SOUTHERN AREA LOCALITY PLANNING GROUPS

CYPSP
Children & Young People's Strategic Partnership



ISSUE 175

26th November 2026

SOUTHERN AREA
LOCALITY PLANNING GROUPS

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Children & Young People's Strategic Partnership

WELCOME

Welcome to Issue 175 of our newsletter, 'FYI' (For Your Information).

In our penultimate 'FYI' of 2026 we have pulled together a huge amount of information on opportunities for children, young people, parents/carers and practitioners, which we would encourage you to share with all relevant contacts.

Page 4 sees our Southern Area LPGs Member Survey for 2026 - Your feedback, as always, is appreciated and the survey will only take a couple of minutes to complete.

Many thanks to those who have submitted their flyers for this edition.

Keep sending your information, so that we can continue to spread the word about what is happening across the Southern Area!

Locality Development Team, Southern Area

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EBSNA Scoping - Have Your Say: Help Shape Future Support for Children, Young People and Families

CYPSP is seeking views from professionals, practitioners, schools, voluntary and community organisations, parents and carers, children and young people to help improve our understanding of **Emotionally Based School Non-Attendance (EBSNA)**

The survey closes **TOMORROW**!

Complete the survey HERE

CALLING ALL SOUTHERN AREA LPG MEMBERS!

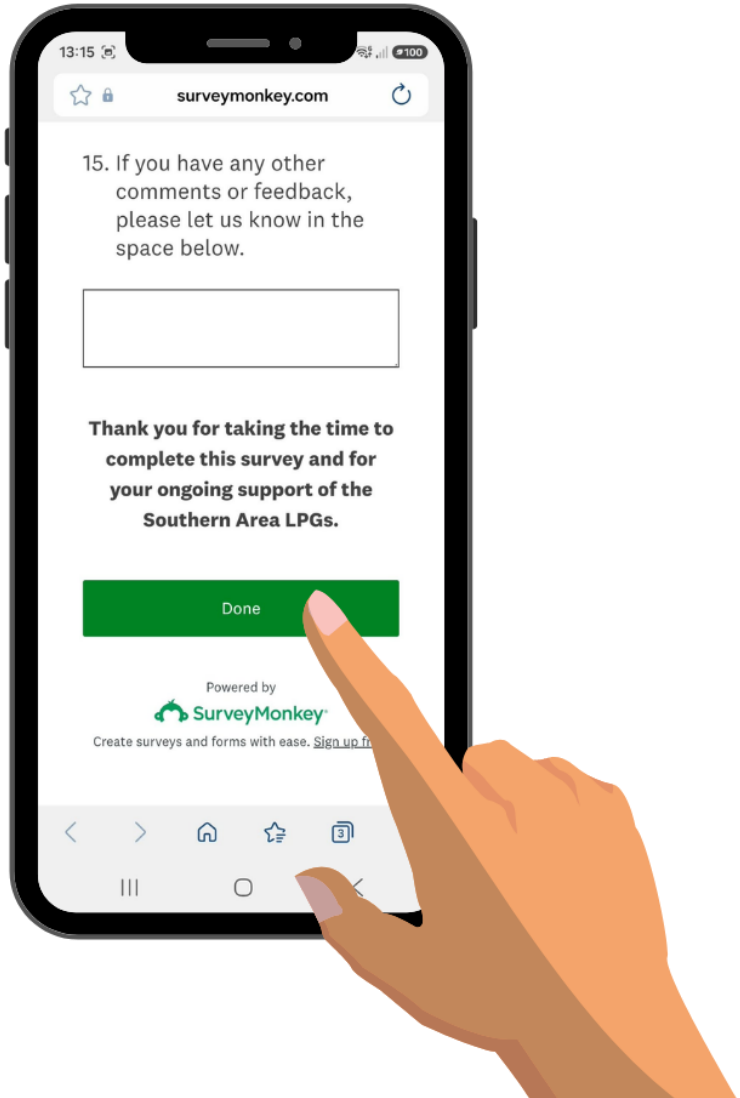
Do you attend any of the following Locality Planning Groups?

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 11th December 2026**!



SOUTHERN TRUST AREA

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





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



www.ci-ni.org.uk/training

SOUTHERN TRUST AREA

Children in Northern Ireland

January 2027 Paid Courses

Supporting School Based Anxiety
Monday 11 January, 09:30am - 12:30pm
Online

Counselling Skills for Everyday Practice
Friday 15 January, 10:00am - 4:00pm
In-person

Understanding ADHD: A Strengths Based Neuroaffirming Approach
Wednesday 27 January, 10:00am - 1:00pm
Online

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

Discount when booked with yoga

Children in Northern Ireland

February 2027 Paid Courses

Youth Participation: Giving Young People A Voice in Your Organisation
Monday 1 February, 09:30am - 12:30pm
Online

Safer By Design: Delivering Organised Activities With Confidence
Thursday 4 February, 09:30am - 12:30pm
Online

Managing Safeguarding Disclosures and Maintaining Wellbeing
Thursday 18 February, 6:30pm - 9:30pm
Online

Children in Northern Ireland

March 2027 Paid Courses

Baby Yoga Instructor Training
4 - 5 March, 10:00am - 4:00pm
in-person

Discount when booked with massage



www.ci-ni.org.uk/training

acet



POST QUARAN-TEENS!

Interactive Online Workshop suitable for professionals and volunteers working in the field of family/community/education, etc.

Practical skills for dealing with conflict
Teenage brain development… What the science says
How a parent can really listen to a teenager
Useful resources…and everything else in between!!!

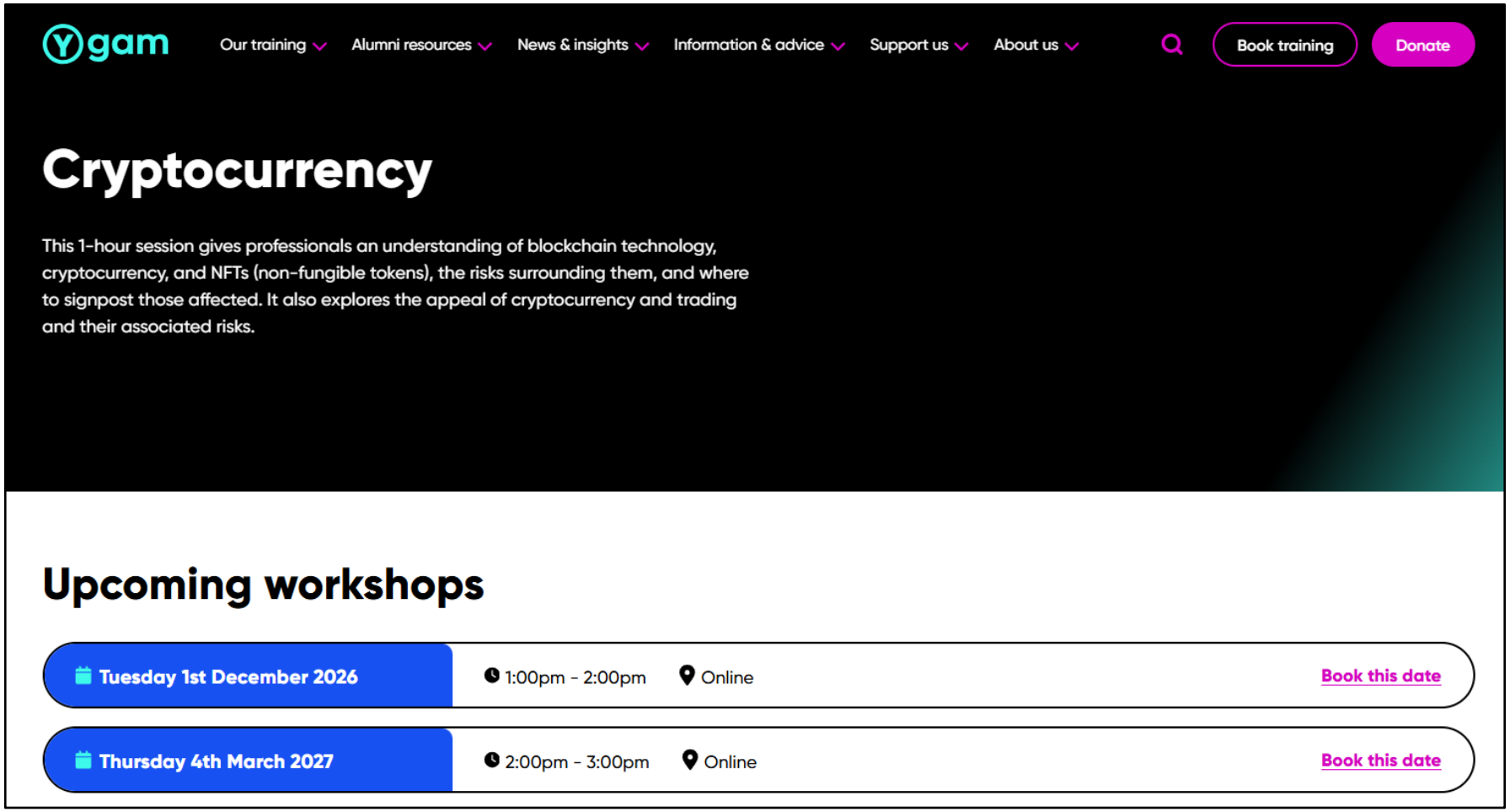
Free of charge

Post-Quaranteens! Online OCNNI Level 2 Tickets, Tuesday 1 December-Wednesday 2 December • 9:30 AM-12:30 PM GMT | Eventbrite

All training and accreditation is funded by the PHA

Accredited at Level 2 by the OCN

Contact Linda Allen (linda@acet-ni.com) for further information



https://ygam.org/training/cryptocurrency

Established in 1987,

DUNLEWEY

ADDICTION SERVICES

providing specialist support within the field of addiction ever since.

As part of the implementation of the Northern Ireland Substance Use Strategy and our shared commitment to reducing substance use-related stigma, funded by PHA, **Dunlewey Addiction Services** are seeking enthusiastic practitioners and experts by experience who are interested in becoming Train-the-Trainer facilitators for the regional rollout of anti-stigma training

This fully funded programme is designed to develop a network of skilled trainers who can help deliver high-quality stigma awareness training across Northern Ireland

We are looking for individuals who are passionate about challenging stigma, promoting recovery-focused approaches, and supporting positive cultural change within services and communities - Whether you bring professional expertise, lived experience, or a combination of both, this programme will equip you with the knowledge, skills, and confidence to co-facilitate future training sessions

Date of training: Monday the 14th and Tuesday the 15th of December 2026, 10am - 4pm
(Please note attendance on both days are mandatory)

Lurgyvallen Business Park, Unit 8, 72 Cathedral Rd, Armagh, BT61 8AG

Places are limited and will be allocated to ensure a broad representation of sectors, geographical areas, and lived experience voices across Northern Ireland

Register HERE

Take5 steps to wellbeing

Are you working within your local community?

Why not attend a **Take 5 Ambassador Briefing Session** to enable you to promote positive wellbeing?



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

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

Aims of Take 5 Ambassador Briefing Session

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

Briefing Session will take Place in

Newry Leisure Centre

60 Cecil Street

Newry

BT35 6AU

On the following date:

Date: Friday 8th January 2027

Time: 10.30am – 12.00pm

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

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

Armagh Cit Banbridge & Craigavo Borough Counc

Comhairle Ceantair Lár Uladh Mid Ulster District Council

HSC Public Health Agency

HSC Southern Health and Social Care Trust

TOGETHER, IMPROVING CARE, TRANSFORMING LIVES

Take.5@southerntrust.hscni.net

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

Monday 11th, Tuesday 12th, Monday 18th and Tuesday 18th January 2027 from 9.30-11.00am 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



www.eventbrite.co.uk/e/money-on-autopilot



www.eventbrite.co.uk/e/confident-communications



www.eventbrite.co.uk/e/foundations-of-budget-coaching

WALK LEADER TRAINING

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



Date	Location	Time
Wed 24th 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

Southern Health and Social Care Trust

WALKING FOR HEALTH

https://forms.cloud.microsoft/responsepage

Trauma Informed Approach Training

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

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

About the Training

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

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

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

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

Training Structure

Module 1: Adversity, Trauma & Resilience Awareness (3 CPD credits)
Module 2: Developing a Trauma Informed Approach in Practice (3 CPD credits)
Duration: 3.5 hours per module.
Delivery can be split into two workshops, 1x2hr and 1x 1.5hr

Who is it for?

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

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

Why this training?

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

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

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

Accredited by SBNI

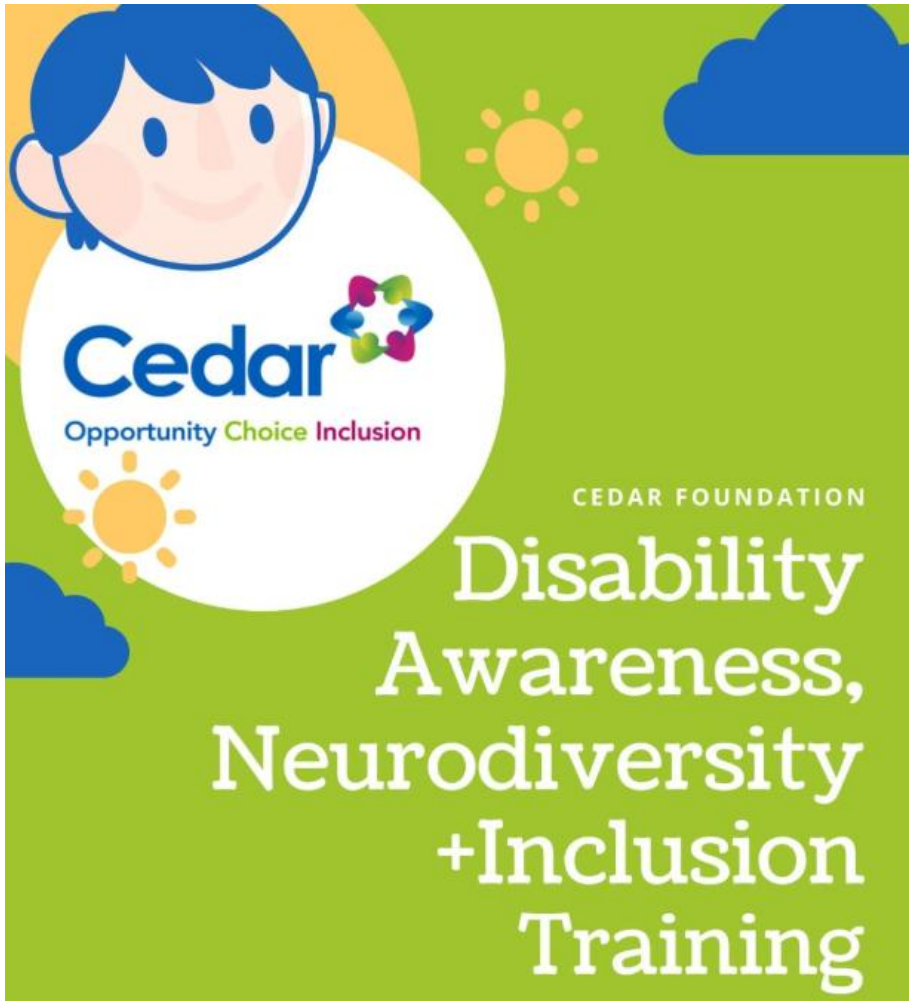
Interested?

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

Contact: ogteam@amh.org.uk

@OURGenCYP1
@OURGenCYP1
@OURgenCYP1
our-generation-project
ourgeneration-cyp.com

ogteam@amh.org.uk



We deliver bespoke disability awareness training to external organisations co-delivered by our User Forum

Our training is enhanced by the input of individuals with lived experience and in the year 2024/25 we delivered training to 314 individuals

If you are interested in our bespoke disability awareness, autism awareness, brain injury awareness or learning disability awareness, e-mail: t.denton@cedar-foundation.org



eatingdisorders@amh.org.uk



www.eventbrite.ie/attention-hq



www.eventbrite.ie/from-wobbles-to-wins



www.eventbrite.ie/social-smarts



www.eventbrite.ie/attention-hq



https://forms.cloud.microsoft/e/jyn4qhXmKq



https://webinarnow.ie/transgenerational-trauma

HSC Public Health Agency
Project supported by the PHA

HSC Health and Social Care

nesta

NATIONAL CHILDREN'S BUREAU

Practical Strategies to Improve Parent Engagement: Discussion with NESTA on their recently developed handbook



Thursday 21st January 2027, 2PM-3:30PM
Online via Microsoft Teams

How can we better support parents to take part in and complete evidence-based parenting programmes? Join NESTA as they present practical strategies from their recently developed handbook, helping practitioners strengthen engagement and reduce barriers to participation. The session will be introduced by Martina McCooey, CDIC, Southern Health and Social Care Trust. Registration closes Friday 08 January.

For more information, you can email:
cphillips@ncb.org.uk or smckeever@ncb.org.uk

Scan QR code to register

cphillips@ncb.org.uk / smckeever@ncb.org.uk



The EA Youth Service invites you to join them for **Deck the Stalls 2026**, a Christmas market celebrating the creativity, talent and entrepreneurial spirit of young people from across Northern Ireland, including those based in the Southern Trust Area

Come along, explore the stalls and support young entrepreneurs from EA Youth Service, the Community & Voluntary Sector and Young Enterprise NI!

Find out more HERE

HSC Public Health Agency
Project supported by the PHA

HSC Health and Social Care

The Power of Attunement:
Strengthening Relationships in Infant Mental Health



Thursday 3rd December: 10:00AM-1.00PM Online

Join us for our annual Infant Mental Health Conference on attunement. You can hear about developments in infant mental health research, policy and practice in Northern Ireland, and across the whole of the UK.

This is a partnership event, co-supported by members of the Regional Infant Mental Health Implementation Group, including the Public Health Agency, Health and Social Care Trusts, and voluntary/community members.

Scan QR code to register

www.eventbrite.co.uk/e/infant-mental-health-online-conference-2026



www.womensaidni.org/pathstoprevention



lauren.spiers@barnardos.org.uk



This **World AIDS Day (WAD) 2026** provides an opportunity to raise awareness about the importance of education, prevention and treatment while contributing to a reduction of the stigma associated with HIV/AIDS in Northern Ireland

Theme: U=U You can't pass it on Undetectable = Untransmittable (HIV treatment stops transmission)

Date: 01 December 2026

Hashtag: **#WorldAIDSDay2026NI**

This year's theme aims to highlight the Undetectable = Untransmittable message and improve understanding about the importance of accessing treatment for HIV and the accessibility of HIV services for all across the region

The PHA Toolkit contains ready-to-use content (social media posts, images and posters) for Facebook, Instagram, X, LinkedIn, websites - All graphics are available to download from the campaigns page on the **Sexual Health NI Website** HERE



Homelessness Awareness Week 2026 will take place from Monday 7th December to Sunday 13th December 2026

The theme for HAW 2026 is Health, Home, Hope

A safe and stable home is the foundation for good physical and mental health, and for the hope that allows people to plan for the future - When that foundation is missing, health suffers and hope becomes harder to hold on to

This year, we want to highlight how closely these three are connected, and why housing and health must be considered together

At present, 64,417 people across Northern Ireland have homelessness status, more than double the number ten years ago and there are also 4,837 children living in temporary accommodation - These numbers show the scale of the challenge, but they also highlight why it is vital to recognise the impact that homelessness has on people's health, wellbeing and sense of hope

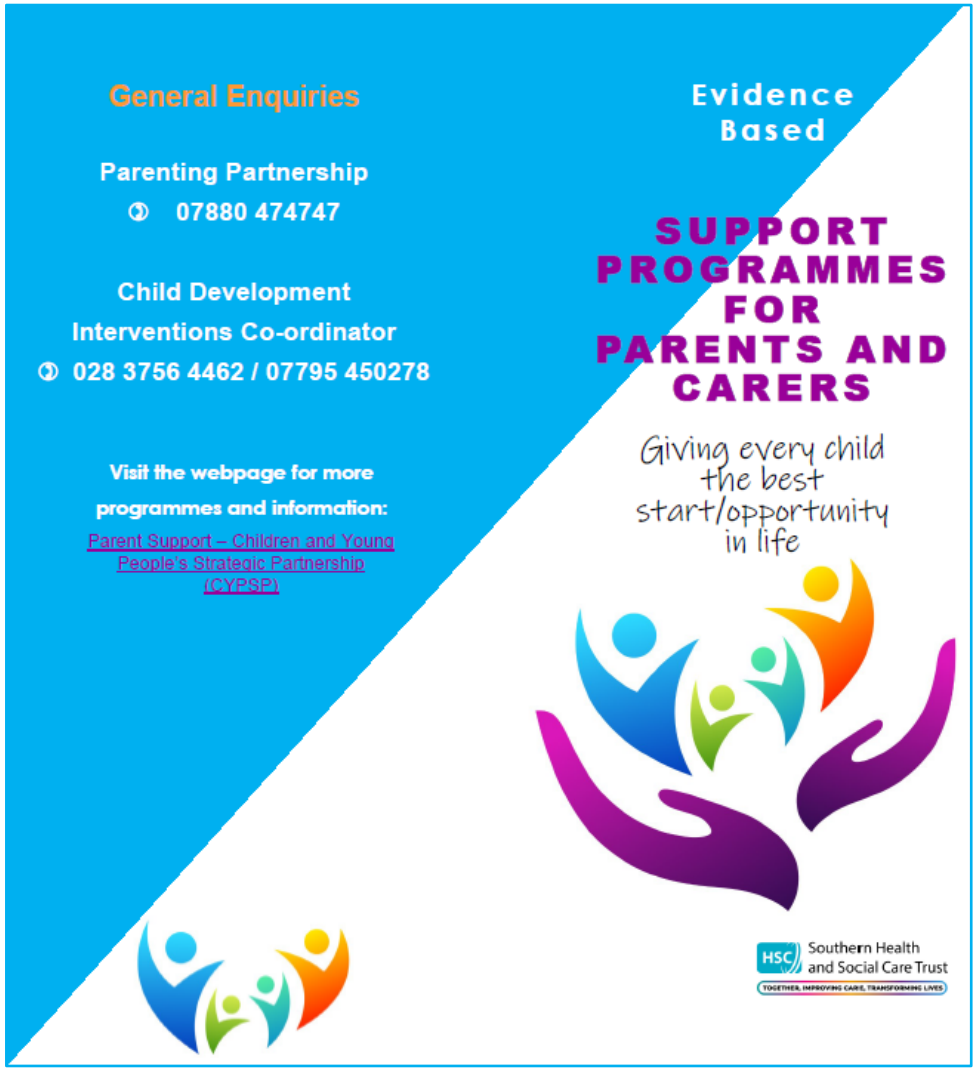
By focusing on Health, Home, Hope, we are challenged to respond with empathy, dignity and compassion

We need solutions that put people at the heart of housing and homelessness support, and that recognise a home as the starting point for good health and a hopeful future

Find out more about #HAW2026 HERE and about the events taking place during HAW 2026 across Northern Ireland HERE

SOUTHERN TRUST AREA

PARENTING PROGRAMMES



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)

SOUTHERN TRUST AREA

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.



PARENTING PARTNERSHIP

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:

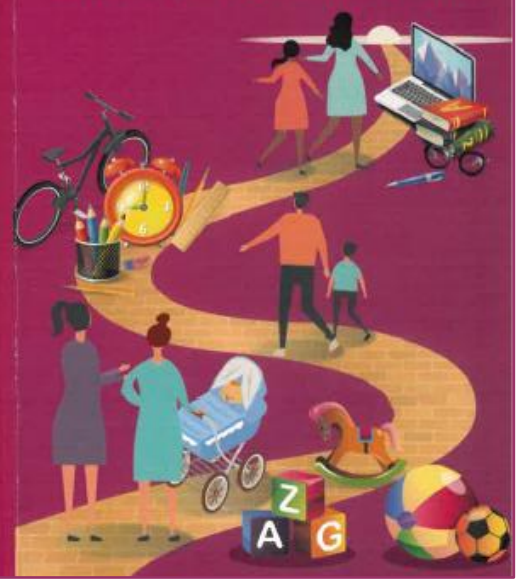
https://forms.office.com/e/KDdPxxQPVU

HSC Southern Health and Social Care Trust

TOGETHER, IMPROVING CARE, TRANSFORMING LIVES

PARENTING PARTNERSHIP

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



Further information available HERE

SOUTHERN TRUST AREA

PARENTING PROGRAMMES

WHAT PROGRAMMES DO WE DELIVER?

PARENTING PARTNERSHIP

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 childs 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 childs 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/

Further information available HERE

PEACE of Mind

empowering young minds, building resilience

A FREE, cross-community wellbeing and personal development programme for young people aged 11–25 in Northern Ireland and the border counties.

For more than six decades, **Inspire** has supported people across our communities with person-centred mental health services.

That experience sits at the core of PEACE of Mind, shaping a programme designed to meet young people where they are and respond to the challenges they face today.

Our commitment to supporting people and their wellbeing guides every element of the programme. We understand that young people need spaces that feel safe, welcoming and genuinely supportive.

PEACE of Mind gives young people the opportunity to build confidence, strengthen their emotional resilience and develop practical strategies they can use in everyday life. Through group discussions, guided activities and meaningful conversations, participants learn tools that help them navigate pressures, relationships and personal challenges in a healthier, more grounded way.

At its heart, PEACE of Mind is about empowering young people to feel seen, supported and capable and giving them the skills to move through the world with greater confidence and connection.

Click the bullet points below to learn more about the elements that make up PEACE of Mind.

- Programme Overview
- Bespoke Programme Options
- Peer Facilitation
- Building Resilient Young People
- Participant Testimonials

Ready to Create Something Meaningful for Your Young People?

Bringing PEACE of Mind to your setting is more than just running a programme, it's investing in a space where young people feel seen, supported and empowered to grow.

Our team is ready to work alongside you to create sessions that genuinely speak to the needs of your group, strengthen your existing provision and offer something meaningful for the young people you care about.

If you're ready to take the next step, we'd love to hear from you!

Let's start a conversation about how we can shape PEACE of Mind together and create a positive impact that lasts long after the sessions end.

Get in touch with our team to register your interest

Freephone - 0808 189 0036

peaceofmind@inspirewellbeing.org

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

PEACE of Mind
empowering young minds, building resilience

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

peaceofmind@inspirewellbeing.org



hello@commonyouth.com

T:buc

Changing for the better, together

The next **Together: Building a United Community (T:BUC) Engagement Forum** will be taking place on Tuesday 1st December at the Bushtown Hotel Coleraine at 9.30am

The Together: Building a United Community (T:BUC) Strategy, launched in 2013, reflects the Executive's commitment to building a united society

Since then, significant progress has been made - several of the headline actions set out in the Strategy have been fully achieved, with significant progress made across others

However, it is recognised that there is more to do and there is a need to ensure that the T:BUC Strategy continues to reflect the current needs of our society and work for all in the community

This Engagement Forum will provide us with the opportunity to reflect and look forward

The Engagement Forum provides the opportunity for the Executive Office to engage with stakeholders and are keen to ensure that all interested parties have an opportunity to explore good relations and its delivery

The Engagement Forum will involve input from officials from TEO, outlining the current position of T:BUC and emerging themes

Register your interest HERE

BBC CHILDREN IN NEED

BBC Children in Need Funding Opportunities

We fund projects and organisations across the UK

We aim to fund a balance of grants across the UK that address the greatest needs of vulnerable children and young people

To achieve this, we consider geography as part of our decision-making process
(This is to ensure we are funding fairly and can spread our available funding as broadly as possible and based on need)

Our funding priorities will be reviewed at least annually and may differ depending on where you are in the UK

See our local funding priorities (for Northern Ireland) on the following pages, as updated October 2026

Full details are also available on our website and, in terms of our local priorities, they can be found online HERE

Organisations wishing to apply should register for a pre-application session with us using this link HERE

This is a rolling programme, so applications are welcome at any stage

BBC CHILDREN IN NEED

BBC Children in Need Funding Opportunities (Continued)

We will fund projects and organisations to:

Improve the life chances of children by strengthening early years support in communities impacted by poverty and deprivation

Enable projects and organisations rooted in communities to respond and adapt to the local needs of children and young people living in areas impacted by poverty and deprivation

Improve the mental health and emotional wellbeing of children and young people through early intervention, prevention, and relationship-based support

Create safe, inclusive spaces for LGBTQ+ young people, led by those with lived experience

Promote social inclusion, community cohesion, and positive cross-community relations among young people living in communities experiencing segregation and division, or in areas with limited opportunity for cross-community engagement

Support Black, Asian and minority communities, including refugee and asylum-seeking children and young people to thrive, feel a sense of belonging and access opportunities that enable them to reach their full potential

Improve outcomes for deaf, blind, partially sighted, disabled, and neurodiverse children and young people, particularly those with the most complex needs and those in their early years

BBC CHILDREN IN NEED

BBC Children in Need Funding Opportunities (Continued)

We will fund projects and organisations to:

Enable children and young people, particularly those whose voices are underrepresented, to shape services, systems and decisions that impact their lives

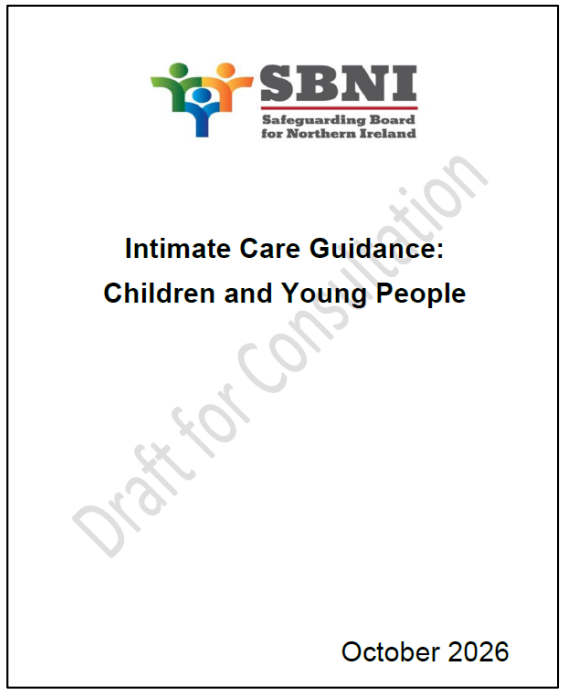
Support boys and young men to thrive, fulfil their potential, make positive life choices, be safe online and contribute to their communities

Support girls and young women to strengthen their emotional wellbeing, confidence and sense of agency so they can build healthy relationships, exercise positive life choices and overcome barriers to achieving their potential

Improve outcomes and provide opportunities for children and young people affected by complex family circumstances (such as domestic violence, family breakdown, hidden homelessness, young carers, care experienced, parent in prison or neglect and trauma) to develop positive relationships with trusted adults, peers and support networks



thepathwayfund@early-years.org



The **Safeguarding Board for Northern Ireland** is consulting on a new **Intimate Care Guidance** for those who work with **Children and Young People**

This guidance is designed to assist and support staff/volunteers in all organisations who provide support to babies, children and young people with intimate care

The proposed guidance outlines the standards and principles required, for the safe, consistent, respectful and appropriate delivery of intimate care for children

You can view a short video, read the guidance, and respond to the consultation HERE

The consultation will remain open until **11th January 2027**



The NI Assembly is currently considering the Age Discrimination (Goods, Facilities and Services) Bill, which would introduce new legal protections against unfair treatment and age discrimination when accessing services such as shops, public transport, leisure facilities and healthcare

However, the Bill as currently drafted excludes children under 16 from these protections

Children in Northern Ireland (CiNI) want to hear from parents and carers about the types of unfair treatment children have experienced because of their age, whether they support extending legal protection to under-16s, and how this might interact with their parental responsibilities and ability to advocate for their child

We would be very grateful if you could share the survey widely through your networks and encourage as many parents and carers as possible to participate

If you are a parent or carer of a child under 18, and live in NI, that means you too!

Complete the survey HERE



www.justice-ni.gov.uk/sites/default/files/2026

"SPORT IS NOT A LUXURY"

THE IMPACT OF THE COST-OF-LIVING CRISIS ON SPORT & PHYSICAL ACTIVITY FOR CHILDREN AND ADOLESCENTS

Ulster University

Dr Maria O'Kane, Roisin McCafferty, Prof Alison Gallagher, Prof Marie Murphy, Dr Ciara Fitzpatrick & Dr Angela Carlin

m.okane@ulster.ac.uk

RISING COSTS ARE MAKING IT HARDER FOR MANY FAMILIES (ESPECIALLY THOSE ON LOWER INCOMES) TO SUPPORT THEIR CHILDREN'S PARTICIPATION IN SPORT AND PHYSICAL ACTIVITY.

WHAT WAS THE BACKGROUND TO THE STUDY?



Children from more affluent families tend to be more active.

The cost-of-living crisis may make the 'socioeconomic gap' in children's physical activity worse.

WHAT WAS THE AIM?

To understand how the cost-of-living crisis has affected access to sport and physical activity opportunities for children and adolescents.

WHAT DID THE STUDY INVOLVE?

855 parents/guardians of a child/children aged 4-16 years living in NI completed an online questionnaire (March-June 2024).







WHAT WERE THE KEY FINDINGS?

Who took part? 90% employed | 72% household income >£30k p/a | 14% single parents

85% of parents/guardians agreed that sport and physical activity were important for their children to manage worries.

35% reduced spending on sport and physical activity for their children since the onset of the cost-of-living crisis in 2021.

30% were unable to afford the equipment and clothing that their children needed to take part in sport/physical activity.

37% of parents/guardians, said their children had missed out on sport or physical activity because of the costs involved.

Since 2021, **24%** of parents/guardians used credit or borrowed money to cover sport and physical activity costs.

WHAT'S THE CALL TO ACTION?

We need bold, strategic action from the government to invest in long-term solutions that ensure all children, regardless of family income, can access the lifelong benefits of being active.

Link to scientific paper: https://bmcpublichealth.biomedcentral.com/articles/10.1186/s12889-025-22180-x

https://link.springer.com/article/10.1186/s12889-025-22180-x

FREE/LOW-COST PHYSICAL ACTIVITY OPPORTUNITIES FOR CHILDREN AND ADOLESCENTS

Ulster University

Roisin McCafferty, Dr Angela Carlin, Róisín Carney, Prof Marie Murphy, Prof Alison Gallagher, Dr Ciara Fitzpatrick & Dr Maria O'Kane

r.mccafferty@ulster.ac.uk or m.okane@ulster.ac.uk

MAKING PHYSICAL ACTIVITY FREE IS ONLY PART OF THE SOLUTION. CHILDREN NEED OPPORTUNITIES THAT ARE ACCESSIBLE, INCLUSIVE, SAFE, SUITABLE AND AVAILABLE WITHIN THEIR COMMUNITIES.

WHAT WAS THE BACKGROUND TO THE STUDY?

Physical activity is important for children's physical and mental health.

Free/low-cost activities can help reduce financial barriers.

Less is known about whether families in Northern Ireland can find, reach and use free/low-cost opportunities that meet their children's needs.

WHAT WAS THE AIM?

To explore parents views on children's participation in free/low-cost physical activity opportunities, opportunities available locally, barriers to access and future needs.

WHAT DID THE STUDY INVOLVE?

855 parents/guardians of a child/children aged 4-16 years living in NI completed an online questionnaire (March-June 2024).

29 parents/guardians took part in interviews (May-September 2024).







WHAT WERE THE KEY FINDINGS?

99% of parents/guardians reported that their children participated in at least one free/low-cost physical activity opportunity weekly.

76% felt there were not enough free/low-cost opportunities available locally.

10% felt there were not enough free/low-cost opportunities available locally.

29% reported increased engagement in free activities since the cost-of-living crisis began in 2021.

WHAT ARE THE BARRIERS?

LOCATION & TRANSPORT: Free/low-cost opportunities may be too far away or difficult to reach.

QUALITY & SAFETY: Poorly maintained facilities and concerns about safe spaces.

AWARENESS: Families do not always know what is available locally.

AGE & SUITABILITY: Gaps for teenagers, girls and children with additional needs.

COST BEYOND THE FEE: Travel, equipment and other costs can still add up.

WHAT NEEDS TO CHANGE?

- More varied, fun and inclusive activities
- Better maintained local facilities
- Clearer promotion of what's available
- Affordable swimming & taster sessions
- Shared equipment & transport support
- Targeted subsidies for families who need them

Link to scientific paper: https://journals.plos.org/globalpublichealth/article?id=10.1371/journal.pgph.0005770#sec033

https://journals.plos.org/globalpublichealth/article?id=10.1371

ARE WE CLOSING THE GAP?

SOCIOECONOMIC INEQUALITIES IN CHILDREN'S PHYSICAL ACTIVITY

Dr Samantha Robinson, Dr Angela Carlin, Prof John Reilly, Prof Kelly Mackintosh, Dr Laura Basterfield & Dr Maria O'Kane

m.okane@ulster.ac.uk or samantha.robinson@uws.ac.uk

WE CANNOT CONFIDENTLY SAY WHETHER SOCIOECONOMIC INEQUALITIES IN CHILDREN'S PHYSICAL ACTIVITY ARE GETTING BETTER OR WORSE BECAUSE THE EVIDENCE IS INCONSISTENT.

WHAT WAS THE BACKGROUND TO THE STUDY?

Socioeconomic inequalities in children's physical activity have been reported, but findings are inconsistent.

It is unclear whether inequalities have changed over the past decade, including through the COVID-19 pandemic.



WHAT WAS THE AIM?

To map the extent and nature of research on socioeconomic differences in moderate-to-vigorous physical activity (MVPA) among children and adolescents in the UK and Ireland.



WHAT DID THE STUDY INVOLVE?

Scoping review conducted:

- 6,735 records identified
- 26 studies / reports included

Evidence collected between 2015 and 2025. Searches covered seven databases, grey literature, expert recommendations and reference lists.



WHAT WERE THE KEY FINDINGS?

- 1 of 9 studies using device-based measures identified a statistically significant socioeconomic difference in MVPA.
- Socioeconomic differences were more frequently reported in self- or parent-reported data, particularly in surveillance reports.
- No consistent change over time was identified. Findings from similar periods sometimes contradicted one another.

WHAT NEEDS TO HAPPEN NEXT?

- More longitudinal studies are needed alongside greater consistency in measuring and reporting socioeconomic inequalities.
- Explore contextual factors such as access to facilities and neighbourhood safety.

KEY MESSAGE

Mixed findings are not evidence that inequalities do not exist. Differences in measurement and study design make the evidence difficult to compare.

University of the West of Scotland UWS · Ulster University · University of Strathclyde Glasgow · Swansea University Prifysgol Abertawe · Newcastle University

Link to scientific paper: https://bmjpublichealth.bmj.com/content/4/3/e005513

https://bmjpublichealth.bmj.com/content/4/3/e005513



December 2026

KING'S TRUST COURSES

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

GET STARTED

Get Started with Make Up

Age: 16-30 Taster: 30 November
Dates: 7 - 11 December
Location: Belfast
Gain practical experience in a range of makeup techniques including skin care, concealing, eyes, brows, lips, and special effects makeup. Have the opportunity to gain a Beauty Guilds qualification.

GET HIRED

Get Hired in Bartending

Age: 18-30
Dates: 30 Nov - 1 Dec
Location: Belfast
This programme will support you to develop the skills and attitudes needed to succeed in a career in Bartending.
A crash course in Bartending delivered with Belfast Met in a top Belfast bar.

ENTERPRISE

Age: 18-30
Dates: Available year round
Location: Online with 1:1 support
Take part in expert-led workshops on finance, marketing, business planning, sales, and more. Get support to build a business plan and access grants to help you launch your business.

GET READY

Get Ready for Careers in Coding

Age: 16-30 Taster: 23 November
Dates: 30 November - 11 December
Location: W5 Life, Belfast
Develop practical skills to understand the basic concepts of coding. Create your own multi-page website from scratch.

Discover different routes into coding careers. Work towards OCN NI Level 2 Award in Vocational Skills on Developing Websites, Career Preparation and Planning.

CONTACT US

outreachni@kingstrust.org.uk
0800 842 842
kingstrust.org.uk

King's Trust

DSN 6411 © The King's Trust 2024 – all rights are reserved. The King's Trust is a registered charity incorporated by Royal Charter in England. Registered number RC000722. Registered office: The King's Trust, The King's Trust South London Centre 8 Glade Path London SE1 8EG. Registered charity number in England and Wales 1079675 and Scotland: SC041198.

outreachni@kingstrust.org.uk



The **Young Person's Guidance on Child Criminal Exploitation (CCE)** has been approved by the **Safeguarding Board for Northern Ireland (SBNI)** and endorsed by the Children and Young People's Strategy Child Protection Group

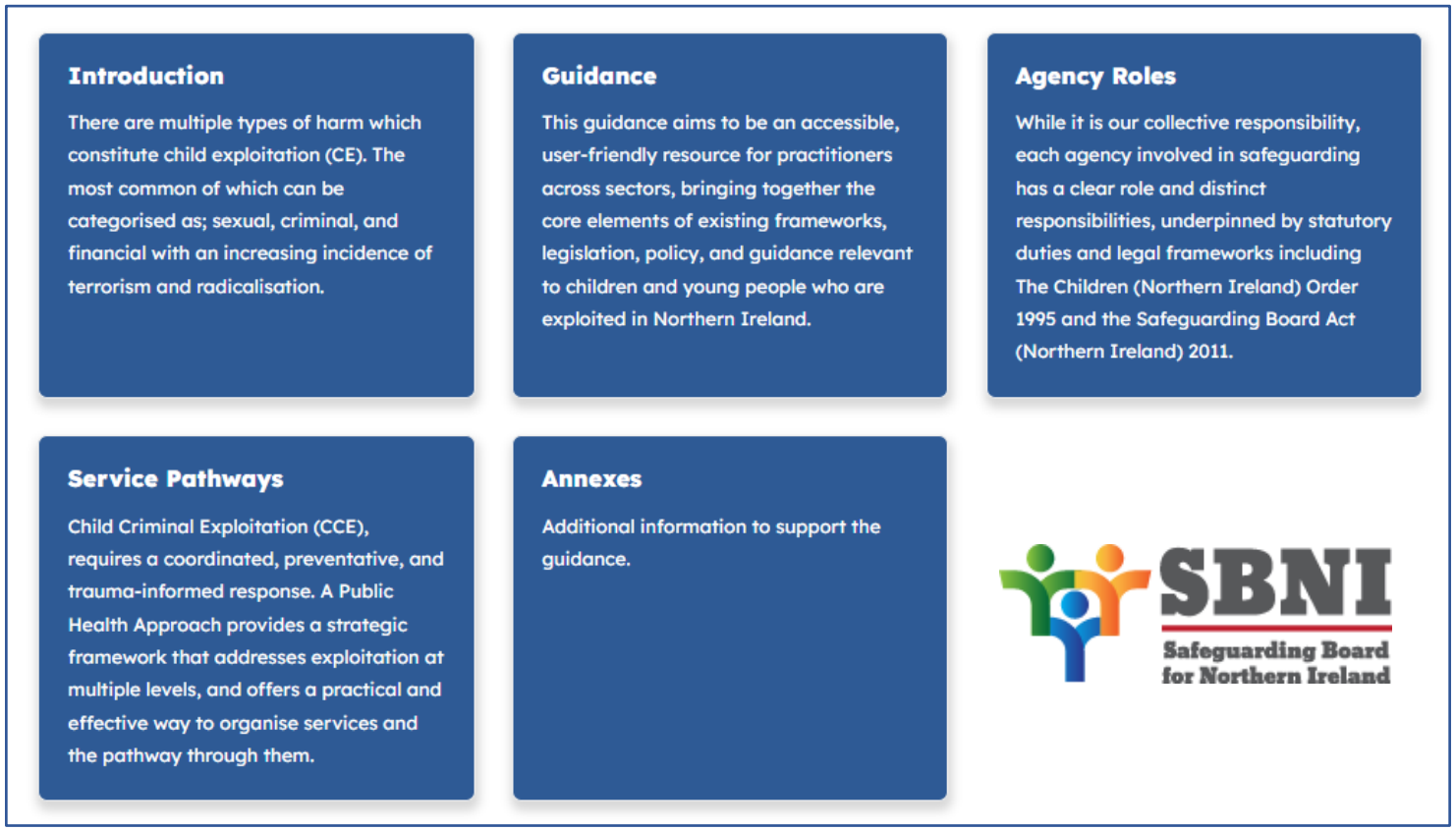
This guidance has been developed in partnership with young people through engagement facilitated by VOYPIC

It aims to help young people understand what Child Criminal Exploitation is, recognise the warning signs, understand how exploitation can occur both online and offline, know where to seek help, and understand what may happen if concerns are shared

A key strength of this resource is that it has been informed by the voices and experiences of young people
We are particularly grateful to VOYPIC and the young people who contributed their insight, feedback and expertise throughout the development process
Their involvement has helped ensure the guidance is accessible, relevant and meaningful for the intended audience

Please share the guidance across your respective networks, including practitioners, safeguarding leads, youth workers, community organisations, children, young people and families, to support greater awareness and understanding of Child Criminal Exploitation

Download the guidance HERE



Child Criminal Exploitation (CCE) Practitioner Guidance

Child criminal exploitation is a form of child abuse that can cause serious and lasting harm to children and young people

It is often hidden, misunderstood, or misidentified, particularly where children and young people appear to be involved in criminal activity

This guidance is designed to support a consistent, child-centred safeguarding response across Northern Ireland

View the guidance HERE

right support right time

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



Northern Ireland Executive | Rialtas na Mínsan Government of Ireland | apex | British Red Cross | Cedar | DEPAUL | Inspire | mencap | respond

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

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:

apex | British Red Cross | Cedar | DEPAUL | mencap | respond



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.

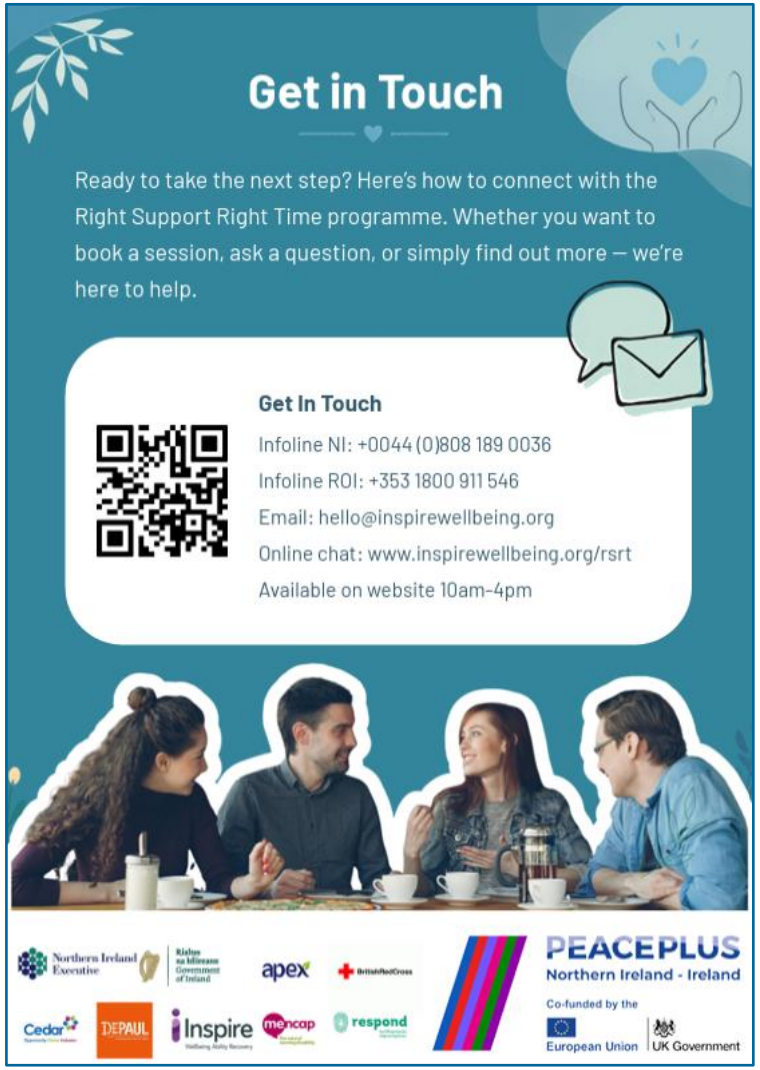
In-person: at local venues that are easy to access.

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



hello@inspirewellbeing.org



December Opening Hours

Friday 4 December: 9.30am - 1pm
Wednesday 9 December: 3.30pm - 6.30pm
Wednesday 16 December: 3.30pm - 6.30pm

Whether you're stocking up on materials for festive crafts, classroom activities or creative projects, be sure to book your visit in advance!

All materials are completely FREE!

Book your slot HERE

SOUTHERN TRUST AREA

RESOURCES



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

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

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

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

Scan to sign up

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

report online psni.police.uk

www.psniconnect.co.uk



Let's remind children and young people that they don't have to face grief alone

Find trusted bereavement support and resources on the CYPSP Youth Wellness Web HERE

SOUTHERN TRUST AREA

RESOURCES



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



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



0808 8020 400

SOUTHERN TRUST AREA

FAMILY SUPPORT





orla@bolstercommunity.org / michelle@bolstercommunity.org

justina@bolstercommunity.org

Dementia Information Programme

Promoting good dementia care



Free virtual programme for carers, family and friends of people living with dementia, or anyone who has questions about dementia.

In partnership with Craigavon and Banbridge Memory Services
Four consecutive Thursday evenings from 7-9pm on Zoom

19 November	Introduction to Dementia –Dr Ruth Agnew (ST6) Information, Guidance and Signposting – Sheena and Catherine, Dementia Navigators
26 November	The Role of the Memory Nurse and Behaviours in Dementia - Nina, Memory Nurse The Role of Occupational Therapy in Dementia - Annmarie, Occupational Therapist
3 December	Feet – George, Podiatry Team Lead Banking and Dementia – Laura, Allied Irish Bank Accessing benefits – James, Community Advice NM & D
10 December	Dementia Northern Ireland /Herbert Protocol - Claire-Rose, Empowerment Facilitator Local Dementia café – Simon, Memories Dementia Café, Craigavon Alzheimer's Society Services – Pauline, Dementia Adviser

For more information, please contact:
Pauline Murphy, Dementia Adviser on 07725 215610 or
email southern@alzheimers.org.uk for a Zoom link

Southern Health and Social Care Trust

Alzheimer's Society
It will take a society to beat dementia

Alzheimer's Society is a registered charity in England and Wales (296645) and the Isle of Man (1128).

southern@alzheimers.org.uk



OLLIE AND HIS SUPER POWERS





Ollie gets to choose how he wants to feel and what Super Powers will be best at getting him through his day. We all have lots of emotions or Super Powers. Ollie teaches us to control which ones we use and when. He teaches us to understand why we feel what we feel so that we can decide if we really want to feel that way or feel something else.

Ollie Coaches are trained in the Ollie Concept and can help teach children, in either a family or school environment, to communicate their emotions more effectively and take control of how they're feeling.

They can also support parents, teachers, nurses, in fact, anyone that works with children - how to "Speak Ollie" to support children as they grow into the best version to themselves.

Your Local Coach

NUALA JUDGE Tel: 07902 920165
n.judge@ollieandhissuperpowers.com
www.ollieandhissuperpowers.com

n.judge@ollieandhissuperpowers.com



Home Heating Oil Support Scheme Update

The Home Heating Oil Support Scheme opened for applications on 9 September 2026 and closes on 31 March 2027

It can provide a £100 payment towards home heating oil costs for eligible households in Northern Ireland

Support is available to those who use home heating oil as their main heating source and who meet the Scheme's eligibility criteria - More information on eligibility can be found HERE

A second qualifying period (1 November to 30 November 2026) is now open

People who meet the eligibility criteria in either the April or November 2026 qualifying period are encouraged to submit an application online via nidirect HERE, or through the Scheme helpline on 0800 072 0266

Support is also available through local Jobs & Benefits offices for those requiring assistance with an application
If you have further questions, e-mail: oilfuel.support@dfcni.gov.uk

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

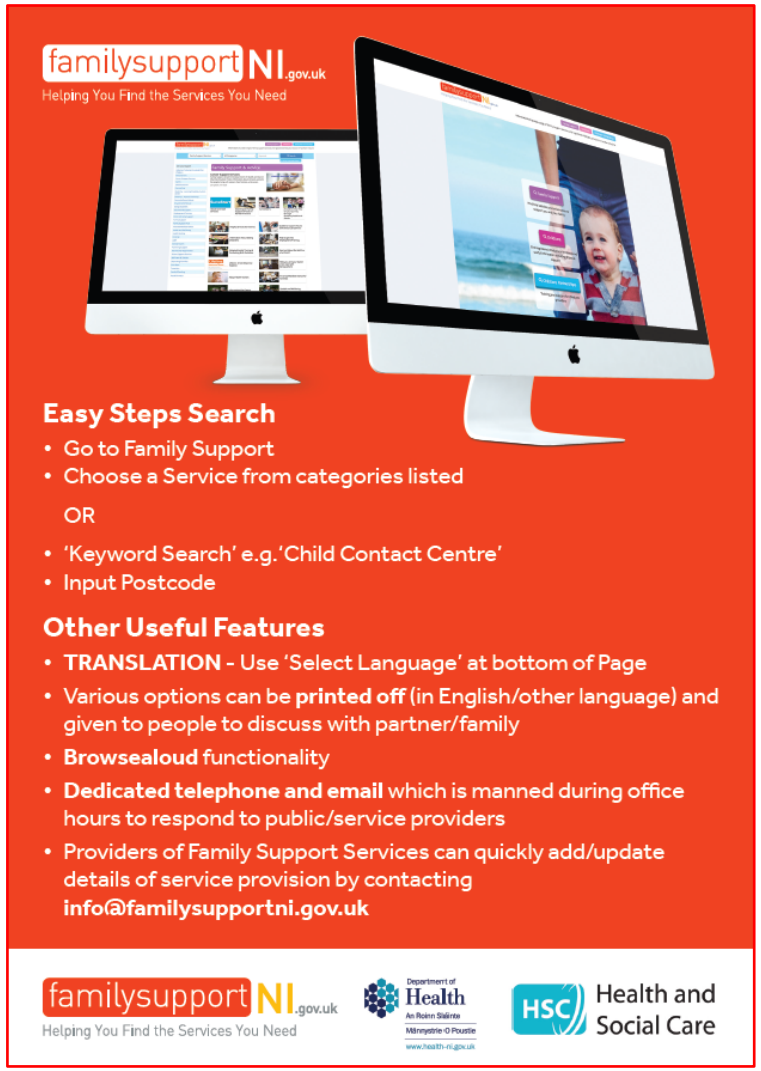
parentline@ci-ni.org.uk

www.ci-ni.org.uk/parentline

SOUTHERN TRUST AREA

FAMILY SUPPORT


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
✓ Adoption/Fostering
✓ Drugs/ Alcohol
✓ Support For Carers
✓ Cancer Support
✓ Domestic/Sexual Abuse
✓ Family Support Hubs
✓ Bereavement
✓ Parenting Support
✓ Disability
✓ Sure Start
✓ Autism
www.FamilySupportNI.gov.uk
E: info@familysupportni.gov.uk Tel: 0845 600 6483
@familysupportni


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
HSC Health and Social Care

www.familysupportni.gov.uk

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

Looking for Childcare/Financial Assistance with Childcare Costs?

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

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





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

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

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

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

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

@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

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

DHSSPS

HSC Health and Social Care

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.

www.familysupportni.gov.uk

SOUTHERN TRUST AREA

Services Available Through The Hub May Include...

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

Barnardo's Northern Ireland · niacro · Bolster Community

Oh! Design & Print 07858 512722

Southern Area FAMILY SUPPORT HUB

Many families need a little extra help sometimes



Information for Families

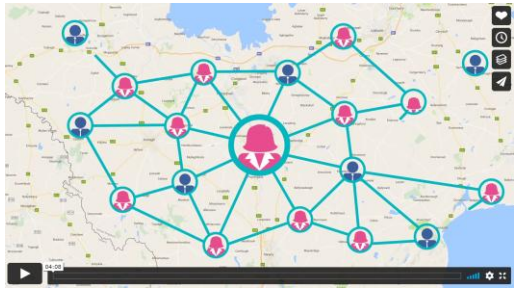
Family Support HUB · Southern Health and Social Care Trust · CYPSP

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**



SOUTHERN TRUST AREA

What is the Family Support Hub?

- The Family Support Hub is a meeting of representatives from community, voluntary and statutory organisations who deliver services for children and families in your area.
- Each Family Support Hub has a lead body who co-ordinates the meeting and receives the referrals.
- The members of the Family Support Hub are from a range of statutory and community/voluntary agencies who offer services in your area. These agencies include; Education Welfare, Health Visiting, Womens Aid, Homestart, Social Services Surestart and Child and Adolescent Mental Health Services.
- Referrals will not be accepted without your consent. If the young person you are seeking support for is over 16, they must also sign the referral form.
- For more information follow this link https://vimeo.com/216493917

Your Family Support Hub Will

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

How The Hub Works

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

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

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

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

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

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

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

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

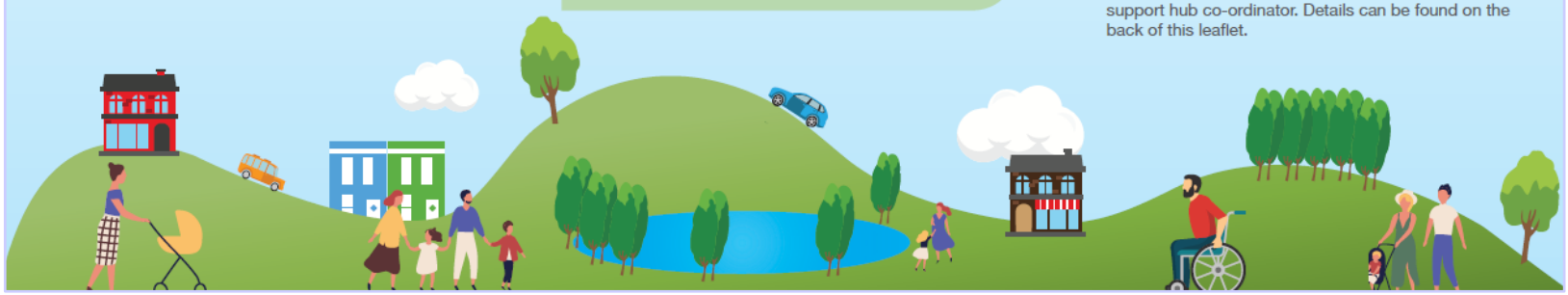
- Your family would like support - this is a voluntary process and you can withdraw your referral at any time.
- You are a family with children aged 0 -17 years.
- No social worker currently involved with your family.

Some of the challenges the Hub can help with

- Children's wellbeing
- Managing behaviours
- Social isolation
- Family routines
- Domestic violence
- Change of family situation
- Support with young children
- Alcohol / drug misuse
- Establishing boundaries .i.e tech
- Teen issues

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.





Is your child eligible for the free **MMRV vaccine**?

A catch-up programme, which is running from 1 November 2026 to 31 March 2028 will enable children born between 1 January 2020 and 31 August 2022 to receive a single dose of MMRV (measles, mumps, rubella and varicella) vaccine

This is to help protect them against chickenpox if they have not had the infection before, or they have not already been vaccinated against chickenpox

Find out more HERE



The countdown is on to the introduction of the **Smoke-Free Generation**

This landmark legislation marks an important step towards protecting future generations from the harms of smoking and nicotine addiction

By helping to prevent children and young people from taking up smoking, we can support healthier lives and a healthier future for everyone

If you currently smoke, there's no better time to quit

Find out more HERE

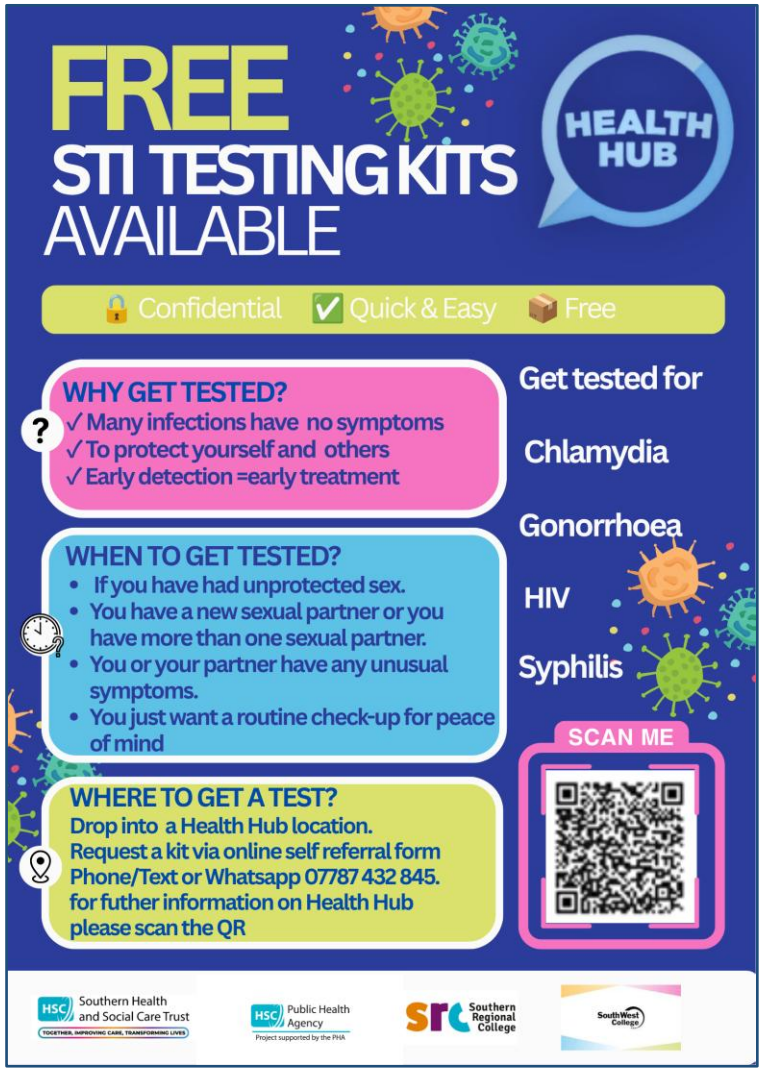


Small daily actions like the **'Take 5 Steps to Wellbeing**' can help build resilience

Take steps every day to look after your mental health

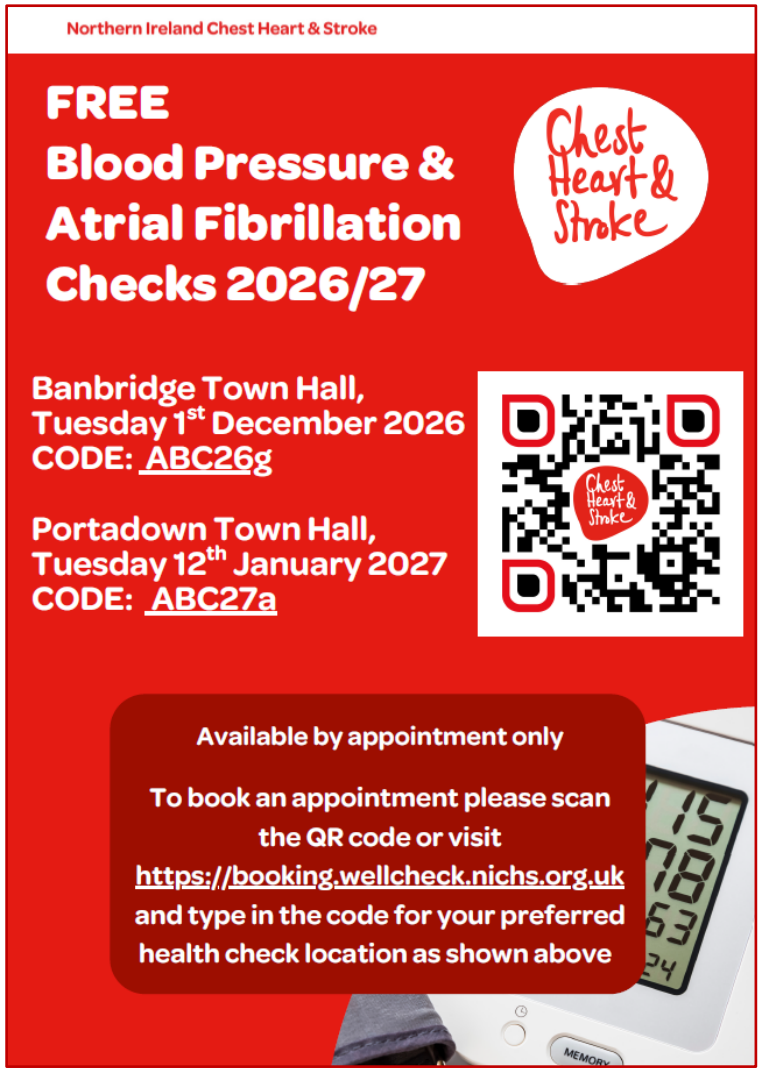
Find out how to prioritise mental health using 'Take 5' HERE





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

ABC COUNCIL AREA



https://booking.wellcheck.nichs.org.uk/



fiona@bolstercommunity.org

ABC COUNCIL AREA

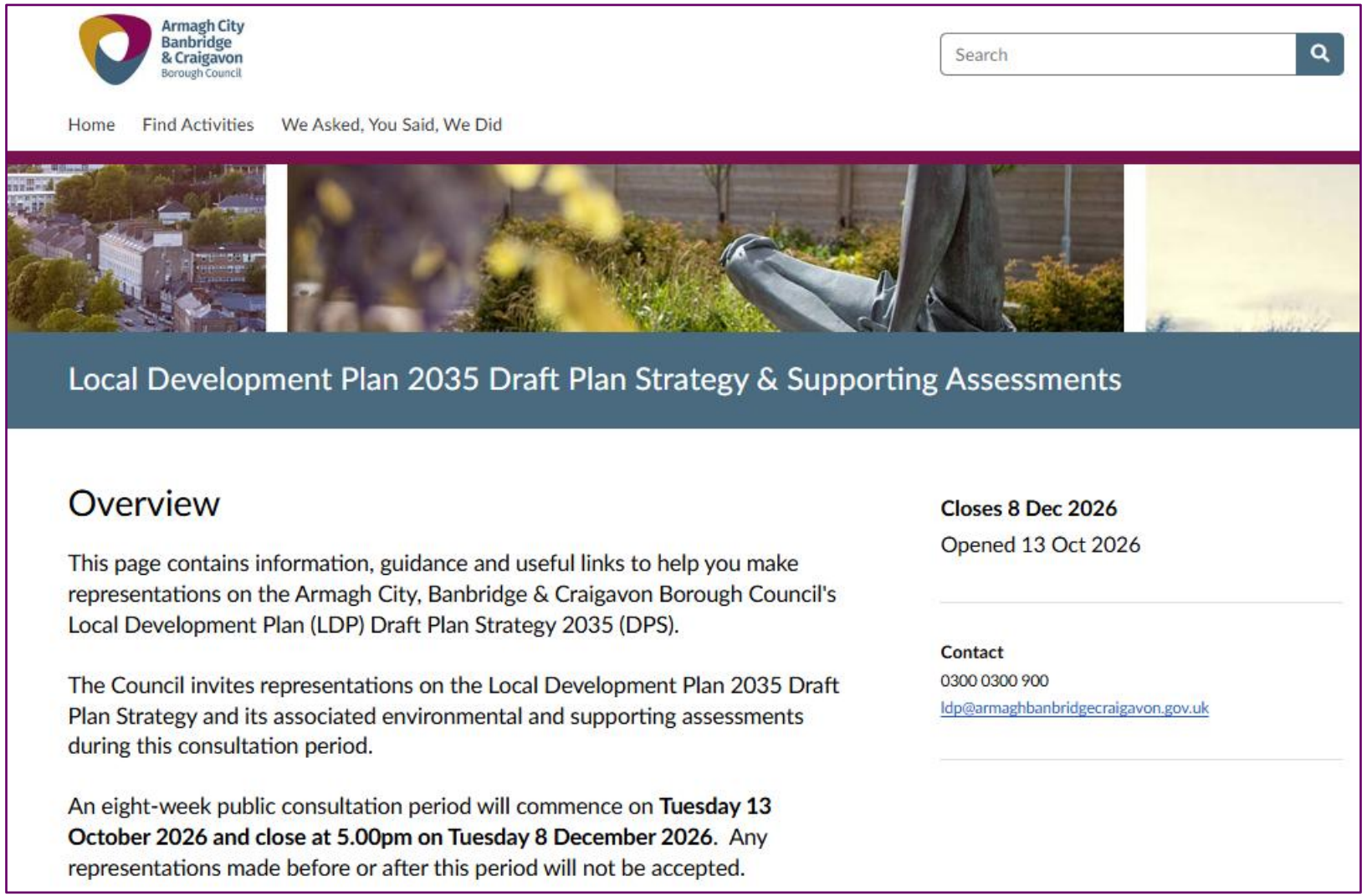




emma@abccommunitynetwork.com

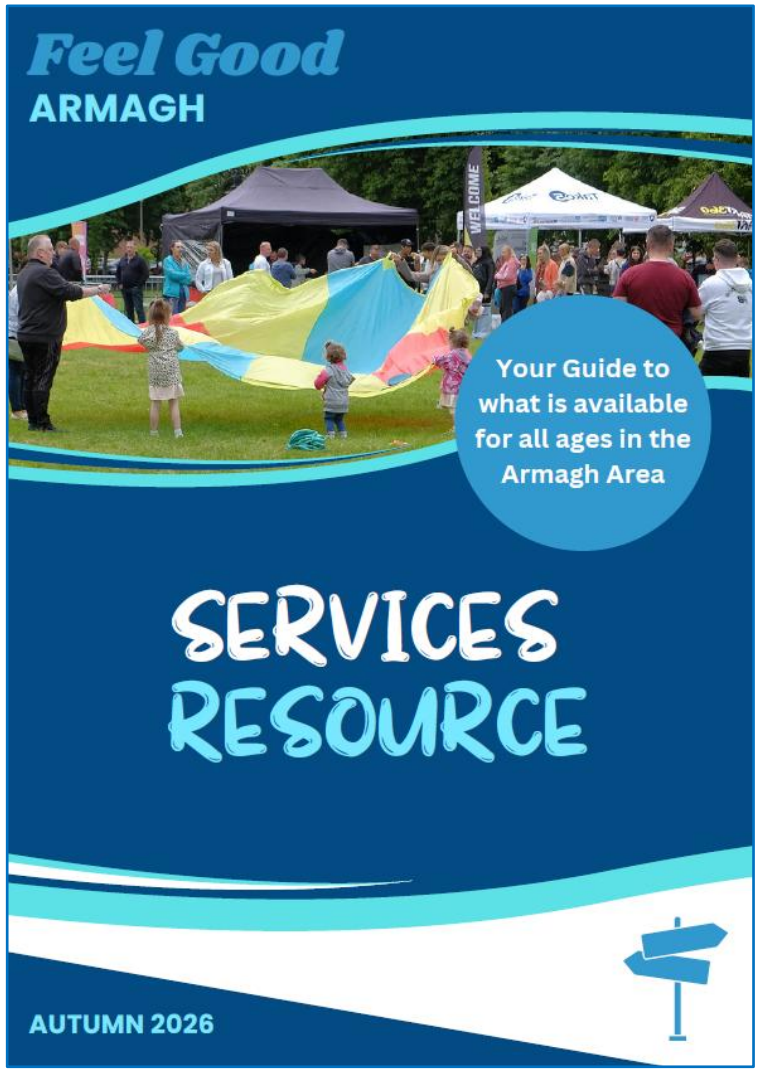
www.armaghbanbridgecraigavon.gov.uk/community

ABC COUNCIL AREA



https://armaghbanbridgecraigavon.citizenspace.com/planning/abc-draft-plan/

ARMAGH LPG AREA



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

DUNLEWEY
ADDICTION SERVICES

Unlocking the door to personal growth, learning and change

Future ARCH 2

Activity, Recovery, Coaching and Help

A programme to support individuals & families through addiction and recovery

- In person
- Connect in a safe environment
- Peer support & mentoring
- Reduce isolation through connection
- 16-week Recovery programme
- 4-week Harm Reduction
- Family programme available



Contact us

07841 764719
futurearch@dunlewey.org
@Dunlewey Addiction Services
@Dunlewey_Addictionservices
@Dunlewey Addiction Services
@Dunlewey Addiction Services

To find out more, scan here

futurearch@dunlewey.org

A safe space for young people from the Armagh area with a learning disability and/or autism aged 14-25 to foster friendships, socialise & learn new skills.

incredABLE YOUTH CLUB
Armagh

Meets every Wednesday evening
@incredABLE's new Scotch Street base!

Register your interest today!
028 3887 2111
rebecca.fox@incredable.org.uk

rebecca.fox@incredable.org.uk

ARMAGH LPG AREA

Armagh Foodbank
Together with Trussell

Christmas appeal

Help support your food bank this Christmas

In the three weeks leading up to Christmas, the food bank will provide over 200 food parcels for local individuals and families facing hardship.

Donate food

Donate an item or two from our shopping list, ensuring we can provide food for people facing hardship in your community.

Donate money

Help to cover the costs of storing and distributing food, as well as developing sustainable projects.

Shopping list

- Tinned meat/fish
- Tinned veg/fruit
- Cooking sauces
- Coffee
- Milk (UHT or powdered)
- Cereals
- Fruit juice (long-life)
- Tinned pudding
- Jam
- Instant mashed potato

Armagh.foodbank.org.uk

Scan QR code to donate

DELETE this note after reading: to change the colour to blue or yellow click on the pink shape and go to Shape Format - Fill.

www.Armagh.foodbank.org.uk



Early Years Programme x 8 weeks

An evidence-based programme for parents of children aged 1-9 years with mild to moderate special needs, promoting well-being, learning and connected family relationships.

- Develop close, connected relationships with your children.
- Build your children's self-esteem, confidence and independence.
- Support children's communication and learning.
- Help children regulate and manage big emotions.
- Support children through behavioural and emotional challenges.
- Establish positive daily routines in the home.
- Manage stress and better understand your own needs.
- Learn to problem solve and to get the support you need as a parent.

Early intervention support through the Family Support Hub for Parents/Carers of children 1-9 years in the **Armagh/Dungannon locality**

Register your interest

Date/Time: Every Tuesday for **8 weeks** starting **19th Jan 2027** **9.45am-12.15pm**

Location: Grange Building, TOWERHILL, Armagh, BT61 9DR

Contact: Maria 07880474747 or Caroline 07561024675

Southern Health and Social Care Trust

ParentsPlus
Empowering Professionals to Support Families

BARNARDO'S NORTHERN IRELAND

07880474747 / 07561024675

ARMAGH LPG AREA



MAKE A DIFFERENCE.

BECOME A SOCIAL CAR DRIVER!

Have a little time to spare? A simple journey could mean the world to someone else

At Armagh Rural Transport, we help people living in rural communities get out and about, stay connected and access the places they need to go.

A LITTLE OF YOUR TIME. A BIG DIFFERENCE TO SOMEONES LIFE.

VOLUNTEER ON YOUR TERMS. GIVE YOUR TIME AROUND YOUR OWN AVAILABILITY.

INTERESTED IN FINDING OUT MORE? WE'D LOVE TO HEAR FROM YOU!
(028) 3751 8151
PHONE LINES OPEN MONDAY–FRIDAY, 10AM–3PM

028 3751 8151



admin@armaghruraltransport.com

BANBRIDGE LPG AREA

BOLSTER COMMUNITY

LADIES IN THE BANBRIDGE COUNCIL AREA

BUILDING FUTURES

NOT SURE 'WHAT'S NEXT' FOR YOU?

Our highly successful Classroom Assistant programme is running in Banbridge again in Jan 2027 so register your interest.

READY TO DO SOMETHING FOR YOU?
Whether you've been caring for someone, out of work from illness, or having a family or a career break, This is your perfect chance to put yourself first now.

As a direct result of this course I have now secured a classroom assistant role in a local school



"A coffee, a scone, a chat, and a new skill once a week for 10 weeks—it's not a bad way to spend a Wednesday morning!"

WHAT COULD YOU GET FROM IT?

- Paediatric First Aid qualification
- Employability OCN qualification
- Mock interviews with local schools
- CV & interview prep and more

- Improved sense of confidence
- New social connections and support
- Reduction in loneliness
- Improved communication skills

FROM OUR COURSE LAST YEAR:

76 accredited qualifications achieved

29 women got long term employment

16 women progressing into further training

I met a lovely bunch of ladies during the course - we've got a WhatsApp group and still check in with each other, share job leads, and cheer each other on.

The courses really help make you feel you can do this. The staff never give up on you



The tutor, made me realise I had so many transferable, valuable skills.

INTERESTED? GET IN TOUCH :)

For more information or to register for the Building Futures programme, contact Justina at Bolster Community on:

028 3083 5764

Justina@bolstercommunity.org

Funded by UK Government

WOMEN'S TEC

Bolster Community and WOMEN'STEC, are Building Futures partners in NMBD & ABC

justina@bolstercommunity.org

BANBRIDGE LPG AREA

INCREDIBLE YEARS

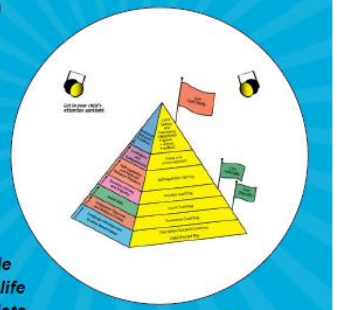
Southern Health and Social Care Trust

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 childs 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



PARENTS PLUS

Children's Programme

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

9 week programme for parents/carers starting
Thursday 14th January 2027 from 10am-12 noon (online)

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

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

Click or scan here for the Referral Form

BOLSTER COMMUNITY

ParentsPlus

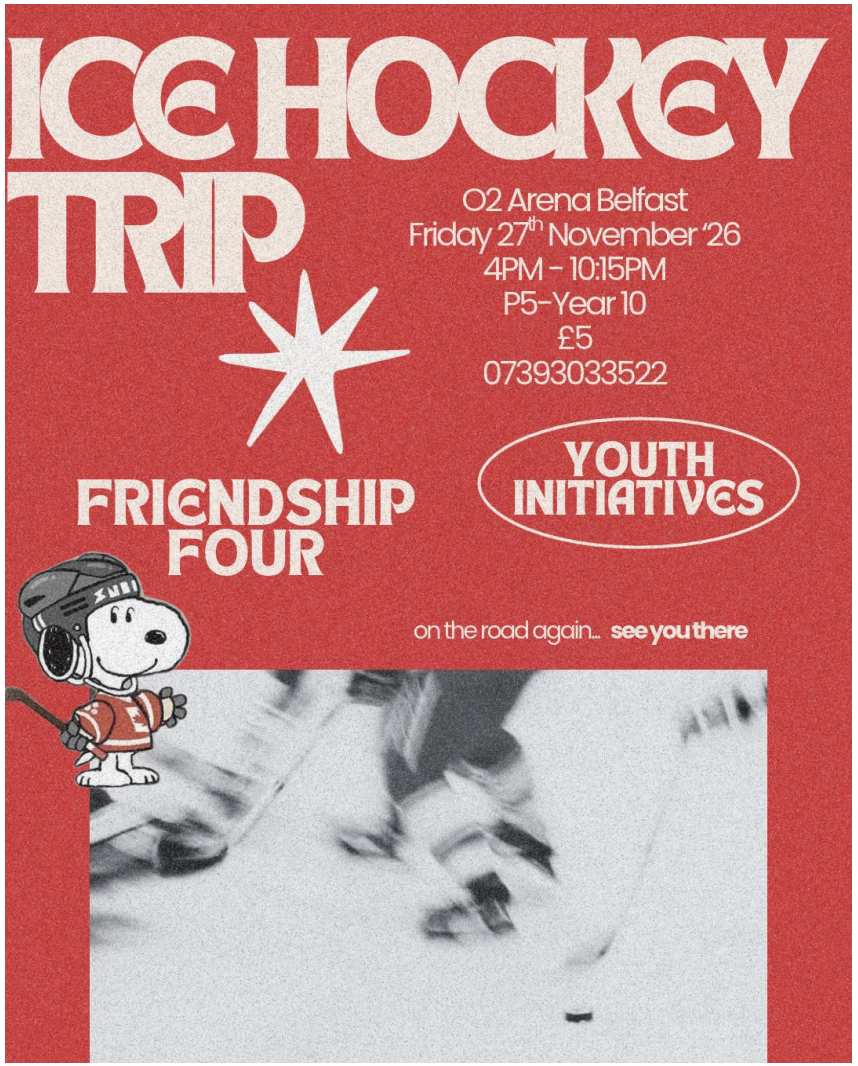
Southern Health and Social Care Trust
TOGETHER, IMPROVING CARE, TRANSFORMING LIVES

Delivery Partners: Parenting Partnership & Bolster

parenting.partnership@southerntrust.hscni.net

parenting.partnership@southerntrust.hscni.net

BANBRIDGE LPG AREA



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BANBRIDGE LPG AREA



https://docs.google.com/forms



https://docs.google.com/forms

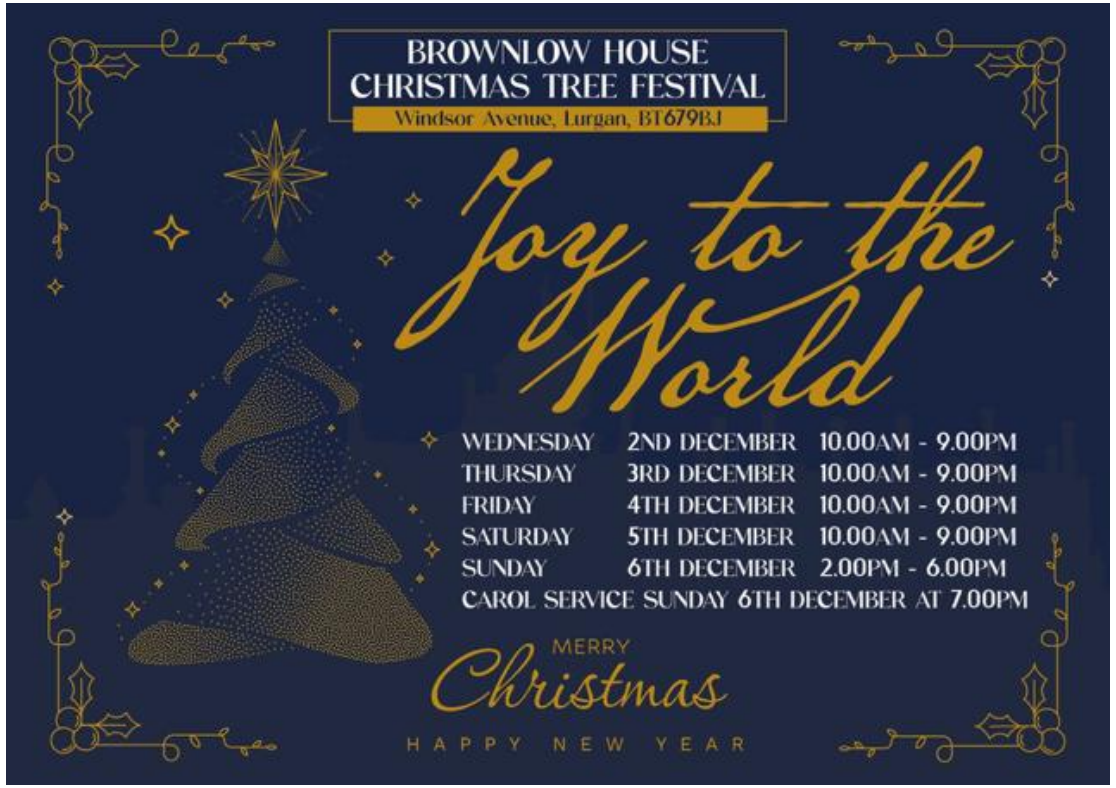
BANBRIDGE LPG AREA





lucinda@futureproofni.org

CRAIGAVON LPG AREA





parenting.partnership@southerntrust.hscni.net

CRAIGAVON LPG AREA



homestart.craigavon@btopenworld.com

NEWRY & MOURNE LPG AREA

VOLUNTEER NOW
Promoting · Building · Advocating



Bring your family along to help collect food donations at Tesco Newry and support local families in need

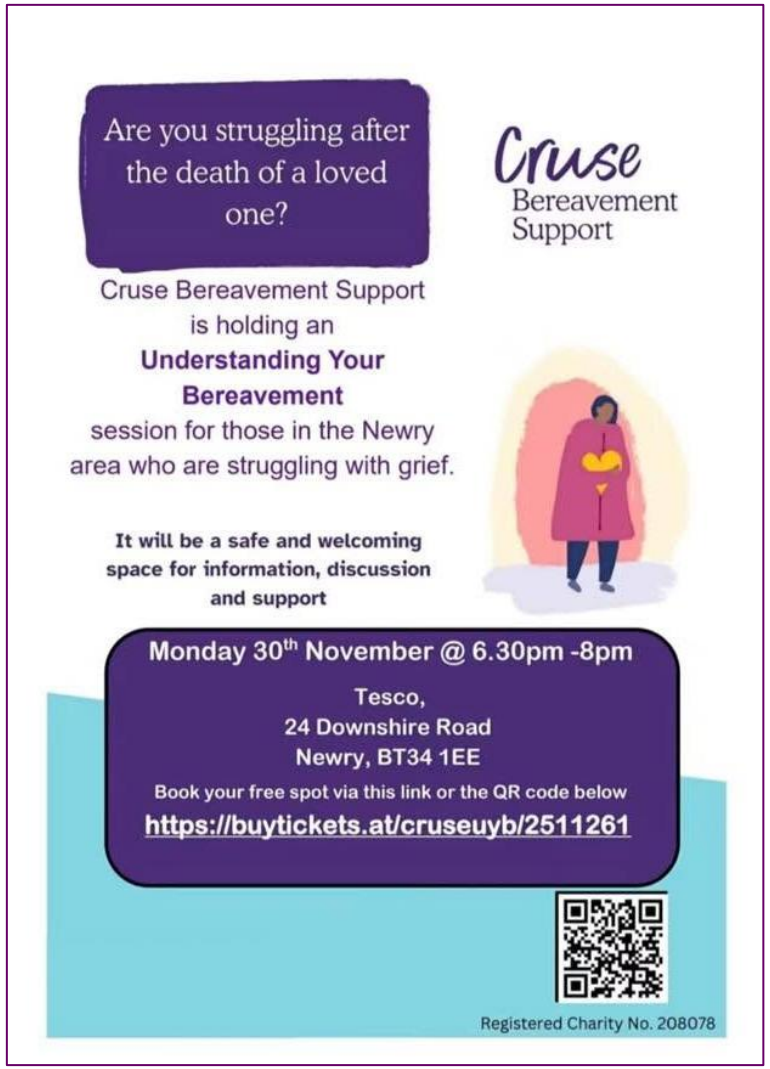
Collection times are from 9am-9pm Thurs 26th - Sat 28th

Register HERE

Volunteer as a family | Give an hour | Give a hand | Give hope



NEWRY & MOURNE LPG AREA



www.tickettailor.com/events/cruseuyb



lisa@bolstercommunity.org

NEWRY & MOURNE LPG AREA



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

Southern Health and Social Care Trust
ParentsPlus

Delivery Partners: Parenting Partnership & MDT

parenting.partnership@southerntrust.hscni.net

DUNGANNON LPG AREA

Education FAIR



Looking to learn something new in the New Year? Come along to one of our fairs.

Free Admission. Coffee, Tea and Biscuits Served.

COOKSTOWN	DUNGANNON
Tuesday	Wednesday
1 December 2026	2 December 2026
10AM-12PM	1PM-3PM
THE HUB	THE JUNCTION
14 Burn Road	12 Beechvalley Way
BT80 8DN	BT70 1BS

Learning and enrichment opportunities for adults of all ages! For more information contact jena.hershkowitz@stepni.org

step

jena.hershkowitz@stepni.org

Mid Ulster Advice Plus

Christmas Money MOT

Get your finances in shape for Christmas!



Thursday 10 December 2026

10am to 1pm

The Junction
12 Beechvalley Way
Dungannon, BT70 1BS

- Money and Budgeting advice
- Festive Bingo
- Light lunch and refreshments provided

Free event



To book your place, call
028 8744 8448

step | PEACEPLUS Northern Ireland - Ireland (Co-funded by the European Union | UK Government | Rialtas na hÉireann Government of Ireland | Northern Ireland Executive) | Comhairle Ceantair Lár Uladh Mid Ulster District Council

Mid Ulster Advice Plus Programme is a project supported by PEACEPLUS, a programme managed by the Special EU Programmes Body (SEUPB).

028 8744 8448

DUNGANNON LPG AREA





info@networkpersonnel.org.uk

referral@networkpersonnel.org.uk

DUNGANNON LPG AREA

CURRENT LIST OF ACCREDITED AND NON-ACCREDITED TRAINING AVAILABLE

Employability
- Interview Preparation
- Job Search Skills
- Confidence and Motivation for Seeking Work
- Interview Skills
- CV Development
- Customer Service
- Cover Letter
- Basic First Aid
- Mock Interview

IT
- Basic IT
- Microsoft Excel
- Microsoft PowerPoint
- Microsoft Word
- Digital Safeguarding
- Unlocking AI: Practical Tools for Everyday Life

Essential Skills
- Essential Skills – Communication Level 1/ Level 2
- Essential Skills - Application of Number Level 1/ Level 2
- Digital ICT Essential Skills

Wellbeing
- Mental Health First Aid
- Goal Setting
- Confidence and Motivation, Mindfulness
- Coping with Stress
- Resilience
- Understanding Anxiety
- Importance of Sleep
- Women Empowerment
- Pain Management
- Penny Wise Pound Smarter (Budgeting)
- Personal Success and Wellbeing
- Self-Care

Accredited Training
- Level 2 Principles of Manual Handling
- Level 2 Award in Food Safety and Hygiene
- Level 2 Award in Food Allergy and Risks
- Level 2 Customer Service
- Level 2 Digital Skills
- Level 2 Understanding Mental Wellbeing
- Level 3 Emergency First Aid at Work

Jillian Lennox
Community and Stakeholder Engagement Co-Ordinator
80 - 82 Rainey Street
Magherafelt BT46 5AJ
T: 028 7963 1032
M: 07736350773

network personnel
Part of the workspace group

Healthy Living Centre Alliance

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info@networkpersonnel.org.uk

solaceinsoundni@outlook.com

SOUTHERN AREA LOCALITY PLANNING GROUPS

CYPSP Children & Young People's Strategic Partnership

SUBMISSION GUIDELINES

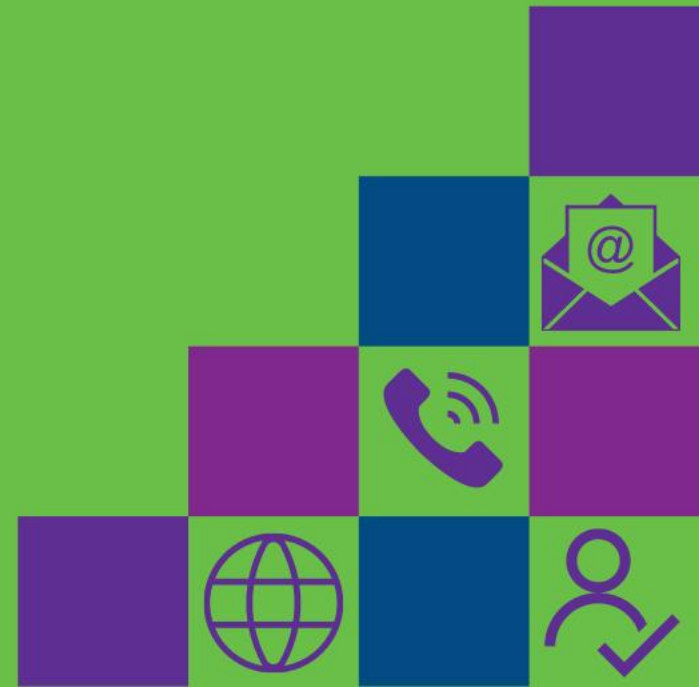
- Submit the information in the format you would like it to be included. We can't transform a word-heavy document into a flyer.
- Less words, bigger pictures!
- We do not advertise or endorse those events or programmes which are privately funded as a business.
- Information will usually be included for 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 174
5th November 2026

Issue 173
15th October 2026



SOUTHERN AREA LOCALITY PLANNING GROUPS

CYPSP
Children & Young People's Strategic Partnership

UPCOMING 2026 LPG MEETINGS

Dungannon	Tues. 1st Dec
Newry & Mourne	Wed. 9th Dec
Armagh	2027 (TBC)
Craigavon	2027 (TBC)
South Armagh	2027 (TBC)
Banbridge	2027 (TBC)

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

CYPSP
Children & Young People's Strategic Partnership

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

CYPSP
FYI
For Your Information

Advertise in our upcoming issue!

Circulation Date:
17th December 2026
Copy Deadline:
15th November 2026

localityplanning@ci-ni.org.uk

Sign up to receive 'FYI' Newsletter TODAY!

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

