

SOUTHERN AREA LOCALITY PLANNING GROUPS



ISSUE 173
15th October 2026



WELCOME

Welcome to Issue 173 of our newsletter, 'FYI' (For Your Information).

Monday 19th October sees the start of Parenting Week 2026 and so, in this edition, we have included a wide range of support and opportunities for parents & carers and would encourage as many people to avail of these resources as possible - Find out more about this year's Parenting Week theme, *Making Connections*, starting on [Page 22](#).

As always, please keep spreading the word about all the great opportunities included in 'FYI' and feel free to send us any flyers or information to share with the 750+ contacts who regularly receive this newsletter.

Enjoy a much-deserved break over half-term and we'll see you again in November!

Locality Development Team, Southern Area

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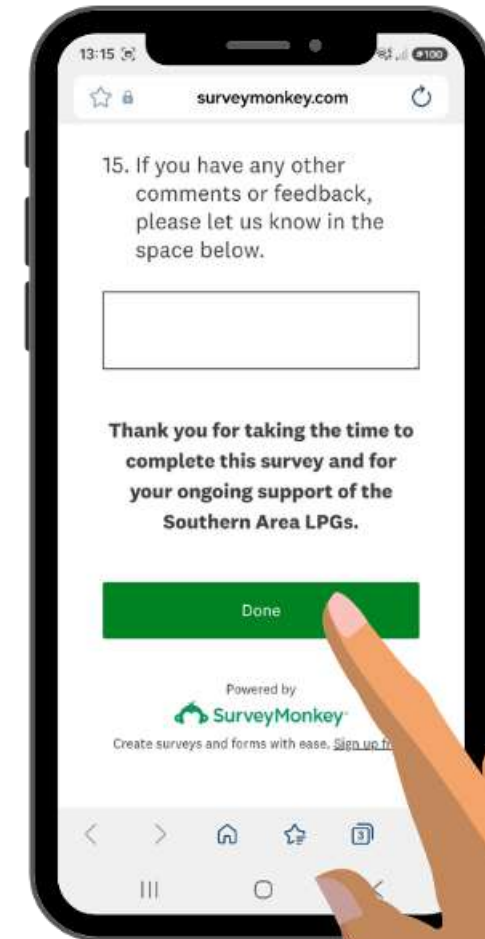
CALLING ALL SOUTHERN AREA LPG MEMBERS!

Do you attend any of the following Locality Planning Groups?

Armagh
Banbridge
Craigavon
Dungannon
Newry & Mourne
South Armagh

We are currently considering dates & preferred formats for our 2027 meetings and are also keen to hear your views on the Southern Area LPGs, what we do, and how we might further strengthen partnership links and collaborative working. We encourage you to complete the **Southern Area LPGs Member Survey 2026** [HERE](#)

Closing date for responses is **Friday 6th November 2026**





SOUTHERN AREA LOCALITY PLANNING GROUPS MEETINGS CALENDAR 2026			
			
ARMAGH	Thursday 8 th January Thursday 5 th March Thursday 21 st May Thursday 3 rd September Thursday 5 th November	Epicentre Zoom Epicentre Zoom Epicentre	All at 10am
BANBRIDGE	Wednesday 28 th January Wednesday 15 th April Wednesday 17 th June Wednesday 23 rd September Wednesday 25 th November	Zoom Banbridge Youth Resource Centre Banbridge Youth Resource Centre Zoom Banbridge Youth Resource Centre	All at 10am
CRAIGAVON	Tuesday 13 th January Tuesday 10 th March Tuesday 12 th May Tuesday 8 th September Tuesday 10 th November	Zoom Brownlow Community Hub Zoom Brownlow Community Hub Zoom	All at 10am
DUNGANNON	Tuesday 3 rd February Tuesday 28 th April Tuesday 9 th June Tuesday 29 th September Tuesday 1 st December	Zoom Dungannon Youth Resource Centre Zoom Dungannon Youth Resource Centre Zoom	All at 10am
NEWRY & MOURNE	Wednesday 18 th February Wednesday 22 nd April Wednesday 3 rd June* Wednesday 7 th October Wednesday 9 th December	Newry Youth Resource Centre Zoom Newry Youth Resource Centre Zoom Newry Youth Resource Centre	All at 10am
SOUTH ARMAGH	Tuesday 20 th January Tuesday 24 th March Wednesday 3 rd June* Tuesday 15 th September Tuesday 17 th November	Zoom N/Hamilton Community Centre Newry Youth Resource Centre Sure Start Camlough Zoom	All at 10am
*Joint Meeting of Newry & Mourne and South Armagh LPGs			
FOR ANY RELATED QUERIES, PLEASE CONTACT: JOANNE PATTERSON (PROGRAMME SUPPORT OFFICER) TEL: 028 9536 3216 / E-MAIL: LOCALITYPLANNING@CI-NI.ORG.UK			

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

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

By coming along, you will:

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

Meet other key people in the area from similar organisations

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

Work together to do something about it!

Details on the final wave of 2026 Locality Planning Group Meetings are available to view on the Locality Planning Linktree [HERE](#)

Odyssey Parenting Your Teen Programme



8-week programme designed to support meaningful change for parents and families

Open to parents and carers in the Southern Health and Social Care Trust area



- Starts Tuesday 20 October 2026
- Runs for 8 consecutive weeks with a week off for mid-term
- 6:00pm - 8:00pm
- Online

Register now:
028 9040 1290
www.ci-ni.org.uk



Children in Northern Ireland

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

WALKING on EGGSHELLS

Non-violent resistance programme



Child to parent violence refers to patterns of behaviour which can impact on safety and wellbeing at home, often signalling that the child and family need understanding, support and guidance

About the Programme

Walking on Eggshells is an 8-week programme to support parents and carers in achieving a calmer, violence-free home

It can help you:

- Overcome feelings of helplessness
- Develop a support network
- Work toward healthier behaviours
- Improve family relationships

- ▶ Online, 8 x 2-hour sessions
- ▶ Daytime and evening programmes available
- ▶ Daytime programme starts Wednesday 21 October, 10am - 12pm
- ▶ Evening programme starts Thursday 22 October, 6pm - 8pm

Open to parents and carers in both the Belfast Trust and Southern Trust areas

All parents / carers will complete an initial assessment to ensure the programme is suitable for their family circumstances

Take the first step towards a safer, more peaceful home for you and your child

028 9040 1290 info@ci-ni.org.uk

Daytime registration Evening registration



Children in Northern Ireland

HSC Belfast Health and Social Care Trust
caring supporting improving together

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



www.ci-ni.org.uk/odyssey-parenting-your-teen



Daytime / Evening



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 Funded Courses

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



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

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

Safe Sleep

Monday 30 November, 09:30am - 11:30am,
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



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

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

MANUAL HANDLING TRAINING

for carers

Does your caring role include moving and handling people? Learn how to safely and effectively do this to limit risk to you and your loved one.



**Clanrye Group,
The Quays, Newry**



**Monday 19th October
10am-12pm**



**To book or to find out more contact us at
028 3089 8119 or info@clanryegroup.com**



Clanrye Group
Here To Support You



**Southern Health
and Social Care Trust**



info@clanryegroup.com



**ILM Level 3 Award
in Management
of Volunteers**



www.volunteernow.co.uk/course/ilm-level-3



ACET will be running their next PHA funded online **HIV STIs and Contraception OCN L2 Training Course** on:
Monday 9th, Tuesday 10th, Monday 16th and Tuesday 17th November 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](#)



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](#)





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](#)

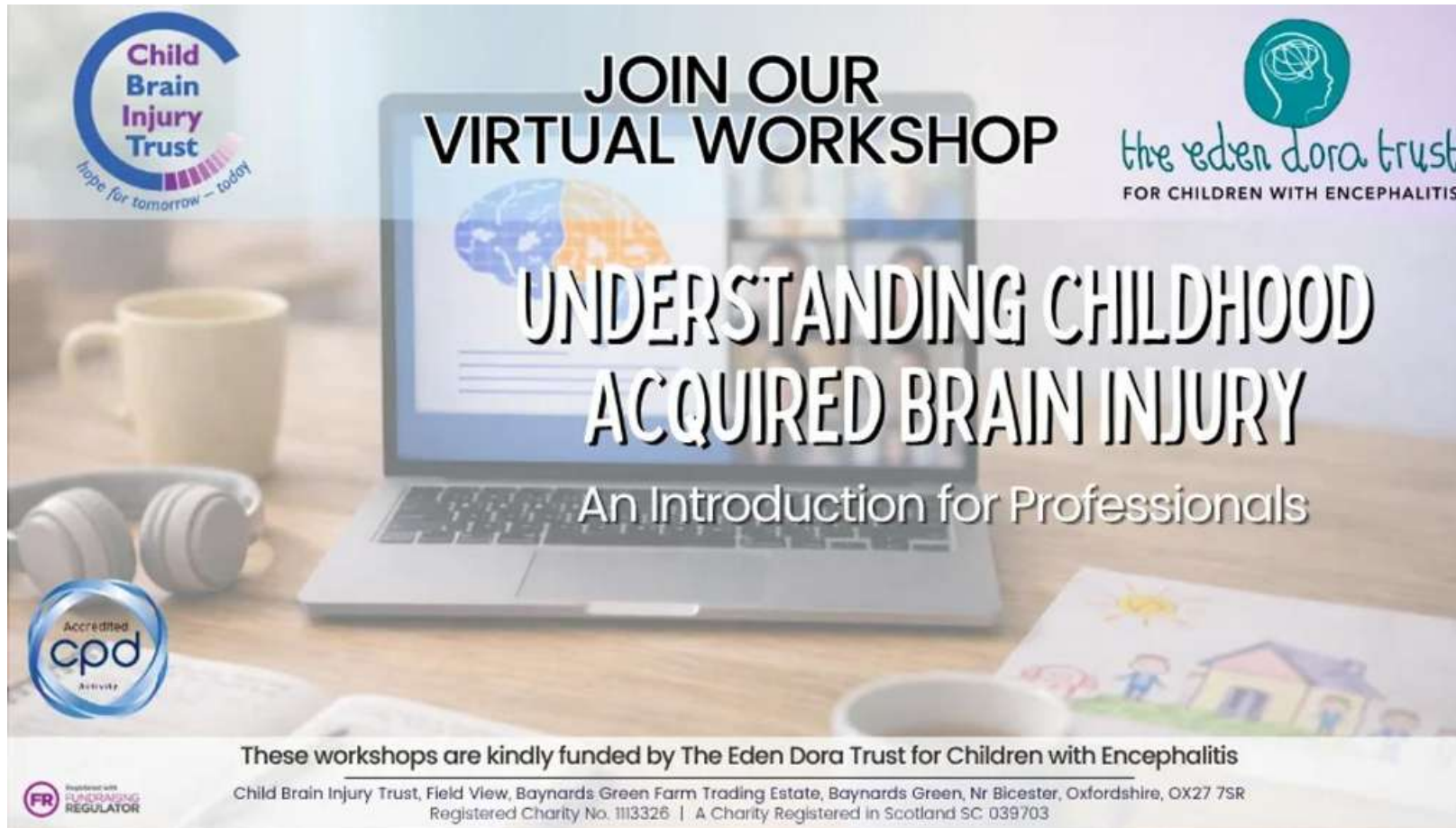





PHdietitians@belfasttrust.hscni.net



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



**JOIN OUR
VIRTUAL WORKSHOP**

**UNDERSTANDING CHILDHOOD
ACQUIRED BRAIN INJURY**

An Introduction for Professionals

Child Brain Injury Trust
hope for tomorrow – today

the eden dora trust
FOR CHILDREN WITH ENCEPHALITIS

Accredited
cpd
Activity

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

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

 Registered with
**FUNDRAISING
REGULATOR**



<https://childbraininjurytrust.org.uk/events/ucabi-oct-26/>



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/) • <https://ruralaction.co/>

 www.eventbrite.co.uk/rural-isolation



Child Brain Injury Trust presents **LIVE WEBINAR**

Chase de Vere

Are you receiving all the financial support your child may be entitled to?

Whether you are currently claiming benefits or simply want to better understand what financial support may be available, this session will provide practical information and helpful guidance.

Explore welfare benefits, Universal Credit, disability benefit entitlements and other sources of financial support.

This webinar is provided for information purposes only and does not constitute financial, legal or tax advice. Individual circumstances vary and specific advice should be sought where appropriate.

Date: 21 October 2026
Duration: 45 minutes

Choose from two convenient times:
12.00 pm and 6.00 pm

GLOWEEK
Be Brave. Not Bored.

 <https://childbraininjurytrust.org.uk/free-webinar>



Going smartphone-free

A practical webinar on
mobile phone policy for
schools in Northern Ireland

Wednesday 21st October | 4pm to 5pm | Online (Zoom)



Register for the webinar here →



<https://tally.so/r/GxWJWz>



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

SAVE THE DATE

Transgenerational Trauma Awareness Day

Responding to transgenerational trauma through
evidence-based behaviour support in schools.

JOIN OUR LIVE WEBINAR:
Tuesday 15th December 2026
10am - 12 noon

Hosted by Mental Health Champion,
Prof Siobhan O'Neill, Ulster University.
Introduced by Northern Ireland Commissioner
for Children and Young People, Chris Quinn.



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

Registration Link coming soon...

INTERNATIONAL FILM & TELEVISION FESTIVAL FOR YOUNG PEOPLE

In Association with
BELFAST CITY AIRPORT

SEPT - NOV 2026

BELFAST



Inspiring Young
Audiences for
37 years

cinemagic.org.uk





Belfast City Council

BELFAST CITY AIRPORT




<https://cinemagic.org.uk/>

22 October 2026 10:00 - 14:00 Armagh County Museum

Human Library

At the Human Library, people become “books”
sharing personal experiences of stigma,
discrimination, and prejudice.

Through open and respectful conversations, we
create understanding, empathy, and connection.
Everyone is welcome.

Join us at the Armagh County Museum, on
22nd of October from 10am - 2pm for the
Human Library - a unique opportunity to
connect through powerful, real-life stories.

Please let us know if you have
any specific needs, such as;
Translating
Interpreting
Dietary requirements

Places are limited - please book early
sinead.mcparland@southerntrust.hscni.net
Agnieszka 07895886200










sinead.mcparland@southerntrust.hscni.net



Lough Neagh Wheelers
Occupational Therapy Led Children's Wheelchair Skills Club

SPOOKY SPOOKTACULAR

Join us for a spooky celebration filled with ghoulish games and frightful fun!

Date: Saturday 24th October 2026
Time: 10:30am - 12.30pm
Venue: South Lake Leisure Centre, 1 Lake Road, Craigavon, BT64 1AS

This is a free event but you must register by Wednesday 21st October using the email: wheelchairtraining@belfasttrust.hscni.net
Please let us know the names and ages of all children attending.

Lough Neagh Wheelers is a club for children aged 18 and younger who use wheelchairs. It aims to increase wheelchair skills confidence while taking part in fun group games.
Extra wheelchairs are available so family and friends can take part too.

Delivered as part of the Regional Wheelchair Training Programme for Northern Ireland in collaboration with the Southern HSCT.



wheelchairtraining@belfasttrust.hscni.net



Tuesday 10th November 2026
Long Gallery, Parliament Buildings, Stormont
Morning Event 9.30 - 11.30am

The event will mark the launch of our forthcoming publication on paediatric audiology services for deaf children in Northern Ireland and will highlight the vital role audiology services play in the identification of deafness, support and opportunities to thrive

We are pleased that George Crockford, Chief Executive Officer of the National Deaf Children's Society, will be joining us for the event, which we hope will bring together MLAs, healthcare professionals, stakeholders and families of deaf children to discuss the current landscape of paediatric audiology services and opportunities to strengthen support for deaf children and young people

If you are able to join us, please do complete this short form to advise of any requirements you may have [HERE](#)

FREE LAUNCH EVENTS

Action
ON MALE
SUICIDE

WHY DO MEN DIE BY SUICIDE AND WHAT NEEDS TO CHANGE?



Join us this autumn for a
National Conversation on male
suicide, taking place in 7 cities
across the UK.



6

NATIONAL CONVERSATIONS

BELFAST

When: Thursday 19 November
10:00am–5:00pm

Where: The MAC, 10 Exchange Street
West, Belfast, BT1 2NJ



Book: actiononmalesuicide.org/events



www.eventbrite.co.uk/action-on-male-suicide-belfast-tickets



Good Relations Week 2026, taking place from **12th to 18th October**, embraces ‘Include’ as its theme, recognising that stronger communities are built when everyone feels welcomed, valued and respected

This year’s campaign highlights the importance of inclusion, understanding and connection across all backgrounds, cultures and communities

By showcasing the creativity, dedication and impact of local groups, organisations and individuals, we can highlight the positive work taking place to address challenges such as division, racism, inequality, isolation, health and wellbeing, poverty and education

Get involved in Good Relations Week 2026 and help create a future where everyone feels they belong

Find out more [HERE](#)



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"

Throughout the week, Parentline NI will be highlighting the importance of connection in family life and creating opportunities for parents and carers to get involved, connect with others, discover support and celebrate the relationships that matter.

Parentline NI have put together a **Parenting Week 2026 Partner Activity and Asset Pack**, with information, ideas and downloadable resources in one place to help schools, organisations, and community groups get involved.

You can download the pack for an overview of the campaign and links to all of the available resources [HERE](#)

You can also use the links [HERE](#) to download individual resources, including the Connection Pledge Card, Schools Resource, Connection Activity Cards, Pot-Luck Lunch Flyer and more!

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](#)



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](#)



Children in Northern Ireland

Parent Line NI
0800 8020 400

Making Connections

As part of Parenting Week, we'd love to invite parents and carers of children experiencing emotionally based school non-attendance to connect, share experiences, and find support over tea, coffee and treats.

Come along for a cuppa, some cake and a chance to chat, connect and enjoy a little time together.

Date: Tuesday 20th October '26
Time: 7:30pm
Venue: ABC Community Hub, Magharee House,
82 Thomas Street, Portadown

We'd love to see you there!
E-Mail: ppinbox@ci-ni.org.uk to
book your place

#ParentingWeek2026 #MakingConnections



ppinbox@ci-ni.org.uk



This Parenting Week 2026
Parentline NI is launching
Free Parent Workshops via Zoom



Co-Parenting with Confidence

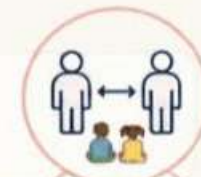
Putting children first and strengthening parenting
before, during and after separation



Part 1- Compassion & Coping-Nov 4th 7-8.30pm



Part 2- Communication & Connection-Nov 18th 7-8.30pm



Book your place early by contacting
0808 8020 400



0808 8020 400



Glowweek takes place from **19-25 October 2026** and is the **Child Brain Injury Trust's Annual Road Safety Awareness Campaign**

It encourages children, families, schools and communities across the UK to Be Bright, Be Seen, particularly during the darker autumn and winter months

Find out more [HERE](#)

Simple actions such as wearing bright or reflective clothing and carrying a light can help children stay safer on roads and pavements - Through fun activities and creative challenges, GloWeek promotes road safety, kindness and looking out for one another, while raising awareness of childhood acquired brain injury

You can also access a free downloadable version of our children's book **Glow Monsters**, written by our very own Catherine Wood from CBIT [HERE](#)

Designed for use by parents, carers, teachers and other trusted adults, the resource encourages conversations about road safety, safe crossing places and how children can help themselves and others stay visible

Children can also design their own Glow Monster using bright colours and reflective patterns, combining creativity, imagination and practical safety learning around a simple message: "Be seen, not hurt."

INCREDIBLE YEARS

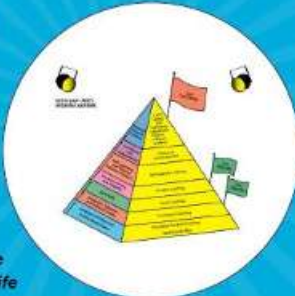



Autism and Language Delay Programme

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

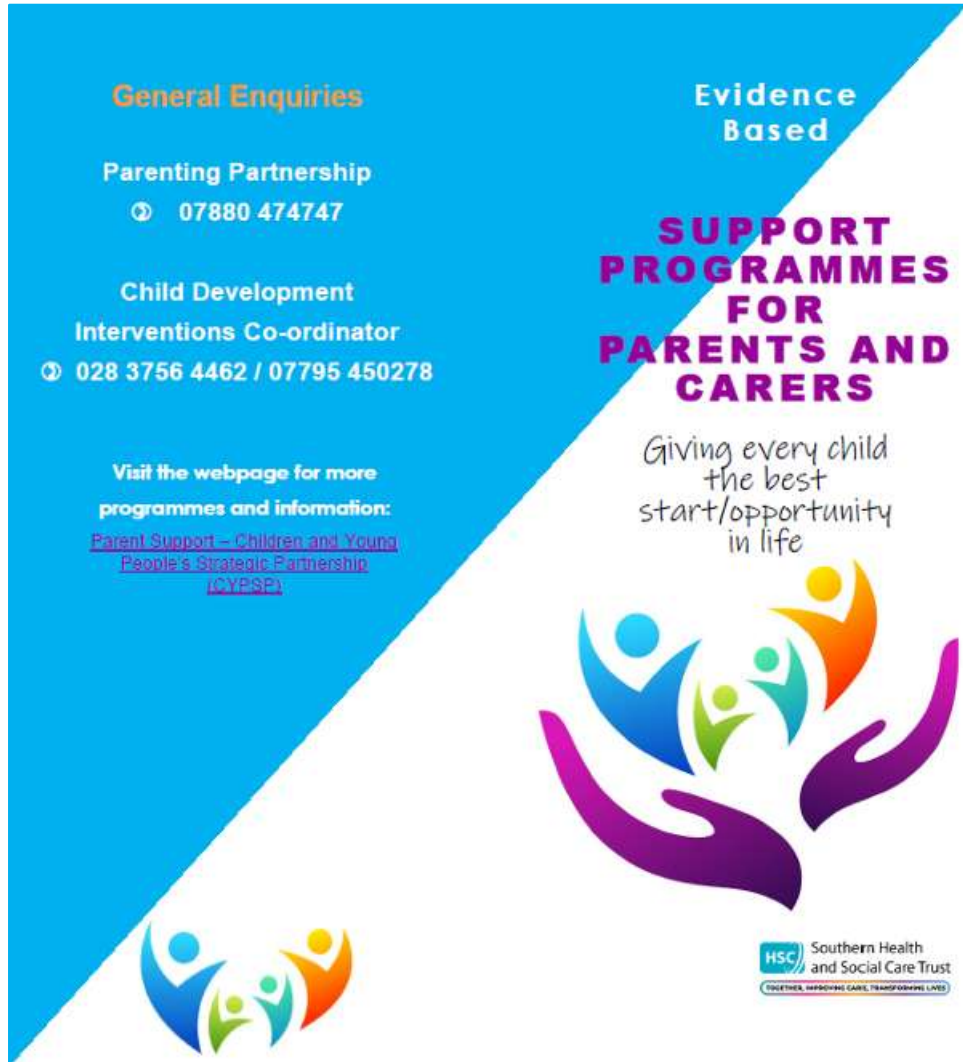
Duration: 14 weeks

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>

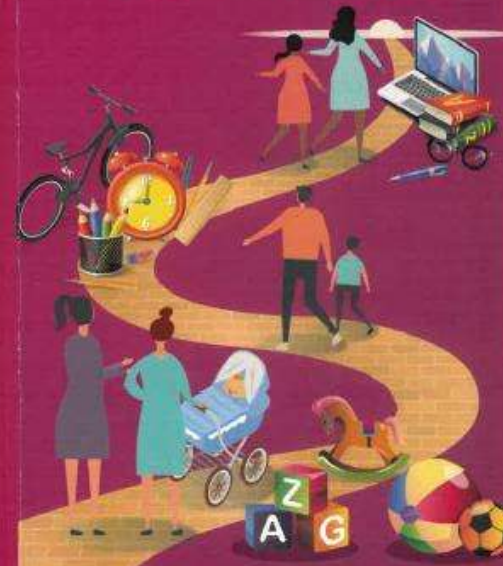


Southern Health
and Social Care Trust

TOGETHER, IMPROVING CARE, TRANSFORMING LIVES



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



WHAT PROGRAMMES DO WE DELIVER?



EARLY YEARS PROGRAMMES

PROGRAMME	WHO'S IT FOR?	HOW LONG IS IT FOR?	HOW CAN IT HELP?
Mellow Bumps/Dads to Be	Expectant Mums/Dads to Be From 20+ Weeks gestation	6 weeks	- 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](#)



THE UNIVERSITY
of EDINBURGH

e-Bug is commissioned by the **PHA** as an educational programme for schools and community groups to raise awareness of infection prevention and antimicrobial resistance among children and young people

We are currently undergoing an evaluation to understand how best to raise awareness and access of this resource and ensure it reaches the target audience

As part of the evaluation, we are establishing a public advisory group - This group can be made up of representatives from:

Teachers who have or have not worked with e-Bug

Any community groups who have or have not worked with e-Bug

Any third sector, public or private organisations that may be able to represent the groups mentioned above

STEM ambassadors who are delivering e-Bug lessons in schools

Parent of children who have or have not worked with e-Bug

The group will help to shape the evaluation by:

providing feedback on how the evaluation should be conducted

comment on emerging findings

tell us how the evaluation findings should be shared with others in Northern Ireland

The group will meet online or in-person approximately 4 times in the next 12 months, and each meeting will last around 1-2 hours

(As a token of appreciation for participation, members of the group will be offered a high-street voucher after each meeting of approximately £27.50 per hour of their time)

If you, or anyone within your networks, would like to learn more or express an interest in joining the public advisory group, please contact

bronagh.mcbrien@hscni.net or 02895 362696



The poster features a background of children's drawings. At the top, it lists the 'Together for Families' logo (A Public Sector Transformation Project), the 'Department of Health' logo (An Roinn Sláinte, Mhinistire O Posaíde, www.health-ri.gov.uk), and the 'COMMUNITY FUND' logo. The central text reads 'ENHANCED FAMILY SUPPORT SERVICE' and 'APPLICATIONS NOW OPEN'. At the bottom, it includes the 'NEIGHBOURHOOD' logo (MODEY OF HEALTH AND WELLBEING), the 'Department of Health' logo, and the 'HSC RESET' logo (STABILISE | REFORM | DELIVER).

Together for Families
A Public Sector Transformation Project

funded by
Department of Health
An Roinn Sláinte
Mhinistire O Posaíde
www.health-ri.gov.uk

COMMUNITY FUND

ENHANCED FAMILY SUPPORT SERVICE

APPLICATIONS NOW OPEN

NEIGHBOURHOOD
MODEY OF HEALTH AND WELLBEING

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

HSC RESET
STABILISE | REFORM | DELIVER

The **Enhanced Family Support Service grant scheme**, a central element of the Together for Families (TfF) programme, is open for applications

The closing date is 5pm on **Friday 30th October 2026**

The Application form and guidance can be read [HERE](#)

SUPPORT WHILE WAITING GRANT SCHEME

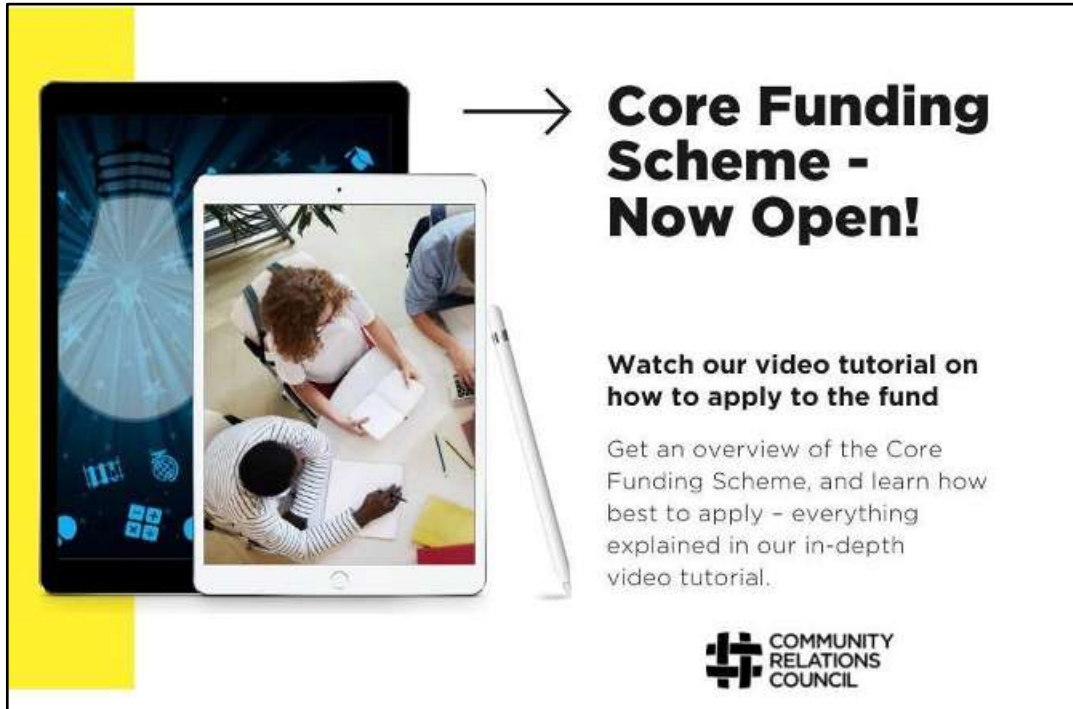
The **Support While Waiting Grant Scheme** will enable voluntary and community organisations to provide free support to people on Health and Social Care NI (HSCNI) waiting lists to maintain their health and wellbeing while awaiting treatment

The grant scheme opens for applications on Friday 25th September 2026 and closes at 12 noon on **Friday 6th November 2026**

All eligible Northern Ireland charities are encouraged to apply for grants between £5,000 and £30,000

Proposed projects must provide free support to people on HSC waiting lists and funding must be spent by 31st March 2028

Further information, including the application form and guidance, visit is available on the Department of Health website [HERE](#)



Core Funding Scheme - Now Open!

Watch our video tutorial on how to apply to the fund

Get an overview of the Core Funding Scheme, and learn how best to apply - everything explained in our in-depth video tutorial.



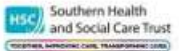
 [Core Funding Scheme](#)



CR / CD
SMALL GRANTS
SCHEME

Now Open!

 [Community Relations / Cultural Diversity](#)



Your Voice Can Help Shape the Future



We invite **parents and young people** to complete a short survey about the STARS project.



STARS is a project led by the Southern Trust Paediatric Psychology Service. It helps support children and young people to build the skills and confidence to swallow tablet medication.

Your experiences and opinions will help us to shape how we support young people to take tablet meds!

Thank you for taking the time to help.

 [Parents / Young People up to 18](#)

HELP SHAPE MORE ACCESSIBLE COMMUNITY EVENTS

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

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

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



**Your voice!
Better events!
Stronger communities!**





 www.neurodiversityspark.com/survey



The **Public Health Agency**, together with **HSCTs**, recently ran a **Mental Health Awareness Campaign 'Feeling Anxious?'** from **10th September to 10th October 2026**

Thank you to those who helped amplify this important campaign in their organisation, workplace and/or community!

The PHA would be grateful if you could take a few minutes to complete a short evaluation survey [HERE](#)

Your feedback will help the PHA understand the campaign's reach and impact, identify what worked well, and inform the development of future mental health campaigns and resources



THE EA YOUTH SERVICE YOUR VOICE SURVEY IS NOW LIVE AND WE WANT TO HEAR THE VIEWS AND VOICES OF YOUNG PEOPLE!

DO YOU WANT TO HELP US SHAPE YOUTH SERVICE PROVISION? TELL US WHAT IS IMPORTANT, WHAT YOUNG PEOPLE CARE ABOUT AND WHAT YOU WANT TO SEE WITHIN YOUR YOUTH CENTRE OR PROJECT.

ALWAYS OPEN,
ALWAYS AVAILABLE,
ALWAYS LISTENING

Graphic elements include three speech bubbles with the words 'HAVE', 'YOUR', and 'SAY' in white capital letters. Below these are five circular icons with different facial expressions: a large green smiley face, a yellow neutral face, an orange sad face, a small green smiley face, and a small orange sad face. A QR code is located in the bottom left corner of the poster.

The **Your Voice Survey** is now LIVE!

We want to hear what matters most to young people
Tell us about the issues you care about, the opportunities you'd like to see and how we can make youth services even better
Your feedback will help shape future youth provision in your area.

Take the survey [HERE](#)

Always Open | Always Available | Always Listening

#YourVoiceSurvey #YouthVoice #HaveYourSay



DON'T BOX ME IN
LIMITED
CREATIVITY • INCLUSION • OPPORTUNITY

SUPPORTING YOUNG PEOPLE BUILDING BRIGHTER FUTURES

WE ARE HIRING!

Project Support Worker

Join Don't Box Me In Limited (DBMIL) and help make a real difference in the lives of children, young people and families in Keady and the surrounding areas.

THE ROLE

Working alongside the Youth & Community Development Worker, you will help provide a safe, supportive and engaging environment where young people can develop confidence, resilience, life skills and positive community connections.

The role involves supporting a range of creative, educational and recreational activities, providing care and assistance where required, and working with families, schools and partner agencies.

WE'RE LOOKING FOR SOMEONE WITH:

- Experience, or a strong interest, in youth work, community development, care, education or a related field.
- An understanding of the needs of children and young people, including those with disabilities and additional support needs.
- Good communication and interpersonal skills.
- The ability to work both independently and as part of a team.
- Competence in using Microsoft Office (Word, Excel, PowerPoint and Outlook).
- A flexible and positive approach to work.

Salary £7,931.04

Hours 12 hours per week

Working Hours
Mon & Tues: 3.00pm – 6.00pm
Wed: 5.30pm – 8.00pm
Thurs: 6.30pm – 9.00pm

Contract Length
To June 2028
(Subject to Funding)

Annual Leave
5.6 weeks pro rata inc bank holidays

Reports to
Project Support Worker

Responsible to
DBMIL Management Committee

Interview Date
Monday 2nd of November 2026

Full induction and training will be provided.

Appointment subject to enhanced DBS clearance and satisfactory references.

The successful candidate will be expected to comply with all organisational policies and procedures.



Children in Northern Ireland

Join our team

We are seeking a
Locality Development Coordinator

Applications close
Thursday 22 October at 4pm

 <https://forms.gle/4tF5aMstcz49hySK6>

 www.ci-ni.org.uk/locality-development-coordinator



SOUTHERN TRUST AREA

JOBS

A recruitment poster for Parentline NI. It features a smiling woman with blonde hair in the background. In the top left corner, the Parentline NI logo is displayed, including the text 'Parent Line NI', 'Children in Northern Ireland', and the phone number '0808 8020 400'. A large, light blue speech bubble in the center contains the text 'Join our team', followed by 'We are seeking a Parent Support Officer for Parentline NI', and 'Applications close Tuesday 27 October at 12 noon'.

Parent Line NI Children in Northern Ireland
0808 8020 400

Join our team

We are seeking a
Parent Support Officer
for Parentline NI

Applications close
Tuesday 27 October at 12 noon



www.ci-ni.org.uk/parent-support-officer



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>




Have a hobby or business idea?

Join our **FREE** entrepreneur workshops

You don't need a full plan, just a starting point

- Turning hobbies into income
- Simple steps to start a business

Designed to help women in the **NM&D** and **ABC** council areas build confidence, explore ideas and take that first step!

Learn from women who have been exactly where you are!

- Confidence and mindset support
- Funding and money basics
- Networking with other women

Starting September 2026

Interested? Get in touch!

02830 835764 or 07990 340987

Justina or tracy@bolstercommunity.org



tracy@bolstercommunity.org



Specialist Brain Injury Services

Our employability and skills services offer personalised support to individuals with brain injury and stroke

Inclusion Works supports people in developing the skills to work, learn, and engage in the community, enhancing their health and wellbeing



Support and activities include:

- One-to-one mentoring and support
- Disability specific training for example personal effectiveness after brain injury
- Employability skills, exploration of work goals and work placements
- Preparation to access further education or training
- Voluntary work
- Social inclusion skills and opportunities

Contact:

Telephone: 02830 263791
Email: iw@cedar-foundation.org
Address: The Cedar Foundation, Ballybot House, Cornmarket, Newry, BT35 8B

www.cedar-foundation.org




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Registered with The Charity Commission for Northern Ireland NIC101121. HMRC Charity No.: XN47377
Tel. 02890 461854. E: communications@cedar-foundation.org





iw@cedar-foundation.org



Inclusion Works Learning Disability

Opportunity Choice Inclusion

**Are you aged 18–30 years? Have a diagnosis of a learning disability?
Then, you may be eligible to join the Inclusion Works programme.**

What is Inclusion Works?

Inclusion Works is a service that is all about you. Through this service we can support you find a job, learn new skills and find ways to increase your community involvement.

Find a job:

Support you to find the right job – paid, voluntary or work placements

Community Involvement

Help you to get involved in your community and have fun!

Learning New Skills

Support you with learning new skills that will help you get a job and keep it!



Southern Health
and Social Care Trust

If you have:

- An active social work case in Southern HSCT (Your social worker will make the referral for you).
- Independent of self-care (or have a personal assistant)
- Are motivated and ready to engage fully in the Inclusion Works programme please contact us for more information.

You will have your own Case Officer who will help you make an Individual Action Plan. These Actions will help you plan and work towards your goals.

Telephone: Sinead 07791332151
Email: iw@cedar-foundation.org

Address: The Cedar Foundation Ballybot
House Cornmarket Newry BT35 8B

www.cedar-foundation.org







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Tel. 028 90461854. E: communications@cedar-foundation.org



iw@cedar-foundation.org





Women In Construction Academy

A Fully Funded Training Programme Designed To SUPPORT WOMEN into Rewarding Careers in the Green Construction Sector

STARTING 22ND OCTOBER



 **10 Week Programme**

 **Fully Funded Training**

 **Online Delivery**

 **Industry Recognised Qualifications**

Digital Masterclass:
BIM Standards
3D Printing
Emerging Green Technologies

Two Qualifications

- Level 3 Award in Leadership & Management : 10AM-1PM
- Level 3 Award in Sustainable Construction: 2PM-3PM

WITH 1-1 MENTORING



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

Build Skills. Build Confidence. Build Your Future

Ready to take your career to the next level?

Contact:
mcgovernn@src.ac.uk

Course	Start Date	Delivery Mode
Level 4 in 3D Building Modelling Using REVIT	6 th October	12 weeks, face to face @ SRC, Newry Campus from 6pm to 9pm
Level 2 in Understanding Retrofit	12 th November	1 day online teaching class with pre-reading and 1-1 mentoring for online exam
Level 3 in Sustainable Construction	3rd November	Online delivery, with induction-overview of course with assessment booklet/videos, 1-1 mentoring slots
Level 3 Domestic Energy Assessor	3rd November	16 weeks in person @ SRC Newry West Campus 9am to 4pm
Level 2 Retrofit for Domestic Building Fabric – Theory & practical based	4th November	4 weeks online delivery from 2pm-6pm for theory and 2 days onsite @ SRC Newry, Greenbank for practical in External Insulation
Level 3 Installation & maintenance of solar photovoltaic systems	5th November	4 consecutive weeks (Thursday) – face to face, Greenbank Newry 9am – 4pm

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



mcgovernn@src.ac.uk

LEAP

LEARN • ENGAGE • ACHIEVE • PROGRESS



src

WHAT IS LEAP?
LEAP is a supported learning programme which provides the opportunity to undertake entry level qualifications with the aim of progressing into further education or employment.

LEAP IS FOR STUDENTS WHO:

- Have successfully completed school.
- Are aged between 16 and 25.
- Have a specific learning difficulty and/or have evidence of experiencing other barriers to education.

Upcoming Open Days:
 LEAP Armagh - Tuesday 1st December | 11:00am
 LEAP Banbridge - Wednesday 2nd December | 11:00am
 LEAP Newry - Friday 4th December | 11:00am



Where Do You Start With Us?

		Sheltered Employment/ Paid Employment	
Entry Level	2-3 Years	SRC Part time courses - OCN Entry Level Certificate Recreational - My Life, Youth Allowed	2-3 Years
Level 1	2-3 Years	Cianrye & SRC Level 1	2-3 Years
Entry Level	1 Year	Leap to Work - ASDAN Employability	1 Year
Entry Level	1 Year	Leap to College - ASDAN PSD	1 Year

LEAP Contacts:
 Deirdre Franklin, Newry
 E: franklind@src.ac.uk
 Tracey Hall, Banbridge
 E: hallt@src.ac.uk
 Gemma Daly, Armagh
 E: dalyg@src.ac.uk



[Newry](#) / [Banbridge](#) / [Armagh](#)

VOLUNTEER NOW

Youth Volunteering Opportunities

Post Pals

Post Pals is a volunteer-run charity helping to 'Post a Smile on a Sick Child's Face' by sending cards, letters and little gifts to seriously ill children and their siblings in the UK.

It couldn't be easier to get involved, requires no commitment and costs only a stamp and 5 minutes of your time. To find Pals, go to <https://postpals.co.uk/find-pals/>

The Bog Run 2026

Cancer Fund for Children's Bog Run takes place in Castlewellan. Park on Sun 1th Oct. Volunteering opportunities include support with registration, face painting, and for the water and sweet stations along the route. Young people under 16 can volunteer if accompanied by an adult over 18. Find out more and register on Be Collective via the qr code below.



NI Hospice Festive Collection at Tesco

Help NI Hospice raise vital funds for specialist palliative care, ensuring local families receive expert hospice care when they need it most. Festive Tesco Collections are taking place across 35 Tesco stores in NI including Newry and Bannbridge on Friday 20th to Sunday 22nd of November. Find out more and register for the event on our Be Collective platform via the qr code below.

Kindness Postbox

Build a Kindness Postbox for your local area. All you need is some craft supplies and a call to your local care home. Write letters and encourage your friends and other community members to write letters to your local care home. Further information is available on <https://www.kindnesspostbox.co.uk/resources/>



Haunted Halloween Walk -

Head Injury Support are looking for a team to provide support for the Haunted Halloween Walk on Sun 25th Oct. This event will help to provide support services to over 90 Survivors and their carers/families. Young people aged 12+ are welcome to volunteer at this event if they are accompanied by a parent or guardian over 18. Find out more and register on Be Collective via the qr code below.



Park Run Family Volunteer

Support Newry Gateway Park Run:

- Tail Walker - walk at the back of the field to ensure everyone is accounted for
- Timekeeper - record the finish times of all participants
- Finish Tokens - hand out position tokens to all participants

Find out more and register for the event on our Be Collective platform via the qr code below.

TCV Conservation Projects

Undertake a community project with TCV, from planting trees and wild flower meadows, to building stiles, clearing footpaths or creating new food growing projects. Visit their website and search for opportunities in your area to get involved. <https://www.tcv.org.uk/find-tcv/>



Volunteer With Your Local Club, Youth Group or Church

If you are already involved with a church, youth group, club or sport, ask if you can volunteer with a younger age group to help out or help set up for training, or if they have any tasks or projects you can help with.



For more information about general volunteering in the Newry & Mourne area contact our Volunteering Support Office:
 • Raquel Rodrigues: 028 923 9025 / raquel.rodrigues.keenan@volunteernow.co.uk
 • Contact our Head Office: 028 9023 2020

VOLUNTEER NOW IMPACT AWARDS

YOUTH VOLUNTEERS INSPIRING CHANGE

Are you aged 10-25 years old?

Do you take part in volunteering, social action, and/or activism?

Volunteer Now believes that every hour spent volunteering counts. The Impact Awards recognise the hours that a young person volunteers, starting with a 10-hour award and building to 25, 50, 100, 200, 300 and so on, with a new award issued every 100 hours.

BENEFITS

- If applying for employment or further and higher education, it could give you an advantage
- Develop new skills and experiences that can be used anywhere
- You can support and help causes you are passionate about
- Meet new people and have fun

WHAT IS IN IT FOR YOU?

- Digital certificates at your volunteering hours milestones
- An accompanying digital badge
- Volunteer Now host celebration events at key times throughout the calendar year
- You will be able to share and showcase the great work you are doing as a volunteer

HOW TO JOIN THE IMPACT AWARDS?

- Online via BeCollective.com
- By contacting youth@volunteernow.co.uk
- Through the organisation / school you volunteer with
- The Volunteer Now Impact Awards are FREE to access



Celebrating young volunteers benefits everyone and helps build a lifelong habit of giving back.

For more information about the Volunteer Now Impact Awards contact us via:

Email: youth@volunteernow.co.uk
Phone: 028 9023 2020
Website: volunteernow.co.uk



raquel.rodrigues.keenan@volunteernow.co.uk



youth@volunteernow.co.uk



right support right time

Your guide to the support, resources and wellbeing services available to you





What is Right Support Right Time?

Right Support Right Time (RSRT) is a comprehensive wellbeing programme designed to focus on the everyday issues that can lead to poor mental health and help you take positive steps forward.



The service is free and open to adults who live in Northern Ireland or the border counties of the Republic of Ireland.

We aim to support people who are most affected by mental health inequalities and face barriers to accessing support, including those living in deprived communities, people with disabilities and vulnerable migrants, including those seeking international protection.

RSRT is supported by PEACEPLUS, a programme managed by the Special EU Programmes Body (SEUPB) and is funded until September 2028.

1 Get in Touch



Contact us via email, phone or the online referral form.

2 Initial Conversation



We'll have a brief, confidential chat to understand what support would be most helpful for you right now.

3 Matched to Support



Based on your needs we'll discuss your options about available support whether it's through one of the RSRT services or link in with other services in the local community.

4 Ongoing Check-ins



We'll stay in touch to make sure the support is working for you and adjust if your needs change.



Advocacy Support

Right Support Right Time can link you in with a Community Advocate. Community Advocates can help you to ensure your voice is heard and your rights are respected. They can support you to express your views, understand your options and take part in decisions that affect your wellbeing.



How they can help:

- Make sure your views are heard in meetings and decisions.
- Explain your rights and available options.
- Support you to challenge decisions or make complaints.
- Build confidence and self-advocacy skills.
- Connect you with services that can support you with issues that affect mental health and wellbeing



Independent support. Your voice. Your choices. Your future.

This type of one to one support is offered through Inspire and our six partners:



All individual support is confidential, flexible, and tailored to you. You can access more than one service at a time.



hello@inspirewellbeing.org



Counselling

You don't have to wait until things feel overwhelming to seek support. Right Support Right Time (RSRT) counselling offers you the opportunity to pause, be open about what you are experiencing, and feel heard, before things become unmanageable.

We provide a safe, confidential space to explore difficulties such as anxiety, stress, low-mood, relationship challenges or life changes. If something doesn't feel quite right, talking it through can help you understand what's happening, develop coping strategies and create positive change.

Sometimes asking for support early can make all the difference.



What can we offer

Brief solution focussed counselling for anyone over the age of 18 living in Northern Ireland and the border counties of Ireland.



A safe space



Weekly sessions



Face to face



Telephone



Online

Referral is easy, just complete the application relevant to you on the Inspire website or call the relevant number on the back of the booklet.



Remember: this is not a crisis service.

If you or a loved one is in despair they can call Lifeline on 0808 808 8000 or Samaritans on 116 123 to speak to someone immediately. For immediate assistance ring 999.



Physical Wellbeing

As Physical Wellbeing Coaches, we offer a wide range of inclusive activities and classes designed to support health, wellbeing, confidence, and social connection.



Our Current Programmes

- Football or Walking Football
- Multi-Sport & All Ability Fundamental Movement Skills Sessions
- Chairtastic Sessions
- Dodgeball & Olympic Handball
- Circuit Training & Introduction to Running
- Disability Activity Programmes
- Tai Chi, Qigong & Dance Sessions

Our sessions are tailored to meet the needs of different ages, abilities and fitness levels, helping participants stay active in a fun, supportive and inclusive environment.



Mindfulness

A free 4-week programme designed to help people identify, reduce, and cope with daily stress. Sessions focus on practical mindfulness skills that can be used in everyday life. We can hold sessions in any area, and in person or online, we can work with you to see what suits best.



• Simple mindfulness practices to manage stress



• Techniques for grounding, breathing, and emotional regulation



• A supportive, non-judgmental environment



• Practical tools that can be used at home, school, or work

If you are interested in physical wellbeing or mindfulness sessions, let us know and we'll keep you up to date when they are available in your area



Group Sessions

RSRT offers a flexible catalogue of learning opportunities to support your mental health, wellbeing and personal development. Workshops can be delivered to teams, communities or groups of individuals.



Mental Health Workshops

- Mental Health Awareness
- Mental Health in Later Life
- Mental Health & Menopause
- Managing Stress & Anxiety



Community Workshops

- Peer Support
- Managing Conflict
- Coping with Grief and Loss



Wellbeing

- Food and Mood
- Improving Sleep
- Introduction to Self-Care
- Alcohol & Other Drugs (and how to support others)



Specialisms

- Introduction to Neurodivergence
- Introduction to Compassion / Empathy Fatigue



Workshop Format

Workshops are usually around 2 hours long with a comfort break and can be adapted to suit the requested timeslot.

Sessions can be extended to 3 hours. 1-hour requests should be discussed with the facilitator.

In-person: at local venues that are easy to access.

Online: for those who prefer to join from home.

Inclusive: adjustments for additional needs are available, so everyone can take part.

Friendly and professional: sessions are led by trained staff who understand the challenges people face and create a safe, respectful space.



hello@inspirewellbeing.org



Get in Touch

Ready to take the next step? Here's how to connect with the Right Support Right Time programme. Whether you want to book a session, ask a question, or simply find out more – we're here to help.



Get In Touch

Infoline NI: +0044 (0)808 189 0036

Infoline ROI: +353 1800 911 546

Email: hello@inspirewellbeing.org

Online chat: www.inspirewellbeing.org/rsrt

Available on website 10am-4pm

















PEACEPLUS
Northern Ireland - Ireland

Co-funded by the






hello@inspirewellbeing.org



The **Online Safety Hub** is a central place where young people, parents, carers, and professionals can find practical advice about child safety online, all in one easy-to-use site. It's updated regularly with resources from trusted organisations as part of the Northern Ireland Executive's [Keeping children and young people safe: an Online Safety Strategy for Northern Ireland](#)

Inside the Hub, you'll find an [adult section](#) with core messaging and signposting on key online safety topics, a library of [resources](#), [sample policy templates](#), and a [research and evidence bank](#) to keep you informed

There's also a [Young Person's Hub](#) offering supportive, non-judgemental guidance for under-13s and teens to help them manage their online lives safely and confidently

To make it even easier to explore, the Hub offers new video tours for [adults](#) and [young people](#) that guide you through its features

The Hub is designed for sharing - Feel free to take, use, and share the resources widely within your networks

You can also help us grow by submitting your organisation's content [HERE](#)

5 STEPS TO 'BE READY'



1




Get instant weather warnings in your area by downloading the Met Office App

2





Sign up to the Customer Care Registers
 Northern Ireland Electricity Networks
 Northern Ireland Water

3




Prepare a home emergency kit/grab bag
☒ Torch
☐ Food & water
☐ Emergency contacts
☐ Medication
☐ Mobile phone & charger
☐ Money & credit cards
☐ Important documents
☐ Home insurance details
☐ Radio & batteries
☐ First aid kit
☐ Toiletries
☐ Keys

4




Complete a home emergency plan

5




Check out NI Direct - Be ready for emergencies

ARE YOU EMERGENCY READY?

For more information visit: [emergencypreparednessni.gov.uk](https://www.emergencypreparednessni.gov.uk)

Scan the QR Code

1. Open the camera app.
2. Point at the QR code.
3. Tap the link. That's it!




Contact List



Emergency [Police, Fire, Ambulance & Coastguard]

Give details, stay calm & listen to instructions.

999

PSNI [Non Emergency]

Report a crime/incident that does not require an emergency response.

101

Flooding Incident Line

To report flooding.

0300 2000 100

NI Gas Emergency Service

24-hour line for immediate urgent assistance.

0800 002 001

NI Electricity Networks

Sign up for Customer Care Register: www.nienetworks.co.uk/help-advice/vulnerable-customers/customer-care-register
customercontact@nienetworks.co.uk

03457 643 643
 [Telephone or WhatsApp]

NI Water

Sign up for Customer Care Register: www.niwater.com/education-and-the-community/community/customer-care-register
waterline@niwater.com

03457 440 088

Met Office

Register to receive Met Office severe weather warnings to your email.

www.metoffice.gov.uk/about-us/news-and-media/media-centre/subscribe-to-email-alerts
 You can also download the Met Office weather app.
enquiries@metoffice.gov.uk

NI Direct

Find information on being ready for emergencies.

www.nidirect.gov.uk/campaigns/be-ready-emergencies

For any queries or additional information, contact:
Building Resilience in Communities (BRIC) Project
bricinfo@emergencypreparednessni.gov.uk
[emergencypreparednessni.gov.uk](https://www.emergencypreparednessni.gov.uk)





www.emergencypreparednessni.gov.uk

CARING FOR PEOPLE BY CARING FOR THEIR PETS



ROSIESTRUST.ORG



PROVIDING CARE AND SUPPORT FOR THOSE IN NEED

WHO WE ARE

Founded in 2015, Rosie's Trust is the only charity in Northern Ireland dedicated to helping cancer patients, people receiving end of life care and older people with mobility issues to keep their companion pets by their side.

For many people who are isolated, lonely and vulnerable, **their pets are often their reason to live.** They act as a family member, carer, companion and best friend. They give comfort and unconditional love. They're an ear to listen, a shoulder to cry on, and a paw to hold in times of need.

But when these people find themselves in difficult circumstances, such as receiving a cancer diagnosis, they can find it challenging to continue caring for their pets. This means, that in their lowest moments, when they need them the most, people are forced to give up their pets.

At Rosie's Trust, we prevent this from happening and allow those we support to focus on their own health and wellbeing.

"We care for people by caring for their pets."



WHAT WE DO

Rosie's Trust is a local charity with 200+ highly trained volunteers. For many of the people we help, the interaction they have with our volunteers may be the only human contact they have all week. By caring for pets in their homes, we offer peace of mind to owners facing health challenges through our free support, 365 days a year.



"We provide a regular check-in service for people who are socially isolated."



www.rosiestrust.org

Coming soon



SUSTAINABLE RESOURCE CENTRE

Inspiring Creativity
Through Recycled Materials

FREE RESOURCES FOR ARTS, CRAFTS AND PLAY IN YOUR SETTING

Transform everyday materials into exciting opportunities for:

 **Play**
 **STEM Challenges**
 **Art & Craft Projects**

Materials Currently Available

 Large Sheets of Cardboard	 Textile Fibers & Fabric Offcuts
 Flat Cardboard Boxes	 Rigid Cardboard Tubes
 Newspapers	 Soft Foam Shapes
 Cardboard Egg Cartons	






Contact:
Caroline Kerr at
playresource@src.ac.uk

Opening Times:
Wednesday evening
and Friday morning
(subject to change)

Location:
SRC Lurgan Campus –
Room LUR 1-10

RECYCLE CREATE LEARN BELONG



playresource@src.ac.uk



English



CYPSP
Children & Young People's Strategic Partnership

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




Scan me

www.cypsp.hscni.net/translation-hub

 Health	 Family support	 Safeguarding	 Costs	 Cost of living	 Education
 Housing	 Employment	 Safety/Community	 Police	 Money/Mental Health	 COVID-19
 Government Services	 Religion/Translation Information	 Ukraine Aid	 Sign Language	 EIS Information Migration	 Youth Wellness Web



CYPSP
Children & Young People's Strategic Partnership

Youth Wellness Web

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

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

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



Scan QR code

**SCHOOL BULLYING
WELLBEING
BEREAVEMENT
MENTAL HEALTH**

Call Childline on:
0800 1111

Call LIFELINE on:
0808 808 8000

Text Shout:
852558

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



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



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



Supported through funding from the Education Authority through Raise

RECONNECT

Home • School • Community
Reconnect is an early intervention programme supporting children and young people to reconnect and engage positively with education.

What is Reconnect?
Reconnect provides early, relationship-based support for primary and post-primary pupils who are experiencing difficulties with school attendance, Emotionally Based School Non-Attendance (EBSNA), or who are beginning to disengage from education.

Our Education Engagement Practitioners work alongside the child, family and school to understand what is affecting attendance and develop practical, achievable steps towards positive re-engagement.

Support may include:

- One-to-one support with the child or young person
- Home and family-based support
- Emotional wellbeing, confidence and resilience building
- Practical support around routines and attendance
- Attendance and reintegration planning
- Parent/carer support
- Collaborative working with school staff
- Signposting to additional services where appropriate

Referrals
Eligible schools under the Raise project can refer primary and post-primary pupils who are beginning to experience difficulties with attendance, school avoidance or Emotionally Based School Non-Attendance (EBSNA).
Reconnect provides early support to the child and family, working alongside the school to help prevent difficulties becoming more established and support positive re-engagement with education.

Want to know more or discuss a referral?
Email: orla@bolstercommunity.org Tel: 07551396969
michelle@bolstercommunity.org Tel: 07586628155






SUPPORT FOR YOUNG PEOPLE & FAMILIES AFFECTED BY SUBSTANCE MISUSE

YOUNG PEOPLE'S SERVICE

SUPPORTING YOUNG PEOPLE, BUILDING BRIGHTER FUTURES



MAIN OFFICE:
ARMAGH
Lurgavallen Business Park
72 Cathedral Rd
Armagh BT61 8AG



DROP-IN:
TUESDAYS
4:00PM – 6:00PM
No appointment needed.
Drop in for a chat, guidance, or support.



SCAN ME

SATELLITE OFFICES AVAILABLE IN:

 DUNGANNON
  PORTADOWN
  CRAIGAVON
  NEWRY
  BANBRIDGE

OUR SERVICES



FREE AND CONFIDENTIAL COUNSELLING
for young people affected by substance use



MENTORING & SUPPORT
for young people



FAMILY SUPPORT
support for family members & loved ones affected by substance misuse



HARM REDUCTION AWARENESS
information, education & support



GROUP SUPPORT
connecting, sharing, growing

GET IN TOUCH



Contact us:
RITA – 07803 413049
SIOBHIAN – 07803 413051
Office: 028 9039 2547



or email
rita.hashemipour@dunlewey.org

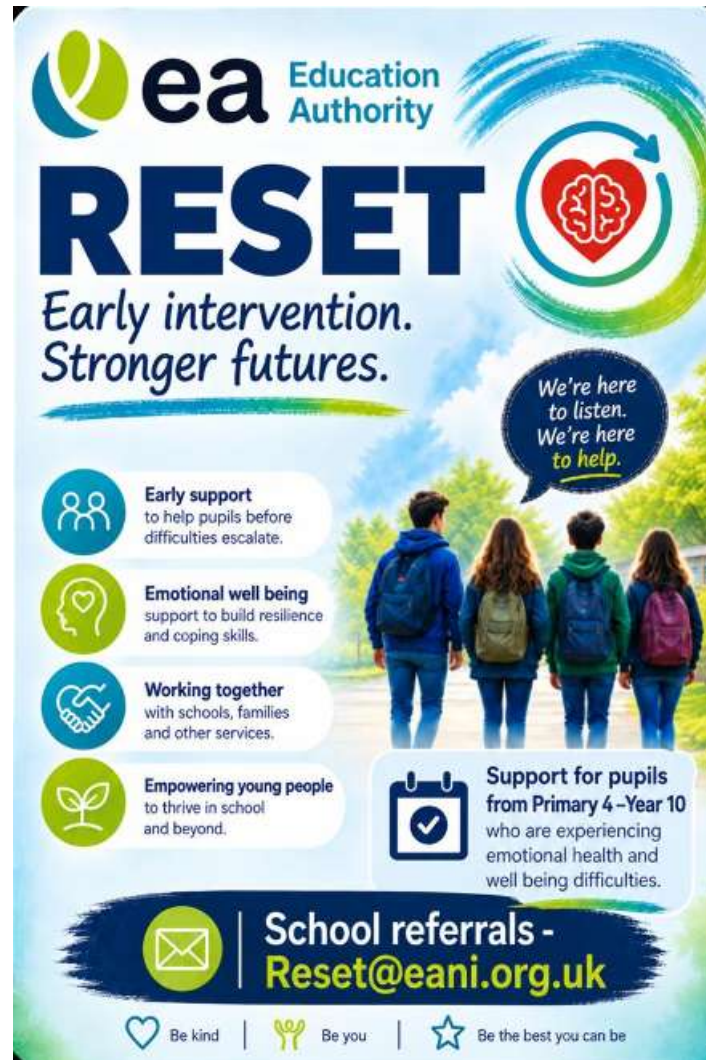
WE'RE HERE TO LISTEN, SUPPORT AND EMPOWER.
YOU ARE NOT ALONE.



orla@bolstercommunity.org / michelle@bolstercommunity.org



rita.hashemipour@dunlewey.org



ea Education Authority

RESET

Early intervention. Stronger futures.

We're here to listen. We're here to help.

- Early support** to help pupils before difficulties escalate.
- Emotional well being** support to build resilience and coping skills.
- Working together** with schools, families and other services.
- Empowering young people** to thrive in school and beyond.

Support for pupils from Primary 4 –Year 10 who are experiencing emotional health and well being difficulties.

School referrals -
Reset@eani.org.uk

Be kind | Be you | Be the best you can be



ea Education Authority

RESET

Referral Criteria

RESET is an early intervention service.
RESET provides early intervention and support for pupils experiencing emotional health and wellbeing difficulties.

✓ APPROPRIATE RESET REFERRAL	✗ NON-APPROPRIATE RESET REFERRAL
Primary and Post Primary School aged pupil in Primary 4 to Year 10.	Pupil with mental health challenges as opposed to emotional health issues.
Pupil with emerging emotional health needs that impact wellbeing, behaviour, learning or relationships.	Chronic non-attendance as main/ only issue.
Pupil who has experienced recent life/ family challenges impacting emotional wellbeing and school experience.	Pupil currently being supported by EWS.
Pupil who is still attending school but presenting with early signs of emotionally based school non-attendance.	Pupil currently known to EA LIT Service.
	Pupil currently known to (or on waiting list for) CAMHS.
	Pupil currently engaging with other counselling/therapy services.

School referrals -
Reset@eani.org.uk



reset@eani.org.uk



SOUTHERN TRUST AREA

FAMILY
SUPPORT



IT'S OK TO ASK FOR HELP

OUR HELPLINES ARE OPEN

Mon – Thurs 9am – 9pm

Fri 9am – 5pm

Sat 9am – 1pm

Call 0808 8020 400

Calls are FREE from all UK landlines and mobiles



0808 8020 400



parentline@ci-ni.org.uk



www.ci-ni.org.uk/parentline

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

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

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

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

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

f x @familysupportni f x @

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



Easy Steps Search

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

OR

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

Other Useful Features

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

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

Department of Health
An tAire Sláinte
Ministry of Health
www.health.gov.uk

HSC Health and Social Care





Helping You Find the Services You Need

Looking for Childcare/Financial Assistance with Childcare Costs?

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

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



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

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

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

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

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



@Familysupportni

Easy-Steps Search Guide

Go to Childcare,



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

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

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

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.

 Helping You Find the Services You Need

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

 **HSC** Health and Social Care





Family Support NI are delighted to share their new video showcasing the work they do to support parents, practitioners and professionals across NI

The video offers a snapshot of who they are, what they do and the difference their work makes

You can watch the video [HERE](#)

If you have any comments or feedback, please click [HERE](#)

Please share across your networks and, if you would like to get in contact with the FSNI Team,
e-mail: info@familysupportni.hscni.net

Services Available Through The Hub May Include...

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

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

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

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



There Are 3 Family Support Hubs In the Southern Trust Area

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

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

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



Southern Area
FAMILY SUPPORT HUB

Many families need a little extra help sometimes



Information for Families



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

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

Download the **most recent edition** of the **Family Support Hubs newsletter** [HERE](#)

Click on the below thumbnail to watch the **Southern Area Family Support Hub promotional video**



What is the Family Support Hub?

- The Family Support Hub is a meeting of representatives from community, voluntary and statutory organisations who deliver services for children and families in your area.
- Each Family Support Hub has a lead body who co-ordinates the meeting and receives the referrals.
- The members of the Family Support Hub are from a range of statutory and community/voluntary agencies who offer services in your area. These agencies include; Education Welfare, Health Visiting, Womens Aid, Homestart, Social Services Surestart and Child and Adolescent Mental Health Services.
- Referrals will not be accepted without your consent. If the young person you are seeking support for is over 16, they must also sign the referral form.
- For more information follow this link <https://vimeo.com/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.





Young kids can catch and spread flu easily

Get them vaccinated for free

Those eligible for flu vaccination this year include:

- Pre-school children
- Children in primary and secondary school (up to Year 12)
- Everyone aged over six months in a clinical risk group

It's quick, safe and will help protect them and those close to them

Full details and eligibility at www.pha.site/flu

Young children can catch and spread flu easily, and it can be very unpleasant for them

It can also lead to serious health complications

Vaccination with a quick, painless spray up the nose, helps protect them, as well as others who are at a higher risk of getting seriously ill from flu, such as babies, anyone who's pregnant, and older people

Pre-schoolers can get vaccinated at their GP surgery, so accept the invitation to help protect them and others

Full details and eligibility can be found [HERE](#)



Have you used any of our services? You can give us feedback by scanning the QR code above



SEXUAL HEALTH SERVICES

STI TESTING, CONTRACEPTION, PREGNANCY ADVICE
FREE & CONFIDENTIAL FOR EVERYONE

www.sexualhealthni.info

GUM CLINIC STI/HIV TESTING, PEP, PREP, ADVICE	Phone 028 3756 2080 Monday/Wednesday/Friday John Mitchel Place, Newry Tuesday/Thursday/Friday Portadown Health Centre
CONTRACEPTION SERVICE	Phone 028 375 62200 Monday-Friday 9am-5pm or by email contraceptionsoutherntrust.hscni.net Monday - Portadown Health Centre Tuesday - John Mitchel Place, Newry Wednesday - Portadown Health Centre Thursday - Brownlow Health Centre Friday - South Tyrone Hospital, Dungannon
IRIS SERVICE ABORTION & PREGNANCY ADVICE	Phone British Pregnancy Advisory Service (BPAS) 03457304030 to arrange an appointment in your area. Counselling available at Informing Choices 028 9031 6100

Catherine Jackson, Sexual Health Lead in the Southern Trust Area, is keen to ensure that support organisations are aware of sexual health services available to the individuals and families in the Trust area and will speak to the services available on request

Catherine's contact details are below and business cards related to the services (See screenshots to the left) are available in a range of languages

Catherine Jackson
 Sexual Health Improvement Lead &
 Sexual Health Adviser (GUM/HIV)
 Promoting Wellbeing, St Luke's Hospital, Armagh
catherine.jackson@southerntrust.hscni.net
 028375 64468

Work pattern: Monday-Thursday

Please share this information with teams and colleagues as appropriate

WHAT IS PrEP?

PrEP is a preventative medicine for HIV negative individuals to reduce the risk of HIV infection. It consists of 2 antiretroviral drugs – Tenofovir and Emtricitabine. The combination of these medicines is commonly known as Truvada, but there are other brand names that contain the same drugs. Taking PrEP enables you to protect yourself and the people you have sex with. Truvada works by blocking the replication of the HIV virus.

HOW DO I TAKE PrEP?

There are 2 ways to take PrEP, either daily tablets or "on demand". "On Demand" means taking tablets just before and a little while after planned sexual activity. You can switch between the 2 types of dosing.

You can access PrEP at the
GUM Clinic
Phone 028 3756 2080

Monday/Wednesday/Friday
John Mitchel Place, Newry

Tuesday/Thursday/Friday
Portadown Health Centre

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

LET'S TALK ABOUT PREP

WHO CAN BENEFIT FROM PrEP?

If you change sexual partners regularly or have condomless sex with partners who are higher risk of having HIV, you may be eligible for PrEP. Higher risk partners might include;

- People known to have HIV and not on treatment
- Men who have sex with men
- Trans men & women
- Sex workers
- People from higher risk areas e.g. Sub-Saharan Africa, Eastern south America & some regions of Asia.
- Other factors related to high risk of HIV are;
- Recent STIs
- Recreational drug use while having sex e.g. Chems, Party 'n' Play or H&H

WHY TAKE PrEP?

Reduces spread and transmission of HIV
Peace of mind
Provides an extra level of protection against HIV

PrEP is not a vaccine. It only provides protection from HIV, as long as you continue to take it as prescribed. PrEP does not protect you from other STIs so you should continue to use condoms as much as possible.



WILL I NEED TESTS BEFORE I CAN TAKE PrEP?

YES, before starting PrEP you will need to test for;

HIV – to confirm that you are HIV negative
Hepatitis B – we advise testing for other common STIs every 3 months. This can be done easily when you collect PrEP medication from the clinic or online.



028 3756 2080

Advice and information for 16 - 25 year olds.

- Relationship Advice
- Sexual Health
- Contraception
- STI Testing
- Mental Health
- Smoking
- Drugs & Alcohol
- Physical Health & Wellbeing

Call or text:
07787 432 845

or email:
health.hub@southerntrust.hscni.net

	9.30-11.30am	12.30-3pm
MONDAY		Portadown
TUESDAY	Newry East	Greenbank
	***HEALTH HUB NURSE AVAILABLE AT JOHN MITCHELL PLACE, BT342BU	
WEDNESDAY	Lurgan *Nurse onsite 10-1pm	Banbridge
THURSDAY	Armagh *Nurse onsite 10-2.30pm	
FRIDAY	Newry Model	

HEALTH HUB

Illustration by: M. M. M. M.

HSC Public Health Agency **HSC Southern Health and Social Care Trust** **SRU Southern Regional College** **SouthWest College**

FREE STI TESTING KITS AVAILABLE

HEALTH HUB

🔒 Confidential ✓ Quick & Easy 📦 Free

WHY GET TESTED?

- ✓ Many infections have no symptoms
- ✓ To protect yourself and others
- ✓ Early detection = early treatment

WHEN TO GET TESTED?

- If you have had unprotected sex.
- You have a new sexual partner or you have more than one sexual partner.
- You or your partner have any unusual symptoms.
- You just want a routine check-up for peace of mind

WHERE TO GET A TEST?

Drop into a Health Hub location.
Request a kit via online self referral form
Phone/Text or Whatsapp 07787 432 845.
for further information on Health Hub please scan the QR

Get tested for

- Chlamydia
- Gonorrhoea
- HIV
- Syphilis

SCAN ME

HSC Southern Health and Social Care Trust **HSC Public Health Agency** **SRU Southern Regional College** **SouthWest College**



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



Unlocking the door to personal growth, learning and change

Future ARCH 2 Programme

Activity, Recovery, Coaching and Help

A programme to support individuals through addiction and recovery

- ✓ In person
- ✓ Connect in a safe environment
- ✓ Peer support & mentoring
- ✓ Reduce isolation through connection
- ✓ Family programme available



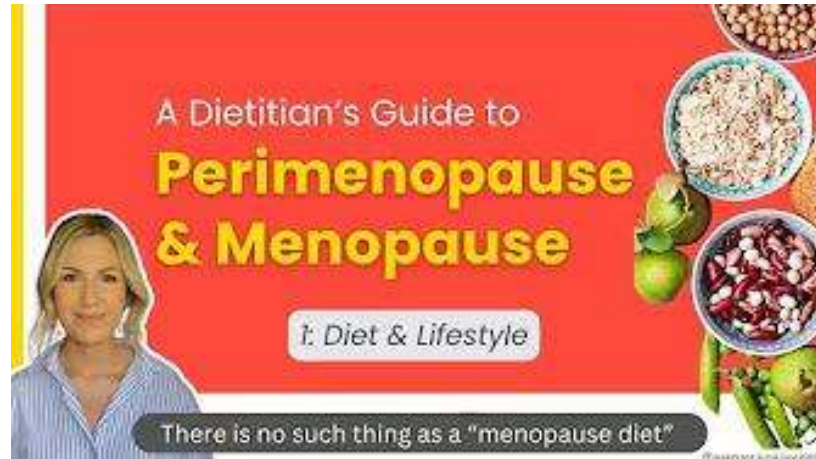
Contact us

- 028 9039 2547
- futurearch@dunlewey.org
- @Dunlewey Addiction Services
- @Dunlewey_AddictionServices
- @Dunlewey Addiction Services
- @Dunlewey Addiction Services

To find out more, scan here



futurearch@dunlewey.org



World Menopause Day: Videos on Public Health Dietitians YouTube Channel

Perimenopause & Menopause: Diet, Lifestyle, Supplements & Soya

World Menopause Day is on the **18th October** and is an opportunity to raise awareness of the menopause and the support that is available

Half the world's population will go through the menopause, and eight in ten women experience troublesome symptoms during this time such as hot flushes, night sweats and brain fog

There's so much conflicting advice online about diet and menopause - Whilst there is no such thing as a 'menopause diet', we want to cut through that noise with practical, evidence-based guidance on how simple lifestyle changes can help manage common menopausal symptoms

In the videos and webinar [HERE](#), the Public Health Dietitians take a look at how diet can support health and wellbeing during menopause



BREATHING BETTER WHILE WAITING

You are invited to attend a Breathing Better While Waiting programme. This programme offers expert advice from healthcare professionals and practical support in a friendly social environment.

Programme Details

Start date: Tuesday 13th October (8 weekly sessions)
Time: 11.00am – 12:30pm
Location: Ballybot House, Newry

What to expect

- Pharmacist - Medication Advice
- Nutritional advice from Nutritionist
- Mental Health support
- Physiotherapist-led breathing techniques
- Tai Chi, breathwork, & gentle chair-based stretching
- Specialist Respiratory Nurse advice
- Peer support

To book call Emma or contact your healthcare provider
 📧 emma.gough@clanryegroup.com
 📞 074 8305 9872

Tea, coffee and homemade scones on arrival







emma.gough@clanryegroup.com

ABC COUNCIL AREA




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 approx. 15 minutes. Relevant information and support services will be available & free health checks.

Date & Venue

Tuesday 13th October from 10am - 12.30pm at
Tandragee Recreational Centre, 24 Madden Road, Tandragee, BT62 2DG.

Register for the Dementia Awareness Bus by contacting:

✉ trc@armaghbanbridgecraigavon.gov.uk

☎ 028 3884 1110










HOW TO BOOK APPOINTMENT SLOTS

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



Autism Reality Experience



The Autism Reality Experience is an innovative and inspirational training session designed to give participants a virtual experience of living with Autism.

This is a very practical, hands-on experience that gives participants a greater insight into autism and helps us to see the world from an autistic persons perspective. This experience is suitable for family members or informal carers who want to have a better understanding of autism. The full experience lasts 10 minutes. Places are limited so book your place now. Relevant information and support services will be available & free health checks.

Date & Venue

Tuesday 13th October from 1.30 pm - 4.20 pm at
Tandragee Recreational Centre, 24 Madden Road, Tandragee, BT62 2DG.

Register for the Autism Reality Experience by contacting:

✉ trc@armaghbanbridgecraigavon.gov.uk

☎ 028 3884 1110








tina.ryan@southerntrust.hscni.net

Free Basic Capital Project and Funding Training

for Community & Voluntary Groups

Part 1: 14th October, 7PM

Part 2: 21st October, 7PM

Online - via Zoom

Booking is essential, please go to:
armaghbanbridgecraigavon.gov.uk/basic-capital-project-training

FREE BOOKING ESSENTIAL



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)



ABC COUNCIL AREA



**FREE RELIABLE SUPPORT
& TRUSTED ADVICE.**



- ✓ Benefits Check
- ✓ Advice Housing
- ✓ Debt Money Advice
- ✓ Employment
- ✓ Consumer Issues
- ✓ Tribunal Representation
- ✓ Immigration Support & More





The last Monday of every month



2PM to 5PM



ABC Community Network,
82 Thomas Street,
Portadown, BT62 3NU

Here for you. Here to help. ♥



028 3839 2777



JUST A CHAT
GAMBLING
SUPPORT GROUP

A safe space for individuals impacted by their gambling or in recovery.

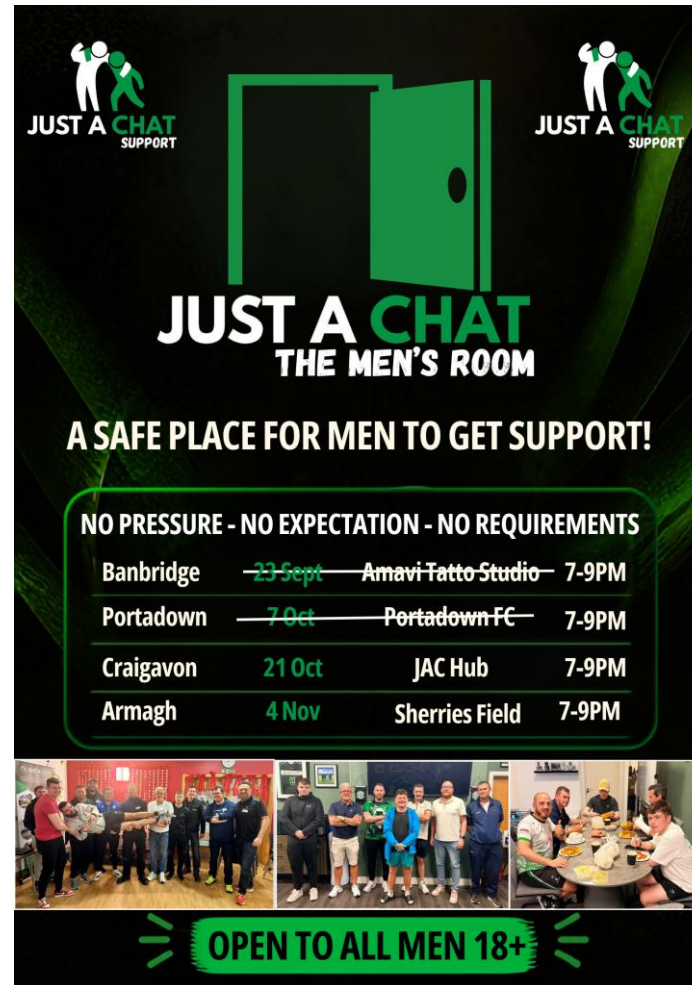
FUTURE UPCOMING DATES
20TH OCTOBER 7-8:30PM
17TH NOVEMBER 7-8:30PM
15TH DECEMBER 7-8:30PM

This group will feature peer led support, life experiences, advice, guidance and an opportunity to talk

JAC HUB LEGAHORY

JUST A CHAT SUPPORT

Reg Charity No: NIC111123



JUST A CHAT SUPPORT

JUST A CHAT
THE MEN'S ROOM

A SAFE PLACE FOR MEN TO GET SUPPORT!

NO PRESSURE - NO EXPECTATION - NO REQUIREMENTS

Banbridge	~~23 Sept~~	Amavi Tatto Studio	7-9PM
Portadown	~~7 Oct~~	Portadown FC	7-9PM
Craigavon	21 Oct	JAC Hub	7-9PM
Armagh	4 Nov	Sherries Field	7-9PM

OPEN TO ALL MEN 18+



JUST A CHAT
ADDICTIONS
OPEN MEETING

This is an open meeting for friends and family of anyone struggling with any addictions. This is a chance to explore and understand addiction through peer experiences.

JAC HUB LEGAHORY

FUTURE UPCOMING DATES
3RD NOVEMBER 8-9PM
1ST DECEMBER 8-9PM

JUST A CHAT SUPPORT

Reg Charity No: 111123



info@justachat.co.uk



ABC COUNCIL AREA



Check out the latest edition [HERE](#)

To be added to the Funding ABC Newsletter mailing list, e-mail fap@armaghbanbridgecraigavon.gov.uk

If you would like to avail of a tailored grant finder search, e-mail Jillian.Leathem@armaghbanbridgecraigavon.gov.uk



2026 Edition of the Feel Good Armagh Services Resource NOW Available!

This FREE resource gives you information on a range of supports and opportunities available for all ages in the Armagh Area

Feel Good Armagh is a local multi-agency initiative aimed at increasing awareness of support and services for all ages of communities in the Armagh Area

Since 2023, member organisations have hosted an annual event with the aim of connecting people of all ages with local organisations, under the Feel Good Armagh banner

Services evolve, funded programmes are sometimes only temporary and personnel can change, so the Autumn 2026 edition of the Feel Good Armagh Services Resource provides an updated version of last year's booklet

Download the Feel Good Armagh Services Resource 2026 [HERE](#)

If your organisation is not included in this year's edition, but you would like to be, please e-mail localityplanning@ci-ni.org.uk

We hope you find the information included useful and please do share the details on!

ARMAGH LPG AREA



ARMAGH VOLT SESSION

Meet your local Volunteer Now team and discover the free support, services and opportunities available to your organisation.

- Meet other like-minded organisations.
- Discussions and tips to recruit and support older volunteers.
- Find out how we can support your group.
- Share your ideas and tell us what local communities need.

Light lunch and refreshments provided.

RSVP jamie.greer@volunteernow.co.uk or 07850 851824 and let us know if you have any dietary / accessibility requirements.

Some of the areas we can help with:

- Volunteer Recruitment and Retention
- Mini Health Checks on volunteering policy and practice
- Training to support volunteer wellbeing and management
- Youth Volunteering, Impact Awards, and 'Social CV's'
- Access NI and Safeguarding issues
- Volunteer Development and Recognition Events

Positive Ageing Month October

LINK, LUNCH, & LEARN



jamie.greer@volunteernow.co.uk



SUPPORT FOR YOUNG PEOPLE & FAMILIES AFFECTED BY SUBSTANCE MISUSE

YOUNG PEOPLE'S SERVICE

SUPPORTING YOUNG PEOPLE, BUILDING BRIGHTER FUTURES

MAIN OFFICE:
ARMAGH
Lurgvallen Business Park
72 Cathedral Rd
Armagh BT61 8AG

DROP-IN:
TUESDAYS
4:00PM - 6:00PM
No appointment needed.
Drop in for a chat, guidance, or support.



SCAN ME

SATELLITE OFFICES AVAILABLE IN:

DUNGANNON

PORTADOWN

CRAIGAVON

NEWRY

BANBRIDGE

OUR SERVICES

FREE AND CONFIDENTIAL COUNSELLING
for young people affected by substance use

MENTORING & SUPPORT
for young people

FAMILY SUPPORT
support for family members & loved ones affected by substance misuse

HARM REDUCTION AWARENESS
information, education & support

GROUP SUPPORT
connecting, sharing, growing

GET IN TOUCH

Contact us:
RITA - 07803 413049
SIOBHIAN - 07803 413051
Office: 028 9039 2547

or email
rita.hashemipour@dunlewey.org

WE'RE HERE TO LISTEN, SUPPORT AND EMPOWER.
YOU ARE NOT ALONE.



rita.hashemipour@dunlewey.org

ARMAGH LPG AREA

Circle of Friends- — Armagh —

A Safe, Friendly Space to Connect, Create & Build Skills

Creative support group for adults with autism, learning disabilities and additional support needs
This is a low to moderate support group

**53 Thomas Street
Armagh, BT61 7PX**

What You'll Enjoy:

- Arts & Crafts
- Sensory & Relaxation Activities
- Cooking
- Life Skills
- Community Outings
- Lunch Included

Why Join?

- ✓ Build confidence and independence
- ✓ Make new friends in a supportive environment
- ✓ Develop practical everyday skills
- ✓ Enjoy a calm, structured and welcoming group

Bookings & Enquiries:

- 07591 450020
- circleoffriendsarmagh@hotmail.com
- Direct payment also accepted
- Find us on Facebook

We'd love to welcome you!



circleoffriendsarmagh@hotmail.com

DRIVING COMMUNITY CONNECTIONS

Could your community group benefit from an affordable minibus?

Armagh Rural Transport is developing an exciting new initiative through **Awards For All Northern Ireland** to help community and voluntary organisations overcome transport challenges

Armagh Rural Transport is developing an exciting new initiative through **Awards For All Northern Ireland** to help community and voluntary organisations overcome transport challenges

Driving Community Connections will provide accredited MIDAS minibus driver training for volunteers and staff, alongside access to Armagh Rural Transport's minibuses through an **affordable self-drive option**.

THIS COULD HELP YOUR ORGANISATION:

- Reduce transport costs
- Train your own volunteer or staff drivers
- Organise trips, activities and outings more easily
- Support people who experience transport barriers
- Create more opportunities for people to connect and participate

Think you'd benefit? Go to our website today and follow the link on the home screen to register your groups interest in the new Driving Community connection scheme!

www.Armaghruraltransport.com

Keep an eye on our social media for more updates to our service

Make a difference to your community in a meaningful way!

Armagh Rural Transport

COMMUNITY FUND



admin@armaghruraltransport.com

ARMAGH LPG AREA

Just incredible
WE NEED
DONATIONS FOR OUR KIDS CORNER

DONATE YOUR PRE-LOVED:

-  DRESS UP / COSTUMES
-  BOARD GAMES
-  PUZZLES / JIGSAWS
-  BOOKS
-  GOOD QUALITY PRE LOVED KIDS CLOTHING

CLEAN GOOD QUALITY WEARABLE

TO SCHEDULE A DONATION DROP OFF,
CONTACT JUST INCREDIBLE'S SHOP MANAGER.
RING CEARA: 07503642063
TUESDAY - SATURDAY
9AM TO 5PM

Thank you!



07503642063

Don't Box Me In LTD **NOW** Skills Connect
colleenmdbmioc17@gmail.com Group

SKILLS CONNECT ACADEMIES

TRAINING OPPORTUNITIES FOR KEADY, ARMAGH & RURAL AREAS

ARE YOU AGED 16+?

-  Green Economy
-  Health & Social Care
-  Tourism & Hospitality

What We Offer:

- Flexible, accredited programmes (OCN and others)
- Build confidence in high-demand sectors
- Wraparound support tailored to diverse needs
- Supportive learning through Training Academies

INFORMATION NIGHT
Thursday 22nd October 7PM TMAC, Keady

CONTACT US FOR MORE INFORMATION
colleenmdbmioc17@gmail.com

NOW Skills Connect **Cedar** **Literacy University** **DUNDALK DRUM DEALGAN** **OCN NI**



colleenmdbmioc17@gmail.com

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



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



catherine.carr@eani.org.uk



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)

15a Commercial Road, Banbridge

P.I.P.S. Hope and Support

futureproof



lucinda@futureproofni.org



MINDSET & WELLBEING GROUP

WHAT TO EXPECT

- Relaxed & informal sessions
- Games, food & creative activities
- Real conversations on stress, confidence, friendships & mental health

4-WEEK PROGRAMME + 2-NIGHT RESIDENTIAL AT GREENHILL YMCA!

Year 8 – Year 10

JOIN US



KEY DATES

- Thursday 22 October | 6:00pm – 7:30pm (at The Bridge)
- Thursday 29 October | 6:00pm – 7:30pm (at The Bridge)
- Thursday 5 November | 6:00pm – 7:30pm (at The Bridge)
- Fri 6 – Sun 8 November | Weekend Residential at Greenhill YMCA (Bus transport provided)
- Thursday 12 November | 6:00pm – 7:30pm (at The Bridge)

- Price: £20 total (includes all 4 sessions + the full weekend residential)
- Contact: Text/Call Leah at 07393033522

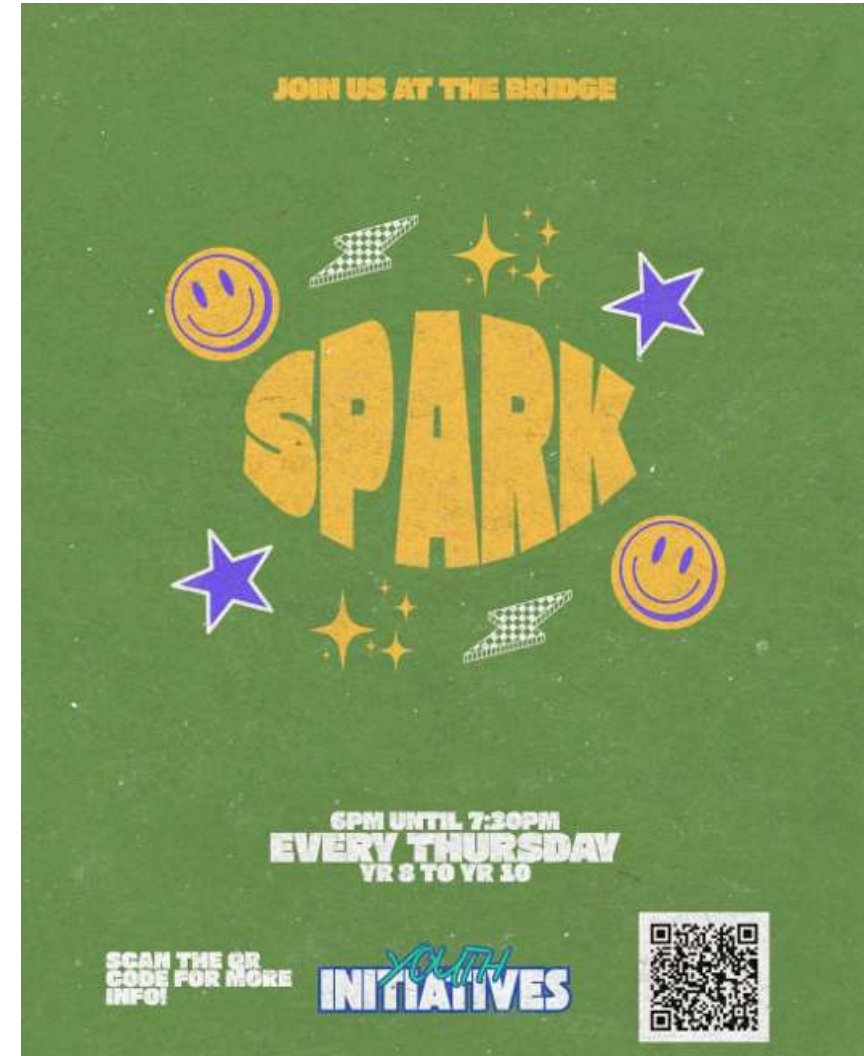


07393033522

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

SSYCC CRAIGAVON RURAL SCHEDULE OF ACTIVITIES

MONDAYS @ SCOTCH STREET

YOUTH+ DROP IN 6-9PM
FOR ANYONE 1ST YEAR- 18
YEAR OLD



TUESDAYS @ SCOTCH STREET

KIDS INC DROP IN 5-6.30PM
FOR ANYONE P1-P4

ELEVATE DROP IN 6.30-8.30PM
FOR ANYONE P5-P7

WEDNESDAYS @ AGHAGALLON

SUPPORTING THE
DELIVERY OF 7DERRYS
PROVISION



THURSDAYS @ MAGHERY

JUNIORS 5-6.30PM
FOR ANYONE P4-P7

SENIORS 6.30-8.30PM
FOR ANYONE 1ST YEAR -18
YEAR OLD





How to talk about Suicide

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

MENTAL HEALTH FORUM
an initiative of the Newry Mourne and Down Local Action Group

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

20th October 2026
9.30am - 1.00pm
Ballybot House, Newry BT35 8BG

Age 18+
Scan to Register

or to learn more contact Elaine 07876261033

Zero Suicide **South Eastern Health and Social Care Trust** **FLIGHTS OF HOPE**

Mental Health Forum (NIC 04 156) - Ballybot House, 28 Corn Market, Newry, BT35 8BG - Office Telephone: 028 30253423 - www.mentalhealthforumsto.uk

07876261033

Kindly sponsored by **RSP** Risk & Safety Partnership

BOLSTER COMMUNITY NEON NIGHTMARE

An inclusive night out!

OVER 18 ONLY **FANCY DRESS OPTIONAL BUT ENCOURAGED!**

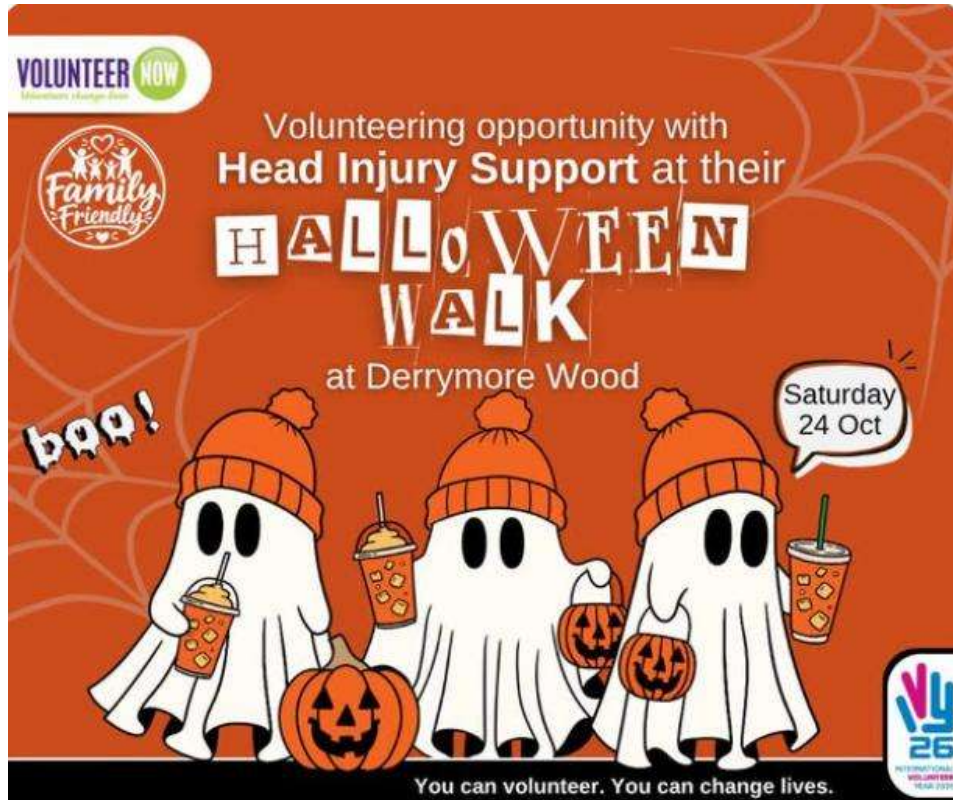
WHERE: Canal Court (Clonrye Suite) **TIME:** 7.30pm to 10pm finish
WHEN: Wed. 21st October 2026 **COST:** £10 entry per person

****LIMITED CAPACITY - GET ON THE GUESTLIST****

£10 ENTRY PAYABLE IN ADVANCE AT:
BOLSTER COMMUNITY WHITEGATES OR VIA
www.zeffy.com/en-GB/ticketing/bolster-communitys-halloween-neon-nightmare

*All abilities welcome. Please note Bolster Community is not responsible for any individual attending unaccompanied or consuming excess alcohol.

www.zeffy.com/en-GB/ticketing



Could you give [Head Injury Support](#) a hand at their Haunted Halloween Walk on Saturday 24th October in Derrymore Wood, Newry?

This will be a fundraising event for the charity, and a few hours of your time will make a big difference to provide support services to over 90 Head Injury Survivors and their carers and families

For more info and to register, visit [HERE](#)

Autism Connect Autism & Me

This 6-week programme explores autistic self-understanding through creative, body-based reflection. It blends:

Somatic awareness and Creative expression - exploring ideas through clay, collage, printing, and weaving with gentle conversation and peer connection

You can talk, create, reflect, listen – or simply be there.

When & Where

**Saturday 12 & 26 September
Saturday 10 & 24 October
Saturday 14 & 28 November**

11 am - 1 pm

**Bolster Community Offices
Marcus Street, Newry**



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



Meet Your Facilitator

Ursula Leighton, Founder of Aeon Community Arts

This year, Ursula Leighton, founder of Aeon Arts and Minds, will be facilitating Autism & Me. Ursula will bring her passion for creativity, mental health, inclusion and community connection, creating spaces where people can explore ideas and express themselves in ways that feel comfortable and meaningful.

Aeon Arts and Minds is a grassroots community hub and registered mental health charity based in Lurgan. Their work centres around healing, inclusion and connection through the arts, with creative and therapeutic programmes for people of all ages, abilities and needs.

As well as mental health and wellbeing services, Aeon Community Arts offers educational workshops, community programmes and creative activities for neurodiverse adults and children.

Together with Ursula, we will explore what it means to understand yourself as an autistic person (diagnosed, awaiting, thinking you might be) – not through what others expect of you, but through your own experiences, strengths, senses, body and creativity.

Places are limited, so please register your interest before Friday 4 September

Questions, registration, directions: please contact me, Sharon:

autismconnect@bolstercommunity.org

028 30 83 57 64



autismconnect@bolstercommunity.org

Altnaveigh House Trust (2005) Ltd.

Fully Funded - Free
CHILD PROTECTION TRAINING
PLACES LIMITED - APPLY NOW

Full Training - Child Protection - Safeguarding level 3:

- Module 1 – Monday, 26th October
- Module 2 – Monday 2nd November
- Module 3 – Monday 30th November

Start Time: 7pm - 9pm

Venue: Altnaveigh House, 51 Downshire Road, Newry, B34 1EE

To Book: Email Thelma - thelma.altaveigh@gmail.com

Refresher Training - Child Protection:

- Date:** Monday 7th December
- Start Time:** 7pm - 9pm
- Venue:** Altnaveigh House, 51 Downshire Road, Newry, B34 1EE
- To Book:** Email Thelma - thelma.altaveigh@gmail.com

Safe Children. Stronger Communities.

Learn Support Protect



thelma.altaveigh@gmail.com



DETAILS:

- The Imaginarium Centre, 10 Upper Edward Street, Newry, Co. Down BT35 6AX
- Time: 4:00pm - 6:00pm
- Date: Wed 28th Oct 2026
- *BOOKING IS ESSENTIAL***

Cost on arrival:

- £3 per child on arrival (RRP usually £6 but Bolster will subsidise half)
- £4 per adult

(Discount available for families of 4 or more)

Book your place via julie-anne@bolstercommunity.org or call [028 3083 5764](tel:02830835764)



BOLSTER COMMUNITY

HSC Southern Health and Social Care Trust



julie-anne@bolstercommunity.org

NEWRY DEA FORUM
an tOir, Mhúrn agus an Dúin
Newry, Mourne and Down District Council

YOUTH DIGITAL SKILLS PROGRAMME

FREE PROGRAMME FOR AGES 13+

TAKE PART IN PRACTICAL, HANDS-ON WORKSHOPS AND DEVELOP YOUR CREATIVE DIGITAL SKILLS

For young people living in Newry City

- Digital Confidence & online Safety
- Photography & Visual Storytelling
- Content Creation & Photo Editing
- Social Media Design & Responsible AI

COMMENCING **NOVEMBER**
DELIVERED OVER **4 WEEKS**

REGISTER YOUR INTEREST
Register through a parent, guardian or youth group

Email: padraig.harte@nmandd.org
Telephone: 07345 426866

Housing Executive




padraig.harte@nmandd.org

NEWRY DEA FORUM AND NEWRY, MOURNE & DOWN PCSP

EmpowerHER Auto Night

From warning lights to wheel changes — we've got you covered

WEDNESDAY 18TH NOVEMBER

ON THE NIGHT

- Daily car safety checks
- Essential road safety guidance
- Basic vehicle maintenance tips
- Understanding dashboard warning lights

18TH NOVEMBER | 7PM – 9PM | SOUTHERN GROUP ENTERPRISES
Rampart Road, Greenbank, Newry

Book Now
Email: padraig.harte@nmandd.org
R.S.V.P. by Friday 13th November | Limited Places | Refreshments Provided

NEWRY, MOURNE & DOWN DISTRICT COUNCIL
an tOir, Mhúrn agus an Dúin
Newry, Mourne and Down District Council

RSP Policing & Community Safety Partnership
Newry, Mourne & Down District Council

ROAD SAFETY






padraig.harte@nmandd.org



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



FAMILY
SENIORS ABILITY

WELLBEING WALKING GROUP

WELLBEING WALKS FOR ALL

Join us this Autumn for our new walking group which will run for 6 weeks starting Wednesday 30th Sept

Take a relaxed walk through Derrymore Woods and connect with others in nature - and afterwards we'll enjoy some light refreshments.

Everyone is welcome from mums & tots, to seniors. If you do need 1-1 support, please bring a chaperone.

bolstercommunity.org

AT A GLANCE

- This group will meet each week for six sessions, starting Wed 30th Sept.
- The meeting time each week will be 11am (Derrymore Woods).
- This group will be facilitated by an experienced walk leader, however if 1-1 support is required, please bring a chaperone.

Call us to register your place on 028 3083 5764



parenting.partnership@southerntrust.hscni.net



028 3083 5764



The Youth Service Team within Newry, Mourne and Down have compiled an audit of all youth service provision available within the Newry and Mourne area for young people with additional needs, specific needs and/or disabilities

The document, which has been produced in partnership with the Southern Health and Social Care Trust, provides the context on the creation of the resource and key statistics relevant to the area

It also includes a full weekly timetable of exclusive youth provision. In addition to the timetable of services, there is a page dedicated to each youth service provider in the local area with information on their provision, how to access it and contact details

Now in its second version, this resource has proven to be an invaluable tool for statutory and voluntary youth services, the Southern Trust Transition Planning and Community Access Teams, as well as for parents, carers, and young people themselves

By signposting relevant services and supports, it has helped ensure that SEND children and young people can easily access opportunities that meet their needs

You can view the document online or download a copy of the **Youth Service Provision for young people with additional needs/specific needs/disabilities**

[HERE](#)



NEWRY & MOURNE LPG AREA



HELP BRING SCOUTING TO YOUR COMMUNITY

WARRENPOINT • ROSTREVOR • KILKEEL
& SURROUNDING AREAS



What could you bring?
Share what you enjoy!
Your skills, hobbies and interests can all bring something to the team.



What support do I get?
You won't be doing it alone!
Full training, ongoing support and a friendly team.

NO SCOUTING EXPERIENCE NEEDED • FULL TRAINING PROVIDED • ONGOING SUPPORT • 18+



Can you lend a hand?
There's a role for you!
There are different ways to volunteer — find what works for you.



What would you do?
Make adventures happen!
Support activities, trips and camps for local young people.



HEAR FROM A VOLUNTEER
SCAN TO WATCH



GET INVOLVED
SCAN TO GET IN TOUCH

GET IN TOUCH

Phone: 07386502588
Email: aogoan@scouts.ie



aogoan@scouts.ie



VOLUNTEERS WANTED

Adventure Needs You!

Help us build a new Scout Group for Kilkeel's young people
Open to young people and volunteers from across the whole community

Your Adventure



Your Scout Group



Your Community



Our volunteers help change the lives of 60 million youth world wide!
Join to become apart of our world wide family of scouts.

Hear from one of our volunteers



- ♥ Make a Difference
- 🔥 Share Your Passion
- 🌱 Learn New Skills
- 👫 Bring Communities Together
- 🏡 Build Something That Lasts

Help bring Scouting to Kilkeel.

Register your interest!



No Scouting Experience Needed • Full Training • Ongoing Support • Flexible Volunteering • 18+



✉ aogoan@scouts.ie

☎ 07386502588



aogoan@scouts.ie



NEWRY & MOURNE LPG AREA

Newry Sure Start

Newry Sure Start are currently putting together a guide to support families in the current financial crisis
This would not be a for distribution directly to families, but for practitioners to use to identify sources of help
(because much of the help available is referral based)

If you would like to contribute any sources of help you know which could be included

Once done the guide will be shared for everyone to use as they need

Please forward any links, contacts and information you have to anner@newrysurestart.org

SOUTH ARMAGH LPG AREA





LINK, LUNCH, & LEARN

SOUTH ARMAGH AND RURAL NEWRY VOLT SESSION

Meet your local Volunteer Now team and discover the free support, services and opportunities available to your organisation.


Get Online Week
a campaign by @goodthings


Positive Ageing Month
October

 **Wed 21 Oct 2026**

 **12:30pm - 2:30pm**

 **Lislea Community Centre**
 14 Mountain Road, Lislea
 BT35 9UG

 Learn about our new Digital Communities Programme across South Armagh & Rural Newry

 Find out how we can support your group

 Share your ideas and tell us what local communities need

Light lunch and refreshments provided.

RSVP Bronagh.demeillers@volunteernow.co.uk or 07708 077954
 and let us know if you have any dietary / accessibility requirements.

What is Digital Communities?

Through this project, we will empower people, organisations and businesses to harness digital technology to improve lives and strengthen communities. This initiative is led by The Wheel in collaboration with Volunteer Now as a key partner organisation.

 **DIGITAL COMMUNITIES**

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

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

CROSSMAGLEN ONE STOP SHOP

TAKES PLACE EVERY 3 MONTHS

NEXT **Thu 24th Sept**

CONFIDENTIAL, SAFE, AND OPEN TO ALL WOMEN

No appointment needed

Thu 26th Nov

Thu 28th Jan

10am - 12noon

Crossmaglen Community Centre
 Cardinal O'faich Square
 BT35 9AA

 **Women's Aid**

 **Solicitor**

 **Money Advice**

 **Housing Advice**

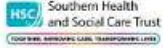
 **Police**

 **Crime Prevention**

 **Women's Aid**
 ARMAGH DOWN



bronagh.demeillers@volunteernow.co.uk




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 approx. 15 minutes. Relevant information and support services will be available & free health checks.

Date & Venue

Wednesday 14th October from 10am - 12.30pm at
Killymaddy Centre, Ballygawley Road, Dungannon

Register for the Dementia Awareness Bus by contacting:

✉ tina.ryan@southerntrust.hscni.net

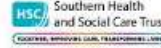
☎ 028 375 64487 (leave voice message including name & contact number)












HOW TO BOOK APPOINTMENT SLOTS

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



Autism Reality Experience



The Autism Reality Experience is an innovative and inspirational training session designed to give participants a virtual experience of living with Autism.

This is a very practical, hands-on experience that gives participants a greater insight into autism and helps us to see the world from an autistic persons perspective. This experience is suitable for family members or informal carers who want to have a better understanding of autism. The full experience lasts 10 minutes. Places are limited so book your place now. Relevant information and support services will be available & free health checks.

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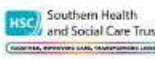









tina.ryan@southerntrust.hscni.net




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 approx. 15 minutes. Relevant information and support services will be available & free health checks.

Date & Venue

Friday 16th October from 10am - 12.30pm at
CRAIC Theatre, Coalisland Enterprise Centre, 51 Dungannon Road, Coalisland

Register for the Dementia Awareness Bus by contacting:

✉ tina.ryan@southerntrust.hscni.net

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Date & Venue

Thursday 15th October from 10am - 12.30pm at
Dungannon Clarkes, 21, Lisnahull Road, Dungannon, BT70 1UG

Register for the Dementia Awareness Bus by contacting:

✉ tina.ryan@southerntrust.hscni.net

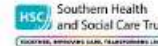
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DUNGANNON LPG AREA

FREE

 **UNITY in DIVERSITY** 

COMMUNITY EVENT
Celebrating Cultures
CONNECTING PEOPLE

Saturday 17th October 2026

 **1:00 PM – 4:00 PM**
Hill of The O'Neill,
Dungannon



**JOIN US FOR A FUN FILLED DAY OF MUSIC, DANCE AND
TRADITIONAL FOOD FROM COMMUNITIES ACROSS MID ULSTER.**

This programme is supported by PEACEPLUS, a programme managed by the Special EU programmes Body (SEUPB)

 **Comhairle Ceantair
Lár Uladh
Mid Ulster
District Council**

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

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

Belonging & Mattering

A Practitioner Framework for Supporting Minoritised Children and Young People

Tuesday 20th October 2026

A training event for practitioners working with minoritised children and young people in Mid Ulster.



Date & Time
Tuesday 20th October 2026
9.30am – 3.30pm



Location
The Junction,
12 Beechvalley Way,
Dungannon, Co. Tyrone. BT70 1BS



Hosted by
STEP and
Dr. Lisa Cherry



www.eventbrite.co.uk/e/belonging-mattering



DUNGANNON LPG AREA

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.

Ministry of Housing,
Communities &
Local Government

Rural Economic
Accelerator
Programme

SWC
SOUTH WEST COLLEGE

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



fswc.tara@gmail.com

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:



www.surveymonkey.com/r/DZRSQD9



spark
@DUNGANNON YOUTH RESOURCE CENTRE

FREE MID TERM MULTI-SPORT

HALLOWEEN CAMP 2026

28th TO 30th OCT
10AM TO 2PM
8-12 YEARS
13-17 YEARS

WHAT YOU'LL GET...

- ✓ Multi-Sport Activities
- ✓ Team Challenges
- ✓ Wellbeing & Healthy Living
- ✓ Good Relations
- ✓ Confidence & Resilience
- ✓ Most Importantly - Have FUN!

Building Confidence

Resilience

Leadership

PEACEPLUS Northern Ireland - Ireland
Co-funded by the European Union
Láir Uladh Mid Ulster District Council
healthykidz
COACHING

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

 <https://pbbl.uk/4roaaMm>



spark
@CLOUGH VALLEY CC

FREE MID TERM MULTI-SPORT

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COACHING

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 <https://pbbl.uk/4jbnUb1>

DUNGANNON LPG AREA



HOMEWORK CLUB IS OPEN!

Monday - Thursday
3.30pm - 5.00pm
Traveller children P4-P7 & Year 8
Coalisland & Dungannon area

PLACES AVAILABLE!

All children must be registered to attend.

Contact STEP: 028 87750211



028 87750211



ADULT LITERACY CLASSES FOR IRISH TRAVELLER PARENTS



LEARN TO READ & WRITE OR IMPROVE YOUR CONFIDENCE!

These small group classes are for Irish Traveller parents who want to learn to read and write or just improve confidence in supporting their children's learning.

TO REGISTER OR REFER: Please contact Claire Joyce on 028 87750211 or at claire.joyce@stepni.org

TUESDAYS, 10AM- 12PM (STARTING 29 SEPTEMBER) THE JUNCTION, DUNGANNON

THURSDAYS, 10AM- 12PM (STARTING 1ST OCTOBER) 64 MAIN STREET, COALISLAND



claire.joyce@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

VOLUNTEER NOW
Volunteers change lives

Could you give
a hand in
**SHSCT's
Fit4U Service**
in Dungannon?

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



You can volunteer. You can change lives.



<https://volunteer-now.portal.uk.becollective.com/opportunities>

DUNGANNON LPG AREA



**DIGITAL
COMMUNITIES**

Closing the digital divide to build stronger communities.



Stronger Charities.
Stronger Communities.



PEACEPLUS
Northern Ireland - Ireland

Co-funded by the



European Union



UK Government



Rialtas na hÉireann
Government of Ireland



Northern Ireland
Executive
www.northernireland.gov.uk

The **Digital Communities** project officially launched last week

If any groups could benefit from improving their digital skills (It could be as simple as using Google forms or managing e-mail lists or using social media more than they currently do or more complex digital tasks that would make the admin side of running the group simpler), there is a link to a very short expression of interest form [HERE](#) or contact Jayne@lesliefoundation.ie



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 Coimisiún
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 Coimisiún
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 172](#)
24th September 2026
- [Issue 171](#)
3rd September 2026



UPCOMING 2026 LPG MEETINGS

Armagh	Thur. 5 th Nov
Craigavon	Tues. 10 th Nov
South Armagh	Tues. 17 th Nov
Banbridge	Wed. 25 th Nov
Dungannon	Tues. 1 st Dec
Newry & Mourne	Wed. 9 th Dec

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:
5th November 2026
Copy Deadline:
3rd November 2026**



localityplanning@ci-ni.org.uk



Sign up to receive 'FYI' Newsletter TODAY!

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

