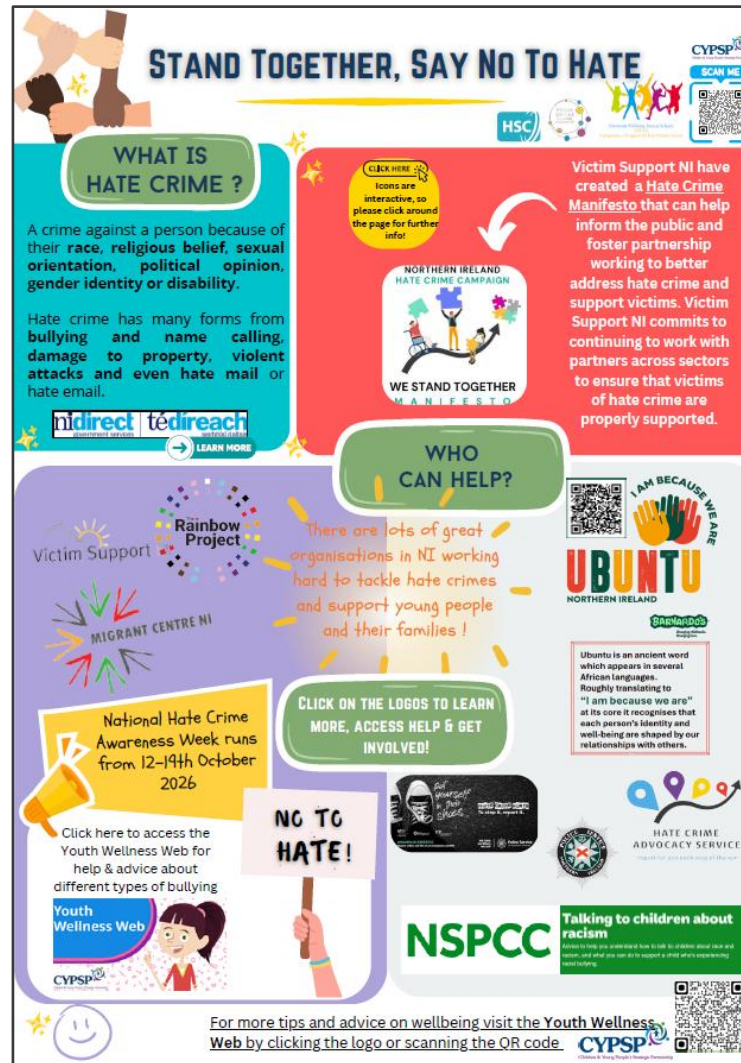
- 1 The Met Office looks back on Autumn and Winter 2025/26
- 2 Help to protect your home from flooding
- 3 Getting #WeatherReady for Summer
- 3 Belfast Flood Alleviation Scheme wins Gold at International Green World Awards
- 4 Stay Weather Ready: Know when to call 999, 101 or report online
- 5 Step Outside with Safety when Visiting NI Water Sites
- 6 NIE Safety campaign – Look Up to Live
- 6 Staying Cool in Summer
- 7 Belfast Trust Conference Strengthens Resilience to Support Communities
- 8 Exercise Valentina – strengthening our response to extreme events
- 9 Councils participate in University multi-agency Community Resilience Training
- 10 Education Authority rolls out 'Be Ready' to NI primary schools
- 11 CMAP Project Launch
- 12 HumanKind Project - empowering the next generation of humanitarian leaders
- 13 Transboundary Climate Adaptation Forum
- 14 Emergency Numbers



www.infrastructure-ni.gov.uk/rcrg-summer-26.pdf



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



STAND TOGETHER, SAY NO TO HATE

WHAT IS HATE CRIME ?

A crime against a person because of their race, religious belief, sexual orientation, political opinion, gender identity or disability.

Hate crime has many forms from bullying and name calling, damage to property, violent attacks and even hate mail or hate email.

WHO CAN HELP?

There are lots of great organisations in NI working hard to tackle hate crimes and support young people and their families!

Click on the logos to learn more, access help & get involved!

Victim Support

Rainbow Project

MIGRANT CENTRE NI

National Hate Crime Awareness Week runs from 12-14th October 2026

Click here to access the Youth Wellness Web for help & advice about different types of bullying

Youth Wellness Web

NO TO HATE!

Victim Support NI have created a **Hate Crime Manifesto** that can help inform the public and foster partnership working to better address hate crime and support victims. Victim Support NI commits to continuing to work with partners across sectors to ensure that victims of hate crime are properly supported.

NORTHERN IRELAND HATE CRIME CAMPAIGN

WE STAND TOGETHER MANIFESTO

UBUNTU NORTHERN IRELAND

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

HATE CRIME ADVOCACY SERVICE

NSPCC Talking to children about racism

For more tips and advice on wellbeing visit the Youth Wellness Web by clicking the logo or scanning the QR code



<https://cypsp.hscni.net/download/no-to-hate-poster.pdf>



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.....





Scan me

[www.cypsp.hscni.net/translation-hub](https://cypsp.hscni.net/translation-hub)

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



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



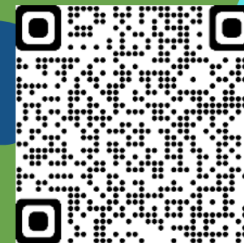
Children & Young People's Strategic Partnership

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/youth-wellness-web>



CYPSP
Children & Young People's Strategic Partnership

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

PARENT SUPPORT

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

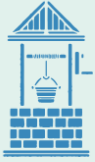


<https://cypsp.hscni.net/youth-wellness-web/parent-teacher-zone> / <https://cypsp.hscni.net/ebpp/>



SOUTHERN TRUST AREA

FAMILY
SUPPORT



Parent Well



TWEENS, TEENS & BIG EMOTIONS

UNDERSTANDING BEHAVIOUR
MANAGING EMOTIONS



WORKSHOP FOR PARENTS
ON SUPPORTING TWEENS
(10-12) & TEENS (13+)
WITH EMOTIONS

Wednesday 5th August
10am-11.30am on Zoom

TO BOOK YOUR PLACE CALL 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



The poster features a teal background with a central green vertical stripe. On the right, a white plate of spiral pasta with tomato and herbs is shown. The text is in white and yellow. The EA logo is at the bottom left.

eaconnect

Free School Meals and Uniform Allowance

Applications now open

- 1 Check your eligibility
- 2 Apply on EA Connect
- 3 Apply before end of July

 **ea** Education Authority



familysupportNI.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 | ✓ Cancer Support | ✓ Parenting Support |
| ✓ Adoption/Fostering | ✓ Domestic/Sexual Abuse | ✓ Disability |
| ✓ Drugs/ Alcohol | ✓ Family Support Hubs | ✓ Sure Start |
| ✓ Support For Carers | ✓ Bereavement | ✓ Autism |



www.FamilySupportNI.gov.uk

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

f x @familysupportni f x

familysupportNI.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

familysupportNI.gov.uk
Helping You Find the Services You Need



www.familysupportni.gov.uk

familysupportNI.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



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

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.

familysupportNI.gov.uk
Helping You Find the Services You Need

DHSSPS
Department of Health, Social Services and Public Safety
www.dhssps.gov.uk

HSC Health and Social Care



www.familysupportni.gov.uk

Services Available Through The Hub May Include...

Practical
Support

Disability
Support

Drug &
Alcohol Support

Signposting to
Other Supports

Emotional
Health &
Wellbeing

Advice &
Guidance

Family
Support

Education
Support

Youth
Support

Parenting
Programmes

Parenting
Support

Behaviour
Support

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

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

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



There Are 3 Family Support Hubs In the Southern Trust Area

ARMAGH & DUNGANNON HUB

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

CRAIGAVON & BANBRIDGE HUB

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

NEWRY & MOURNE HUB

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



ONI Design & Print 07858 512722

Southern Area FAMILY SUPPORT HUB

*Many families need a little extra
help sometimes*



Information for Families



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

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

Download the **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/216483917>

Your Family Support Hub Will

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

How The Hub Works

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

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

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

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

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

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

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

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

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

Some of the challenges the Hub can help with



Who Can Refer To The Hub?

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





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 **0800 0720 137**

Make an online enquiry [HERE](#)

E-mail: hello@adoptionandfostercare.hscni.net

Find out more [HERE](#)

HEALTH HUB SUMMER 2026




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






Project supported by the PHA



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

Contact Details	Contact Details	
Lynne Smart Head of Health Improvement 028 3756 4467 / 07734540565 lynne.smart@southerntrust.hscni.net	Elaine Abbott :075 5131 3939 Collette O'Brien:079 0937 3616 Vanessa McMinn:079 2041 7851 Public Health Dietitians	 Southern Health and Social Care Trust Quality Care - for you, with you
Gemma Maher Health Improvement Lead Suicide Prevention 028 375 64461	Martin Connell Health Improvement Officer 028 375 62076	Health Improvement Service
Najla Basketfield/Julie Graham Health Improvement Lead Mental Health 028 375 64460	Emma Daly Home Safety Lead 028375 63952	<i>Improving health and wellbeing is everyone's business</i>
Clare Drummy Health Improvement Lead Physical Activity 028 375 63971	Kathryn Bleakney Early Intervention Programme Manager for Diabetes Prevention 028375 66200 / 07585578801	
Jacqueline Masterson Health Improvement Lead Youth 028 375 64489	Rhonda Richardson Fit 4 U / Fit 4 U 2 Project 028 375 64490	
Miriam Bacon Health Improvement Lead Staff Health & Wellbeing / Arts for Health 028 375 64774 07789512204	Martina Monaghan Health Improvement lead—Tobacco Control & Diabetes Prevention 028 375 64466 / 07825387524	http://www.southerntrust.hscni.net/124.htm Your Health Southern Health & Social Care Trust (hscni.net) http://www.u-matter.org.uk/
Martina McCooey Health Improvement Lead Child Development/ Early Intervention 028 375 64462 / 07795450278	Caroline Hillen Macmillan Health & Wellbeing Coordinator 028 3861 2404 / 077 8619 8818	Information for staff
Roisin Santin / Catherine Jackson Health Improvement Leads Sexual Health 028 375 64465 / 028375 64468	Stop Smoking Services 028 3756 4400 stop.smoking@southerntrust.hscni.net	
Rachael Coleman Sexual Health Nurse Mobile: 07745201438	Orla Clarke Promoting Wellbeing Training / Resources 028 375 64454 pwb.training@southerntrust.hscni.net pwb.resources@southerntrust.hscni.net	
	Catherine Walker Administration Support 028 375 64458	

To receive updates on what is happening in the local community, e-mail: PWB.mailinglist@southerntrust.hscni.net

What is Health Improvement?

Health Improvement describes the work to improve the health and wellbeing of individuals or communities through enabling and encouraging healthy lifestyle choices, as well as addressing underlying issues such as poverty.

Health and wellbeing is not just about the absence of disease or illness, but is also about one's quality of life.

"Wellbeing is the subjective state of being healthy, happy, contented, comfortable and satisfied with one's quality of life." NICE

Whilst for most people health has been improving, health inequalities remain. Too many people die prematurely or develop long term health conditions that reduce their quality of life. Different stages in people's lives represent opportunities to improve health and wellbeing.

Making Life Better 2012-2023, the ten year strategic framework to improve the health and wellbeing of people in Northern Ireland promotes action across the following 6 themes:



1. Giving Every Child the Best Start
2. Equipped Throughout Life
3. Empowering Healthy Living
4. Creating the Conditions
5. Empowering Communities
6. Developing Collaboration

How can we support you?

Health Improvement staff work across the Trust Directorates and with a wide range of community, voluntary and statutory sector partners.

We aim to support people to live long, healthy active lives.

We provide:

- ♦ Access to health information resources and awareness raising campaigns
- ♦ Access to training to increase knowledge and skills to improve health & wellbeing
- ♦ Services in support of health & wellbeing
- ♦ Programmes and activities that promote better health and wellbeing
- ♦ Specialist help for staff or communities to plan activities to improve health and wellbeing
- ♦ Co-ordinate and support partnership,
- ♦ Interdisciplinary & multi-agency working.
- ♦ Action plans that co-ordinate delivery of evidence based activity to address health and wellbeing needs.

What we are funded to do?

- ♦ Parenting support and early intervention
- ♦ Roots of Empathy schools programme

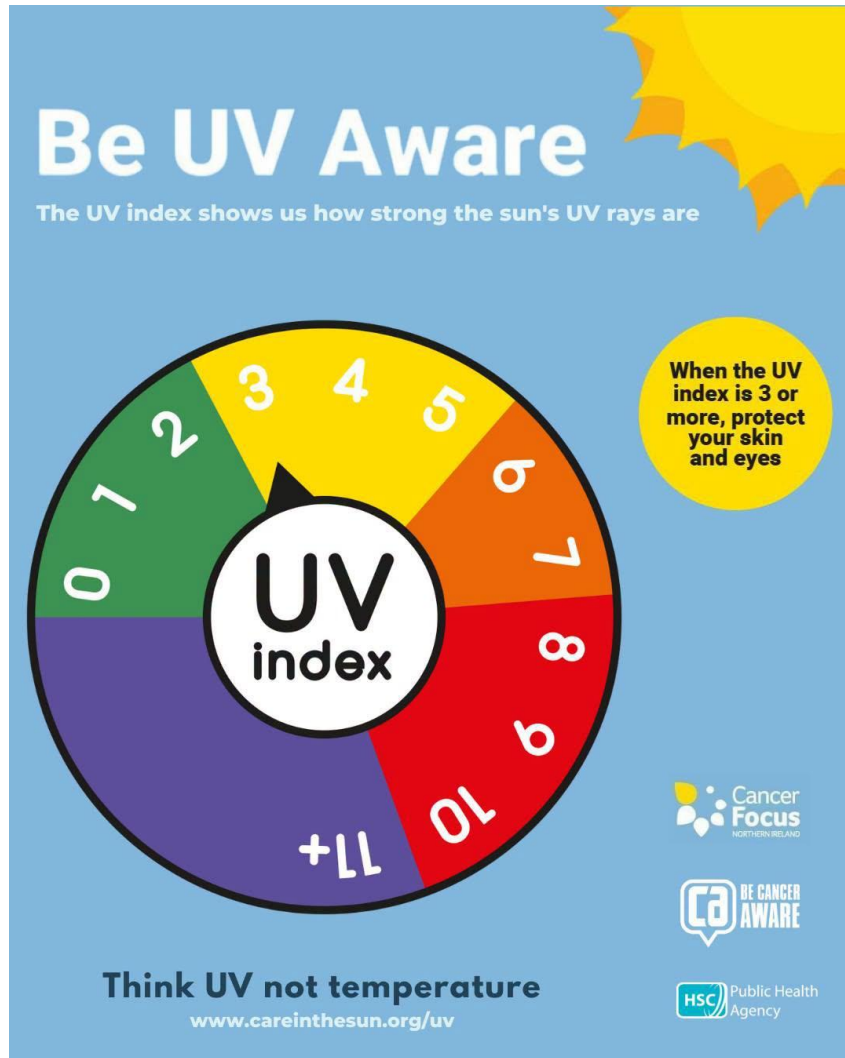
- ♦ Community healthy eating, and cooking skills programmes
- ♦ Physical activity initiatives
- ♦ Suicide prevention and mental health promotion training and support services
- ♦ Sexual health services
- ♦ Smoking cessation services
- ♦ Home accident prevention activity
- ♦ Staff health and wellbeing.

We also co-ordinate programmes for groups at risk of poorer health outcomes including:

- ♦ Care experienced children and young people
- ♦ People with a learning disability
- ♦ Black, Minority, Ethnic including Travellers
- ♦ Carers
- ♦ Children, young people and families
- ♦ Disadvantaged communities
- ♦ Older people
- ♦ People affected by cancer
- ♦ People with long-term conditions.

If you have any comments or suggestions.

The Health Improvement Service welcome any comments or suggestions you have to make. Just let us know.



Don't forget to stay safe in the sun!

Remember, UV rays are invisible but powerful, even if there's a breeze, your skin still needs protection

Apply SPF 30+ sunscreen (and reapply every 2 hours!)

Wear a hat and sunglasses

Seek shade during peak UV hours (11am - 3pm)

Stay hydrated

Protect your skin and enjoy sunshine safely!

Visit [HERE](#) to find out more



ABC COUNCIL AREA



STEAM WORKSHOPS

FREE PROGRAMME

STEAM [Science, Technology, Engineering, Arts & Maths] Summer Programme providing young people with the opportunity to engage in STEAM related activities.

MORNING SESSION	AFTERNOON SESSION
8-11 years 10.30am - 1.00pm	12-16 years 2.00pm - 4.30pm

LOCATIONS
PLEASE NOTE ATTENDANCE ON ALL 3 DAYS FOR THE FULL DURATION IS **REQUIRED**

21-23 JULY MARKETPLACE THEATRE
27-29 JULY TANDRAGEE COMMUNITY CENTRE
03, 05 & 07 AUGUST KILlicOMAINe COMMUNITY CENTRE

To register please complete the form which can be downloaded from our website
armaghbanbridgecraigavon.gov.uk/community-development
Alternatively contact kelly.mallon@armaghbanbridgecraigavon.gov.uk
0300 0300 900 ext. 61829 07917 173 488



Digital Connections Summer Programme

FREE PROGRAMME

10am-2pm
11-13 August | TMAC Keady
17-19 August | South Lake Leisure Centre
25-27 August | Banbridge Leisure Centre

Please note ATTENDANCE ON ALL 3 DAYS for the full duration is required

Ages 12-16
Coding
BBC Micro:bits
Animation
Digital Games
Digital Stories
Graphic Design
Robotics

To register contact kelly.mallon@armaghbanbridgecraigavon.gov.uk
0300 0300 900 ext. 61829 07917 173 488

 <https://form.jotform.com/261794363707062>

 <https://form.jotform.com/261813463350352>



REGISTER NOW
SCAN ME!

**PLAY TOGETHER
NATIONAL
PLAY DAY**
Create • Build • Explore • Imagine
No instructions. No limits. Just play.

Tuesday 4 August - Palace Demesne, Armagh
Wednesday 5 August - Lurgan Park
Thursday 6 August - Solitude Park, Banbridge

BOOKING ESSENTIAL
For more information please email
play@armaghbanbridgecraigavon.gov.uk

Armagh City
Banbridge
& Craigavon
Borough Council

Autism Connect, a peer support programme for autistic adults

Coffee Drop-in
Portadown Wellbeing
Centre
Happening the second
Saturday of each month:
8th Aug/12th Sep/16th Oct/14th
Nov/12th Dec
12.30-2.30 pm

Coffee Drop-in
Bolster Office
Marcus St, Newry
11-1 pm
last Saturday of the month
throughout September,
October & on.

Creative Collective
Every Friday
Bolster Offices
Marcus St
12 noon -
2.30pm

Silent Reading Session
The Third Wednesday of
each month in the
Cosy Corner, Newry from
September 2026

Walking Warriors
Alternative Friday evenings.
We meet at 6 pm at pre-
arranged venues (In Newry,
but would be open to
starting similar in other
areas).

Evening social events
happening this Autumn:
Plant Bingo, Board Game
evening, Lego nights
Any other
suggestions??

Social Hubs
Newry based in Bolster
Offices Whitegates
(18-24yrs) Tuesday
(25 yrs plus) Thursday
6.30 - 8.30 pm weekly

Social Hubs:
Craigavon - Wednesday -
Brownlow Hub
Banbridge - Elim Church -
Thursdays
6.30 - 8.30 pm weekly

Autism # Me
This 6-week programme
explores autistic self-
understanding through
creative, body-based
reflection.
More details to follow

If you are curious about any of these programmes or events
email: autismconnect@bolstercommunity.org
or call Bolster: 028 30 83 57 84 and ask for Sharon



ABC Community Planning Partnership Launches Reviewed Connected Action Plan 2026-2029

ABC Community Planning Partnership recently launched its reviewed Connected Action Plan, setting out a renewed programme of action aimed at improving the quality of life for residents across the borough

The review and action planning process has been led by the Chairs of the Community Planning Strategic Partnership and its sub-committees, involving a wide range of organisations from across the partnership, the Community and Voluntary Sector Panel, members of the ABC Seniors Network and the borough's Youth Voice

The Community Planning Partnership's vision for 2030 is to create a happy, healthy and connected community, a vibrant and sustainable economy, and appealing places for living, working and learning and the refreshed action plan outlines the practical steps partners will take to help achieve this vision and deliver on the borough's nine long-term outcomes

For more information on the Connected Community Plan and the refreshed Connected Action Plan, visit [HERE](#)



ARMAGH LPG AREA

 **I ♥ ARMAGH**



FAMILY FUN NIGHT

FRIDAY | JULY 24 | 6-9 PM

BBQ, Inflatables, Ice-cream,
Face painting, Petting Farm,
Balloon modelling & lots more fun!

ALL FREE

THE MALL

 Northern Ireland Executive
www.northernireland.gov.uk

 **T:buc**
Changing for the better, together

 **Housing for all**

 **Housing Executive**

 **Ark**
HOUSING
FOR THE COMMUNITY

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**
Lurgycullen 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



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

Storytelling through Art and Comics

Comic Creations

Express. Create. Tell your story.

Limited Availability

TO REGISTER CONTACT
LEEANN: 0777761886
LEEANN@FUTUREPROOFNI.ORG

For Neurodiverse young people 14+

YOUTH ENGAGEMENT SERVICE

YouthAction NORTHERN IRELAND

BAM!

HSC Public Health Agency
Project supported by the PHA

futureproof
engage | include | empower



0777761886



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

FIND OUT MORE ABOUT TIMES VIA THE QR CODE BELOW.

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

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

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



BANBRIDGE LPG AREA



gareth.white@youthinitiatives.com



ucemployeradviser.banbridge@dfcni.gov.uk



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

**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



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](#)



Juniors P4 – P7
1:30 – 4:00pm
Tue & Fri
30th June, 3rd July
7th July, 10th July
28th July, 7th August
4th August, (11am – 1pm)

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

Intermediates P7 – Year 9
6:00 – 8:30pm
Mon
29th June
6th July
27th July
3rd August

Seniors Year 8 +
6:45 – 9:15pm
Tue & Thurs
30th June, 2nd July
7th July, 9th July
28th July, 30th July
4th August, 6th August

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

Seniors Year 10 +
6:45 – 9:15pm
Fri
3rd July
10th July
31st 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



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

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

swim ULSTER

get wet Stay Safe

Outscape

swim ULSTER **GET WET STAY SAFE**

FREE SESSIONS THIS JULY ON WORLD DROWNING PREVENTION DAY!

World Drowning Prevention Day 25 July

Anyone can drown, no one should.

WHAT IS IT? ON LAND AND IN WATER SAFETY ACTIVITY SESSION

WHO IS IT FOR? TARGETED FOR ADULTS 18 AND OVER LOOKING TO GAIN CONFIDENCE IN THE OPEN WATER

WHY YOU SHOULD COME ALONG! LEARN THE SKILLS TO STAY SAFE IN AND AROUND OPEN WATER!

How to sign up...

- Scan the QR code
- Visit the Swim Ulster website & find all events on the events calendar



Age 13-17

BIG Summer FUN Newry City

3rd - 7th August 2026

Newry Youth Resource Centre

- Teambuilding
- Challenges
- New Friends
- Trips
- Much More

To register your interest email Niamh/Pauline:
niamh.mcnamee@eani.org.uk/
pauline.mcquillan@eani.org.uk

ea Education Authority

For more info Call: 028 9598 5907

Made with PosterMyWall.com



<https://form.jotform.com/Cranfield-saturday-25th>



niamh.mcnamee@eani.org.uk

NEWRY & MOURNE LPG AREA

Autism Connect, a peer support programme for autistic adults

Coffee Drop-in Portadown Wellbeing Centre Happening the second Saturday of each month: 8th Aug/12th Sep/16th Oct/16th Nov/12th Dec 12.30-2.30 pm	Coffee Drop-in Bolster Office Marcus St, Newry 11-1 pm last Saturday of the month throughout September, October & on.	Creative Collective Every Friday Bolster Offices Marcus St 12 noon - 2.30pm
Silent Reading Session The Third Wednesday of each month in the Cosy Corner, Newry from September 2026	Walking Warriors Alternative Friday evenings. We meet at 6 pm at pre-arranged venues (In Newry, but would be open to starting similar in other areas).	Evening social events happening this Autumn: Plant Bingo, Board Game evening, Lego nights Any other suggestions??
Social Hubs Newry based in Bolster Offices Whitegates (18-24yrs) Tuesday (25 yrs plus) Thursday 6.30 - 8.30 pm weekly	Social Hubs: Craigavon - Wednesday - Brownlow Hub Banbridge - Elim Church - Thursdays 6.30 - 8.30 pm weekly	Autism + Me This 6-week programme explores autistic self-understanding through creative, body-based, reflection. More details to follow

If you are curious about any of these programmes or events
 email: autismconnect@bolstercommunity.org
 or call Bolster: 028 30 83 57 84 and ask for Sharon







PARENTS PLUS
Children's Programme

An evidence-based parenting programme on promoting confidence, learning and positive behaviour in children aged 6 to 12 years.

9 week programme for parents/carers starting
Tuesday 8th September 2026 from 10am-12 noon (online)

Priority will be given to families in the Newry/Mourne area.
 Referrals will however be considered for families across the Southern Trust

For further information, please contact Maria:
 Email: parenting.partnership@southerntrust.hscni.net
 Mob: 07880 474747



Click or scan here for the Referral Form





Delivery Partners: Parenting Partnership & Bolster



autismconnect@bolstercommunity.org



parenting.partnership@southerntrust.hscni.net



NEWRY & MOURNE LPG AREA





NURTURING PROGRAMME

10 week Parenting Programme

The Nurturing Programme aims to help parents understand and manage feelings and behaviour whilst becoming more positive and nurturing in their relationships with their children and others.

Monday 14th September 

10am-12noon 

Fiveways Premises 

Limited creche available 

Book Now
rebekahm@newrysurestart.org
07885208393



rebekahm@newrysurestart.org



Connect Collaborate Challenge

No Filters
Small missions, Big Impact

For Ages 12 to 18

- Team up
- Take on challenges
- Complete missions
- Solve the puzzle
- Earn rewards
- Create an Impact

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

PEACEPLUS
Northern Ireland - Ireland

Co-funded by the
European Union | UK Government

BOLSTER COMMUNITY

Every mission solves the puzzle

No Filters Festival

Phase 3: Challenge

Away Day

Phase 2: Collaborate

Phase 1: Connect

Calling all youth groups in the Newry, Mourne & Down Area!

Bolster Community is excited to invite youth groups to be part of **No Filters**, an evidence-informed resilience and wellbeing programme for young people aged 12-18

No Filters is built around one simple idea:
Small Missions | Big Impact

Through a series of creative, interactive missions, young people will take on fun challenges that encourage teamwork, communication and problem-solving while exploring topics that matter to them

Rather than traditional workshops, each mission is designed to naturally spark conversation, reflection and personal growth through engaging, hands-on experiences

Workshops are available for delivery throughout the programme year (Aug 2026 - July 2027) providing flexibility for each group

Groups will take part in a range of exciting missions and an away day throughout the year before coming together to celebrate everything they've achieved at a final showcase event in July 2027

E-mail Chloe@bolstercommunity.org for further info.



CLÁR AN
TSAMHRAIDH
SUMMER
PROGRAMME

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

Comhairle Ceantair
an Iúir, Mhúrn agus an Dóin
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...



NEWRY & MOURNE LPG AREA



MOVE TOGETHER

WHAT'S INCLUDED?

This is an 8-week programme for those who find it difficult to partake in physical activity due to health conditions or chronic pain. It supports improvements in physical activity, nutrition, and overall wellbeing.

The programme includes 1-1 and small group support. We offer:

- Healthy eating, nutrition, and cooking skills
- Long-term habit and lifestyle change
- Links to local health, fitness, and support services

Gentle Exercises

Chair Based Exercises

Strength & Balance

Boccia & Chi Me

Who can join?
Anyone aged 18+, living in the Newry, Mourne and Down District Council areas.

To find out more contact:
☎ 028 3089 8119
✉ info@clanryegroup.com
🌐 [Fill out this form](#)

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

Comhairle Ceannair an Iúir, Mhúrn agus an Dáin
Newry, Mourne and Down District Council

Move Together is supported by the PEACEPLUS Programme, managed by the Special EU Programmes Body (SEUPB).



info@clanryegroup.com



STAY CONNECTED

WHAT'S INCLUDED?

This is an 8-week community-led programme for people experiencing loneliness and social isolation. It promotes connection and purpose through volunteering, skills development, and active citizenship.

The programme will consist of 1-1 support, alongside small group sessions. We will offer:

- Increase volunteering and active citizenship
- Build confidence, employability, and life skills
- Connect people with meaningful community roles
- Develop peer networks and long-term community leadership

WHO CAN JOIN?
Anyone aged 18+, living in the Newry, Mourne and Down District Council areas.

To find out more contact:
☎ 028 3089 8119
✉ info@clanryegroup.com
🌐 [Fill out this form](#)

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

Comhairle Ceannair an Iúir, Mhúrn agus an Dáin
Newry, Mourne and Down District Council

Stay Connected is supported by the PEACEPLUS Programme, managed by the Special EU Programmes Body (SEUPB).



info@clanryegroup.com

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



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

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

 Comhairle Ceantair
Lár Uladh
Mid Ulster
District Council



Network Personnel Training



Self-Care Workshop

28th July – 2pm to 4pm

Confidence and Motivation Workshop

3rd August – 10am to 12pm

Resilience Workshop

11th August – 10am to 12pm

Coping with Stress Workshop

19th August – 10am to 12pm

Mental Health First Aid Workshop

26th August – 2pm to 4pm

Understanding Anxiety Workshop

27th August – 10am to 12pm



Interview Preparation Workshop

28th July – 10am to 12pm

Jobsearch Skills

4th August – 2pm to 4pm

Interview Skills Workshop

10th August – 10am to 12pm

Customer Service Workshop

19th August – 2pm to 4pm



Unlocking AI Workshop

4th August – 10am to 12pm

Digital Safeguarding Workshop

17th August – 10am to 12pm

Basic IT Workshop

18th August – 10am to 12pm

Excel Workshop

24th August – 10am to 12pm

PowerPoint Workshop

25th August – 10am to 12pm



Funded by
UK Government

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



jillian@networkpersonnel.org.uk

Nourish & Connect

Mid Ulster



Free Summer Programme

Improve your health & wellbeing, learn practical food skills, meet new people in a friendly & supportive environment.

Enjoy hands-on activities including:

- Wellbeing & Self-Care
- Healthy Living & Nutrition
- Cooking & Food Skills
- Community Connection
- Gardening & Growing

Dates: Tuesday 4th August – Thursday 13th August 2026

Days: Tuesdays, Wednesdays & Thursdays

Time: 10.00am – 1.00pm

Venue: Network Personnel Network Shed, The Business Centre, 80–82 Rainey Street, Magherafelt, BT45 5AJ

For further information and to register scan the QR code or

Email: rosemary@networkpersonnel.org.uk

Scan to learn more



PEACEPLUS
Northern Ireland - Ireland

Co-funded by the



European Union | UK Government

Minister of Education
Department of Education
Northern Ireland Executive



Comhairle Ceantair
Lár Uladh
Mid Ulster
District Council



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



rosemary@networkpersonnel.org.uk



DUNGANNON LPG AREA

The poster for the South West College Freshers Fair features a blue background with white and yellow text. The SWC logo is in the top left. The main title 'FRESHERS FAIR' is in large, bold letters, with 'FAIR' in yellow and 'FRESHERS' in white. A 'SAVE THE DATES' box on the right lists the dates for three campuses: Dungannon (Tuesday 22 September), Enniskillen (Wednesday 23 September), and Omagh (Thursday 24 September). The event is held at the Central Hall from 10AM to 12PM. At the bottom, it lists benefits for attendees: student discounts, freebies, and support services.

SWC
SOUTH WEST COLLEGE

FRESHERS FAIR

JOIN US & BENEFIT FROM:

- STUDENT DISCOUNTS
- FREEBIES
- SUPPORT SERVICES & MORE

SAVE THE DATES

DUNGANNON TUESDAY	ENNISKILLEN WEDNESDAY	OMAGH THURSDAY
22 SEPTEMBER	23 SEPTEMBER	24 SEPTEMBER
CENTRAL HALL 10AM - 12PM		

Find support, discover opportunities, collect freebies and make valuable connections

As **South West College** prepares to welcome students for the 2025/26 academic year, they would love to invite your organisation to take part in their **Annual Freshers' Fair**

The Freshers' Fair is a great opportunity to meet students, promote your services, share current offers, and connect with other organisations from across the local community

If you would like to attend, e-mail niall.marlow@swc.ac.uk confirming which campus/date you'd like to attend and how many staff members will be representing your organisation

The deadline for registrations is **Friday 11th September 2026**

We look forward to welcoming you to SWC and helping students discover the services, support and opportunities available to them

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?

Support workshops:

Workshops aimed at breaking barriers to employment such as: finances, childcare concerns, Making a CV, interview skills & confidence building.

1:1 Mentorship:

Time to discuss your individual needs, current barriers to employment & to create a plan together to help you move forward.

Additional support:

Links to other wellbeing programmes, English language courses, citizenship mentoring, community & cultural links, counselling & support services.

Employer & recruitment connections

Opportunities to meet prospective employers & recruitment events

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)
Thinking about returning to work but unsure what you want to do? Come & explore your options.

CV WORKSHOP

Thurs 17th Sept (11.30-1.30)
Need a CV but don't know where to start? 'Make & take' workshop to create your CV.

CHILDCARE BENEFITS

Mon 19th Oct (10.00-11.00)
'Can I afford to return to work?' Get impartial advice on childcare & benefits.

INTERVIEW SKILLS

Thurs 15th Oct (11.30-1.30)
Nervous about interviews & don't know what to say? Join us to build your confidence & skills.

CHALLENGING WORK RELATIONSHIPS

Wed 4th Nov (10.00-11.00)
Have you struggled at work previously? Understanding & managing challenging relationships in work.

COST OF LIVING

Thurs 26th Nov (1.00 -3.00)
Struggling with money & feeling overwhelmed? Support on budgeting, planning for emergencies & debt.

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








fswc.tara@gmail.com



DUNGANNON LPG AREA

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



The Executive Office

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.



The Executive Office

ESOL

English for Speakers of Other Languages

Do you want to improve your English skills?

Você quer melhorar as suas capacidades em Inglês?

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Wellbeing Courses Sept - Oct 2026

www.firststepswomenscentre.org/apply



Unlock Your DIY Potential Mon 14 th Sept, 9.45 -12.45pm, 4 wks  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.	Building Self Confidence Mon 7 th Sept, 12.30-2.30pm, 6 wks  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.
Forest Bathing Mon 14 th Sept, 10am-11.30am, 4 wks  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.	Music Therapy Taster Tues 22 nd Sept, 10-11.30am, 1 wk  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.
Spotting Early Red Flags in Relationships 16/9/26 10-11am  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.	Respectful Relationships Wed 23 rd Sept, 9.45am -11.45am, 4 wks  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.



African Drumming Wed 16th Sept, 12.30-2.30pm, 6 wks  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.	Holistic Self Help for Perimenopause 21/10, 9.45–11.45, 6 wks  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.
Sound Bath TBC  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!	Wellbeing Morning Thurs 8th Oct, 10am – 2pm  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
Mindset Matters (ZOOM) Mon 12th Oct, 7pm – 8.30pm x 4 wks  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.	APPLY – use the QR code / apply online / call in /phone  For questions Contact Amanda: 028 8772 7648 fswc.amandab@gmail.com www.firststepswomenscentre.org/apply

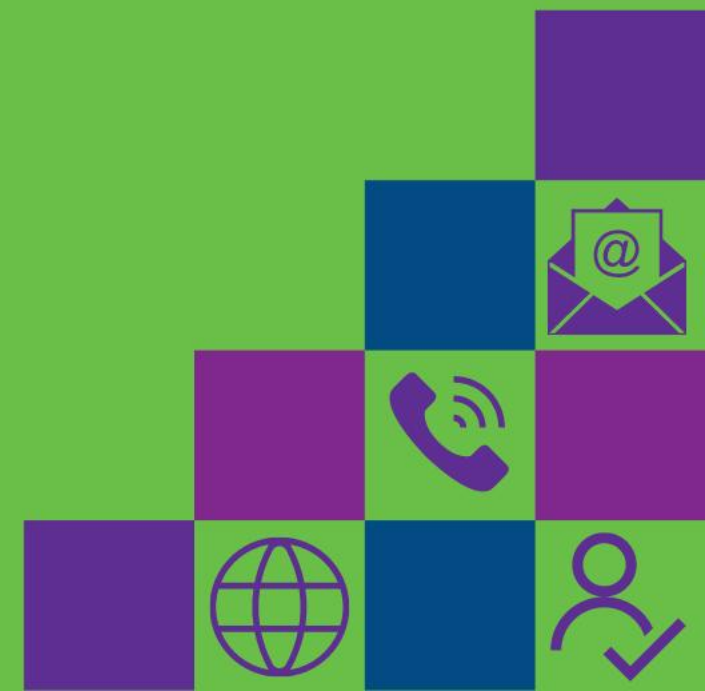
SUBMISSION		GUIDELINES
✓ Submit the information in the format you would like it to be included. We can't transform a word-heavy document into a flyer.		✓ 'FYI' will usually be issued every three weeks, on a Thursday. Please send your articles for inclusion by 4pm of the Tuesday prior to this.
✓ Less words, bigger pictures!		
✓ We do not advertise or endorse those events or programmes which are privately funded as a business.		✓ We may have to decline to advertise information which is not applicable to better outcomes for children and young people.
✓ Information will usually be included for x1 edition, unless otherwise requested.		✓ Your feedback is welcome. (We are not perfect, but strive to be as good as we can.)
		✓ Please let us know if 'FYI' has helped your service, event or activity in any way.
		
		
		
		
		
		
		



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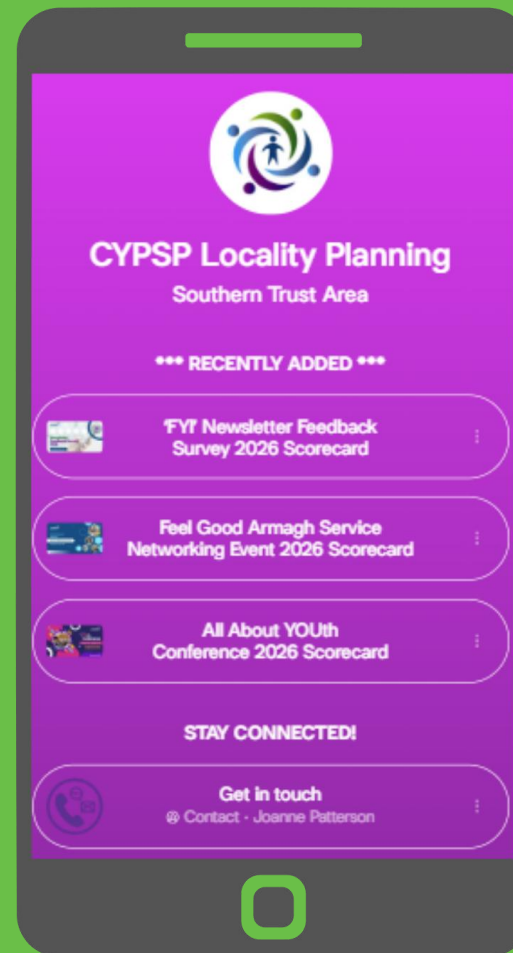
[Issue 167](#)
4th June 2026



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](#))



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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: 23 rd Deadline: 21 st
AUG	ISSUE 170	Publication: 13 th Deadline: 11 th
SEP	ISSUE 171 ISSUE 172	Publication: 3 rd Deadline: 1 st Publication: 24 th Deadline: 22 nd
OCT	ISSUE 173	Publication: 15 th Deadline: 13 th
NOV	ISSUE 174 ISSUE 175	Publication: 5 th Deadline: 3 rd Publication: 26 th Deadline: 24 th
DEC	ISSUE 176	Publication: 17 th Deadline: 15 th



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