

SOUTHERN AREA LOCALITY PLANNING GROUPS



ISSUE 170
13th August 2026



WELCOME

Welcome to Issue 170 of our newsletter, 'FYI' (For Your Information).

With summer coming towards a close, preparations for the next school year are under way and so there is lots of information on starting / back to school spread across this edition. As of today, it is also officially exam results season, so you will find details on various supports, resources & opportunities available to young people (and their families), as they look ahead to their next chapter.

We have a few weeks of summer left and there is still plenty going on across the Southern Trust Area for children, young people & families, so thank you to all those who submitted information on upcoming events, programmes and workshops for sharing.

See you in the next school year!

Locality Development Team, Southern Area

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SOUTHERN AREA LOCALITY PLANNING GROUPS MEETINGS CALENDAR 2026			
			
ARMAGH	Thursday 8 th January Thursday 5 th March Thursday 21 st May Thursday 3 rd September Thursday 5 th November	Epicentre Zoom Epicentre Zoom Epicentre	All at 10am
BANBRIDGE	Wednesday 28 th January Wednesday 15 th April Wednesday 17 th June Wednesday 23 rd September Wednesday 25 th November	Zoom Banbridge Youth Resource Centre Banbridge Youth Resource Centre Zoom Banbridge Youth Resource Centre	All at 10am
CRAIGAVON	Tuesday 13 th January Tuesday 10 th March Tuesday 12 th May Tuesday 8 th September Tuesday 10 th November	Zoom Brownlow Community Hub Zoom Brownlow Community Hub Zoom	All at 10am
DUNGANNON	Tuesday 3 rd February Tuesday 28 th April Tuesday 9 th June Tuesday 29 th September Tuesday 1 st December	Zoom Dungannon Youth Resource Centre Zoom Dungannon Youth Resource Centre Zoom	All at 10am
NEWRY & MOURNE	Wednesday 18 th February Wednesday 22 nd April Wednesday 3 rd June* Wednesday 7 th October Wednesday 9 th December	Newry Youth Resource Centre Zoom Newry Youth Resource Centre Zoom Newry Youth Resource Centre	All at 10am
SOUTH ARMAGH	Tuesday 20 th January Tuesday 24 th March Wednesday 3 rd June* Tuesday 15 th September Tuesday 17 th November	Zoom N/Hamilton Community Centre Newry Youth Resource Centre Sure Start Camlough Zoom	All at 10am

*Joint Meeting of Newry & Mourne and South Armagh LPGs

FOR ANY RELATED QUERIES, PLEASE CONTACT:

JOANNE PATTERSON (PROGRAMME SUPPORT OFFICER)
TEL: 028 9536 3216 / E-MAIL: LOCALITYPLANNING@CI-NI.ORG.UK

Do you work or volunteer for a service, organisation or group with a remit or aim to improve life for children, young people and/or families?

If so, why not join us at one (or more!) of our 6 **Locality Planning Groups** across the Southern Area

By coming along, you will:

Find out more about what's happening locally for children, young people and families

Meet other key people in the area from similar organisations

Identify the key issues of concern in your local area for families

Work together to do something about it!

Details on all remaining 2026 Locality Planning Group Meeting

venues and **formats** are available to view on the

Locality Planning Linktree [HERE](#)



We are currently finalising the **Feel Good Armagh Services Resource 2026** and want to ensure that all relevant organisations' details are included and are up-to-date, so that those seeking support in the Armagh Area are connected with the appropriate service/programme

If you wish to be (re-)included in the 'Feel Good Armagh Services Resource 2026', please do the following:

1. Check to see if your organisation is included in the 'Feel Good Armagh Services Resource **2025**' [HERE](#)
2. Update or Register your organisation's information for the 'Feel Good Armagh Services Resource 2026' by clicking [HERE](#)

The deadline for receipt of submissions is **Friday 21st August 2026 at 2pm**
(Please note, this year's resource will be released as a digital booklet and will be housed on the CYPSP website as a LIVE document)



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

Parent Programmes starting this September!

Are you looking for support, advice, or new parenting skills?

The **CYPSP Parent Programme Calendar** is now live, with a wide range of programmes

Find the right support for you:

Parenting courses

Practical advice

Local support services

View the full calendar & sign up [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

September training

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

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

Child Protection Practice

Monday 21 Sept, 09:30am - 12:30pm, In-person

October training

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

Child Protection Practice

Monday 5 October, 09:30am - 12:30pm, Online

Designated Officer

Tuesday 6 October, 09:30am - 12:30pm, Online

Child Sexual Exploitation

Wednesday 7 October, 09:30am - 12:30pm, Online

The Benefits of Outdoors for Children (Trauma Informed Perspective)

Tuesday 13 October, 09:30am - 1:30pm, In-person

Mental Health Awareness

Wednesday 14 October, 09:00am - 1:00pm, Online

Designated Officer

Tuesday 20 October, 09:30am - 12:30pm, Online



www.ci-ni.org.uk/training

September / October 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

Creating and Sustaining Healthy Cultures: Safe, Brave Spaces

Wednesday 23 Sept, 6:30pm - 9:30pm, Online

September / October training (continued) Paid Courses

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

Safer by Design: Delivering Organised Activities with Confidence

Thursday 1 October, 09:30am - 12:30pm, Online

Baby Yoga Instructor Training

Thurs 1 - Fri 2 October, 10:00am - 4:00pm, In-person





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>

Trauma Informed Approach Training

Transform the way you support children and young people while building a trauma informed approach across your organisation.

Delivered regionally across Northern Ireland by **Action Mental Health's OUR Generation** team, this CPD accredited programme developed by the Safeguarding Board for Northern Ireland (SBNI) empowers professionals to understand trauma, respond with confidence, and strengthen trauma informed practice in their everyday work with children and young people aged 9–25.

About the Training

Our trauma-informed programme supports individuals and organisations to better understand:

- ✓ Adversity and trauma
- ✓ The impact on development and behaviour
- ✓ Building resilience and supporting recovery

It is a key step towards becoming a trauma-informed workplace, improving outcomes for children, young people, and the staff who support them.



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

Training Structure

Module 1: Adversity, Trauma & Resilience Awareness (3 CPD credits)

Module 2: Developing a Trauma Informed Approach in Practice (3 CPD credits)

Duration: 3.5 hours per module.

Delivery can be split into two workshops, 1x2hr and 1x 1.5hr

Who is it for?

Anyone working with children or young people aged 9–25 years:

Senior Leadership Teams | Teaching Staff | Lecturers & Tutors | Youth Workers & Volunteers | Support Workers & Key Workers | Social Workers | Community Workers

Why this training?

- ✓ Supports your journey to becoming a trauma-informed organisation
- ✓ Builds staff confidence in responding to trauma
- ✓ Increases awareness of how adversity impacts behaviour
- ✓ Promotes resilience and recovery-focused practice



Flexible delivery, tailored and adapted to meet the needs of your team.

- ✓ Interactive and engaging workshops
- ✓ Real-life application to your setting
- ✓ Space for discussion, reflection, and shared learning
- ✓ Practical tools you can use immediately



Interested?

Get in touch to discuss how we can support your team in becoming trauma-informed.



Contact: ogteam@amh.org.uk



@OURGenCYP1



@OURGenCYP1



@OURGenCYP1



our-generation-project



ourgeneration-cyp.com



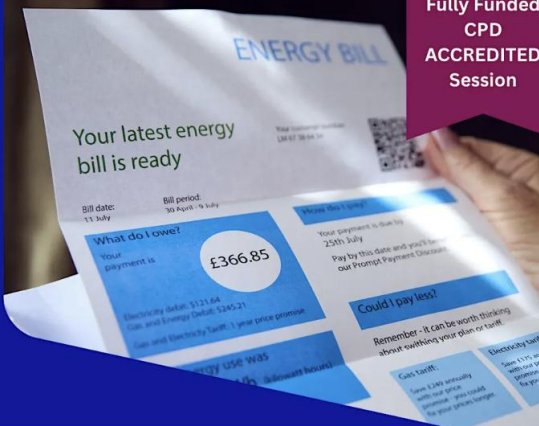
ogteam@amh.org.uk

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




in partnership with



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






BRIDGE THE GAP SCHOOL ISOLATION

School isolation is a growing issue in NI. This webinar will explore behaviour through the foundations of child and adolescent literacy and mental health – considering what behaviour may be communicating

Tuesday, 8th September
2:00 – 4:00PM
Online

- ✓ Understand School Isolation
- ✓ Learn Engagement Strategies
- ✓ Emotional First Aid
- ✓ Interactive session



 www.eventbrite.co.uk/e/school-isolation



How to talk about Suicide

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




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



Age 18+
Scan to Register

or to learn more
contact Elaine
07876261033

9th September 2026
5.30pm - 8.30pm
ONLINE - using Zoom





Mental Health Forum (NIC104 166) Ballybot House, 28 Corn Market, Newry, BT358BG Office Telephone: 028 30252423 www.thementalhealthforum.co.uk



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



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/LONDONDERY)
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:**

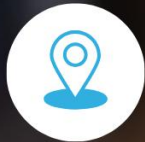
ET 5878 Mindfulness-based Cognitive Therapy for Primary Teachers & Classroom Assistants Mondays 21st September - 16th November
4.30pm-6.30pm, register [HERE](#)

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



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 14th August 2026

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



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



“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



Southern Health
and Social Care Trust

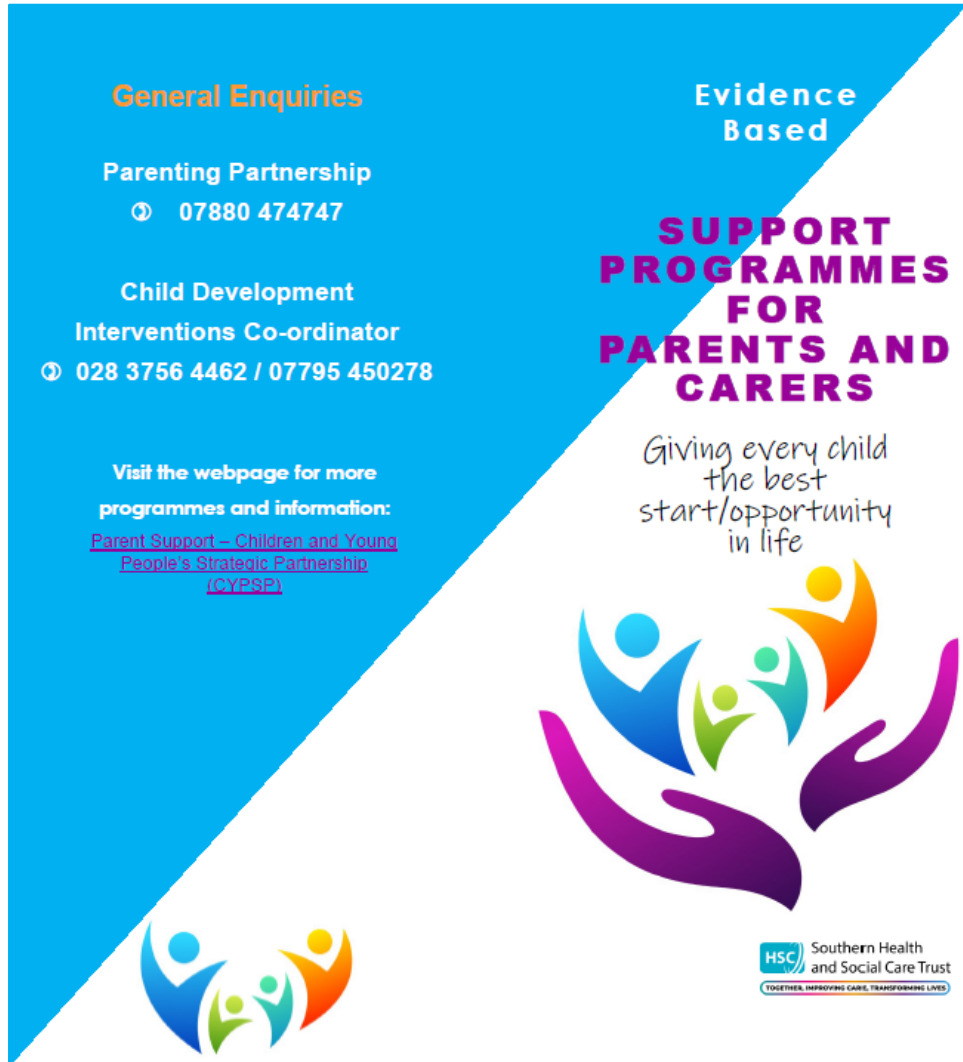
TOGETHER, IMPROVING CARE, TRANSFORMING LIVES



invest in play



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

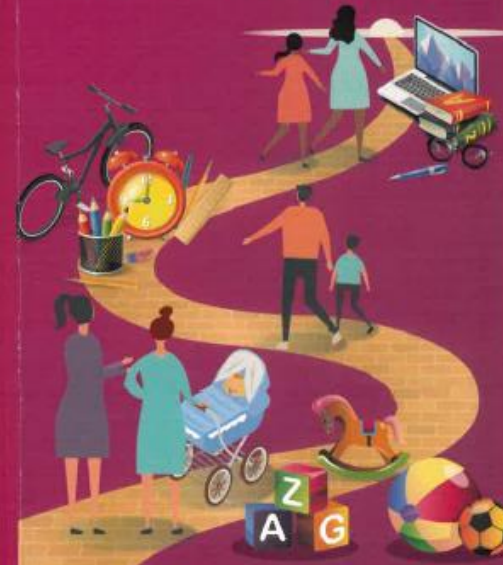
To make an application please scan the QR code or use the link below to apply:



<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](#)

TARGETED **LIFE SKILLS** SERVICE

Preventing Drug & Alcohol related harm



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

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

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

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




Mental Health Ambassador

The **Mental Health Ambassador Programme** by Action Mental Health is a dynamic young leadership initiative designed for individuals aged 16-25 who are passionate about mental health, peer support and making a positive impact. This programme equips young people with the skills, knowledge, and confidence to become mental health ambassadors in their schools, colleges, universities, and communities.

The programme is delivered over the course of five sessions. Sessions one to four last for 1.5 hours. The fifth session is a full-day event, consisting of two parts: a morning intergroup workshop and an afternoon featuring the accredited **safeTALK** course.

The programme is delivered using diverse and engaging methods, including group discussions, real-life scenarios and interactive workshops, creative planning sessions, peer-led projects, mental health tool kits community mapping, vision-building and opportunities to collaborate with other youth groups.






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

What the Programme Covers...

Ambassadors will:

- Understand mental health and its impact on daily life, relationships, and communities
- Learn how to be a positive peer and promote inclusive, respectful relationships
- Develop skills in communication, empathy, and active listening
- Explore the CBT model to build resilience and support others
- Gain knowledge of safeguarding, referral pathways, and peer support boundaries
- Create action plans for mental health events and inclusive support spaces
- Improve awareness of local and NI-wide support services and groups

Participants will build:

- Confidence in mental health literacy, peer support, and emotional intelligence
- Skills in empathy, leadership, communication, and planning
- Ability to deliver inclusive, purposeful mental health activities
- Awareness of diverse identities and how to build community belonging

Completers receive:

- A Mental Health Ambassador badge
- A certificate of completion for the full programme/SafeTALK accreditation

To find out more, scan the QR code or contact us:
OUR Generation Project
 Bloomfield House
 395-405 Newtownards Road
 Belfast BT4 1RH
 E: ogteam@amh.org.uk
 T: 02891828494

SCAN ME



www.ourgeneration-cyp.com
www.amh.org.uk

Follow us on social media:

-  @OURGenCYP1
-  @OURGenCYP1
-  @OURGenCYP1



nmctaggart@amh.org.uk



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**



<https://consult.nia-yourassembly.org.uk/school-uniforms-trousers-bill>

RURAL YOUTH IN NORTHERN IRELAND

Understanding Aspirations,
Opportunities and Challenges



The Department of Agriculture, Environment and Rural Affairs have commissioned and provided funding for the research, conducted by **Rural Community Network (RCN)**, to enable us to hear from young people about the realities of their rural lives - particularly to understand what they value, what they hope for, and what helps or limits their opportunities. RCN invites your youth group, school or youth organisation to participate in this study.

We want to hear directly from young people (12-25 years) to build a deeper understanding of the realities of living in a rural area and their experience.

If you are under 16 years of age, please ensure that you have permission from your parent or guardian before completing this questionnaire.

By participating, respondents under 16 confirm that they have obtained parental/guardian consent.

Participation is voluntary, and all responses will be treated confidentially.

If you are interested in participating, you can fill out the form [HERE](#) or email kelly@ruralcommunitynetwork.org for a copy.



SOUTHERN TRUST AREA

FUNDING



Event taking
place
TODAY!



Together for Families
A Public Sector Transformation Project

funded by



Department of
Health
An Roinn Sláinte
Máinistire O Poustle
www.health-ni.gov.uk



COMMUNITY
FUND

**NEWRY, MOURNE
AND COUNTRY
HOTEL, 52 BELFAST
ROAD, NEWRY:**

**13TH AUGUST
2-4.30PM**



NEIGHBOURHOOD
MODEL OF HEALTH AND WELLBEING



Department of
Health
www.health-ni.gov.uk



HSC RESET
STABILISE | REFORM | DELIVER

Together for Families is hosting sessions on funding applications, aimed at Voluntary, Community & Social Enterprise organisations which have supported families with complex needs

To register, e-mail
togetherforfamilies@health-ni.gov.uk



Could you be our new
**Cancer Survivor
Coordinator?**

Are you a caring veteran with passion and professionalism?
Seeking a career that gives back to the community?

Check out our job listing for Cancer Survivor Coordinator funded
by Macmillan based from our office in Cookstown

For more details please e-mail info@lilaccancer.org with the
words "Cancer Survivor Coordinator" in the subject line, and
request the full Job Spec and link to our application form



WE ARE HIRING!

Autonomie
Independence through education and support

2 SAIL PROJECT SUPPORT WORKERS

Join our fantastic team and help young people build confidence, develop life skills and **achieve their potential!**

-  **SUPPORT YOUNG PEOPLE TO THRIVE**
-  **BUILD CONFIDENCE & INDEPENDENCE**
-  **BE PART OF A CARING & FRIENDLY TEAM**
-  **REWARDING ROLE, POSITIVE IMPACT**

MAKE A DIFFERENCE EVERY DAY!

YOUR CARE CAN CHANGE SOMEONE'S FUTURE

HOW TO APPLY

Please contact **Sandra McDonald** Project Manager

 **07707 198706**

 **sandra@autonomie.org.uk**

BE PART OF SOMETHING SPECIAL!

WE CAN'T WAIT TO HEAR FROM YOU!



sandra@autonomie.org.uk



The **Careers Service** is here to support young people and their parents/guardians as they consider the next steps at exam results time

A/AS Level - 13th August 2026 - GCSE - 20th August 2026

Young people have important decisions to make about what comes next and their options include continuing in full-time education, starting an apprenticeship/traineeship, getting a job or taking a gap year

Parents/guardians also play a vital role in supporting young people at this time, particularly if they do not receive the results they had anticipated

Are you aware of the support the Careers Service can offer?

Professionally qualified Careers Advisers provide free impartial advice and guidance for young people and for their parents/guardians who want support with next-step decisions

Using up-to-date labour market information and knowledge of growing sectors, Careers Advisers can help identify suitable pathways and opportunities that may not previously have been considered

Support for young people with special educational needs

Careers Advisers can support young people with special educational needs to explore suitable options in education, training and employment



Contacting the Careers Service

If you or your child need support after receiving exam results, the Careers Service can provide practical advice and guidance

Support is available for young people at different stages of their educational and career journey, including those who have already left school

Telephone: 0300 200 7820

E-mail Careers Service by completing the online form [HERE](#)

Go online and chat with a Careers Adviser [HERE](#)

The Careers Service is available to provide support to students and parents/guardians from 9.30am to 4:30pm Monday to Friday (excluding public holidays)





A Level Students - Links for UCAS Clearing/Universities

[UCAS Results, Confirmation & Clearing](#)

[Queen's University Belfast](#)

[Ulster University](#)

[Stranmillis University College](#)

[St Mary's University College](#)

[Open University](#)

Further Education (FE) Colleges which provide full-time and part-time Higher and Further Education courses

[Belfast Met](#)

[College of Agriculture, Food and Rural Enterprise - CAFRE](#)

[North West Regional College](#)

[Northern Regional College](#)

[South Eastern Regional College](#)

[South West College](#)

[Southern Regional College](#)

[A Guide to Career Entry Routes](#) - A concise resource offering an overview of entry routes available locally, and the progression between different levels of qualification, from **Entry Level through to Level 8**





government services | seirbhísí rialtais

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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](#)



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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](#)





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



Aspire relies on volunteers to help run our school sessions in 29 schools across the country

Could you volunteer with us?

Even 1 hour a week and make an impact on our next generation

Sign up [HERE](https://aspireni.org/volunteer) today!



**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



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

Go to Starting a new school

Parent LineNI
0808 8020 400

How do you feel about your child's move?
Try to take time to acknowledge your own feelings as you oversee practical preparations. This way, you will be supporting your child to do the same.

If this is a change from primary to secondary, embrace & encourage the increasing independence your child will need.

We all cope better with change if we feel well prepared and supported. It may be useful to consider together...

- What does your child already know?
- What will stay the same?
- What will change?
- Are there any worries?
- What could help?
- What would they like to know?
- Where would you find information?

Maybe include an older child to help with hints & tips from their own experience.

Practicalities
Getting the basics sorted in advance creates confidence and avoids last minute panics. e.g. practise the journey to school, plan arrangements for lunch, agree mobile rules.

As much as possible, aim to be 'alongside' and supportive, rather than directing and organising.

Some anxiety can actually be a good thing.
Some feelings of anxiety during new experiences are really healthy. The increased awareness means we are better prepared to notice differences and process changes. Some anxiety means our body is helping us to manage new environments more successfully.

If anxiety levels have become too high, help is available.

Go To for Emotionally Based School Avoidance

We are here to support, listen or advise anytime. Contact us Monday to Thursday 9am to 9pm. Friday 9am to 5pm and Saturday 9am to 1pm

Go-to for Emotionally Based School Avoidance

Parent LineNI
0808 8020 400

Emotionally Based School Avoidance (EBSA) refers to difficulty in attending school due to intense, adverse emotional factors. It is estimated to affect 1-5% of school-age children and is more prevalent in secondary schools.

School Avoidance
School avoidance is different from truancy (skipping school) and school refusal or being kept home by parents.

In school avoidance, the child may want to go to school but feel they can't because of anxiety and emotional distress.

School Avoidance Cycle
Once anxiety manifests, children and young people frequently fall into a school avoidance cycle.

Early intervention is key!
Try to avoid waiting until your child stops going to school before you get help.

Stay alert for early signs.

- Talking negatively about school
- Intense emotions when preparing for school, especially after a break or illness
- Complaining of headaches or stomach aches
- Becoming more distant from family and friends
- Trouble sleeping and reluctance to get out of bed in the morning
- Feeling nauseous or unwell

"School avoidance is not about CAN'T. It is about not feeling safe enough right now."

REMEMBER....

Tune in and talk about their/your feelings.
Be prepared for regression - more cuddles needed. This is normal.

Supporting your child through the school year

- Familiarise yourself with what your child is learning
- Get access to school rules/policies
- What facilities are there in the school for children and for parents?
- Attend parent meetings
- Are there any courses or workshops in the school for parents?
- ASK advice on how you can best support your child's learning at home?
- Seek advice and support when you need

Parent LineNI
0808 8020 400

PARENTLINE ARE HERE

Mon-Thurs 9am-9pm
Fri 9am-5pm
Sat 9am-1pm

webchat; ci-ni.org.uk
email; parentline@ci-ni.org.uk

A Guide for Parents

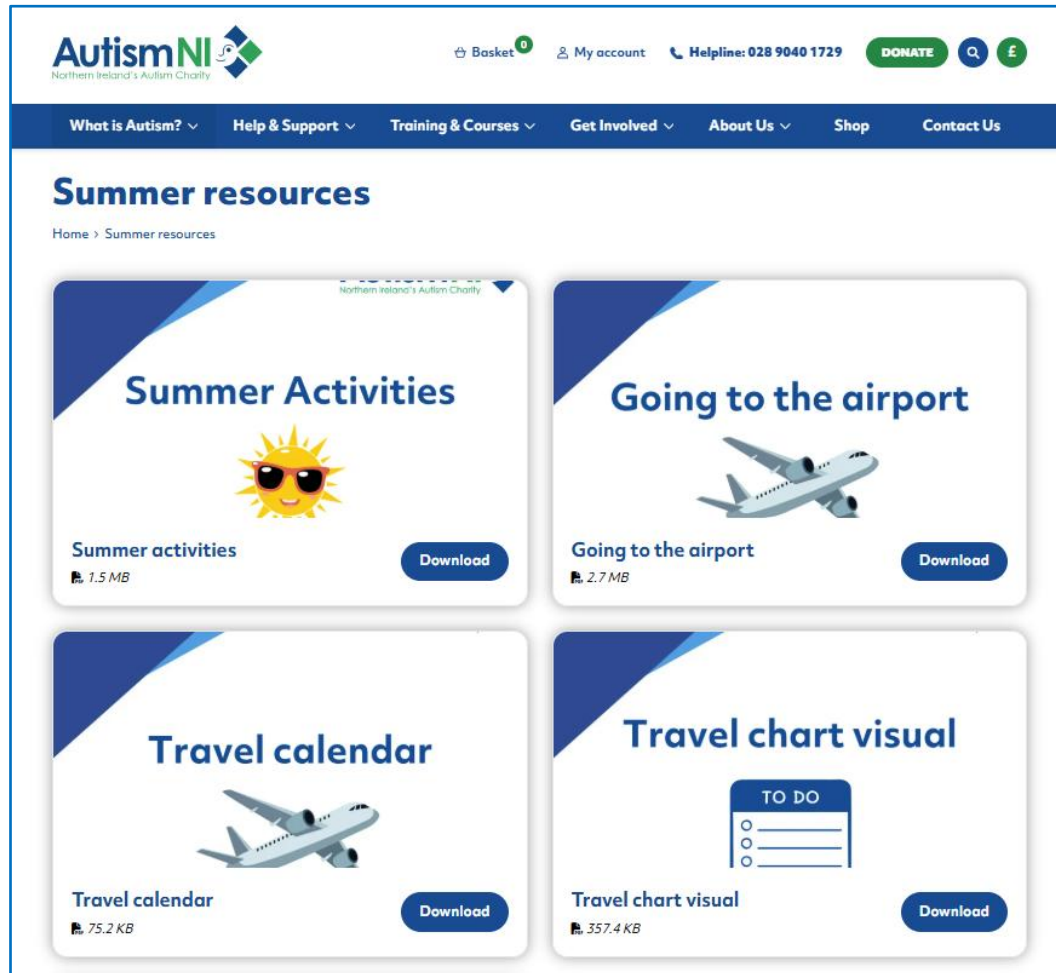
Parent LineNI
0808 8020 400

A B C

- Here for you
- Ear to listen
- Respect
- Every parent

If you or anyone you know would like some support, advice or ear to listen remember Parentline are HERE for you

Download a range of 'Go-To' Resources relating to starting / back to school and more [HERE](#)



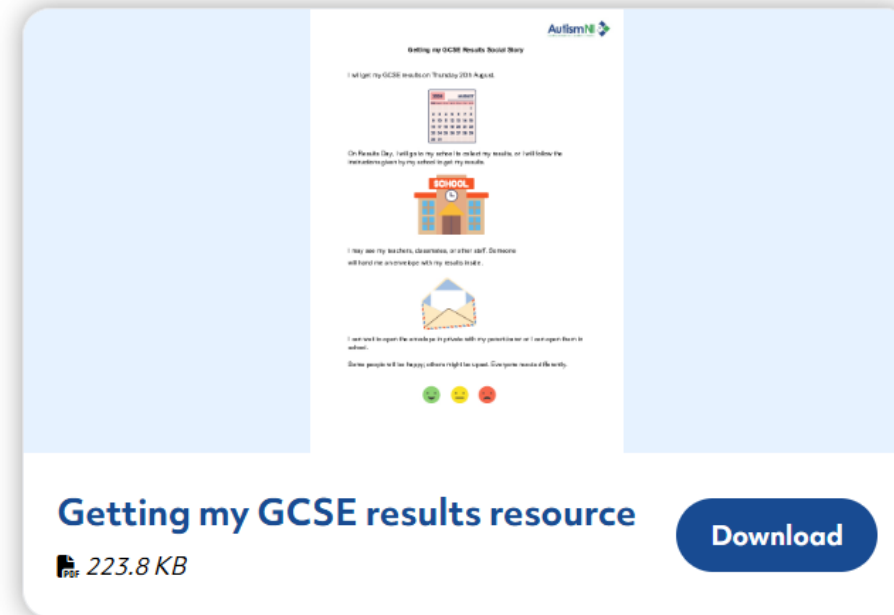
The screenshot shows the AutismNI website with a navigation bar at the top. The main heading is "Summer resources". Below it, there are four resource cards:

- Summer Activities**: 1.5 MB, Download button.
- Going to the airport**: 2.7 MB, Download button.
- Travel calendar**: 75.2 KB, Download button.
- Travel chart visual**: 357.4 KB, Download button.

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

Getting my GCSE results resource

We have created a useful social story on what to expect when getting your GCSE results.



The screenshot shows a social story titled "Getting my GCSE Results Social Story". It includes illustrations of a calendar, a school building, and a person holding a certificate. The text describes the process of getting GCSE results, from the date of the results to the school's role in providing them. At the bottom, there is a "Download" button and a file size of 223.8 KB.

 <https://autismni.org/GCSE-Results>



Starting School

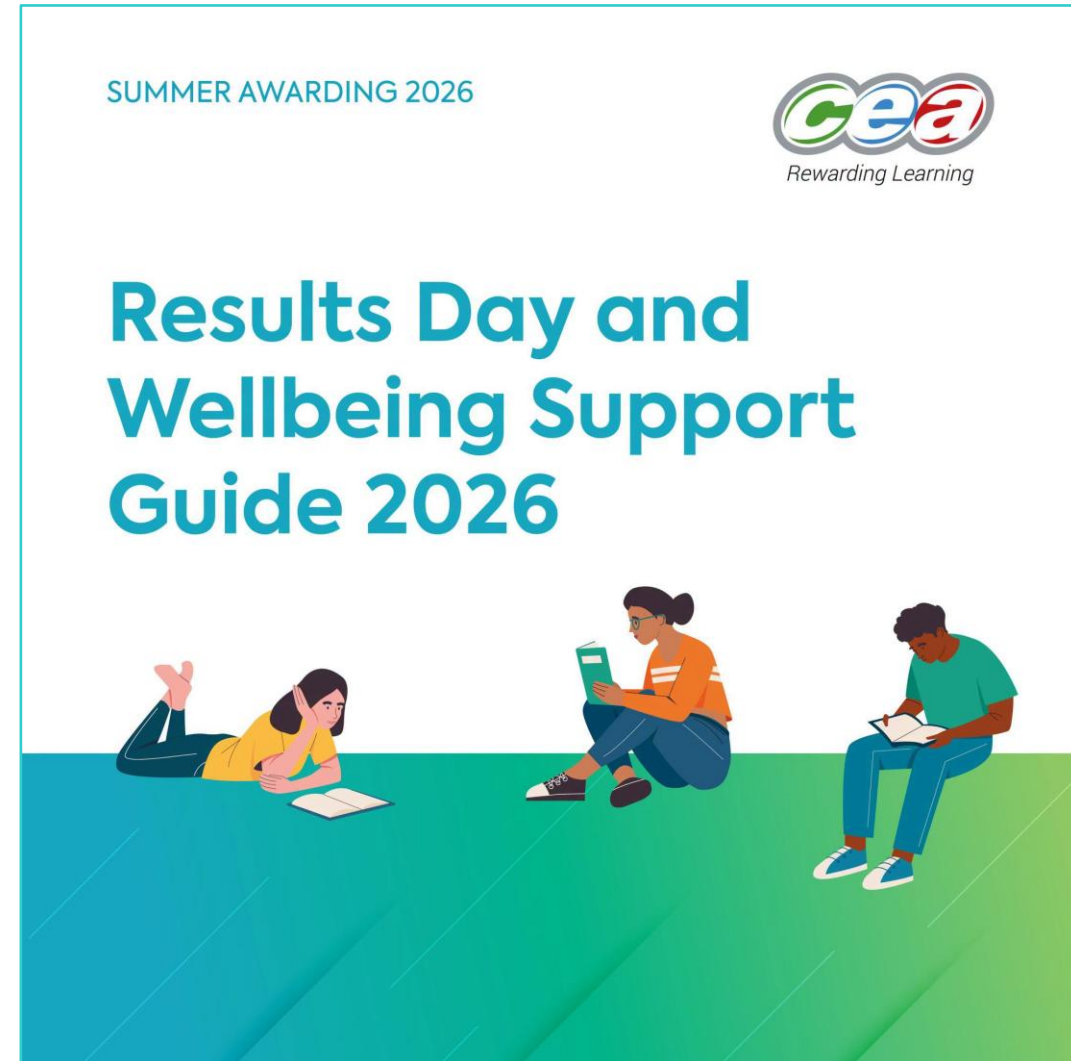
USEFUL RESOURCES

- Book recommendations
- Fun play ideas
- Transition tips
- Language development support
- Routine guidance
- Toilet training advice

 **ea** Education Authority



www.gettingreadytolearn.co.uk



SUMMER AWARDING 2026

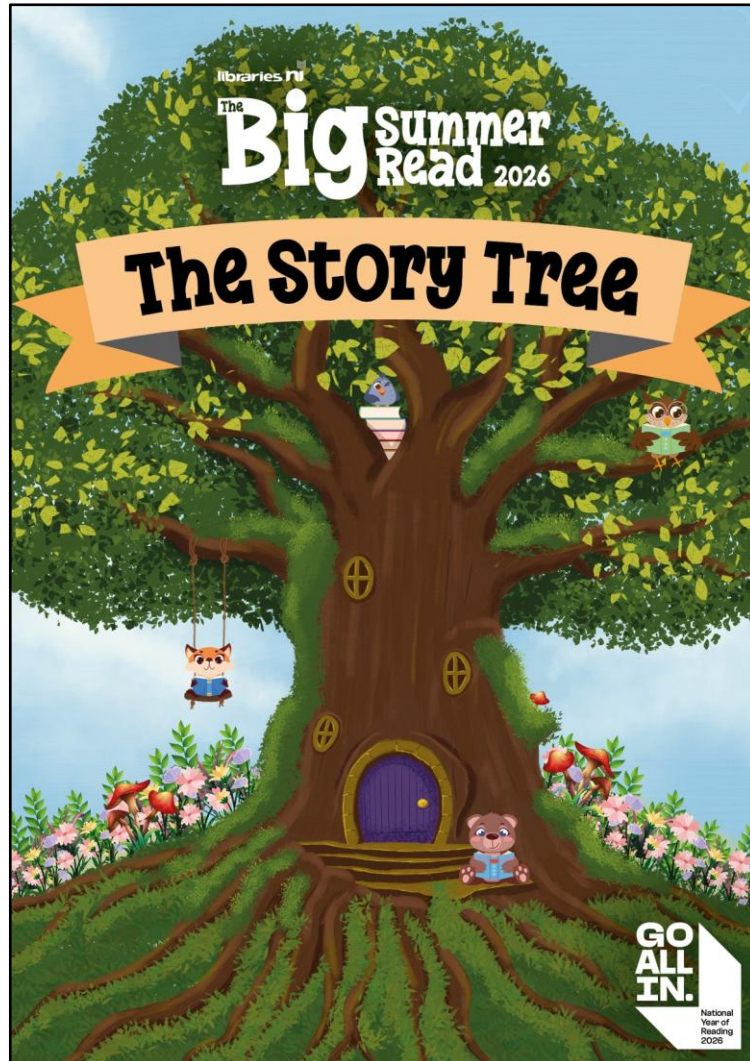

Rewarding Learning

Results Day and Wellbeing Support Guide 2026





<https://cea.org.uk/exams-results-support>



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



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

All resources available to download FREE at www.e-Bug.eu/en-xi

Shared with organisations across the Children and Young People's Strategic Partnership in Northern Ireland



e-Bug
operated by UK Health Security Agency

Flexible and interactive resources available for youth groups, community organisations and informal learning settings



e-Bug resources help young people learn how to:

- prevent infections spreading
- practise good hand hygiene
- keep antibiotics working

e-Bug resources contain:

- easy guides for youth leaders
- step-by-step activities
- interactive games and discussions
- the Antibiotic Guardian youth badge to award to young people on completion of the programme



 www.e-Bug.eu/en-xi  amr@hscni.net

Funded in Northern Ireland by the Public Health Agency
12-22 Linenhall Street, Belfast BT2 8BS

08/20



<https://www.e-bug.eu/en-xi>



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

 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>



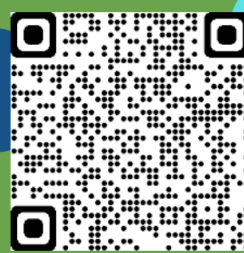
Children & Young People's Strategic Partnership

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>



SOUTHERN TRUST AREA

FAMILY
SUPPORT

STEPPING INTO SCHOOL

Parent Line NI
0808 8020 400

FREE WORKSHOP FOR PARENTS AND CARERS

Understanding School Emotions	Building school connections
Managing Anxiety	Creating a Supportive Home

Monday 17th
August
7pm-8.30pm
on Zoom

Call 0808 8020 400 for more information or to book a place.

 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

Pharos Service

A Barnardo's service supporting children, young people and their families affected by problematic substance use by parents



BARNARD'S
NORTHERN
IRELAND

Changing childhoods.
Changing lives.

Pharos is a support service for families and children affected by parental substance misuse

Sessions are provided on an individual, family or group basis, and includes outreach and centre-based work

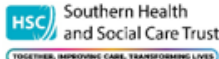
We know looking after your family can be tough at times - We support parents, carers and families with guidance and activities so children and young people can feel safe, happy, healthy and hopeful

Watch the video [HERE](#) to find out more



At Henry, we believe every child deserves the healthiest start in life
We support families with free, practical programmes on healthy eating, parenting, and
early childhood development
From tips on nutrition to building strong family bonds, our videos provide expert advice
to help children thrive
Follow us to discover resources that make a real difference for families and
practitioners across Northern Ireland
Watch the Henry Explainer Video [HERE](#)
Find Henry Support Near You [HERE](#)





Dementia Navigator Service

Free drop-in session for carers, family and friends of people living with dementia or anyone who is concerned about memory issues.

We are available to talk with you and answer any questions and signpost you to information and resources if needed.

Upcoming Dates

- Wednesday 5th August. Time- 10am- 12noon. Dromore Library—38 Market Square, Dromore, BT25 1AW.
- Friday 18th September. Time- 2pm- 4pm. Keady Library- 3 Bridge Street, Keady, BT60 3TA.
- Wednesday 7th October. Time- 10am- 12noon. Portadown Library- Church Street, Portadown, BT62 3LQ.
- Wednesday 4th November. Time- 2pm- 4pm. Rathfriland Library- 12 John Street, Rathfriland, BT34 5QH.
- Tuesday 24th November. Time- 2pm- 4pm. Tandragee Library- 84 Market Street, Tandragee, BT62 2BP.
- Tuesday 8th December. Time- 10am- 12noon. Richhill Library- 1 Maynooth Road, Richhill, BT61 9PE







HEALTH VISITING INFANT FEEDING HELPLINE

Supporting you and your concerns about:

✓ Breastfeeding	✓ Crying
✓ Colic	✓ Constipation
✓ Allergy	✓ Reflux
✓ Formula	✓ Mixed feeding

Contact the team

07342 065152

Helpline operates Monday to Friday 6pm to 9pm, excluding Bank Holidays.

Helpline for babies from birth to 9 months old.



Jordanne.Downey@southerntrust.hscni.net



07342 065152



Women's Housing Support Project

Our Southern Women's Homeless Support Service provides intensive, one-to-one support from a dedicated female keyworker to women 18+ across the Southern Housing Area who are homeless or at risk of homelessness and experiencing co-occurring mental health or substance use issues, helping them access and sustain safe, settled accommodation

How do I get support?

If you're a professional or organisation looking to refer someone to this service, you can request a referral form by emailing SWHSS@extern.org.

If you're experiencing homelessness or at risk of homelessness yourself, you can self-refer directly by calling **07822 872468**.



Support for women 18+ facing homelessness across Armagh, Banbridge, Craigavon, Newry, Mourne & Down and Mid Ulster.



www.extern.org/womens-housing-support-project



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



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**



Helping You Find the Services You Need



Department of Health
An Roinn Sláinte
Ministère de la Santé
www.health-ni.gov.uk



Health and Social Care



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



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?

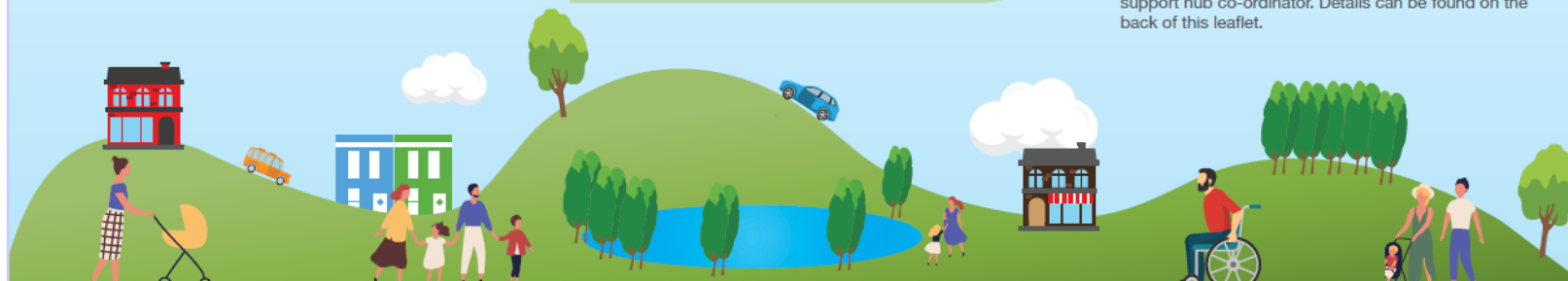
- Your family would like support - this is a voluntary process and you can withdraw your referral at any time.
- You are a family with children aged 0 -17 years.
- No social worker currently involved with your family.

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.



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>



Book your **free**
MenB vaccine
from 31 July
to help protect
against meningitis
and septicaemia



For information on who is eligible
and where to get it, see
www.nidirect.gov.uk/menb-vaccine

**Meningococcal B
vaccination**

Young people urged to receive lifesaving MenB jab

In June, Health Minister Mike Nesbitt announced that a one-off Meningococcal B (MenB) vaccination programme for adolescents would be rolled out in Northern Ireland, aimed at helping to protect those who are considered to be at the highest risk of MenB. The PHA recently released details of the programme and are urging thousands of young people heading to university and further education colleges this autumn to book their potentially lifesaving free MenB vaccine.

As of 31st July, vaccinations are being offered through GP practices and participating community pharmacies across Northern Ireland. Two doses of the MenB vaccine given at least four weeks apart are needed for the maximum possible protection.

Find out more on who is eligible and where to get the vaccine [HERE](#)

Digital Connections Summer Programme

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

FREE PROGRAMME

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

Coding
 BBC Micro:bits
 Animation
 Digital Games
 Digital Stories
 Graphic Design
 Robotics

Ages 12-16
 OK CANCEL

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

T:buc Changing for the better, together
T:buc Councils Working together for the better
 Northern Ireland Executive
 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/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

Federation of Family Practices Newry & District
BOLSTER COMMUNITY
COMMUNITY FUND



Funding ABC

Online applications opening soon!

- Community Grants
- Good Relations Grants
- Arts, Culture & Events Grants
- Small Capital Grants

 armaghbanbridgecraigavon.gov.uk/fundingabc



armaghbanbridgecraigavon.gov.uk



Online applications will open on Monday 17th August at 9.00am for a range of community grant programmes to support the voluntary, community and social enterprise sector with running costs, programmes and events for the period 1 December 2026 - 31 March 2027 (including Christmas tree switch-on events from 16 November)

Keep an eye out on socials and find out more [HERE](#)



It's time to celebrate the outstanding people and groups who help make our borough such a vibrant, caring and connected place to live!

Nominations are now open for the **Community Awards 2026**, recognising those who go the extra mile to support others and make a positive impact across our communities

Organised by **Armagh City, Banbridge and Craigavon Borough Council**, the Community Awards feature 11 categories that shine a spotlight on the remarkable achievements, dedication and community spirit of local volunteers, groups and champions who make a real difference every day

The award categories are: Age Friendly, Youth Champion, Innovation, Equality and Good Relations, Health and Wellbeing, Community Eco, Volunteer of the Year, Lifetime Achiever, Under 18 Youth Volunteer, Community Safety and the Everyone Everywhere Everyday Award

The deadline for nominations is 12 noon on **Friday 21st August 2026**, and the awards ceremony will be held at the Seagoe Hotel, Portadown, on Friday 16 October 2026

Nominations can be made [HERE](#)



ARMAGH LPG AREA



SKILLS FOR LIFE & WORK

OPEN DAY

Join us for our **Open Day** at our new premises in Armagh and discover our **Skills For Life & Work** programme.

Meet the team, get a tour and find out how we can **support your journey** into further education, training or work.

**Tuesday 25th Aug**

**10am- 2pm**

**39c Abbey St, Armagh**


SCAN HERE

**028 9035 6600**

**info@usel.co.uk**



SKILLS FOR LIFE & WORK

An **Entry Level & Level 1** programme for young people (age **16-21**, or up to **24** if in care), build confidence, gain qualifications, develop independence, prepare for employment, or take your next step into training and work.

Skills For Life & Work
Expression of interest


SCAN HERE

**ENROLMENT FOR
SEPTEMBER 2026
now open!**

**Abbey Street, Armagh**

**028 9035 6600**

**usel.co.uk**

**info@usel.co.uk**



phmurphy@usel.co.uk



ARMAGH LPG AREA



Help Shape the Future of Community Transport

Armagh Rural Transport is working in partnership with **Newry Mourne Community Transport** on the Connect & Go project, and we want to hear from individuals who are not currently using our community transport services

Your feedback will help us better understand:

- Which areas need better transport options
- What barriers prevent individuals from using community transport
 - How our services could be improved
- Where additional support may be needed

If you're an individual who doesn't currently use our services, we'd love to hear from you!

Please take a few minutes to complete our short survey [HERE](#)

Every response will help us identify where we should focus our efforts and how we can make community transport more accessible and useful for local people

Please share this post with friends, family, neighbours, or anyone who may be interested

Your feedback could make a real difference in shaping the future of community transport across our communities



ARMAGH LPG AREA



Walk Leader Training

Wednesday 19th August at 10:30am

Armagh City Hotel

Contact Ryan for more information
Email: WalkingforAll@armaghbanbridgecraigavon.gov.uk
Tel: 07500 099243

www.walkingforall.com

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

 **Armagh City
Banbridge
& Craigavon**
Borough Council

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

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**
Lurgymullen 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 |   



WalkingforAll@armaghbanbridgecraigavon.gov.uk



07803 413 049



BANBRIDGE LPG AREA



gareth.white@youthinitiatives.com



<https://gracegeneration.churchsuite.com/events>



BANBRIDGE LPG AREA



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

Banbridge Jobs & Benefits office presents

Youth Support Event

(For ages 16-25)

Tuesday 25 August 2026, 1.30pm - 3.30pm
Banbridge Jobs & Benefits office

Local organisations will be in attendance on the day to provide support and advice on:

- ▶ Current employment opportunities
- ▶ Training & apprenticeship programs
- ▶ Careers guidance
- ▶ CV & interview tips

Contact Banbridge Jobs & Benefits office for more information.



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](#)



NEWRY & MOURNE LPG AREA



Event taking
place
TODAY!

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

NEWRY DEA PRESENTS

PARTY IN THE PARK

FREE EVENT

FUN COMMUNITY EVENT

Thursday 13th August
2:00pm - 4:00pm
Shandon Park Play Area

Join us for an afternoon filled with fun and community engagement activities designed for residents and families to enjoy at Shandon Park Play Area.

- Family Sports Activities
- African Drumming Workshop
- Bouncy Castle
- Facepainting
- Multicultural Activities
- Community Engagement with Council Teams

Northern Ireland Executive | T:buc | Housing for all | Housing Executive | Ardara

Nine people
Ten minutes each
True stories



tenx9.com
@tenx9

Belonging

email: tenx9belfast@gmail.com



Friday 21 August 2026
7.30pm
Bellini's Merchants Quay, Newry.

ief
integrated
education fund



tenx9belfast@gmail.com

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

NEWRY OEA AND NEIGHBOURHOOD RENEWAL PRESENT

NEWRY WATER FESTIVAL

Monday 31st August
12:00pm - 4.00pm
Albert Basin, Newry

Land & Water Activities Including

- Paddleboarding ■ Climbing Wall
- Currach Boats ■ Dunk Tank
- Trampolines ■ Facepainting
- Arts & Crafts ■ Health Checks & More

Join us for a fun-filled day of free activities for all ages!

Northern Ireland Executive
T:buc
Housing for all
Housing Executive
Radius HOUSING
Department for Communities
R&P
NEWRY
BUSINESS IMPROVEMENT DISTRICT
Promoting Wellbeing DIVISION
HSC
Southern Health and Social Care Trust
VOLUNTEER NOW

NEWRY MELA 2026
Many Routes, One Celebration

NEWRY INDIAN ARTS CLUB
NIAC

FREE EVENT

SCAN FOR TICKETS

NEWRY MELA FESTIVAL

Exploring and Celebrating Cultural Diversity

SUNDAY 6TH SEPTEMBER | 12:00PM - 6:00PM
MCCLELLAND PARK, NEWRY

Activities on the day include:

- ✳ Cultural Performances ✳ World Food Corner
- ✳ Fun Fair Activities ✳ Live Music ✳ Fashion Show
- ✳ Arts & Crafts ✳ Exhibition Centre

Food and drinks are available to purchase at your own expense

Join in, have fun and celebrate diversity!

Kindly funded and supported by

Northern Ireland Executive
T:buc
Housing for all
Housing Executive
Radius HOUSING
Department for Communities
R&P
NEWRY
BUSINESS IMPROVEMENT DISTRICT
Promoting Wellbeing DIVISION
HSC
Southern Health and Social Care Trust
VOLUNTEER NOW



Could
you
welcome visitors
to
**Newry Water
Festival?**
On Mon 31st Aug

You can volunteer. You can change lives.

Could you help give Newry Water Fest visitors a warm welcome?

Join us on Bank holiday Monday 31st August (11.30am - 4pm) and be part of the team helping to create a fun, friendly and inclusive experience for everyone attending

You'll help welcome visitors, answer questions, and share information about activities

Meet new people and be part of a great team

Support a celebration of community, diversity and active outdoor living

No experience needed

Families are welcome to volunteer, with a parent or guardian (18+) accompanying young people aged 12+

Interested? Sign up [HERE](#)

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??
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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



How to talk about Suicide

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




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



Age 18+
 Scan to Register

or to learn more contact Elaine
 07876261033

24th September 2026
 9.30am - 1.00pm
 Ballybot House, Newry BT35 8BG

Mental Health Forum (NIC104166) Ballybot House, 28 Corn Market, Newry, BT358BG Office Telephone: 028 30252423 www.thementalhealthforum.co.uk

Zero Suicide Alliance HSC Southern Health and Social Care Trust FLIGHTS OF HOPE



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



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.

Healthy & Respectful Relationships Workshops

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

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

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



Secure your place **now!**

Topics include:

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

For more information:

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



fionam@womensaidarmaghdown.org

Transformation & Reimaging

Let's shape better places together

21 areas across Newry, Mourne and Down District Council have been selected to create local action plans to build civic pride and improve the places where we live.



We're looking for local residents to share ideas and help reimagine their community. Participants will take part in study visits and creative workshops to design small-scale community improvements, such as gardening projects, art work, civic programmes or clean-up initiatives that make areas more vibrant and welcoming.



We're asking for **15 hours** of your time between **July and October 2026** and enthusiasm about making your local area better for everyone. You could be from a community group or individual resident, we're open to all.



As part of this reimaging initiative, one project from each of the 21 Area Action Plans will be developed, with a budget of **£7,000** allocated to each project

Click the link or email reimaging@maywe.co.uk to find out more or sign up for your area!



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



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



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...





Mindfulness in the Garden

Come along to our Mindfulness in the Garden programme where we can listen to the birds singing, look carefully at the colourful plants and tiny insects around us. Lots of fun exploring the different textures in the world around us.

Toddle & Talk

Join our Speech and Language Team in September for 4 weeks of play and activities to support language development.

We'll have free play, nursery rhymes and a healthy snack, and there'll be opportunities to talk with staff about any concerns you may have. Aimed at children aged 2-3 years.



New Born - Next Steps

New Born - Next Steps is designed to help expectant parents feel confident and prepared as they welcome their new baby.

The programme will include information on infant feeding choices, recognising feeding cues, positioning and attachment and what to expect however you choose to feed your baby.

Practical skills for the early days: from safe sleeping and bathing to nappy changing and winding, you will gain simple skills to help you feel ready and reassured.

Creative Parents

Let your inner child out for an evening of creativity as we delve into our imagination and create some works of art through painting, clay modelling and much more. Engaging in creative play can release endorphins which helps to reduce stress.



Mindfulness in Nature Walk

Enjoy the Summer outdoors with a Mindfulness in Nature Walk.

Bring your child along for a gentle nature walk where we explore and notice the magic of the outdoors.

Children will:

- Use their senses to explore nature
- Discover mini beasts and woodland treasures
- Learn simple mindfulness skills
- Enjoy fresh air and fun in nature

A lovely way to enjoy Summer and help children feel calm, curious, and connected to the natural world.



Summer Tummy Time

The NHS recommends tummy time to build muscles that your baby will eventually need for sitting and crawling.

Book onto our Tummy Time sessions where we cover different tummy time positions, benefits, activity ideas and baby back massage.



Toddler First Aid



Poor Ted has bumped his head... can you help?

Join our fun and interactive Toddler First Aid session, where little ones learn simple first aid skills through play and a story.

Helping children build confidence while teaching important safety basics in an engaging, age-appropriate way! For children aged 2 - 3 years.

www.surestartsa.org

39 Newtown Road, Cowan's Yard, Camlough BT35 7JJ
t 028 3083 0022 • e info@surestartsa.org



For programme dates & times see overleaf and/or our online calendar!



Newsletter

www.surestartsa.org

ISSUE 116

August & September 2026

Celebrating World Breastfeeding Week

World Breastfeeding Week is celebrated every year from 1-7 August and is an opportunity to recognise the importance of breastfeeding for babies, mothers, families and communities.

It is also a time to remind families that breastfeeding is a learning journey and that support, encouragement and practical advice can make a real difference.

During this week, we celebrate every breastfeeding journey - whether it is just beginning, or coming to an end. Every family's experience is different, and no one should feel they have to manage alone. Midwives, health visitors and breastfeeding support services are available to listen, answer questions and help parents feel confident in feeding their baby.

Join us for our celebration at our Breastfeeding Support Group on Thursday 6th August in our Camlough Programme Room.



Breastfeeding for a Sustainable Start in Life: Strengthen What Works
WABA | WORLD BREASTFEEDING WEEK 2026

Autumn Flower Design

Discover the beauty of autumn through flowers! Come along to our Autumn Flower Design - no experience needed.

Whether you're a complete beginner or just want to enjoy a fun, social craft session, this hands-on programme is for you. Includes seasonal flowers and materials to create your own beautiful autumn design to take home.



Come and Meet the Midwife

A friendly drop-in session for expectant parents and families.

Are you between 18 - 24 weeks pregnant and planning for birth? Join us for an informal "Come and Meet the Midwife" session. This is a welcoming opportunity to meet our Midwife Tracy, ask questions, and find out more about the care, information and support available throughout pregnancy, birth and after your baby arrives. No need to book - just come along.



Baby Reflexology

Baby reflexology is a gentle, non-invasive practice that uses light pressure on specific areas of a baby's feet to encourage relaxation and promote overall wellbeing.

Our baby reflexology sessions are a lovely way to bond with baby and designed with your baby's comfort and safety in mind.

Potential benefits may include:

- Encouraging relaxation and healthy sleep routine
- To help support the teeth as they come in and help with pain relief
- To help soothe little one's digestion



National Play Day

Join us in celebrating the national day for play, highlighting the importance of play in children's lives and celebrating their right to play.

The theme for this year's Playday is "Play - here, there, everywhere."

This year's theme highlights the importance of creating opportunities for children to play wherever they are. Play happens here, there and everywhere, from living rooms to school gates, to streets, parks, and neighbourhoods. It's a part of children's everyday life, and has a monumental impact on their happiness, health, and wellbeing. When children are supported to play in these everyday spaces, we help nurture positive outcomes and create communities where children can thrive.



www.surestartsa.org/media/uploads/AugSept_2026.pdf

Sure Start South Armagh

t 028 3083 0022

e info@surestartsa.org



SOUTH ARMAGH LPG AREA

SLIEVE GULLION DEA PRESENTS

ROOTED IN CONFIDENCE

Hair Loss Workshop

*Empowering you with expert knowledge,
meaningful connections and the confidence
to embrace your hair loss journey*

14 **SEPT** **Monday 14**
September

7:00 PM
9:00 PM

Swankey
Coffee
35 Silverbridge Road
BT35 9LG

WORKSHOP STRICTLY FOR INDIVIDUALS EXPERIENCING HAIR LOSS - BOOKING ESSENTIAL - EMAIL:
AOIFE.MCCOMISKEY@NMANDD.ORG

LIMITED SPACES
PRIORITY WILL BE GIVEN TO RESIDENTS
OF THE SLIEVE GULLION DEA

Hair Loss Discussion
Expert discussion on causes of hair loss (including menopause; medical treatments; alopecia; hormone changes and stress); recommended medical tests; treatments/ services available locally and funding provision.

Hair Piece Display
Learn about the different hair piece solutions including hair toppers; wigs and a range of hair systems.

Live Demos
Hair topper live styling workshop and hair follicle scanner demonstration.

Bridgen King

Maria McGuinness

INFO STANDS, GOODIE BAGS & REFRESHMENTS

HSC Public Health Agency
Project supported by the PHA

Newry & District
Federation of Family Practices

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

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



aoife.mccomiskey@nmandd.org



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

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

 Comhairle Ceantair
Lár Uladh
Mid Ulster
District Council





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



DUNGANNON LPG AREA

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



The Executive Office

Free Education, Training & Wellbeing Services

Sept 2026 - June 2027

- English for Beginners
- Improve Your English
- ESOL (English for Speakers of Other Languages) - various levels
- Other Languages - various levels
- First Aid (Standard, Mental Health, Paediatrics)
- Employability Skills
- Exploring Civic & Cultural Society
- Women, Barriers & Breakthroughs
- Mindfulness / Meditation
- Holistic Self Help for the Menopause
- African Drumming
- Forest Bathing / Forest School
- Confidence / Assertiveness
- Creative Writing
- Stretch & Tone / Pilates
- Crafts
- Dancing
- Photography
- Music Therapy
- Cultural Awareness
- Counselling
- Healthy Relationships
- 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



www.firststepswomenscentre.org

**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?

Ar noretume patobulintí savo anglu kalbos zinias?

Ita hakarak hadia ita nia abilidade lian English?

Szeretné az angol nyelvtudásodat fejleszteni?

„Czy chcesz polepszyć swój angielski?”

Chcete si zlepšit svoju angličtinu?

هل ترغب في تحسين مهاراتك في اللغة الإنجليزية؟

Искате ли да подобрите своя английски?

Чи хотіли б ви покращити свої знання англійської мови?

хотите ли Вы улучшить свои знания английского языка?

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



www.firststepswomenscentre.org

NEW!

REAP

Employment Programme

Support • Confidence • Skills • Opportunities

A **FREE** programme for women over 18 who are unemployed, not in full time education & not receiving Job Benefit.

Your future doesn't have to look like your past.

You don't have to do it alone. We're here in your corner.



Personal Support
One-to-one mentoring and ongoing support every step of the way.



Practical Help
Workshops, skills building, confidence & career advice.



Extra Support
Childcare, transport & links to other services available.



New Opportunities
Helping you take those first steps towards employment.

REAP Support Sessions
Sept – Nov 2026

✓ Career Advice	Mon 14th Sept 10am-12
✓ CV Workshop	Thurs 17th Sept 11.30-1.30pm
✓ Childcare Benefits	Mon 19th Oct 10am-12
✓ Interview Skills	Thurs 15th Oct 11.30-1.30pm
✓ Challenging Work Relationships	Wed 4th Nov 10am-12
✓ Cost of Living	Thurs 26th Nov 1-3pm

All sessions are **FREE** to attend.

*It all starts with saying **YES** to yourself.*

Get in touch today
028 8772 7648
fswc.tara@gmail.com

Small steps. Real support. New opportunities.

A partnership approach supporting women in our community

SWC Fermanagh & Omagh District Council first steps Rural Economic Accelerator COMMUNITY



fswc.tara@gmail.com

UNITY in DIVERSITY

Unity in Diversity celebrates the rich tapestry of cultures across the Mid Ulster Council area — fostering meaningful connections within our communities through events, activities, and shared experiences **open to all** residents.

Celebrate Culture -
explore and honour the diverse cultural identities that make Mid Ulster unique.

Build Connection -
forge meaningful links between individuals, groups and organisations across our area.

Get Involved -
join events and programme activities designed for all — communities, groups and individuals.

Let's Connect
Rosie McCreanor, First Steps Women's Centre (FSWC)
Unity in Diversity, Programme Manager, Email: fswc.rosie@gmail.com

We welcome individuals, community groups and organisations who share our vision of an inclusive and connected Mid Ulster to reach out and explore how we can work together.




fswc.rosie@gmail.com



DUNGANNON LPG AREA

Apprenticeships

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

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

Scan here for more Info!

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

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

Get in touch!
Call: 028 7963 1032
Email: info@networkpersonnel.org.uk

All qualifications are National Vocational Qualifications (NVQs)

Department for the Economy
An Roinn Geilleagair
Apprenticeships
network personnel
Together Towards Employment

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



jillian.lennox@networkpersonnel.org.uk

DIGITAL ICT ESSENTIAL SKILLS LEVEL 1 CERTIFICATE

*Eligibility criteria applies

- ✓ MICROSOFT OFFICE
- ✓ PORTFOLIO WORK
- ✓ RECOGNISED QUALIFICATION

REGISTER NOW

EVERY MONDAY
14TH SEPTEMBER - 28TH SEPTEMBER
10:00AM - 3:30PM
MAGHERAFELT
028 7963 1032
referral@networkpersonnel.org.uk

Funded by UK Government

network personnel
Together Towards Employment

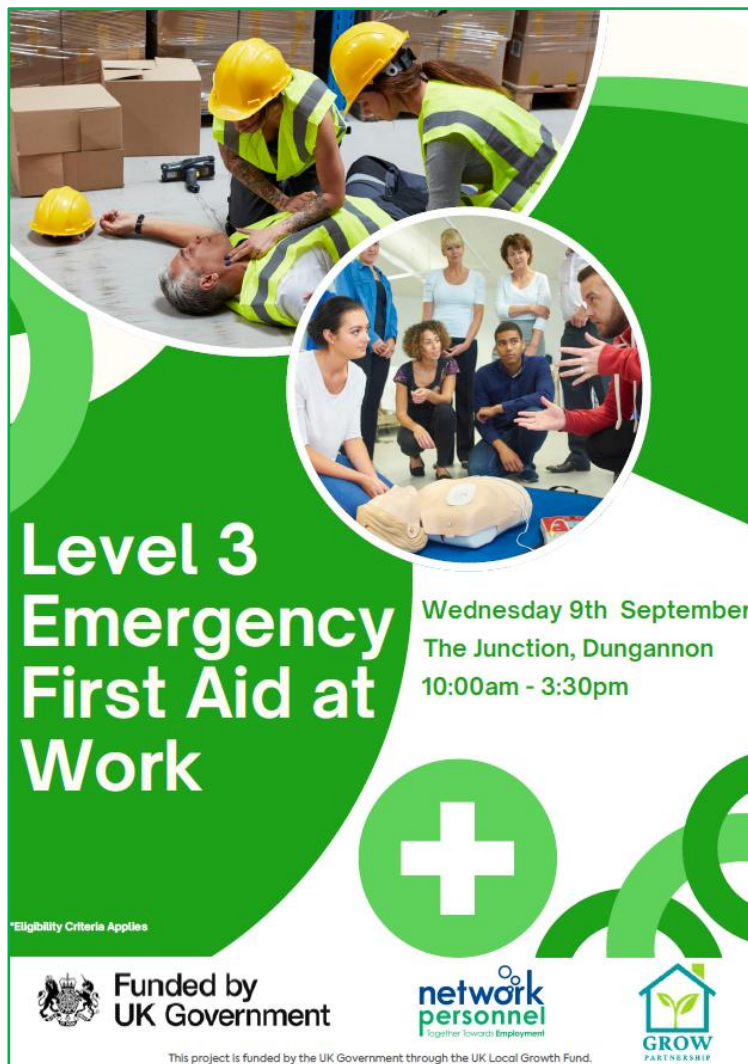
GROW PARTNERSHIP

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



jillian.lennox@networkpersonnel.org.uk

DUNGANNON LPG AREA



**Level 3
Emergency
First Aid at
Work**

Wednesday 9th September
The Junction, Dungannon
10:00am - 3:30pm

*Eligibility Criteria Applies

Funded by
UK Government

network
personnel
Together Towards Employment

GROW
PARTNERSHIP

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

Could you save a life in an emergency?

This course provides the knowledge and practical skills needed to deal with emergency first aid situations in the workplace.



During the course you will learn how to:

- Assess emergency situations safely
- Perform CPR on an adult casualty
- Use an Automated External Defibrillator (AED)
- Respond to choking incidents
- Control bleeding and manage shock
- Treat common workplace injuries and illnesses
- Understand the responsibilities of a workplace first aider
- At the end of the course, learners will complete a multiple-choice assessment.

This qualification is delivered by an approved training provider.

Training includes:

- Practical, hands-on training
- Demonstrations and interactive activities
- Real-life emergency scenarios
- Multiple-choice assessment

Get in touch!

☎ 028 7963 1032

✉ info@networkpersonnel.org.uk



*Eligibility Criteria Applies

Funded by
UK Government

network
personnel
Together Towards Employment

GROW
PARTNERSHIP

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jillian.lennox@networkpersonnel.org.uk

DUNGANNON LPG AREA

Success Starts at 40



It's never too late to start something new...

Looking for work at 40+ can feel challenging, but it can also be an opportunity to reassess your goals and discover new strengths. Your experience, skills, and life knowledge are valuable assets that employers continue to seek.

Whether you're:

- ✓ Returning to work after a break
- ✓ Changing careers
- ✓ Starting your own business
- ✓ Learning new skills
- ✓ Seeking a role with better work-life balance



SUCCESS



Funded by
UK Government



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

Success Starts at 40



A new job, a new career, new skills, new confidence.
Your next chapter starts with one step.

Day 1: Monday 7th September, 10:00am - 12:00pm
Support to build a CV and tailor to different job roles.

Day 2: Tuesday 8th September, 10:00am - 12:00pm
Guidance on signing up to and accessing job sites for different services and roles.

Day 3: Monday 14th September, 10:00am - 12:00pm
Applying for and getting ready for a job - Application forms/Interview skills.

Day 4: Tuesday 15th September, 10:00am - 3:00pm
Gain a new skill, Level 2 Principles of Manual Handling.



A draw will take place on Day 4 for attendees - £50 Tesco's/Asda Voucher



Jillian Lennox
07736350773 / 028 7963 1032

✉ referral@networkpersonnel.org.uk

🖱 <https://networkpersonnel.org.uk>

📘 Network Personnel *Eligibility Criteria Applies



Funded by
UK Government



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



jillian.lennox@networkpersonnel.org.uk

DUNGANNON LPG AREA

★ Free Accredited Qualifications ★



Level 1 ES Digital Skills
14th, 21st and 28th September
10am to 3pm in Magherafelt



Level 2 Food Safety and Hygiene
18th August 2026
10am to 3pm in Magherafelt
16th September 2026
10am to 3pm in Magherafelt



Level 2 Food Allergy and Risks
1st September
10am to 3pm in Magherafelt

Brand New Qualification



Level 3 Emergency First Aid at Work
2nd September
10am to 3-30pm in Magherafelt
9th September
10am to 3-30pm in Dungannon



Level 2 Understanding Mental Wellbeing
9th September 2026
10am to 3pm in Magherafelt



jillian.lennox@networkpersonnel.org.uk



Mid Ulster District Council Accessibility & Inclusion Survey

Mid Ulster District Council is committed to ensuring their facilities, activities and services are accessible and welcoming for everyone

They are seeking feedback from people with disabilities, carers, family members and support organisations to help identify barriers, improve accessibility and develop future opportunities across the district

The survey should take approximately 5 minutes to complete

(When you submit this form, it will not automatically collect your details like name and email address unless you provide it yourself)

Take the Survey [HERE](#)

DUNGANNON LPG AREA

NICHI Health Alliance

Connecting & Involving Communities

The Health Alliance was developed within the **Networks Involving Communities in Health Improvement (NICHI)** project.

The Health Alliance provides an opportunity for communities, voluntary and statutory sectors to network, share information and best practice, engage in evidence based health improvement, access training and capacity building opportunities and contribute to sharing the health improvement agenda.

The NICHI project operates across the Northern Locality and is managed by the Community Support Networks.

You can receive a regular health and wellbeing ezine providing a platform to promote your own health & wellbeing activities.

You can sign up to become a member of the Health Alliance for FREE.

For a wide range of resources and support available to create healthier communities, log onto the Health Alliance website...

Sign up for Free

Scan with your smartphone



SCAN ME

www.HealthAllianceNI.com

@H_A_NICHI

AREA NETWORKS

NICHI Officer Contact Details



Pamela McClelland

Impact Network NI

028 9447 8645

pamela@impactnetworkni.org

Areas Covered:
Antrim, Carrickfergus, Newtownabbey



Veronica McKinley

Northern Area Community Network

028 2177 2100 health@nacn.org

Areas Covered:
Ballymena, Ballymoney, Larne and Moyle

Clare McKay

Northern Area Community Network

075 4507 6291
nichi@nacn.org



Anita Hurley

CWSAN Rural Support Network / CRUN

075 4063 5862

healthalliance@cwsan.org

Areas Covered:
Cookstown, Magherafelt, Coleraine

www.HealthAllianceNI.com/Membership-Registration



healthalliance@cwsan.org

SUBMISSION

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



GUIDELINES

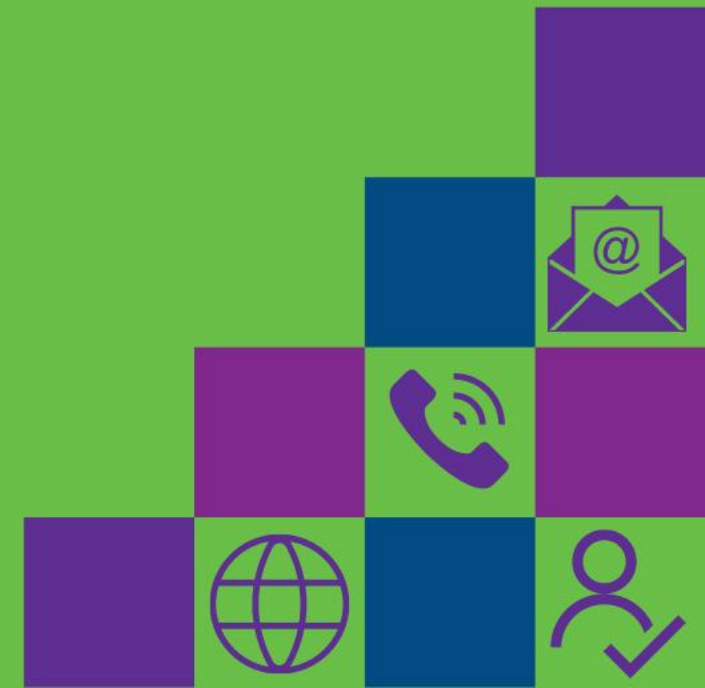
- ✓ 'FYI' will usually be issued every three weeks, on a Thursday. Please send your articles for inclusion by 4pm of the Tuesday prior to this.
- ✓ We may have to decline to advertise information which is not applicable to better outcomes for children and young people.
- ✓ Your feedback is welcome. (We are not perfect, but strive to be as good as we can.)
- ✓ Please let us know if 'FYI' has helped your service, event or activity in any way.



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

[Issue 169](#)
23rd July 2026

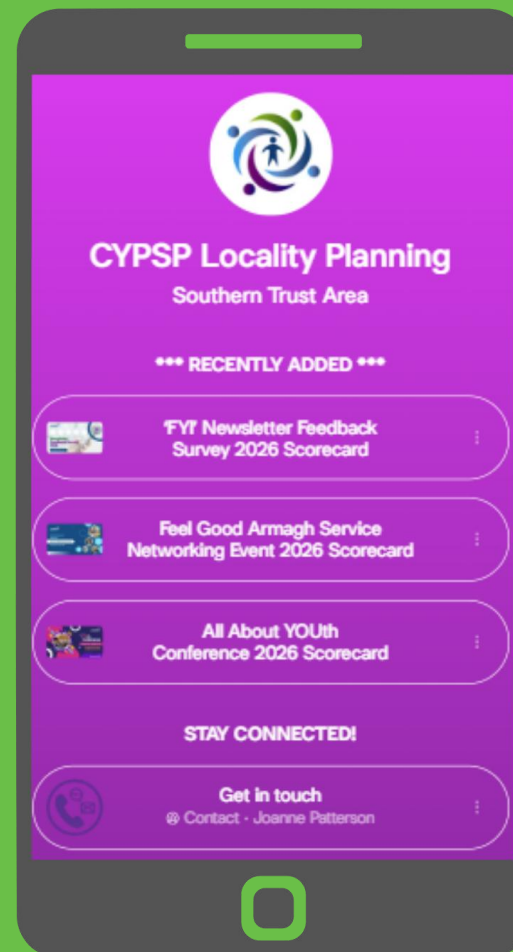
[Issue 168](#)
25th June 2026



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](#))



SCAN QR CODE
FOR INSTANT
ACCESS TO OUR
INFO. HUB



For further information on Locality Planning or 'FYI', contact:

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

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



**'FYI' NEWSLETTER CALENDAR
JULY TO DECEMBER 2026**



JUL	ISSUE 169	Publication: 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



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



Advertise in our upcoming issue!

Circulation Date:
3rd September 2026
Copy Deadline:
1st September 2026



localityplanning@ci-ni.org.uk



Sign up to receive 'FYI' Newsletter TODAY!

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

