

SOUTHERN AREA LOCALITY PLANNING GROUPS



ISSUE 172
24th September 2026



WELCOME

Welcome to Issue 172 of our newsletter, 'FYI' (For Your Information).

Another bumper edition which includes a plethora of opportunities, information, resources and activities for children, young people, parents and practitioners. Please have a read through and share with families and colleagues.

Be sure to check out the [Awareness Campaigns](#) section, to find out more about the PHA's 'Feeling Anxious?' Mental Health Awareness Campaign, World Contraception Day 2026 and Parenting Week 2026, where this year's theme is 'Making Connections'.

Keep your flyers coming in!

Locality Development Team, Southern Area

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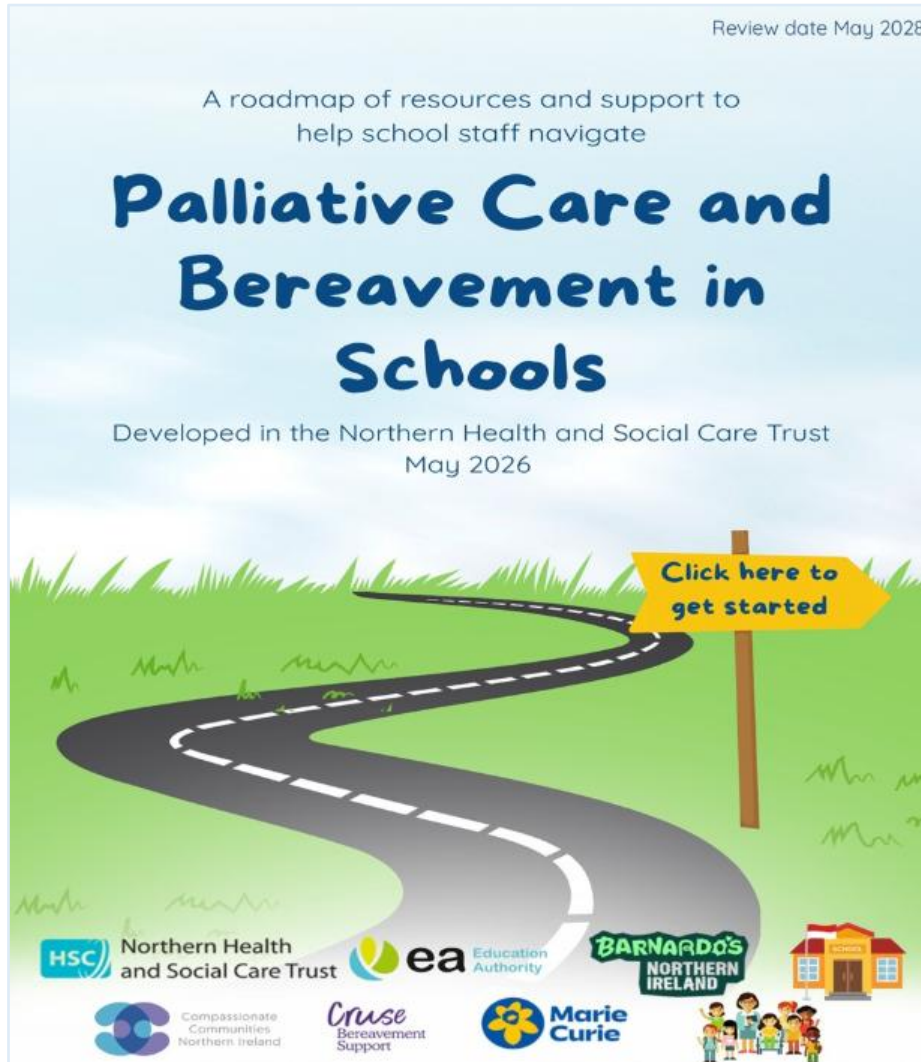
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Palliative Care and Bereavement in Schools is now available in the **CYPSP Youth Wellness Teacher Zone** [HERE](#)

This digital roadmap provides school staff with easy access to guidance, training, resources and support services to help navigate palliative care, end-of-life care and bereavement within school communities

Voluntary and Community Sector Recruitment to CYPSP

CYPSP is Northern Ireland's strategic multi-agency partnership for improving outcomes for children, young people and families

It brings together leaders from statutory, voluntary, community and faith sectors to provide shared leadership, shape strategic priorities and work collaboratively to develop and deliver the Children's Services Plan

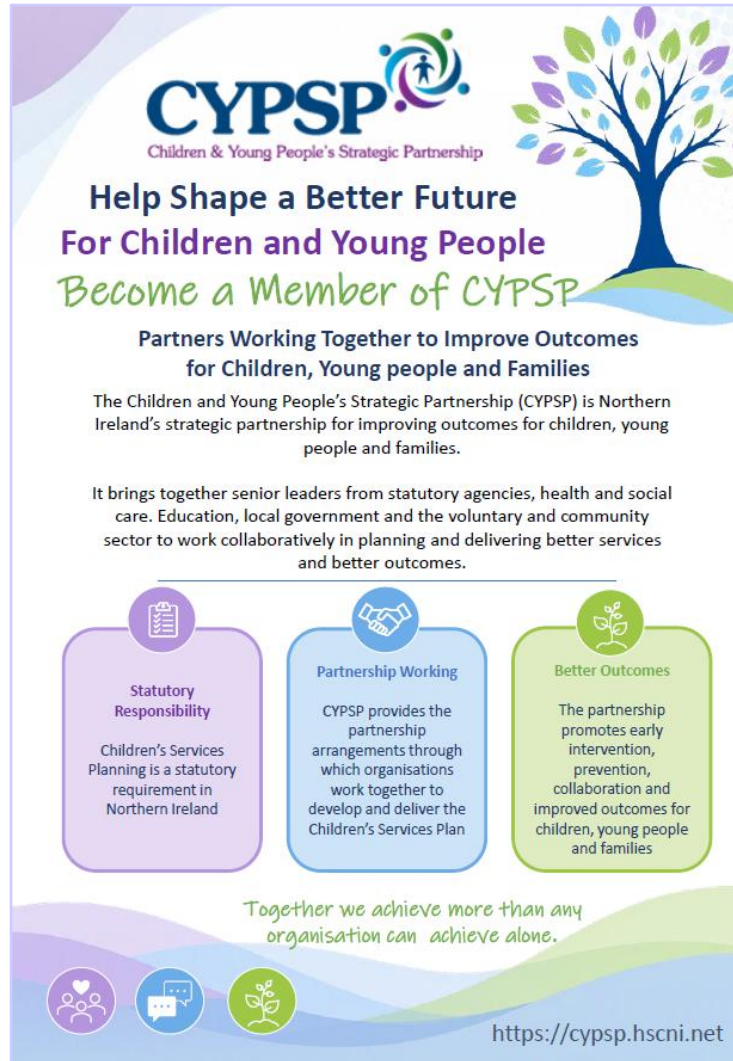
As the Partnership continues to evolve, there is an increasing emphasis on active participation, collective leadership and shared accountability for improving outcomes

There are up to 18 places available for representatives from the voluntary and community sector and applications will imminently be invited from voluntary and community sector organisations wishing to become members of the Partnership for the next three-year term

Organisations that are committed to improving outcomes for children, young people and families and believe in the value of partnership working are encouraged to consider applying

Completed applications required, by e-mail, before the deadline of
Wednesday 30th September 2026 at 5pm

Find out more and apply [HERE](https://cypsp.hscni.net)



CYPSP
Children & Young People's Strategic Partnership

**Help Shape a Better Future
For Children and Young People**

Become a Member of CYPSP

**Partners Working Together to Improve Outcomes
for Children, Young people and Families**

The Children and Young People's Strategic Partnership (CYPSP) is Northern Ireland's strategic partnership for improving outcomes for children, young people and families.

It brings together senior leaders from statutory agencies, health and social care. Education, local government and the voluntary and community sector to work collaboratively in planning and delivering better services and better outcomes.

- Statutory Responsibility**
Children's Services Planning is a statutory requirement in Northern Ireland
- Partnership Working**
CYPSP provides the partnership arrangements through which organisations work together to develop and deliver the Children's Services Plan
- Better Outcomes**
The partnership promotes early intervention, prevention, collaboration and improved outcomes for children, young people and families

Together we achieve more than any organisation can achieve alone.

<https://cypsp.hscni.net>



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

Children
in Northern
Ireland 

October Funded Courses



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

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

Children
in Northern
Ireland 

November Funded Courses



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

Child Protection Practice

Monday 2 November, 09:30am - 12:30pm, Online

Designated Officer

Tuesday 3 November, 09:30am - 12:30pm, Online

Understanding and Supporting Those Who Self Harm

Tuesday 3 November, 09:30am - 12:30pm, Online

Good Practice in Recording and Reporting

Tuesday 10 November, 09:30am - 12:30pm, Online



www.ci-ni.org.uk/training



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

Children
in Northern
Ireland 

November Continued

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



Professional Boundaries

Wednesday 11 November, 09:30am - 12:30pm,
Online

Child Protection Case Conferences

Tuesday 17 November, 6:30pm - 9:30pm, Online



Children
in Northern
Ireland 

December Funded Courses

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



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

Tuesday 1 December, 09:30am - 1:00pm, Online

Designated Officer

Wednesday 9 December, 10:00am - 4:00pm
In-person



www.ci-ni.org.uk/training

Children
in Northern
Ireland

September
Paid Courses



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

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



Children
in Northern
Ireland

October
Paid Courses



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

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



Children
in Northern
Ireland

November
Paid Courses



Creating and Sustaining Healthy
Cultures
Wednesday 11 November, 6:30pm - 9:30pm,
Online

Managing Safeguarding Disclosures
and Maintaining Wellbeing
Monday 16 November 09:30am - 12:30pm,
Online

Nurturing Resilience: Moving
Beyond Coping
Wednesday 18 November, 6:30pm - 9:30pm,
Online



Children
in Northern
Ireland

January 2027
Paid Courses



Baby Massage Instructor Training
Thursday 28 - Friday 29 January 2027,
10:00am - 4:00pm, In-person



www.ci-ni.org.uk/training



WHO GETS TO BE HEALTHY?

Understanding Health Inequalities and how they impact our Communities

These free interactive workshops explore the impact of social circumstances on our health and wellbeing, and how effective community development approaches can reduce health inequalities in our communities.

This training is relevant for staff and volunteers in voluntary organisations, community groups, councils, health and social care and government agencies.

22nd September - Online

5th October - Irvinestown

1st October - Banbridge

20th October - Limavady

Register at: www.elevateni.org/training






www.elevateni.org/training



Upcoming Session:

🕒 Wednesday 25 November 2026

🕒 1pm - 3pm

🌐 Online via MS Teams

Nutrition Awareness Training

Overview

This free, interactive course run by Dietitians is to provide up-to-date, safe and reliable information about diet and lifestyle for those running physical activity sessions with children and young people aged 11-18.

All participants receive a cue-card resource with 8 key messages to help confidently deliver basic health and wellbeing advice within your setting.

Course Aims

The course aims are to:

1. Update attendees on the current health status of our population.
2. Increase awareness of the barriers to eating well.
3. Update participants on age specific nutrition and physical activity guidelines.
4. Increase understanding around food labelling and portion sizes.
5. Equip participants to use the take-home resource.
6. Provide attendees with further reliable sources of nutritional information and ongoing support.

Contact us to book a place:

Tel: 028 9615 2450

Email: PHdietitians@belfasttrust.hscni.net

CONTACT US 







PHdietitians@belfasttrust.hscni.net



ACET will be running their next PHA funded online **HIV STIs and Contraception OCN L2 Training Course** on:
Monday 12th, Tuesday 13th, Monday 19th and Tuesday 20th October 2026 from 10.00-11.30am each day

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

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

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

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

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

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

APPLY [HERE](#)

WALK LEADER TRAINING

To equip participants with the skills required to lead safe walks throughout their community and workplaces.



Date	Location	Time
Wed 14th October 2026	The Junction, Dungannon	9.30 am - 12 noon
Wed 24 th February 2027	Online session	9.30am - 12 noon

[For more details and to book a place on a walk leader training course please click here](#)



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

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

[Our training](#)[Alumni resources](#)[News & insights](#)[Information & advice](#)[Support us](#)[About us](#)[Book training](#)[Donate](#)

Bridge the digital knowledge gap

Access the information and the tools you need to understand, identify and prevent gaming and gambling harms before they develop with our free online CPD training.



For parents & carers

[Learn more](#)

For teachers & youth workers

[Learn more](#)

For university staff

[Learn more](#)

For university students

[Learn more](#)

For community & faith leaders

[Learn more](#)

For sports organisations & clubs

[Learn more](#)

For health & social care

[Learn more](#)

For gaming & esports

[Learn more](#)

<https://ygam.org/training/>



BACK BY POPULAR DEMAND
FREE WORKSHOP



Worry to Wonder

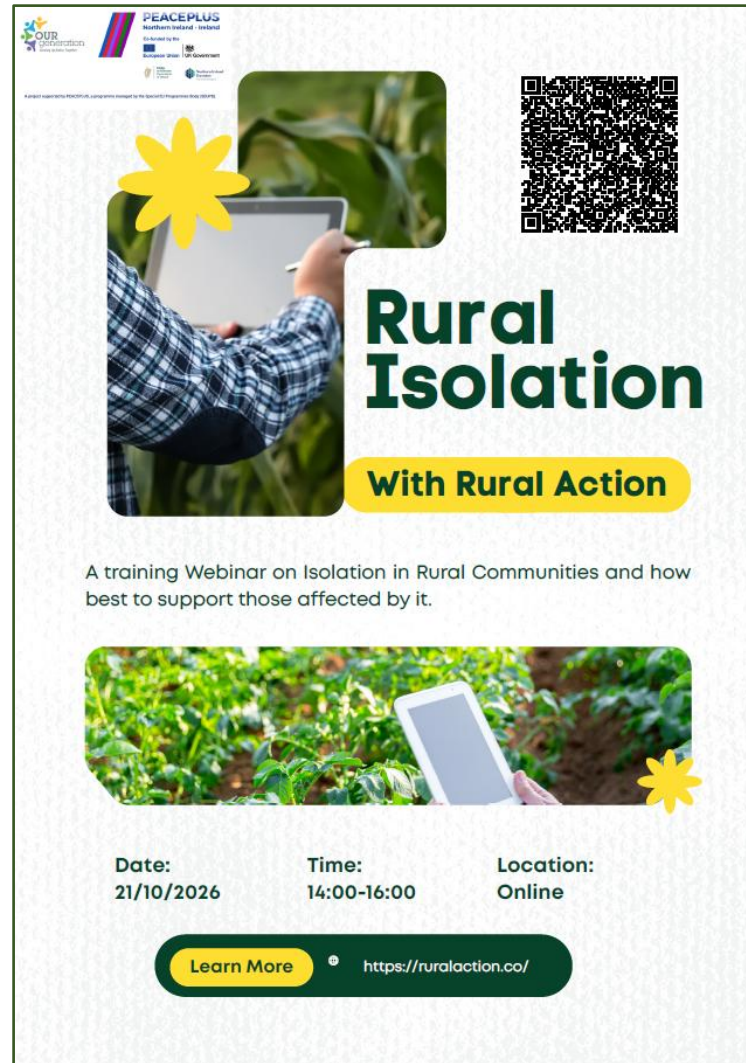
A workshop for parents of primary school aged children exploring why our children worry and ways we can support them.

PICK THE DATE/TIME THAT WORKS BEST FOR YOU!

DATE	TIME	LOCATION
TUESDAY 22 SEPTEMBER	7-8.30PM	ONLINE VIA ZOOM
TUESDAY 29 SEPTEMBER	10-11.30AM	ONLINE VIA ZOOM

CALL NOW TO BOOK YOUR PLACE
0808 8020 400





The poster features a central image of a person in a plaid shirt holding a tablet in a field, with a yellow flower graphic overlaid. To the right is a QR code. Logos for 'OUR Communities', 'PEACEPLUS Northern Ireland - Ireland', and 'Department of Agriculture, Environment and Rural Affairs' are at the top left. A small text line reads: 'A project supported by RAGS2020, co-funded through the Special EU Programmes Body (SEPB)'.

Rural Isolation

With Rural Action

A training Webinar on Isolation in Rural Communities and how best to support those affected by it.



Date: 21/10/2026
Time: 14:00-16:00
Location: Online

[Learn More](#) • <https://ruralaction.co/>



www.eventbrite.co.uk/rural-isolation



IMH Lunchtime Learning

**Why Relational Support Matters in the First 3 Years:
Findings from a qualitative study of EY Workforce &
Families in NI**

hosted by Dr Aisling Hylands, Stranmillis College

**Wednesday 28th October 2026
12:00PM - 1:00PM, online**

 **Public Health
Agency**
Project supported by the PHA

 **NATIONAL
CHILDREN'S
BUREAU**

 www.eventbrite.co.uk/e/october-imh-lunchtime



IMH Lunchtime Learning

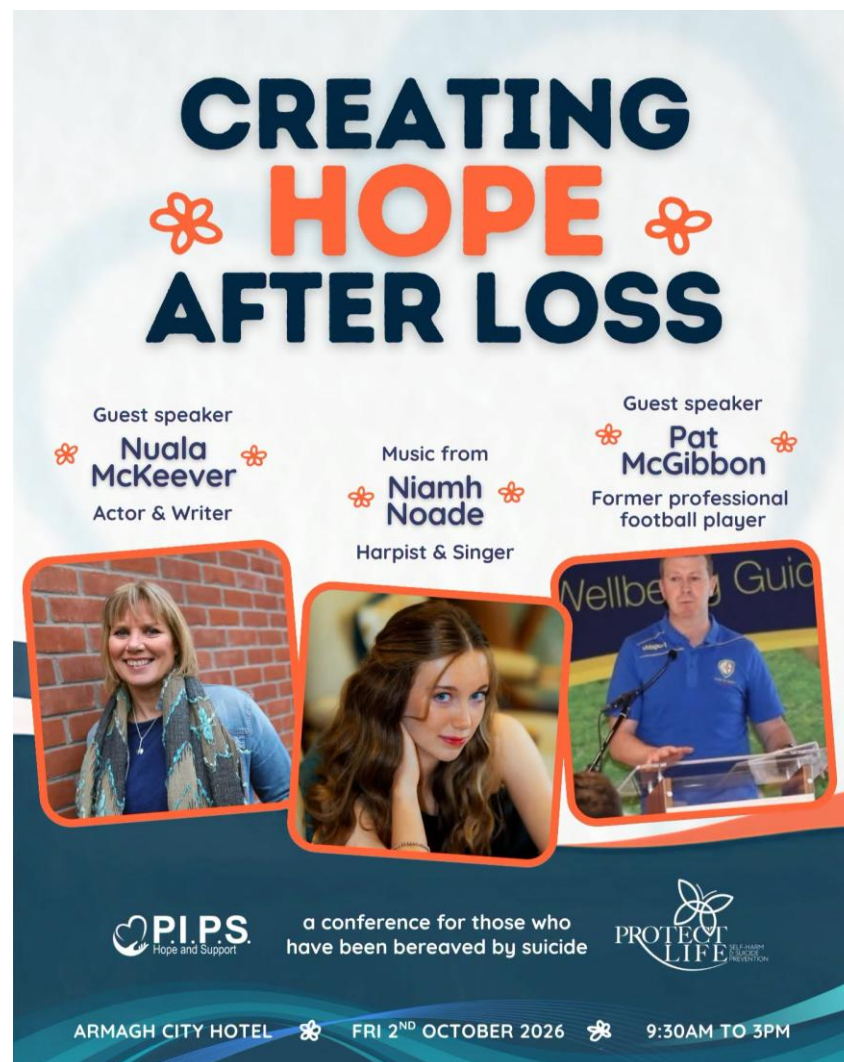
Alarm Baby Distress Pilot
hosted by Claire Green (NHSCT)

**Wednesday 25th November 2026
12:00PM - 1:00PM, online**

 **Public Health
Agency**
Project supported by the PHA

 **NATIONAL
CHILDREN'S
BUREAU**

 www.eventbrite.co.uk/e/november-imh-lunchtime



**CREATING
HOPE
AFTER LOSS**

Guest speaker
Nuala McKeever
Actor & Writer

Music from
Niamh Noade
Harpist & Singer

Guest speaker
Pat McGibbon
Former professional football player

P.I.P.S.
Hope and Support

a conference for those who
have been bereaved by suicide

PROTECT LIFE
THE HEART OF THE MATTER
SUICIDE PREVENTION

ARMAGH CITY HOTEL • FRI 2ND OCTOBER 2026 • 9:30AM TO 3PM



<https://register.enthuse.com/CreatingHopeAfterLoss>



connected for change

SAVE THE DATE

Connected for Change Shared Learning Event hosted by Include Youth

Join us for a shared learning event exploring violence against women and girls.

The day will bring practitioners together for a programme of learning and discussion featuring:

- Expert panel discussions
- A choice of workshops exploring key issues
- Practical learning
- Key note speakers

09:30-3.30 PM **THURSDAY 8TH OCTOBER** **THE GASYARD DERRY**

More information and registration details coming soon.

Come along to share learning, hear from experts and explore how we can better understand and respond to violence against women and girls.

PEACEPLUS
Northern Ireland - Ireland
Co-funded by the
European Union | UK Government
Minister of Justice
Northern Ireland

OURgeneration

include YOUTH

More information and registration details coming soon...

Inclusion, Peace and Wellbeing: Youth Work in Post Conflict Societies

Topics covered:

- Masculinity
- Addressing Racism
- Responding to Hate
- Conflict Analysis
- Compassion Fatigue



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



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

Shared
Learning
Event

Registration through Eventbrite



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



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



The **Public Health Agency**, together with **HSCTs**, will be running a **Mental Health Awareness Campaign** **‘Feeling Anxious?’**

The campaign will run from **10th September to 10th October 2026**

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

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

Share the campaign messages using the campaign resources and tools with your audience | Promote the campaign messages in your buildings and online via social media/websites | Host an event using ‘Calming Skills’ | Encourage people to practice the Take 5 Steps to Wellbeing

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

Find out how your organisation can get involved [HERE](#)



As we approach **World Contraception Day (WCD) 2026**, we are highlighting this year's theme for Northern Ireland:

“What works for you? ”

#WorldContraceptionDay2026NI

This messaging supports the PHA's ongoing efforts to raise awareness about the importance of contraception and aims to empower people to make informed choices about their sexual and reproductive health whilst ensuring individuals have access to clear, accurate, and inclusive information

Below are a series of links that will be available in the PHA WCD Toolkit on the Sexual Health NI website

[Home - Sexual Health NI](#)

[Methods of contraception - Sexual Health NI](#)

[Where do I get contraception? - Sexual Health NI](#)

Your support in promoting this information will help ensure consistent messaging across services and improve awareness among those who may benefit



Parenting Week 2026 will run from Monday 19th to Friday 23rd October, with Parentline NI taking the lead on the campaign. Every year families, organisations and communities celebrate the vital role and importance of parents - Look out for more news of Parenting Week 2026!

This year's theme is "Making Connections"

#ParentingWeek2026 #MakingConnections

Getting involved:

We would love to highlight the fantastic work your organisation is doing

If you are planning any events, activities, or campaigns during Parenting Week, please let us know so we can help spread the word and signpost parents to what's happening locally

Please share your Parenting Week activities with us by [completing this form](#) by **Friday 2nd October**

Parenting Week 2026

This Parenting Week, Parentline NI is inviting workplaces and teams across Northern Ireland to host a...

POT-LUCK LUNCH

19-23 October 2026
Your Workplace
Your Day
Your Team

"Let's make time for each other this Parenting Week."

Download our asset pack [HERE](#)

Choose any day, Monday to Friday, bring along something to share and take some time to eat, chat, laugh and reconnect with your team.

It doesn't need to be fancy - Just bring a dish and bring your team together!

All we ask is that you take a photo and share it on your social media platforms using the following hashtags:
#ParentingWeek2026 #MakingConnections

Parentline NI 0800 8020 400
Children in Northern Ireland

Making Connections



Parenting Week 2026
Monday 19th to Friday 23rd October

Making Connections

Host a Coffee, Bring the cake, Build the CONNECTION!

This Parenting Week, we're inviting peer support groups and local communities to host a simple get-together for parents and carers.

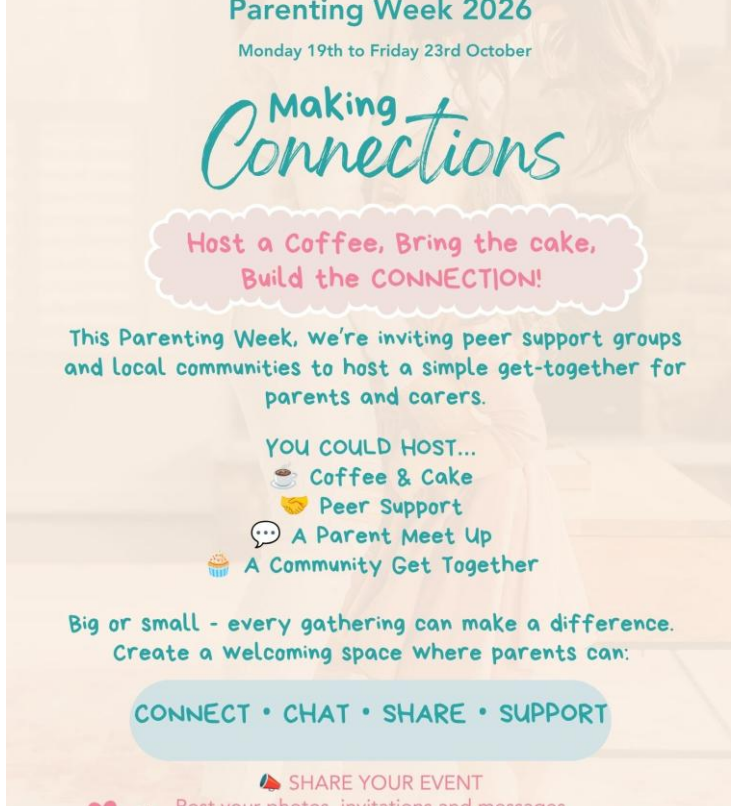
YOU COULD HOST...

- Coffee & Cake
- Peer Support
- A Parent Meet Up
- A Community Get Together

Big or small - every gathering can make a difference.
Create a welcoming space where parents can:

CONNECT • CHAT • SHARE • SUPPORT

SHARE YOUR EVENT
Post your photos, invitations and messages of support and tag:
#ParentingWeek2026
#MakingConnections

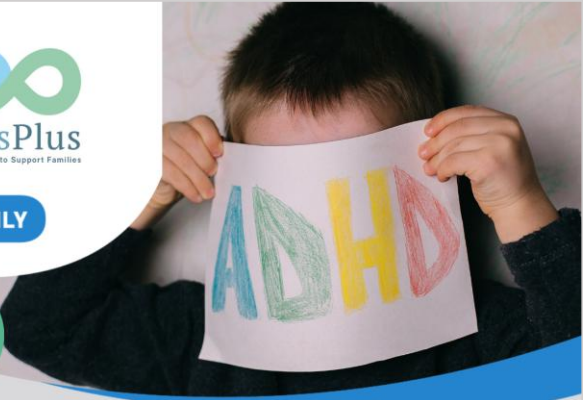


Keep updated on what's going on over **Parenting Week 2026** [HERE](#)



FAMILY

8 WEEK COURSE



PARENTS PLUS ADHD Programme
Limited places available!

Parenting a child with ADHD can bring special challenges but with the right support parents can learn to overcome these challenges and help their children reach their full potential. Open to parents of children with a confirmed ADHD diagnosis. Remaining places are available for parents of children currently undergoing assessment. This 8-week evidence-based parenting programme addresses the needs of parents raising a child with an ADHD diagnosis.

Location: Niacro, 26 Carleton Steet, Portadown, BT62 3EP

Start Date: Wed 7th Oct- Wed 2nd Dec 2026 (break over Halloween Wed 9th oct)

Time:
10:30am-12:30pm.

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

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

Delivered by: **BOLSTER COMMUNITY**

Funded by: **HSC Southern Health and Social Care Trust**

 gemma@bolstercommunity.org

INCREDIBLE YEARS

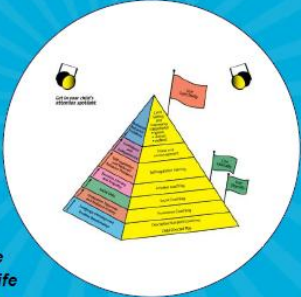



Autism and Language Delay Programme

This programme is available to parents/carers of children aged 2-6 resident in the Southern Trust area, with a confirmed autism diagnosis or awaiting assessment.

Parents/carers will be supported to:

- Promote their child's development in communication, language, play and social skills
- Help their child learn self-regulation skills
- Reduce stress and challenging behaviour



In the parenting groups trained Incredible Years facilitators use video clips of real-life situations to support training and stimulate parenting group discussion.

When: Starting on Tuesday 12th January 2027

Time: 10.00am – 12.00pm

Duration: 14 weeks

Location: Banbridge Leisure Centre, 15 Downshire Place, Banbridge BT32 3JY

For further information/to make a referral please contact Maria:
Email: parenting.partnership@southerntrust.hscni.net
Mob: 07880 474747

 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

Evidence-based programmes for parents and carers are now running 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

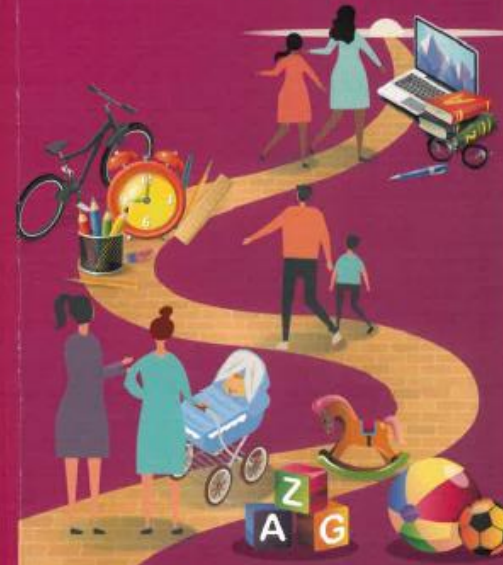
To make an application please scan the QR code or use the link below to apply:



<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](#)



YOUTH MATTERS

September - November 2026

Southern Trust



Social Activities

Throughout the coming months, there will be opportunities to mix socially. See what we have on and get in touch by email with what may be of interest to you. Please try to give at least a week's notice so as to allow for planning of staff.

Nb. Seniors are secondary school aged & Juniors primary school aged

Inclusive Projects

These are projects and activities aimed at social integration with other groups and organisations across the trust. Please give these a look and feel free to sign up to any that are of interest

Personal Development Projects (PDP)

These projects run over multiple sessions and give opportunities to develop a specific area, be it physical, mental, social or emotional.

YOUTH MATTERS

Youth Matters is a dynamic youth work service for young people under 18 with a physical disability, acquired brain injury or a diagnosis of autism. We provide the support you need to access our activities independently.

Due to safeguarding parents and carers don't remain at activities.

If you would like to know more or sign up to the activities, please contact your local youth officer. All paperwork needs returned before a young person can attend.

Please give at least 5 working days notice of signing up before the activity



Thom Denton is our Youth Officer for the SHSCT Trust areas

Contact (Thom):



07423078982

t.denton@cedar-foundation.org



t.denton@cedar-foundation.org

Armagh & Dungannon

For all activities, please ensure your young people come equipped for the weather and have a drink and enough food to tide them over.

Date	Time	Activity	Venue	Sign up by	Cost
Tuesdays from 22 nd September to 13 th October	18:00 - 20:00	Drop in session - Outdoor games	Dobbin Street Community Centre	September 20 th	Free
Tuesdays 27 th October to 24 th November	18:00 - 20:00	Drop in Session - Indoor games	Dobbin Street Community Centre	October 20 th	Free
Mondays 2 nd , 9 th , 16 th , 23 rd , 30 th November	19:00 - 21:00	Inclusive Group age 11+	Epicentre	October 26 th	Free

Craigavon

For all activities, please ensure your young people come equipped for the weather and have a drink and enough food to tide them over.

Date	Time	Activity	Venue	Sign up by	Cost
Wednesday 23 rd September	TBA	Cinema Club	Craigavon Omniplex	September 20 th	£6.95 if paid online
Wednesday 30 th September	18:00 - 19:30	Junior Drop in	Brownlow Hub - Lounge	September 27 th	Free
Wednesday 30 th September	19:30 - 21:00	Senior Drop in	Brownlow Hub - Lounge	September 27 th	Free
Monday 12 th October	18:00 - 20:00	Bowling and Burger King	Airtastic Craigavon	October 5 th	£6.95 + Burger King money
Monday 26 th October	18:00 - 20:00	Bowling and Burger King	Airtastic Craigavon	October 19 th	£6.95 + Burger King money
Wednesday 7 th , 21 st 28 th October and 4 th November	19:00 - 21:00	Senior Drop in	Brownlow Hub - Lounge	September 30 th	Free

Newry

For all activities, please ensure your young people come equipped for the weather and have a drink and enough food to tide them over.

Date	Time	Activity	Venue	Sign up by	Cost
Mondays 21 st and 28 th September	18:00 - 20:00	Boardgame club	Ballybot house	September 18 th	Free
Monday 5 th October	TBA	Cinema Club	Newry Omniplex	September 29 th	£6.95 online
Monday 12 th October	18:00 - 20:00	Lego Club	Ballybot House	October 5 th	Free
Wednesdays 21 st , - 28 th October 4 th and 11 th November	16:00 - 18:00	Inclusive Group - Junior boardgame club Age 11+	Cornerstone Gaming - Newry	October 14 th	Free



PEACEPLUS
Northern Ireland - Ireland

Co-funded by the
European Union UK Government



OUR Generation - Growing Up Better, Together

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

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

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

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



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



33,000 children & young people will improve their emotional resilience and empathy, building skills to help themselves and others, gaining greater intercultural awareness and community cohesion whilst increasing capacity and desire to be active citizens in their communities.



5,000 key youth workers of children and young people including teachers, childcare practitioners and volunteers will be equipped with the skills, knowledge and confidence to support their mental health and wellbeing.



Children and young people and their key youth workers will co-design a range of digital resources including a mobile app, animations and podcasts to support their own needs and those of the wider communities.



Joint Training Schemes will be co-designed and implemented, applying two theoretical frameworks in trauma informed approaches to youth work and social identity perspective as a mechanism for peacebuilding.

Contact OUR Generation:

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



OUR Generation Project
Action Mental Health
Bloomfield House
395-405
Newtownards Rd,
Belfast,
BT4 1RH



[/ourGenCYP1](https://www.facebook.com/ourGenCYP1)

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[@ourGenCYP1](https://www.instagram.com/ourGenCYP1)

[our-generation-project](https://www.linkedin.com/company/our-generation-project)

SCAN HERE



jboxberger@cooperationireland.org

action
mental
health

Mindset: Mental health awareness programme



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

How can the Mindset programme help you?

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



lmcminn@amh.org.uk

Who is Mindset for?

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

Where is Mindset offered?

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

More information

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

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

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

 Public Health Agency
Project supported by the PHA

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

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

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

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

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

www.amh.org.uk



Registered with the Charity Commission for Northern Ireland NIC100753.



lmcminn@amh.org.uk




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



Children in Northern Ireland is developing a new **AI Training Programme** for the voluntary and community sector in Northern Ireland

We want the training to be practical, relevant and grounded in the real needs of organisations across the sector and so we would really value your views

We've put together a short survey to help us understand how AI is currently being used, where organisations see opportunities or concerns, and what kind of training and support would be most useful

The survey should take a few minutes to complete, and you do not need to have any previous experience of using AI

Please complete the survey [HERE](#) by **Friday 2nd October 2026**

Feel free to share the survey with colleagues or others working in the voluntary and community sector in Northern Ireland

Your feedback will directly inform the design of the training programme, including the topics covered, the level of support provided and the format of the final training resources

HELP SHAPE THE FUTURE OF SUPPORT FOR YOUNG CARERS OF ADULTS WITH POOR MENTAL HEALTH

We are seeking 5 Service Users availing of support from Adult mental health teams across the Southern Health and Social Care Trust to take part in an exciting Research & Development Project that aims to improve support and services for young carers across Northern Ireland.

Initial contribution would be to get your perspective on the importance of proposed research and intervention

WHY GET INVOLVED?

- ✓ Share your experiences
- ✓ Help improve services for young carers
- ✓ Make a positive difference for future young carers

WHAT COMMITMENT IS REQUIRED?

- Applications by 30th Sept 2026
- Aprox 1 hour
- Face to Face or Virtual
- Participants will be reimbursed for any expenses

REGISTER YOUR INTEREST NOW

Send Your Contact information To
Anne Grant- A.Grant@qub.ac.uk



A.Grant@qub.ac.uk

YOUNG CARERS WANTED!

Help Shape the Future of Support for Young Carers

Are you a young carer aged 16-25 who supports an adult who is currently known, or has previously been known, to Adult Mental Health Services?

We're looking for 5 young carers to take part in an exciting Research & Development Project that aims to improve support and services for young carers across Northern Ireland.

Initial contribution would be to get your perspective on the importance of proposed research and intervention

WHY GET INVOLVED?

- ✓ Share your experiences and ideas
- ✓ Have your voice heard
- ✓ Help improve services for young carers
- ✓ Make a positive difference for other young people

REGISTER YOUR INTEREST

A.Grant@qub.ac.uk

Application Closing date:

30 September 2026

What commitment is required?

Aprox 1 hour
Face to Face or Online

EVENT DETAILS

- Flexible to meet the needs of the young carers.
- Face to Face or Virtual
- Young carers will be reimbursed for any expenses



A.Grant@qub.ac.uk



QUEEN'S UNIVERSITY BELFAST

PATHWAY OPPORTUNITY PROGRAMME 2027




Are you a future Queen's University Belfast student?

Are you aged 16 - 19 and interested in pursuing Higher Education at Queen's University?

The Pathway Opportunity Programme provides you with a direct route to Queen's. By completing the programme and all academic elements, you can:

- ✓ Receive a guaranteed conditional offer or interview.*
- ✓ Earn up to a 2 grade reduction on your conditional offer.*
- ✓ Receive £1000 bursary on entry to Queen's.
- ✓ Experience student life on a week-long Summer School.

Apply online by 4 November 2026.

 pop@qub.ac.uk
  028 9097 5020
  go.qub.ac.uk/QUBPathway

ELIGIBILITY CRITERIA

Students must meet all of Section A criteria, and at least one of Section B criteria:

SECTION A

- Ordinarily resident & in full-time education at school or college in NI.
- In Year 1 of QUB accepted two-year Level 3 qualification (e.g. A-Levels).
- Neither parent attended university or obtained UG degree.
- Achieved a minimum of 5 Level 2/GCSE passes at grade C/4 or above including GCSE English Language.*
- Aspire to pursue Higher Education in Queen's University, Belfast.
- Meet Level 2/GCSE subject-specific requirements for courses on their chosen Pathway, and currently studying appropriate Level 3 qualifications for courses within the chosen Pathway.

SECTION B

- Eligible to receive, or currently in receipt of, Free School Meals and/or Education Maintenance Allowance.*
- Carer for a family member or dependant.
- Live in a postcode in an "area of disadvantage" according to the Northern Ireland Statistics and Research Agency (NISRA).*
- Are a "Newcomer" pupil.
- Are a Refugee or Asylum Seeker.*
- Are Care Experienced.*
- Substantial experience with a Social Worker or other Statutory Support Services.*

*see website for full criteria information.



Scan me for more information!



<https://www.qub.ac.uk/Post16Programmes/PathwayOpportunityProgramme>



SOUTHERN TRUST AREA

EMPLOYABILITY



GET STARTED WITH SPORT

The King's Trust is excited to partner with the IFA, Ulster GAA, Ulster Rugby to deliver a Get Started in Sport programme.

ON THIS COURSE YOU'LL:

- Gain skills across all three sports, while developing valuable employability skills.
- Gain a better understanding of inclusion within sport.
- Learn from industry professionals about volunteering and employment opportunities.
- Work alongside coaches to plan and deliver a sports tournament for local primary schools.

DATES FOR YOUR DIARY:
Taster day: Monday 28 September
Course dates: 5 - 9 October
Express interest by: Friday 25 September
Location: Belfast
Eligibility criteria: 16-30 years old. Lunch and travel reimbursement provided, support with childcare costs on application.

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



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outreachni@kingstrust.org.uk



GET READY FOR A CAREER USING A.I.

Aged 16-30, not in full-time work or education?

- Explore exciting digital career paths and build in-demand skills
- Learn the fundamentals of Artificial Intelligence with the Microsoft AI Skills Passport
- Complete 3 days of flexible, self-paced online learning
- Receive 6 months mentoring support

Taster Day: 1 October
Programme: 12-23 October
Location: Belfast & Online

- Bus, train and personal mileage travel reimbursed
- Lunch provided
- Doesn't affect benefits
- Help with childcare costs (subject to application)

Email outreachni@kingstrust.org.uk
Call 0800 842 842
Webchat kingstrust.org.uk



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outreachni@kingstrust.org.uk



SOUTHERN TRUST AREA

EMPLOYABILITY



UNLOCK SKILLS FOR WORK

EMPLOYABILITY SKILLS WITH KING'S TRUST

We support young people aged 16-30 to gain confidence and skills towards finding employment. We deliver sessions to enhance your:

- Decision making
- Communication
- Teamwork
- Active listening
- Job search skills
- CV writing
- Interview skills

Won't affect your benefits

Same-day travel reimbursement

Help with childcare costs available

One-to-one support tailored towards you!

To Sign Up...
Email: outreachni@kingstrust.org.uk
Call: 0800 842 842



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outreachni@kingstrust.org.uk



October 2026

KING'S TRUST COURSES

All our courses are free to attend and don't impact benefits
We also reimburse transport costs and cover childcare (subject to application)

GET STARTED

Get Started with Sport

Age: 16-30 Taster: 28 September

Dates: 5 - 9 October

Location: Belfast

In partnership with Ulster GAA, Ulster Rugby and IFA, this five-day programme will support young people to have the opportunity to develop practical skills across all three sports, gain a better understanding of what inclusion in sports looks like, and learn from industry professionals.

Explore volunteering and career opportunities within the sports sector while developing valuable employability skills.

Get Started with Photography

Age: 16-30 Taster: 12 October

Dates: 19 - 23 October

Location: Belfast

Use a professional camera, learn about light, framing, focus, exposure, and editing. Get tips from a professional photographer and learn about pathways into a career in photography!

Get Started with PSNI

Age: 16-30 Taster: 19 October

Dates: 2 - 6 November

Location: Various

Learn about the range of opportunities available with the PSNI, including officer roles. Get an introduction to the different areas of policing and the Student Officer training.

GET HIRED

Get Hired in Hospitality

Age: 18-30

Dates: 19 - 20 October

Location: Belfast

Gain valuable insight into the skills needed to get a job in hospitality, and receive ongoing support to apply and interview for jobs in the sector.

EXPLORE+

Age: 16-24

Dates: Starting November

Location: Belfast

A six-month personal development programme. Take part in a range of activities on areas such as employability skills, good relations, citizenship, and positive progression. Opportunities to gain qualifications, identify strengths, and receive 1:1 support to help you progress towards your goals!

TEAM

Age: 16-25

Dates: Starting late September

Location: NWRC, Derry/Londonderry

A 12-week personal development programme. Gain valuable skills and experience, earn a qualification, boost confidence, and work towards your next steps.

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.

GET READY

Get Ready for a Career using AI

Age: 16-30 Taster: 1 October

Dates: 12 - 23 October

Location: Belfast

Explore exciting digital career paths and build in-demand skills. Learn the fundamentals of Artificial Intelligence with the Microsoft AI Skills Passport.

Get Ready for Careers in Health and Social Care

Age: 16-30 Taster: 28 September

Dates: 5 - 16 October

Location: Belfast

Gain insight into a wide variety of careers in Health & Social Care. Get relevant experience through practical activities, and get support to help you progress into work.

Work towards an OCN Level 2 Award in Employability and Health & Social Care and an RQF qualification in First Aid at Work.



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



outreachni@kingstrust.org.uk



Calling All Families: Volunteer Together and Make a Difference!

Looking for a rewarding way to spend time together as a family while supporting an amazing cause?

Volunteer with Cancer Fund for Children at their 10th and final Bog Run and help raise vital funds to ensure that no child has to face cancer alone

Sunday 11th October 2026 | Castlewellan Forest Park

This is a fantastic opportunity for families to volunteer side by side, meet new people, and play an important role in a fun community event

As this is family friendly volunteering role, children are welcome to support with their parents or an adult

Teenagers 16+ can take on the role with friends or family

Volunteer roles include: Registration support, Face painting Bag drop assistance, Route marshals, Medal distribution, Water stations along the route, Sweet stations along the route

Find out more and register to help at this event today

[Event Volunteers](#)

[Face Painters](#)



This month's Vconnect is available to view [HERE](#)
 If you would like to receive this newsletter every month, straight into your inbox, then register for FREE MEMBERSHIP [HERE](#)



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: pmbrien@scouts.ie

ADVENTURE. FRIENDSHIP. FUN. FOR LIFE.

Scouting Ireland – Be Prepared



pmbrien@scouts.ie



RESOURCES FOR WELLBEING

The theme for this year's mental health campaign is anxiety
What can contribute to helping people with worry and anxiety?

The tools and resources on the **Thriving Mind** platform holds short clips for relaxed breathing, an introduction to mindfulness, calming skills, the revised Dealing with Worry Booklet, and four online interventions including Self-compassion and Bend Don't Break and more

Thriving Mind is available [HERE](#)

Workshops, free and all using zoom, are planned for September to December 2026 to explore the four on-line resources people can use for their own wellbeing or with their service users

All workshops run from 10 am to 1pm

Sign up to any of the workshops is through the Western Trust's Training Brochure [HERE](#)



Apps can help with your mental health

The Health and Social Care apps library has information about mental health and wellbeing apps for adults.

- ✓ Free to access
- ✓ Information kept up to date
- ✓ Helps you self-manage your mental health and wellbeing
- ✓ Safe to use (data security and privacy assured)
- ✓ Independently reviewed and scored
- ✓ Developed with clinical input and advice

You can find apps to help with general wellbeing, sleep, anxiety, stress and more at <https://apps4healthcareni.hscni.net/en-GB/feeling-anxious>




Produced by the Public Health Agency. Tel: 0300 555 0114 (local rate). www.publichealth.hscni.net



Department of
Education

Home Topics Publications Consultations Contact

Schools Plus

Topics: [Schools and infrastructure](#)

A directory of institutions, including schools, youth clubs, containing contact information and relevant statistics.

Schools + >



www.education-ni.gov.uk/services/schools-plus



<https://apps4healthcareni.hscni.net/en-GB/feeling-anxious>



E-SCOOTERS ARE NOT A TOY

Before you buy this Christmas, know the law.

E-scooters may look like fun, but in Northern Ireland the law is clear.
Private e-scooters are NOT legal to use on public roads, pavements or in public spaces.



THE LAW IN NORTHERN IRELAND



You cannot use a private e-scooter on public roads, pavements or in public spaces.



You can only use them on private land with the landowner's permission.



There is no minimum age set in law, but they are not suitable for young children.



They are classed as motor vehicles, so the rules are the same as other vehicles.

SAFER CHOICES THIS CHRISTMAS

- ✓ Look out for your child – talk about road safety.
- ✓ Choose gifts that are fun and legal.
- ✓ Help keep our children, and everyone, safe on our roads.



LET'S KEEP NORTHERN IRELAND'S ROADS SAFE

Working together **saves** lives.



Road Safe NI



@RoadSafeNI

www.roadsafeni.org



www.roadsafeni.org

CALLING ALL POST PRIMARY SCHOOLS

IN NORTHERN IRELAND

BOOK A FREE NEW DRIVER PRESENTATION

FOR YOUR YEAR 13s AND 14s



ROAD **SAFE** NI
CHARITY
WORKING TOGETHER SAVES LIVES
EST 1962



**N3W
DRIV3R**
www.newdriverni.com

OUR PRESENTATION COVERS:



Learning to drive



Theory test



Insurance



Buying a car



The new GDL



Staying safe on the road as a passenger and driver

 Delivered by Road Safe NI – the leading road safety charity in Northern Ireland for over 60 years.



 **ENGAGING. INFORMATIVE. LIFE SAVING.**
Help your students make safer choices on the road.



EASY TO BOOK!
Flexible dates and times to suit your school.



BOOK YOUR FREE PRESENTATION TODAY
Email: David.jackson@newdriverni.com
or tel: 07934132597



FIND OUT MORE
www.roadsafeni.com



www.roadsafeni.com

Safer Recruitment Guidance - August 2026



Safer Recruitment Guidance

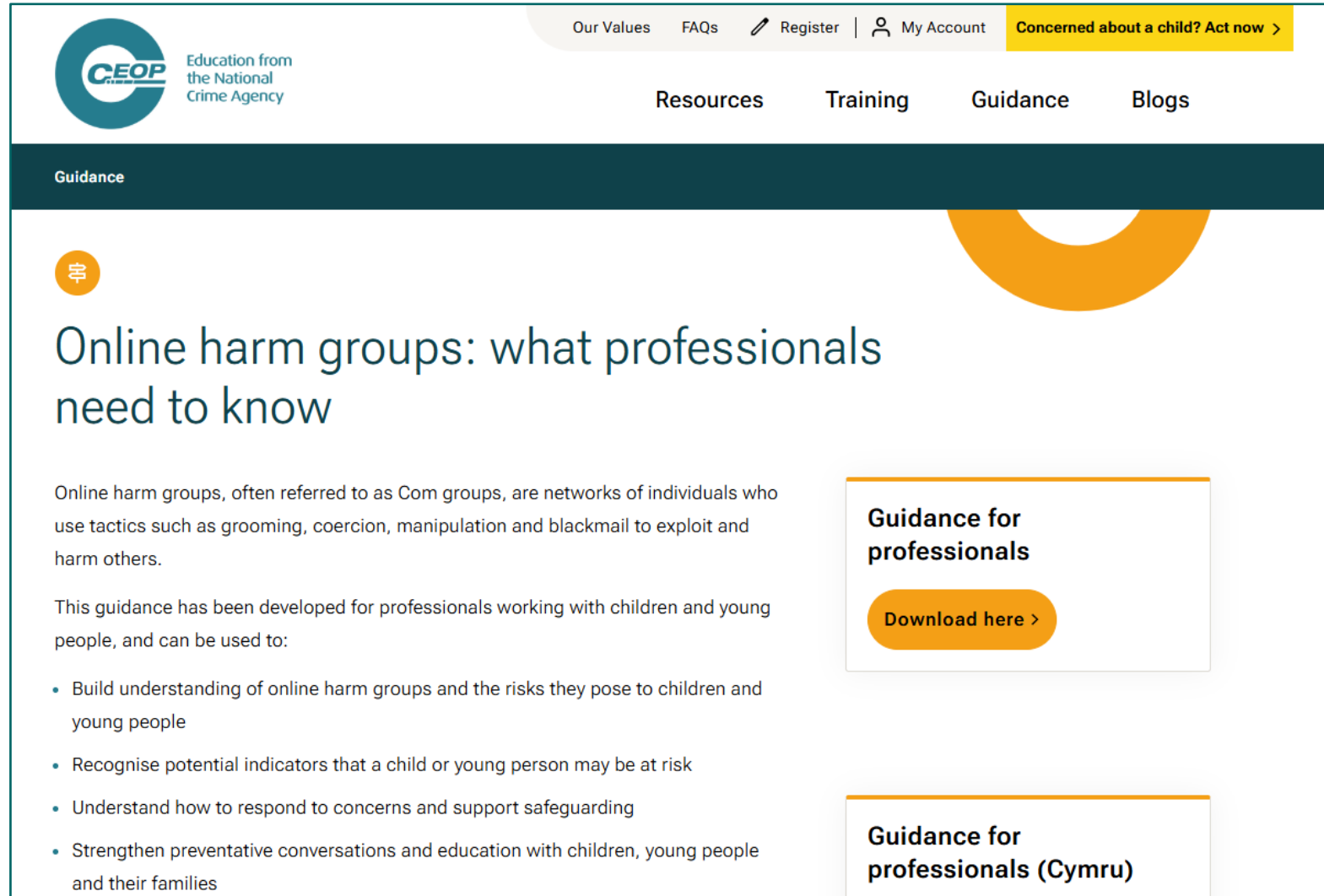
Type of Resource	Advice Policies and procedures
Publication Date	18 August 2026
Committee/Panel	Policy and Procedures Committee
Audience	Professionals and Volunteers

SBNI Safer Recruitment Guidance 2026 v1.1
Amended August 2026 Website.pdf

[Download PDF](#)



<https://www.safeguardingni.org/resources/safer-recruitment-guidance-august-2026>



CEOP Education from the National Crime Agency

Our Values | FAQs | Register | My Account | **Concerned about a child? Act now >**

Resources | Training | Guidance | Blogs

Guidance

 **Online harm groups: what professionals need to know**

Online harm groups, often referred to as Com groups, are networks of individuals who use tactics such as grooming, coercion, manipulation and blackmail to exploit and harm others.

This guidance has been developed for professionals working with children and young people, and can be used to:

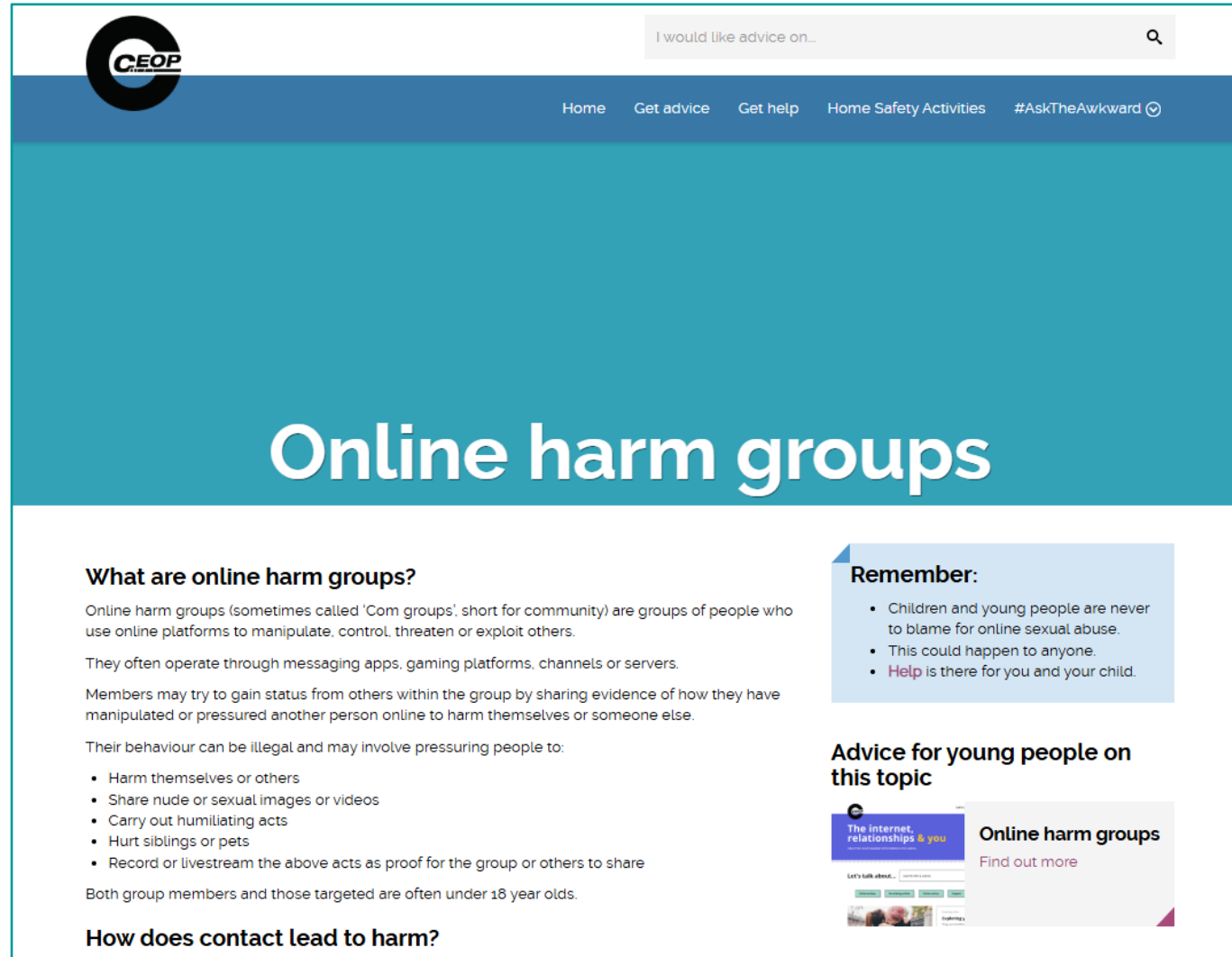
- Build understanding of online harm groups and the risks they pose to children and young people
- Recognise potential indicators that a child or young person may be at risk
- Understand how to respond to concerns and support safeguarding
- Strengthen preventative conversations and education with children, young people and their families

Guidance for professionals

[Download here >](#)

Guidance for professionals (Cymru)





The screenshot shows the CEOP (Child Exploitation and Online Protection) website. At the top is the CEOP logo and a search bar with the placeholder text 'I would like advice on...'. Below the logo is a navigation menu with links: Home, Get advice, Get help, Home Safety Activities, and #AskTheAwkward. The main heading of the page is 'Online harm groups'. Below this heading, there is a section titled 'What are online harm groups?' which explains that these groups (sometimes called 'Com groups') are used for manipulation, control, and exploitation. It lists behaviors such as harming others, sharing nude images, humiliating acts, and recording or livestreaming these acts. A 'Remember:' box highlights that children and young people are never to blame for online sexual abuse and that help is available. Another section titled 'Advice for young people on this topic' includes a thumbnail for a resource titled 'The internet, relationships & you' and a link to 'Find out more'.

What are online harm groups?

Online harm groups (sometimes called 'Com groups', short for community) are groups of people who use online platforms to manipulate, control, threaten or exploit others.

They often operate through messaging apps, gaming platforms, channels or servers.

Members may try to gain status from others within the group by sharing evidence of how they have manipulated or pressured another person online to harm themselves or someone else.

Their behaviour can be illegal and may involve pressuring people to:

- Harm themselves or others
- Share nude or sexual images or videos
- Carry out humiliating acts
- Hurt siblings or pets
- Record or livestream the above acts as proof for the group or others to share

Both group members and those targeted are often under 18 year olds.

Remember:

- Children and young people are never to blame for online sexual abuse.
- This could happen to anyone.
- **Help** is there for you and your child.

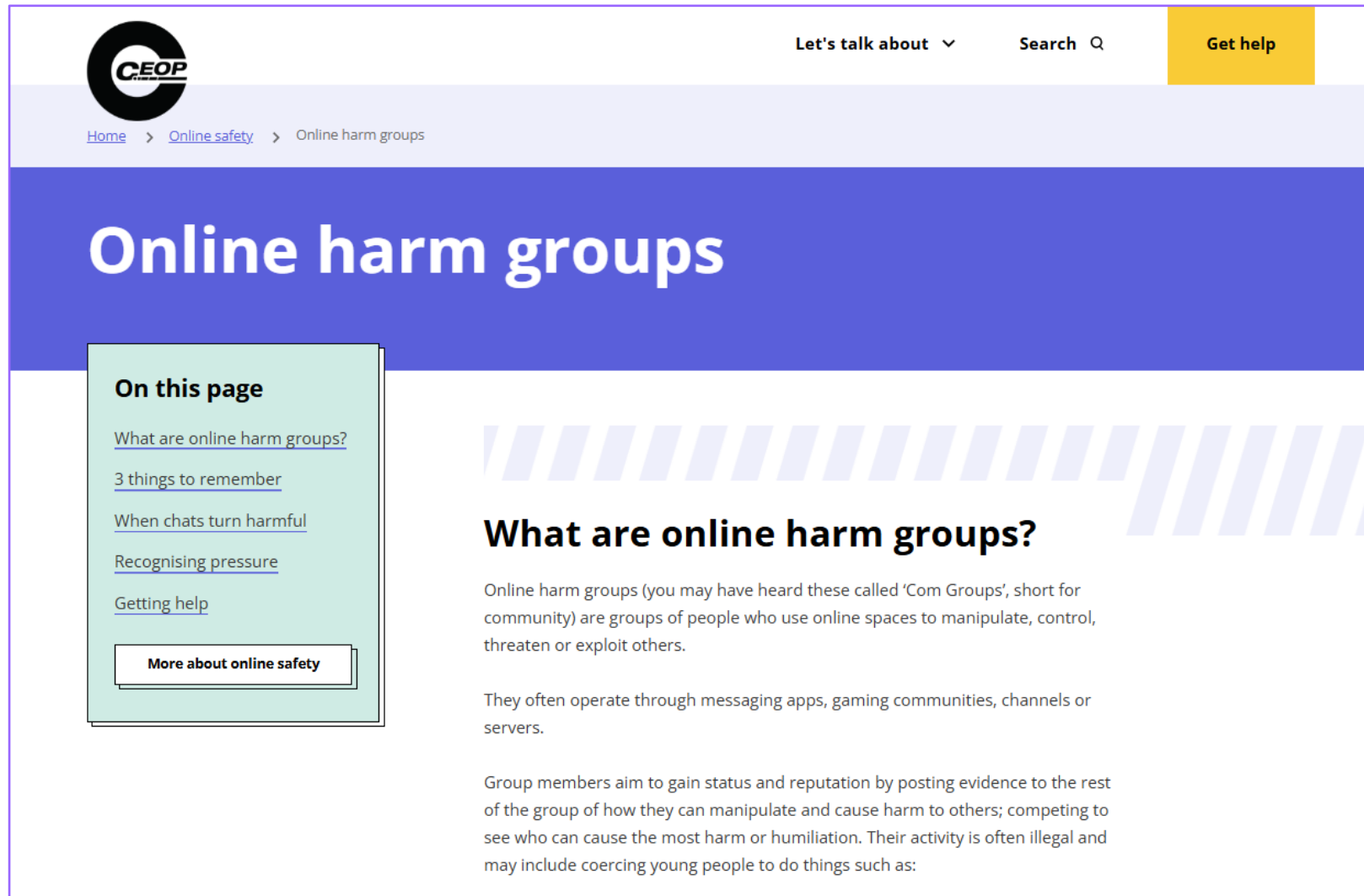
Advice for young people on this topic

The internet, relationships & you

Online harm groups

Find out more





The screenshot shows the CEOP (Child Exploitation and Online Protection) website. The header includes the CEOP logo, navigation links 'Let's talk about', 'Search', and 'Get help'. The breadcrumb trail is 'Home > Online safety > Online harm groups'. The main heading is 'Online harm groups'. A sidebar on the left lists links: 'What are online harm groups?', '3 things to remember', 'When chats turn harmful', 'Recognising pressure', and 'Getting help', with a button 'More about online safety'. The main content area has a decorative striped background and contains the section 'What are online harm groups?' with a definition and a paragraph about their operation.

On this page

- [What are online harm groups?](#)
- [3 things to remember](#)
- [When chats turn harmful](#)
- [Recognising pressure](#)
- [Getting help](#)

[More about online safety](#)

What are online harm groups?

Online harm groups (you may have heard these called 'Com Groups', short for community) are groups of people who use online spaces to manipulate, control, threaten or exploit others.

They often operate through messaging apps, gaming communities, channels or servers.

Group members aim to gain status and reputation by posting evidence to the rest of the group of how they can manipulate and cause harm to others; competing to see who can cause the most harm or humiliation. Their activity is often illegal and may include coercing young people to do things such as:





English



Children & Young People's Strategic Partnership

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





Scan me

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

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



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



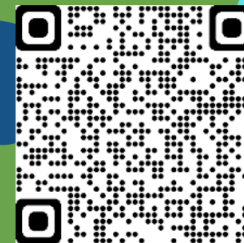
Children & Young People's Strategic Partnership

Youth Wellness Web

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

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

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



Scan QR code

SCHOOL
BULLYING
WELLBEING
BEREAVEMENT
MENTAL HEALTH

Call Childline on:
0800 1111

Call LIFELINE on:
0808 808 8000

Text Shout:
852558

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



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



SOUTHERN TRUST AREA

FAMILY
SUPPORT

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

Where will the service be delivered?

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

Getting Started is Simple

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

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



"Addressing drugs and alcohol together"



Who delivers the service

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

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

Tel: 0800 987 4117

Email: addictionservices@inspirewellbeing.org

Website: www.inspirewellbeing.org

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

Tel: 028 3834 2825

Email: office@linkscounselling.com

Website: www.linkscounselling.com/stepstochange

Online Referral Form:

www.linkscounselling.com/get-counselling

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

Tel: 028 3834 2825

Email: office@linkscounselling.com

Website: www.linkscounselling.com/stepstochange

Online Referral Form:

www.linkscounselling.com/get-counselling

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

Tel: 0800 987 4117

Email: addictionservices@inspirewellbeing.org

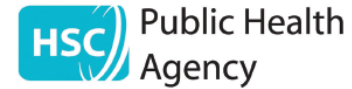
Website: www.inspirewellbeing.org

If you live in the Western Trust Area contact ASCERT

Tel: 0800 2545 123

Email: steps2change@ascert.biz

Website: www.ascert.biz/project/steps-to-change/



Project supported by the PHA



Steps to Change

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



office@linkscounselling.com

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

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

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

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

What to expect with this service?

The service can offer:

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



How We Work Together

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

You lead - We follow your goals and timeline

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

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

Families can receive up to 5 sessions of family support

Completely confidential - Your privacy matters

How to access the service

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

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





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.



Healthy lunch boxes for kids

Healthy lunches top up energy levels and provide key nutrients for growing kids

Find out how to make easy, healthy lunch boxes from a Registered Dietitian

Helpful hacks

5 steps to a healthy lunch box

2 weeks of healthy lunch box ideas



YouTube



SCAN ME

youtube.com/@publichealthdietitiansNI

5 steps to a Healthy Lunchbox

1 Start with carbs

Breads, pasta, rice or crackers. Needed for energy and fibre. Use wholegrains most of the time if you can.

2 Add 1 fruit and 1 veg

For vitamins and fibre. Try frozen, fresh or tinned (in water or own juice). Keep dried fruit and juice to 1 portion a day.

3 Pop in some protein

Go for beans, pulses, fish, boiled eggs, unprocessed chicken or meat. Have processed meats, like ham, less often.

4 Choose some calcium

For strong bones, add lower fat, unsweetened yogurt, cheese or milk. Make sure dairy alternatives have added calcium.

5 Don't forget a drink

Keep them hydrated- water and lower fat milk are best.



For more tips and ideas:

YouTube

youtube.com/@publichealthdietitiansNI



SCAN ME



<https://youtube.com/playlist>

Winter vaccination Who is eligible and where to get your vaccine

Where to get your vaccine	Flu vaccine	COVID-19 vaccine
GP practice 	65 years and over 6 months to 64 years in clinical risk group - Pregnant women - Pre-school children - Carers - Household contacts of immunosuppressed - People working in or regularly visiting poultry, swine or cattle units or processing units - People who are rough sleepers, and people who use homeless hostels	- Adults aged 75 years and over 18 and over who are immunosuppressed
Community pharmacy 	- Care home residents and staff - All HSC workers 65 years and over - Pregnant women 18 to 64 years in clinical risk group, are carers, or are household contacts of immunosuppressed - People working in or regularly visiting poultry, swine or cattle units or processing units - People who are rough sleepers, and people who use homeless hostels	- Adults aged 75 years and over - Residents in care homes for older adults 18 and over who are immunosuppressed
HSC Trust 	- All HSC workers - Pregnant women via maternity - Housebound via home visits - Other eligible adult groups as an alternative to GP practice and community pharmacy	- Adults aged 75 years and over 6 months and over who are immunosuppressed - Housebound via home visits
In school 	All children in primary and secondary school (up to Year 12), including children in risk groups	

Over one million people are eligible for this year's free flu vaccine
Check if you are one of them and get vaccinated to help protect yourself and others this winter

Visit [HERE](#)




HOW TO BOOK APPOINTMENT SLOTS

In partnership with our Southern Primary Care MDT Project we are delighted to offer



Virtual Dementia Training



Virtual Dementia Training is an immersive, evidence-based training, that uses simulation to help participants better understand the daily experiences of people living with dementia, including memory loss, confusion and sensory changes.

This training is open to family members, carers and those supporting people living with dementia. The full experience lasts 3 hours. Relevant information and support services will be available on the day.

DATES & VENUES

Monday 5th October 2026 from 1.30 - 4.30pm at Craigavon Civic Centre, BT64 1AL	Tuesday 6th October 2026 from 10am - 1.00pm & 1.30 - 4.30pm at Banbridge Leisure Centre, BT32 3JY
---	--

Register for the Dementia Awareness Bus through the QR code or via the link below:
<https://form.jotform.com/262454081524353>

For further information please contact:
 ☎ 028 3756 3946 ✉ debbie.smith@southerntrust.hscni.net










SOUTHERN REGIONAL COLLEGE
PERFORMING ARTS STUDENTS PRESENT

"SPEAK UP"

A thought-provoking production raising awareness around hate crime, respect and inclusion.

WEDNESDAY 14 OCTOBER

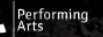
Craigavon Civic Conference Centre
 6.30pm registration with tea, coffee and refreshments
 7.00pm play starts



Places are limited, so book your place before 5th October. Booking is essential.










ABC COUNCIL AREA

COMMUNITY WELLBEING EVENT

South Lake Leisure Centre
Wednesday 21st October 2026
6.00pm - 8.00pm

Health Checks | Mocktail Bar
Advice and Guidance on Alcohol and Drugs
Improving Your Mental Health
Goodie Bags | Light Refreshments

To register your attendance - RSVP by Wednesday 14th October 2026 to
✉ aisling.gillespie@armaghbanbridgecraigavon.gov.uk

Guest Speakers
RORY SLOAN
RESOLUTE.MINDS,
'JUST A CHAT'



Supported by Armagh, Banbridge & Craigavon Policing & Community Safety Partnership (PCSP)
and Southern Drugs & Alcohol Co-Ordination Team (SDACT Connection Service)



aisling.gillespie@armaghbanbridgecraigavon.gov.uk

ARMAGH LPG AREA



A great opportunity to hear about policing and ask any questions you may have

In the Armagh & Cusher Area

Date: Thursday 1st October at 7.30pm

Location: The Hayloft, at the Palace Stables, Armagh

RSVP to pcsp@armaghibanbridgecraigavon.gov.uk

Everyone welcome!



ARMAGH LPG AREA



DON'T BOX ME IN

VOLUNTEER INFORMATION NIGHT

THURSDAY 1ST OCTOBER 8-9PM
TOMMY MAKEM CENTRE KEADY

WE NEED YOUR HELP!!
We are looking for volunteers aged 16 and over.
To help us encourage and support young people with mixed abilities to provide a safe, positive and enjoyable space for them to learn and play through creative arts, music & drama.



FOR MORE INFORMATION CONTACT
colleendbmioct17@gmail.com



colleendbmioct17@gmail.com



PARENTS PLUS Children's Programme

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

9 week programme for parents/carers starting
Wednesday 14th October 2026 from 10am-12 noon (online)

Priority will be given to families in the Armagh/Dungannon 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 & BCM



parenting.partnership@southerntrust.hscni.net

ARMAGH LPG AREA

Armagh Area Good Relations Conference 2026



Cultivating Connections | Building Capacity | Strengthening Communities

Join other organisations & groups from the Armagh Area, to share ideas, build connections and identify collaborative actions to help our local communities thrive!

 **THURSDAY 15TH OCTOBER 2026**

 **ARMAGH CITY HOTEL**

 **9AM TO 12PM**

 **REGISTER NOW**

Click [HERE](#)

Registration Deadline:
Friday 2nd October 2026



HOW CAN YOUR ORGANISATION GET INVOLVED ON THE DAY?

Join a **facilitated roundtable** to:

- ✓ Share your experience, views and ideas on the issues affecting local communities
- ✓ Help explore solutions and identify practical next steps

Host an **information stand** to:

- ✓ Showcase your organisation and its services and/or programmes
- ✓ (Re-)Connect with other local groups

Avail of the opportunity to **meet local funders** to:

- ✓ Discuss projects, ideas or plans (no matter what stage your organisation is at!)
- ✓ Explore live or upcoming funding or grant opportunities



<https://www.surveymonkey.com/r/WVWQ3HY>



BANBRIDGE LPG AREA



BYRC PROGRAMME

OPENING TIMES

MONDAY 6:30PM - 8:30PM
9-11 YEARS

TUESDAY 6:30PM - 8:45PM
14+ YEARS
BREWS & BEATS

WEDNESDAY 6:30PM - 8:30PM
1ST - 3RD YEAR

FRIDAY 4:30 - 6:30PM
9-11 YEARS

CONTACT CATHERINE ON
CATHERINE.CARR@EANI.ORG.UK
07902701085
028 9598 6084

BREWS & BEATS

BYO INSTRUMENT
14 PLUS ALL ABILITIES WELCOME

Bring your own instrument or just
bring your vibes. This is your space
to connect and create

Music, coffee, and energy all in one place!

**EVERY
TUESDAY**

**BANBRIDGE
YOUTH CENTRE**
6:30PM-8PM

Contact Banbridge Youth
Centre for more details
028 9598 6084



catherine.carr@eani.org.uk

BECOME A VOLUNTEER



**MONDAY -
FRIDAY 6-9PM**



**BANBRIDGE YOUTH
RESOURCE CENTRE**



**WE'RE
LOOKING FOR PEOPLE THAT
HAVE A PASSION FOR:**

- Making a positive impact on the lives of young people
- Has an interest in Crafts, DIY, Gardening, Nature
- Supporting young people & the BYRC Team



WHAT YOU'LL GAIN:

- Hands-On Experience
- Personal & Professional Growth
- Networking Opportunities
- Community Service Experience



For more information contact



catherine.carr@eani.org.uk



BANBRIDGE LPG AREA

Celebrating all kinds of minds

Join us Tuesdays @ 4.00pm - 6.00pm

Are you 14-17?

Are you Neurodiverse?

You're invited

Neuronext

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

Activities include.....

Crafts Bead Work Origami Mini Canvas Painting
Bottle cap badges Movies Board Games Card Games
Table games Pictionary Nerf wars Charades
And many more

To register please contact

Lucinda 07793822389
or
Veronica 07425330856

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



 engage | educate | empower

AGE 11-18

A SPACE TO BELONG. CONNECT AND GROW

ASD YOUTH GROUP

WEDNESDAY EVENINGS

6.30 PM-8 PM

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

15A COMMERCIAL RD BANBRIDGE BT323ES

CONTACT
SHAUNEY 07599567942
ANNE 07899666068





lucinda@futureproofni.org

YOUTH ENGAGEMENT SERVICE

15a Commercial Rd,
Banbridge
BT323ES



Drama Group

11-25 years old



Rehearsals:
Thursday
5.30pm-7.30pm

 Public Health Agency



BANBRIDGE LPG AREA

AutismNI Northern Ireland's Autism Charity

futureproof engage | educate | empower

AUTISMOS

DROP IN. HANG OUT. BE YOU.

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

GOOD VIBES

FRIDAY:

4.30PM-6PM

11-17 YEAR OLDS

ARTS & CRAFTS

YOUTH ENGAGEMENT SERVICE

HSC Public Health Agency

07540049938

15A COMMERCIAL RD. BANBRIDGE BT323ES

INFO@FUTUREPROOFNI.ORG

HSC Public Health Agency
Project supported by the PHA

futureproof engage | educate | empower

BANBRIDGE_YES

Female Nurture Group

THURSDAY 4-5.30PM

AGE 11+

Support Listen Empower

ARTS & CRAFTS

REFERRALS VIA LUCINDA:
07540049938
LUCINDA@FUTUREPROOFNI.ORG

15A COMMERCIAL ROAD
BANBRIDGE

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

futureproof engage | educate | empower

MEN'S HEAD'S

EVERY FRIDAY 2PM-4PM

18-25 years

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

YOUTH ENGAGEMENT SERVICE

HSC Public Health Agency
Project supported by the PHA

JOHN: 07981824588

INFO@FUTUREPROOFNI.ORG

BANBRIDGE_YES

07540049938

15A COMMERCIAL RD. BANBRIDGE BT323ES

INFO@FUTUREPROOFNI.ORG



lucinda@futureproofni.org



BANBRIDGE LPG AREA

futureproof
engage | educate | empower

HSC Public Health Agency

YOUTH ENGAGEMENT SERVICE



FREE CONDOM SCHEME

FOR PEOPLE AGED 16-25

DISCREET. CONFIDENTIAL.
JUST ASK !!



C-CARD

common YOUTH.

YOUTH ENGAGEMENT SERVICE

futureproof
engage | educate | empower

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

OUR GROUPS

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

OUR SERVICES

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

CONTACT US

07540049938

15a Commercial Road, Banbridge

banbridge_yes

banbridge Youth Engagement Service



HSC Public Health Agency
Project supported by the PHA

futureproof
engage | educate | empower

DROP IN

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

banbridge_yes

15A COMMERCIAL ROAD,
BANBRIDGE

Lucinda@futureproofni.org

YOUTH ENGAGEMENT SERVICE

HSC Public Health Agency

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



lucinda@futureproofni.org



TRAINING programmes

safeTALK

Mental Health First Aid MHFA Northern Ireland

safeTALK Oct 19th 18:30-21:30

Mental Health First Aid Nov 2nd & 9th 09:00-16:30 (2 day course)

at Banbridge Youth Resource Centre

P.I.P.S. Hope and Support

futureproof language | education | empower



lucinda@futureproofni.org



CHANGING LIVES NI

MENTAL HEALTH CHARITY

MENTAL HEALTH & WELLBEING SUPPORT

Your story matters.

You're not alone. We're here to help.

SUPPORT HUB – GILFORD

A safe, welcoming space where you can talk, connect, and feel supported.

WE OFFER:

- A listening ear
- Practical support
- A safe, non-judgmental environment

OPENING HOURS

Tuesday & Thursday evenings
6:30pm – 9:00pm

Drop in anytime – no appointment needed

GET IN TOUCH

Unit 4, Riverside Mall
Mill Street, Gilford
BT63 6HQ

OUR MISSION

To break stigma, build hope, and walk alongside people on their journey to better mental health.

FREE & CONFIDENTIAL SUPPORT

For mental health.

WHAT WE DO

COMMUNITY SUPPORT

- Drop-in support hub
- Safe social space

WELLBEING SERVICES

- One-to-one listening support
- Counselling signposting
- Outreach workshops

GROUPS & ACTIVITIES

- Men's & Women's groups
- Community events
- Peer support

COMMUNITY CAMPAIGNS

- Fundraising
- Awareness events
- Bringing people together

YOU DON'T HAVE TO DO THIS ALONE

Reach out. Call us. Drop in. Start your journey.

07740 550154

changinglivesnimh@gmail.com

[Changing Lives NI](https://www.facebook.com/ChangingLivesNI)

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

SCAN TO CONNECT

NIC 108204 | Company No NI 740361



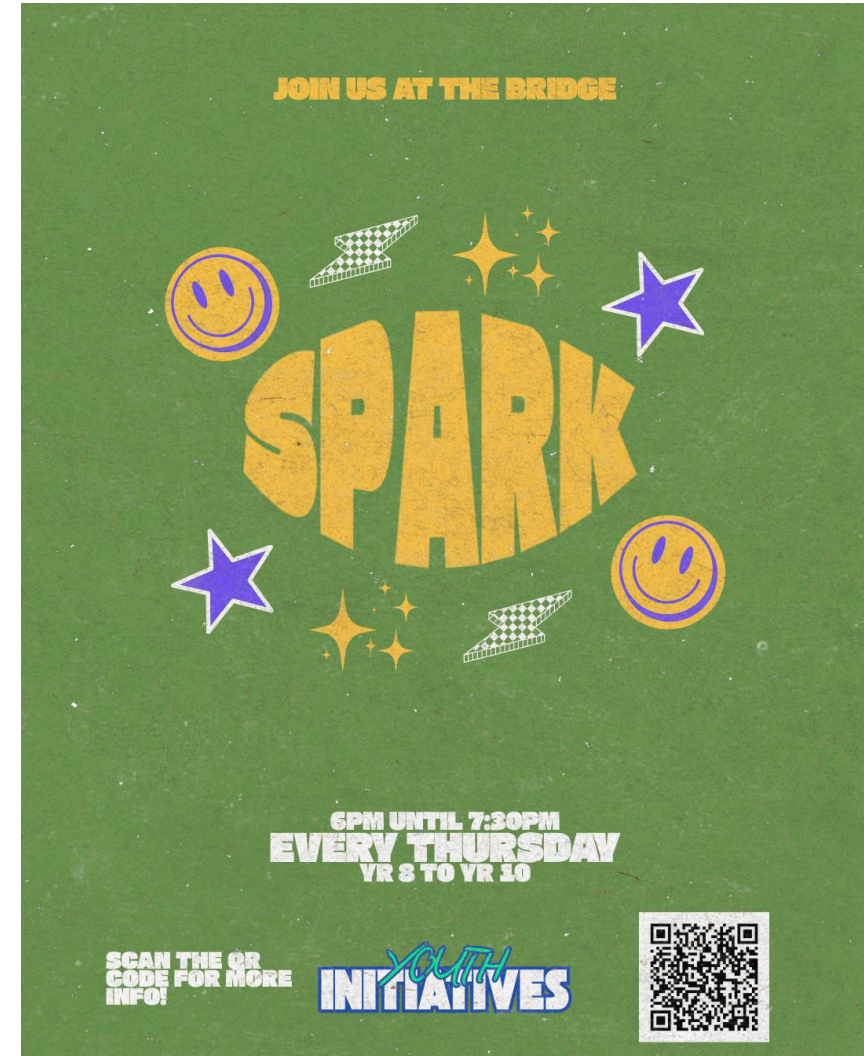
changinglivesnimh@gmail.com



BANBRIDGE LPG AREA



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



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

Tiny Steps

19 week parent infant programme (0-4 months)
facilitated by Home-Start Craigavon

**HOME
START**

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

Key programme criteria

- For parents/carers and infants 0-4 months resident outside Sure Start areas in Craigavon Borough Area
- Primarily but not exclusively first-time parents/carers

Plus one or more of the following:

- Parent experiencing isolation/loneliness
- Parent reporting anxiety/low mood
- Family needing additional support as identified by Health Visitors, midwives or other family support services.



What's included? (19 weeks)

- Mellow Parenting Programme x 8 weeks
- IAIM Infant Massage x 5 weeks
- Additional 6 sessions to include:
e.g. Health visitor sleep support
brain development, sensory sessions
visits to local family facilities.

Programme details/Next steps?

Expressions of interest will be taken from parents, carers and supporting organisations by contacting Home-Start Craigavon.



Craigavon, Lurgan & Portadown:
based in Lurgan
Start date: Wed 21st Oct '26 10-12
Tel: Home-Start on 028 3834 5357
Email: homestart.craigavon@openworld.com

PLACES CURRENTLY AVAILABLE

Family Fun Day For families seeking support!

Looking for support services that can help your needs?

Wish you could have options all in one room?

Bolster Community invites families to a **free** event designed to build connections in the community, meet other families, and learn about the wide range of services and support available in the area.

Organisations/professionals will host stands, providing information and guidance for children and families, particularly those who are new to the area.

Light refreshments
provided



Entertainment from
Community Tribal
Drumming



Bouncy castle



Families



Simply scan either QR code to register

Organisations



Saturday 21st November
from 11am to 2pm
Main Hall, Brownlow Community Hub



homestart.craigavon@openworld.com



Families / Organisations



CRAIGAVON LPG AREA



The poster features a collage of images at the top: a group of people talking, a street scene with a building labeled 'LURGAN', a hand writing on a document, and a person gesturing. Below the collage, the title 'LURGAN COMMUNITY CENTRE DESIGNS' is written in large, bold, white letters. Underneath the title, the text 'Have Your Say Drop-In Information Session' is written in a smaller, white font. A horizontal line of small, colorful dots separates the title from the session details. The session details are listed in white text: 'Tue 29 Sept | 4.00pm - 7.00pm North Lurgan Community Centre' and 'Wed 30 Sept | 4.00pm - 7.00pm Mourneview Community Centre'. At the bottom left, there are social media icons and the website 'armaghbanbridgecraigavon.gov.uk'. At the bottom right, there is the logo for 'Armagh City Banbridge & Craigavon Borough Council'.

LURGAN COMMUNITY CENTRE DESIGNS

Have Your Say Drop-In
Information Session

Tue 29 Sept | 4.00pm - 7.00pm
North Lurgan Community Centre

Wed 30 Sept | 4.00pm - 7.00pm
Mourneview Community Centre

 armaghbanbridgecraigavon.gov.uk

 **Armagh City
Banbridge
& Craigavon**
Borough Council

CROTLIEVE, NEWRY AND
SLIEVE GULLION DEA FORUMS

FUNDING FAYRE

FOR COMMUNITY, VOLUNTARY
AND SPORTING CLUBS

*Engage directly with funders and
support organizations regarding your
project, and learn more about the
available funding opportunities.*

WEDNESDAY 14 OCTOBER
2:00PM - 6:30PM
ST. JOHN BOSCO CLUB
CECIL STREET, NEWRY, BT35 6EH
BEHIND NEWRY LEISURE CENTRE

NO APPOINTMENT NEEDED

DROP IN EVENT



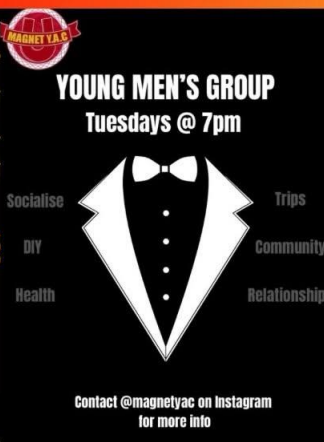
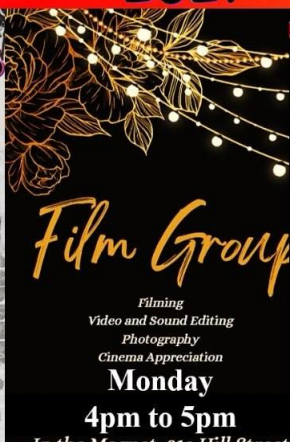
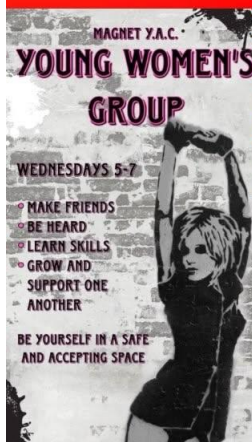
PROJECT FUNDING



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



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



claireh.magnetyac@gmail.com



Parents & Carers

Are you parenting an adolescent with special needs/additional support needs and living in the Newry & Mourne Area?

Join our Parents Plus 'Special Needs Programme' and meet other parents in a supportive group to help your adolescents reach their full potential.

Support your child to:

- Learn social skills and build friendships
- Deal with puberty and sexuality
- Gain confidence and self-esteem
- Be more independent

As a parent, learn how to:

- Personally cope and manage stress
- Deal with the challenges of adolescence
- Support the needs of your other children
- Manage challenging behaviour

Dates: Wednesday 13th January-Wednesday 3rd March 2027 (7 weeks)
Time: 10am-12.30pm
Location: St Pauls High School, 108 Camlough Rd, Bessbrook BT35 7EE



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



Delivery Partners: Parenting Partnership & MDT



parenting.partnership@southerntrust.hscni.net

NEWRY & MOURNE LPG AREA



PSNI Connect

PSNI Connect is launching in your area

PSNI Connect is a free messaging service that enables residents, businesses and community groups to keep in touch with local police.

Connecting communities, building confidence.

**we care
we listen
we act**

**Police Service
of Northern Ireland**

By signing up to PSNI Connect you can be in direct contact with the neighbourhood officers working in your area. We will share information about the work we are doing along with crime prevention tips and traffic disruption.

You can tell us what impacts you, share feedback and help shape local policing priorities. We will listen and we will be able to provide a more targeted, responsive service for our local communities as a result.

Get involved, sign up today, and when you do sign up you can decide which information you want to receive from us and which information you're not interested in.

To sign up to your local PSNI Connect, or to find out more, scan the QR code or visit www.psniconnect.co.uk



Scan to sign up

Any contact will be private, it won't be seen by anyone else in your community and therefore won't receive any unwanted comments.

**report
online** psni.police.uk



www.psniconnect.co.uk



SOUTH ARMAGH LPG AREA



AUTISM REALITY EXPERIENCE TRAINING



PIECING THEIR WORLD TOGETHER

ABOUT THE TRAINING:

The session is designed to give participants a virtual experience of living with autism. It is a very practical, hands on experience that gives participants a greater insight into autism and helps us see the world from an autistic person perspective.

WHO IS TRAINING FOR:

It is suitable for professionals working with people with autism as well as family members or informal carers who want to have a better understanding of autism. The training session is delivered over 3 hours.

WHEN IT TAKES PLACE:

Tuesday 6th October 2026:
10am - 1pm OR 1:30pm - 4:30pm

VENUE: Culloville Community Centre

OR

Thursday 8th October 2026:
10am - 1pm OR 1:30pm - 4:30pm

VENUE: Newtown Community Centre

You only attend one session from the above slots

register now

CONTACT KAREN:
Tel: 028 375 66297
Email: karen.faloon@southerntrust.hscni.net

Southern Health and Social Care Trust
Promoting Wellbeing DIVISION
Delivered in partnership with the Southern Area Primary Care MDT Project

VIRTUAL DEMENTIA TRAINING



GAIN A BETTER UNDERSTANDING AND TAKE A WALK IN THE SHOES OF SOMEONE LIVING WITH DEMENTIA THROUGH THIS INNOVATIVE TRAINING EXPERIENCE FOR FAMILY MEMBERS & CARERS

★ **TWO DATES AVAILABLE** ★

Register for one of the following **FREE** training sessions:

MONDAY 5TH OCTOBER 2026
CLOUGHREAGH COMMUNITY CENTRE

WEDNESDAY 7TH OCTOBER 2026
KILLEAVY GAA CLUB ROOMS

Choose a Timeslot: ☒ 10am - 1pm **OR** ☒ 1:30pm - 4:30pm

 **REGISTER NOW** 

 028 37566297  karen.faloon@southerntrust.hscni.net

HSC Southern Health and Social Care Trust
Promoting Wellbeing DIVISION
Delivered in partnership with the Southern Area Primary Care MDT Project



karen.faloon@southerntrust.hscni.net



karen.faloon@southerntrust.hscni.net

SOUTH ARMAGH LPG AREA

CROSSMAGLEN



TAKES PLACE
EVERY 3 MONTHS

NEXT



Women's Aid



Solicitor



Money Advice



Housing Advice



Police



Crime Prevention

CONFIDENTIAL,
SAFE, AND
OPEN TO ALL
WOMEN

No appointment
needed

Thu 24th Sept

Thu 26th Nov

Thu 28th Jan

10am - 12noon

Crossmaglen
Community Centre
Cardinal O'faich Square
BT35 9AA

Women's Aid
ARMAGH DOWN

Bite Size Employment Support

Contact: fswc.tara@gmail.com
02887727648

15/10/26

Interview Skills

Do interviews give
you the fear?

Come along for tips &
support to help you
stay calm & shine.

19/10/26

Childcare Benefits

Not sure whether you
can afford to return to
work or what support is
available for childcare?

Come along & let us
help you.

04/11/26

Challenging Work Relationships

Did a negative experience
mean you left work before?

Or has a past experience
affected your confidence?

Let us help us you to grow
your confidence moving
forward.





DUNGANNON LPG AREA



PARENTS PLUS Children's Programme

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

9 week programme for parents/carers starting
Wednesday 14th October 2026 from 10am-12 noon (online)

Priority will be given to families in the Armagh/Dungannon 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 & BCM



parenting.partnership@southerntrust.hscni.net



www.surveymonkey.com/r/DZRSQD9

DUNGANNON AREA SCHOOLS NETWORKING EVENT

FRIDAY 23RD OCTOBER 2026

2PM TO 5PM

INTEGRATED COLLEGE DUNGANNON



CONNECTING SCHOOLS WITH LOCAL SUPPORT

Come along to our networking event to learn about the range of support services for children, young people and families available across the Dungannon Area

YOU ARE INVITED!

The event is aimed at staff from **Primary** and **Post Primary Schools** and ALL relevant **Service Providers** in the local area

Light refreshments will be available on the day

REGISTER TO ATTEND

If you are a **service provider**, click [HERE](#) to register your information stall for FREE

If you are a **member of school staff**, please let us know how many from your school are coming, by e-mailing:
localityplanning@ci-ni.org.uk

Event kindly hosted & supported by:



What is it?

InterACT is a new project at STEP funded by The National Lottery Community Fund.

It is designed to strengthen and improve belonging, inclusion, diversity and equality.

Our focus is on supporting and delivering change for families:

- from minoritised ethnic communities
- with a child under 14 years
- experiencing poverty, discrimination or exclusion

The InterACT Journey will look different for every person, family or community group, depending on your needs and interests.



Who is it for?

InterACT is for families from minoritised ethnic communities who live in Mid Ulster.

It is also for community groups and services who want to become more diverse and inclusive.

How do I join or refer into the InterACT Project?

Contact us at any of our Mid Ulster Offices or by email.

Dungannon 028 87750211
Cookstown 028 86761875
Magherafelt 028 79633079

interact@stepni.org

For project updates check out our website and follow our social media.



InterACT

Family Support
Community Development
Policy & Practice Change

Strengthening opportunities
for minoritised ethnic
families and communities in
Mid Ulster.



interact@stepni.org

InterACT Journey Planner

InterACT offers family support, community development and policy influencing opportunities.

InterACT is flexible and needs-led.

We are here to help you to meet your needs and reach your goals.

Joining InterACT

Assessing Strengths & Needs

- You find out about the project
- We explore your needs and strengths
- We meet any emergency need
- You get a benefit check to help maximise your income

Building Your Project Offer

- You decide what you'd like to get out of the project
- We get you signed up with a personalised plan
- We measure how things are now, so we can see what improves for you over time

Family Support

1-to-1 & Family Sessions

- Home visits and appointments
- Help to advocate for your rights
- Support to access services, e.g. health, education, housing etc.
- Reviewing your needs and goals

Group Work

- Parenting support
- Financial capability
- Health & Wellbeing



Community Development

Skill-Share Sessions

- Peer-led meet-ups to learn and share skills to support your family

Community Interest Groups

- Support with community organising and setting up new groups

Community Inclusion

- Information sharing and events to promote participation and belonging



Policy & Practice Change

Lived Experience Alliance

- Use your voice and experience to influence policy change
- Link up with Inclusive Community Forum to support practice change

Inclusive Community Forum

- Community groups working together to improve belonging, inclusion and diversity
- Link up with Lived Experience Alliance



Leaving InterACT

Programme Exit Sessions

- This only happens when you are ready or the project ends
- We measure how things are now and what has improved for you
- We introduce to other opportunities and services in the community

We say goodbye, just for now....



interact@stepni.org

DUNGANNON LPG AREA

FREE ESOL CAFÉ

Wednesdays

10am–12pm

August – December 2026

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



You are welcome!

Practise your English

Enjoy a cup of tea

Meet new people

For information:
028 87750211



A Mid Ulster Sanctuary
Forum initiative



028 87750211



eco friendly

Halloween costume

RE-USE Initiative

We welcome all Halloween Costumes for adults & kids
All types, sizes and accessories appreciated!



RE-SPOOK RE-WEAR RE-SCARE

Drop off at any
Mid Ulster District Council
Recycling Centre
by Saturday 17 October 2026



Comhairle Ceantair
Lár Uladh
Mid Ulster
District Council



eco friendly

Christmas jumper

RE-USE Initiative

We welcome all Christmas jumpers for adults & kids
All types, sizes and accessories appreciated!



Drop off at any Mid Ulster District
Council Recycling Centre
by Saturday 21 November 2026



Comhairle Ceantair
Lár Uladh
Mid Ulster
District Council

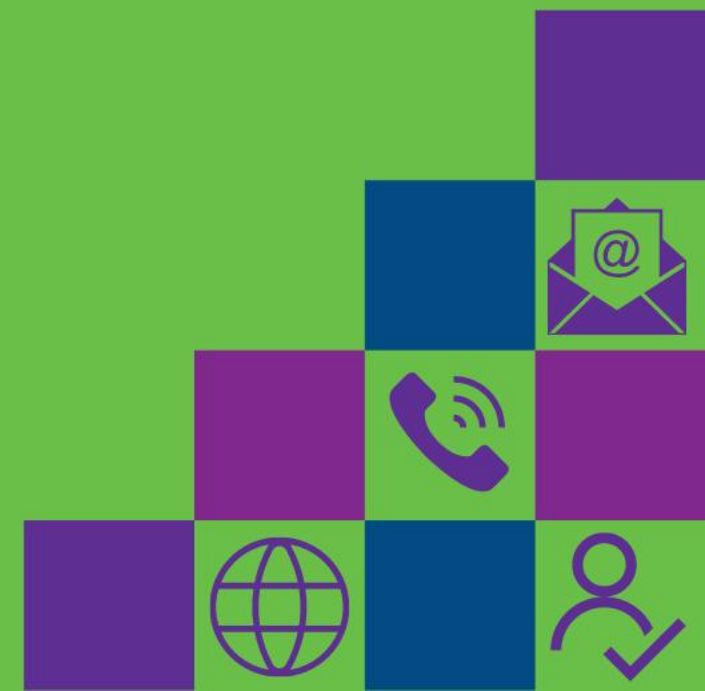
SUBMISSION		GUIDELINES
✓ Submit the information in the format you would like it to be included. We can't transform a word-heavy document into a flyer. ✓ Less words, bigger pictures! ✓ We do not advertise or endorse those events or programmes which are privately funded as a business. ✓ Information will usually be included for x1 edition, unless otherwise requested.	           	✓ '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 171](#)
3rd September 2026

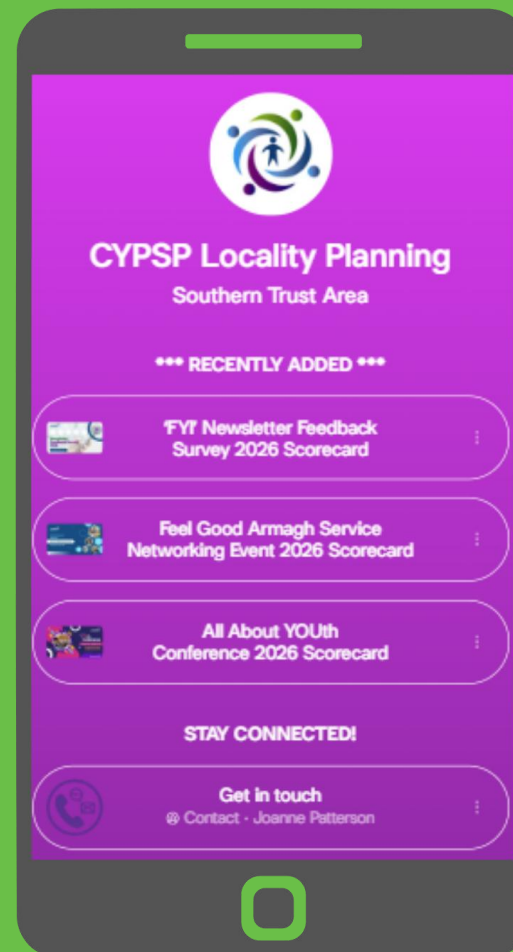
[Issue 170](#)
13th August 2026



UPCOMING 2026 LPG MEETINGS

Dungannon	Tues. 29 th Sep
Newry & Mourne	Wed. 7 th Oct
Armagh	Thur. 5 th Nov
Craigavon	Tues. 10 th Nov
South Armagh	Tues. 17 th Nov
Banbridge	Wed. 25 th Nov

Meetings are usually scheduled to begin at 10am
Formats will alternate between face-to-face & Zoom
(Refer to the Meetings Calendar on our [Linktree](#))



SCAN QR CODE
FOR INSTANT
ACCESS TO OUR
INFO. HUB



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

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

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



'FYI' NEWSLETTER CALENDAR
JULY TO DECEMBER 2026



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

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

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

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

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

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



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



Advertise in our upcoming issue!

Circulation Date:
15th October 2026

Copy Deadline:
13th October 2026



localityplanning@ci-ni.org.uk



Sign up to receive 'FYI' Newsletter TODAY!

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

