

SOUTHERN AREA
LOCALITY PLANNING GROUPS



ISSUE 71
11th November 2021



WELCOME

Welcome to the 71st edition of our information bulletin, 'FYI' (For Your Information).

'FYI' is distributed fortnightly to over 750 contacts across the Southern Area. This is a great number, however we are very keen to increase our readership and further connect this information with families. See the [next slide](#) to learn how you can help us increase the readership and therefore increase the flow of information to families in the Southern Area.

Please also feel free to contact us with any ideas to increase our readership - The more creative the better!!

Joanne Patterson & Darren Curtis, Locality Development Team, Southern Area

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In the recent **Parental Participation Project Report** (Download [HERE](#) for full document), carried out by ParentingNI on behalf of CYPSP, parents in the Southern Area agreed they needed more information on family support, sharing of information on services and more effective ways of sharing information to parents and practitioners

'FYI' provides **ALL** of the above, so please help us ensure this information reaches the right people...

To do this, you can:

- Share 'FYI' with your colleagues by forwarding the e-mail we send out
- Send 'FYI' to the families with whom you work and/or with your own family & friends
- Share the [Facebook](#), [Twitter](#) and [Instagram](#) from CYPSP which advertises newly released editions of 'FYI'

If you need any advice how to spread the news about 'FYI', please do not hesitate to contact us at localityplanning@ci-ni.org.uk

F Y I
For Your Information

What our members say...



★★★★★

Thank you for your distribution of the e-zine as I had so many people contact me about the project which is fantastic!

~ Charity Sector Worker ~

Southern Area Locality Planning Groups

F Y I
For Your Information

What our members say...



★★★★★

Many thanks for sending through the newsletters. It is a vital source of information of what is going on in local areas.

~ Community Sector Worker ~

Southern Area Locality Planning Groups

F Y I
For Your Information

What our members say...



★★★★★

FYI just keeps getting better, well done. Very clear and easy to navigate... Love the new look!

~ SHSCT Worker ~

Southern Area Locality Planning Groups

F Y I
For Your Information

What our members say...



★★★★★

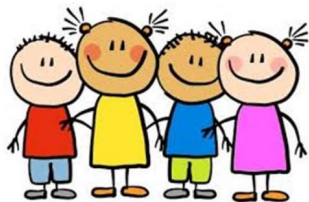
The newsletter is a great resource!! Had a phonecall from a guy I work with this morning looking to do a First Aid Course - and from looking at your last newsletter I was able to find that, contact the organisation and get him booked in for next week!!!! So I'm delighted to be part of the mailing list - keep them coming and well done!!

~ Voluntary Sector Worker ~

Southern Area Locality Planning Groups

Evidence Based PARENTING SUPPORT PROGRAMME DELIVERY

Giving every child
the best start / opportunity
in life.



2021/ 2022

Additional Contacts / Information

Lorraine O'Neill

Parenting Partnership Manager

CASS Centre

Lough Road

Lurgan

t: 028 38 310920 / 07880 474747

e: Lorraine.ONeill2@eani.org.uk

Martina McCooley

Child Development Interventions Co-ordinator

Southern Health and Social Care Trust

Promoting Wellbeing Division

t: 028 3756 4462 / 07795 450278

e: martina.mccooley@southerntrust.hscni.net

Please visit our webpage
<http://www.cypsp.hscni.net/ebpp/>
for further information



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

Please visit [HERE](#) to see a range of publicly facing
Evidence Based Parenting Programmes available in the
Southern Trust Area over the coming months...

Additional programmes will also be added to the
CYPSP Parent Support webpage over the coming period

Parent Support

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

Your influence as a parent is one of the most significant factors in your child's life chances. We want to support and work with you as the primary care giver and educator for your children to ensure what we offer is meaningful, consistent and available at the point of need.

This webpage is designed for Parents and Organisations working to support families using group work approaches:



On this page you will find:

- ☒ Information / Leaflets
- ☒ Evidence Based Parenting Support
- ☒ Development Opportunities for Practitioners
- ☒ Contacts

For lots of information and support to help you with parenting visit our COVID-19 Supports and Resource page available [Here](#) and click on each filter button

Please click on the appropriate button below.

Parent Programmes / Facilitator Training

Reports, Publications & Leaflets

Local Contacts

Past Events

Additional Parenting Support



ParentingNI - Walking on Eggshells - Newry

○○○○○○○○

See Parenting Support Links Below



CYPSP



[Lorraine O'Neill](#) / [Martina McCooley](#)



English



The CYPSP Translation Hub provides you with important information on Health, COVID-19, Education, Housing, Employment, Contacts for support and much more.....



www.cypsp.hscni.net/translation-hub



Do you work with families, children & young people?

Did you know there is a full **child safety section** on the **CYPSP Translation Hub** with lots of information available in English & translatable to 100+ languages

Visit [HERE](#), open Reachdeck, select language & hit play for readout

Child Safety Information	
Baby Check Leaflet	Click Here
Button Batteries	Click Here
Prevent Poisoning	Click Here
Safe around roads	Click Here
Drowning	Click Here
First aid following a burn or scald	Click Here
Fixing Instructions for Blind Cord Cleat	Click Here
Falls	Click Here
Choking Prevention	Click Here
Height Chart – Emergency First Aid Advice	Click Here
Nappy Sack Safety	Click Here
Safe at Home: Tips for Under-5s	Click Here
Accidents and Under 5s	Click Here
Stopping breathing	Click Here
Safety Checklist for Parents	Click Here
Trampoline Safety	Click Here
How to prevent a child from choking	Click Here



www.cypsp.hscni.net/translation-hub

WELCOME TO THE YOUTH WELLNESS WEB

The Youth Wellness Web has been co-designed by young people for young people with easy access to different resources and services that can really help you.

If you are looking information and help with:



Visit the Youth Wellness Web at the link below or scan the QR code for instant access.



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

YOUTH WELLNESS WEB

"Young people being the solution... Not just changing lives, but also saving lives."

Robbie Butler, MLA.

A much needed Resource

"A great resource to benefit children & young people & their families across NI"
Ass. Director of Probation Board NI

Accessibility options are excellent

"a fantastic hub of videos, resources, helplines and other information"
Dr Chris Moore

5,000+ VIEWS IN 2 MONTHS

"Fantastic resource that has been co-created with young people"
Army Cadets Healthy Minds NI

"An exciting new service"
The Bytes Project

Thanks to:-



include YOUTH

futureproof

BOLSTER COMMUNITY





RESOURCE PACK FOR CHILDREN & YOUNG PEOPLE



Updated Oct 2021

The CYPSP **Children & Young People's Resource Pack** continues to be updated and refreshed to include more resources on disability, mental health bereavement, education, plus much more!

Keep an eye out on the CYPSP website [HERE](#) and social media platforms ([Facebook](#) & [Twitter](#)) for further details...



www.cypsp.hscni.net/resource-pack

ni ABF End Bullying Now!



 [Social Media Toolkit](#)



 [Odd Socks Day Toolkit](#)



 [School and Youth Group Resource Pack](#)



SOUTHERN TRUST AREA



8th, 11th, 18th November CAP Money Advice course. Saving, budgeting and debt management

CAP Money Course | Christians Against Poverty. The CAP Money Course is a **revolutionary money management course** that teaches people budgeting skills and a simple, cash-based system that really works. ... The CAP Money Course is a course devised by the award-winning debt counselling charity, Christians Against Poverty Email: [Jo Meeke Jomeeke@capuk.org](mailto:Jo.Meeke@capuk.org)

18th November 11am – 12 md - Heat or Eat

National Energy Action (NEA) and a local food bank will join **the Money Guiders Network** event to offer practical advice on how we can support their clients with food and fuel poverty, cost effective measures to support the energy crisis and how to register with a food bank. Get your free ticket here <https://www.eventbrite.co.uk/e/heat-or-eat-a-tough-question-many-face-this-winter-tickets-201551474887>

23 November – Introduction to Domestic Energy Efficiency – NEA and Food Banks - Apex housing via Eventbrite.

<https://www.eventbrite.co.uk/e/201618094147>

Apex housing will be attending to support the people on the front in communities in Northern Ireland too offer their expert advice on food poverty. The winter months are never an easy time, and it is vital to know what support is available should any client you work with need it.

Winter Wellbeing Northern Ireland: Life skills & Stress management

<https://www.eventbrite.co.uk/e/winter-wellbeing-northern-ireland-life-skills-stress-management-tickets-208496417397>

Our very own Money Guiders Partnership Manager Valerie Hillen will be in attendance to discuss steps you can take as staff to manage your own wellbeing. We will look at preventive measures to help with stress and avoid burn out. We know that front line practitioners of Northern Ireland will be having difficult conversations not only about money guidance, so we want to offer support and time to recognize that. We have also **invited CAPNI life skills coach and debt manager to discuss practical money advice that will empower the money guidance conversations to go further**



Click on the
**individual event
boxes for further
details / to register**



KEEP UP-TO-DATE WITH
THE MONEY GUIDERS
NORTHERN IRELAND
NETWORK
[Website / Mailing List](#)
[LinkedIn Page](#)
[Twitter](#)
[Facebook](#)


START SOMETHING

November 2021

Free courses for young people

Enterprise

Online, 18-30
Programme: 1pm, 2nd - 5th Nov

Get Started with Photography

Online, 16-30
Info session: 10am, 18th Nov
Programme: 10am, 22nd - 26th Nov

Get Started with Nails

Belfast, 16-30
Info session: 11am, 10th Nov
Programme: 10am, 15th - 19th Nov

Get Hired with Sodexo

Catering and cleaning roles available
Online, 16-30
Programme: 10am, 22nd - 26th Nov

Get Hired in Customer Service with HGS

Online 18-30
Programme: 10am, 16th & 17th Nov

Explore

Four week personal development programme
Belfast, 16-24
Programme: 10am, 2nd - 26th Nov

Get Started with Brows and Lashes

Online, 16-30
Info session: 1pm, 17th Nov
Programme: 12noon, 22nd - 24th Nov

Essential Skills

Online, weekly, 16-30
ICT, English and Maths

Development Awards

Awards of up to £160 available for 16-30 year olds to cover costs including course fees or equipment needed to start a job or training course.

Wellbeing Sessions

Online, weekly, 16-30

Programmes suitable for young people not in full time education or employment.






www.princes-trust.org.uk
outreachni@princes-trust.org.uk
0800 842 842



European Union
 European Social Fund
 Northern Ireland



Department for the Economy
www.economy-ni.gov.uk

This project is part funded by the European Social Fund programme 2014-2020 and Department for the Economy

www.princes-trust.org.uk

Could you offer a safe and secure home for care experienced young people aged 16+?

Home for Good is a Christian charity with a vision to find a home for every child who needs one. Join us, along with the HSCNI Foster Care team, to find out what it means to be a supported lodgings host, supporting young care leavers to develop their independent living skills and enabling them to successfully move from care into independent accommodation. You will have the opportunity to hear stories and meet the Supported Lodgings team.

Tuesday 16 November | 8pm- 9.30pm

Register for the event at homeforgood.org.uk/supported-lodgings-ni

www.homeforgood.org.uk/events



ParentingNI

WORKING TOGETHER TO STOP BULLYING

This workshop includes:

- Identifying strategies for children and parents to cope with bullying
- Tips on recognising bullying and promoting kindness
- Tips on how we can work together to stop bullying

#ONEKINDWORD

NOVEMBER 17, 2021 // 10AM-11AM

Pre-registration required via [Eventbrite](https://www.eventbrite.co.uk/anti-bullying-week-2021)




www.eventbrite.co.uk/anti-bullying-week-2021

INTERNATIONAL MENS DAY

November 18th

County Down Rural Community Network | Belfast City Council | PPS Group Ltd | **ARK FORUM** | Public Health Agency | HSC Health and Social Care

Project supported by the HSA




Brien.Frazer@setrust.hscni.net



Statistics show that the prevalence of drug use for young people is generally declining but for those young people that have substance use problems, they have increasingly significant and complex needs.

This *free* online event will consider the impact of substance use on young people's lives and how they can be best supported.



www.ascert.biz/2021/10/26/

PROTECT LIFE TRAINING | 2021/22



menssana



MHFA Mental Health First Aid

Dates: Monday 22nd & Tuesday 23rd November 2021

Venue: Lurgan Town Hall,
2-4 Union Street, Lurgan,
BT66 8DY

Times: 9.45 am – 4.30pm

Course Fee: This course is fully funded through Protect Life Strategy Funds; therefore there will be no cost to participants. Attendance at both days is required in order to achieve the MHFA Certificate.

Mental Health First Aid (**MHFA**) is the help given to someone experiencing a mental health problem before professional health is obtained.

The aims of Mental Health First Aid are:

- To enhance understanding of mental health problems and how they can impact on individuals and society.
- To develop skills, motivation, knowledge and confidence in offering help to those with symptoms of mental illness.
- To guide towards appropriate professional help.

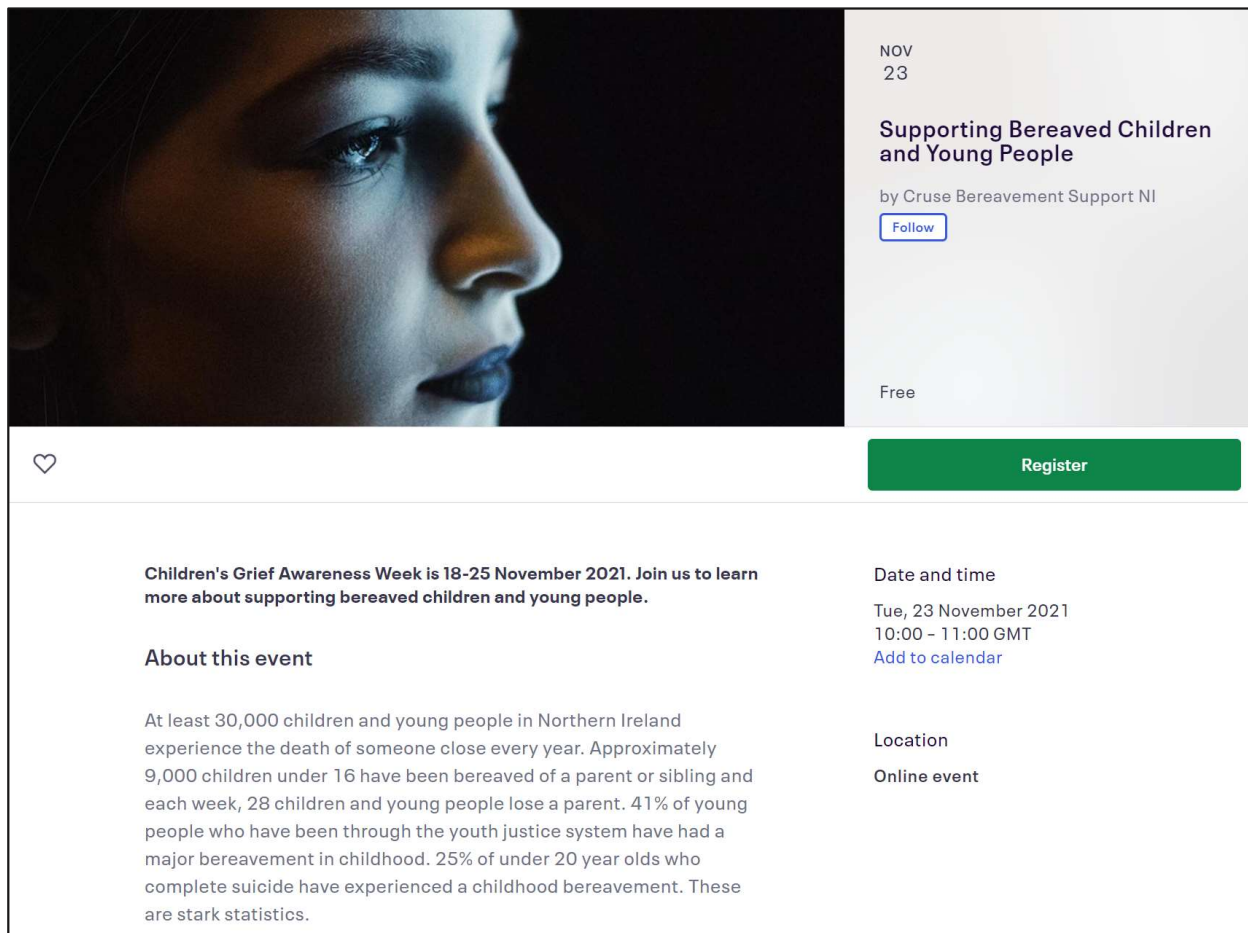
Mental Health First Aid (**MHFA**) is appropriate for anyone from a voluntary or professional background who comes into contact with the general public and is interested in learning more about mental health problems, how they impact on individuals and how best to provide support.

Places are limited so please contact Heather Robinson on hrobinson@amh.org.uk or Telephone 02838 392314 by **Thursday 18th November 2021**.

Please note that no lunch will be provided on either day. Tea/coffee will be available on arrival and at breaks. Covid safety measures will be adhered to in accordance with current regulations.



hrobinson@amh.org.uk



NOV 23

Supporting Bereaved Children and Young People

by Cruse Bereavement Support NI

[Follow](#)

Free

[Register](#)

Children's Grief Awareness Week is 18-25 November 2021. Join us to learn more about supporting bereaved children and young people.

About this event

At least 30,000 children and young people in Northern Ireland experience the death of someone close every year. Approximately 9,000 children under 16 have been bereaved of a parent or sibling and each week, 28 children and young people lose a parent. 41% of young people who have been through the youth justice system have had a major bereavement in childhood. 25% of under 20 year olds who complete suicide have experienced a childhood bereavement. These are stark statistics.

Date and time
Tue, 23 November 2021
10:00 - 11:00 GMT
[Add to calendar](#)

Location
Online event

 www.eventbrite.co.uk/198326328387



LET'S TALK safeTALK

SafeTALK is intended as "suicide alertness" training. SafeTALK teaches you to recognise persons with thoughts of suicide and to connect them to suicide intervention resources. It is designed for communities or organisations to maximise intervention as the main suicide prevention focus.

JOIN OUR NEXT WORKSHOP

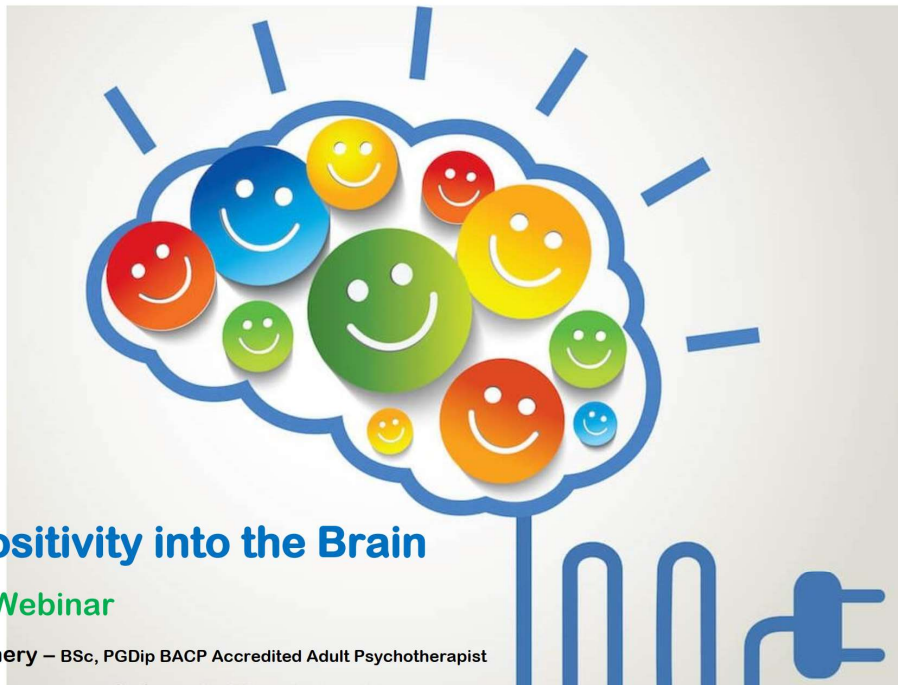
Thursday 25th November
6:00pm - 9:00pm
PIPS Hope and Support
Office, 50 Mill Street,
Newry

Suitable for ages 15+

BOOK NOW!

pipshopeandsupport.org/book-now?ID=2888

 www.pipshopeandsupport.org/book-now



Wiring Positivity into the Brain

Free online Webinar

With Jan Montgomery – BSc, PGDip BACP Accredited Adult Psychotherapist

30/11/21 9.30am – 11.00am

[Click here to apply](#)



pwb.training@southerntrust.hscni.net

Risk Assessment & Risk Management



Thurs 2nd
December
1:30 - 4:30pm

This workshop will:

- Improve practice by raising awareness of the complexities of risk and risk management
- Generate understanding of the importance of communication, collaboration and recording and reporting in risk management
- Introduce some risk assessment methods and frameworks.
- Explore the challenges to effective risk assessment and risk management.

Training is only available to those who work / volunteer for a voluntary, charitable, faith or community based organisation.

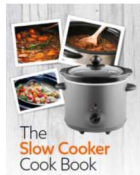
www.ci-ni.org.uk/training



www.ci-ni.org.uk/training

'Making the most of your slow cooker' Programme

SHSCT Facilitator Training



A 1 (Bitesize) or 4 session practical nutrition education programme to empower participants to use a slow cooker, shop smarter and make healthier food choices

2-3 ½ * hrs online training delivered by SHSCT Cook it! Team Dietitian
(*Dependant on previous training in other Community Nutrition Education Programmes such as Cook it! or Food Values)

Topics covered include: Eatwell guide, Basic Food Safety, Batch cooking, Store cupboard, Meal Planning & Shopping Tips

All trained facilitators will get access to the regional recipe book resource for their participants

If you work with groups in the SHSCT area that would benefit from this programme please get in touch

Upcoming training:

Thursday 2nd December 1pm –4.30pm online via Zoom

To apply for a place or to find out more information please email:
cookit@southerntrust.hscni.net or telephone 07551313939



cookit@southerntrust.hscni.net

NORTHERN IRELAND DOES
The Daily Mile Santa Run

Save the Date

What? We want as many schools & early years settings around Northern Ireland to get moving on the same day, to celebrate the positive benefits that daily activity can have on our mental health.

Grab your Christmas hat or jumper and join us for Northern Ireland Does the Daily Mile Santa Run

When? Join the rest of Northern Ireland doing their Daily Mile Santa Run anytime between 09:00 and 15:00 on **Friday 3rd December 2021**

Why? Every signed-up setting will receive a free, downloadable pack containing fun resources for the day.

Contact For information and to register please visit:
<https://www.eventbrite.co.uk/e/northern-ireland-does-the-daily-mile-santa-run-registration-199702354117>



www.eventbrite.co.uk/daily-mile



Autism Awareness training for practitioners

Join us for an **ONLINE** awareness session
aimed at **professionals** working with a child
or working with a parent of a child who has:

- A confirmed diagnosis
- Waiting on an assessment or
- Concerns that their child may be on the spectrum

The session aims to provide you with an increased
understanding of:

- How children and young people with autism perceive the world
- How children and young people with autism think and learn
- How to use children's and young people's strengths to help them reach their potential
- The reasons behind the difficulties faced by children and young people with autism in learning, social interaction and communication
- Applying strategies when teaching, supporting and interacting with children and young people with autism.

**Friday 10th
December 2021**
10am – 12.30pm

This course will be
delivered on Zoom
by
Autism Services.

[Click here to apply](#)

Applications must be
submitted by
Wednesday 24th
November 2021

UNDERSTANDING YOUR CHILD
SOLIHULL APPROACH

SBNI
Safeguarding Board
for Northern Ireland

ACEs

Adverse
Childhood
Experiences
Can Make Change

NHS

FREE for professionals* across Northern Ireland Online courses:

- **Understanding Trauma** - This course covers Type 1 and Type 2 trauma, the window of tolerance, going through a traumatic experience, neurology and trauma. recognising trauma, recovery from trauma, and more...
- **Understanding Attachment** - This course is for practitioners who want to understand more about attachment, and shows how containment and reciprocity underpin the quality of an attachment.
- **Understanding Brain Development** - This course is for practitioners who want an introduction to brain development from antenatal period to adolescence.

Each course will take approx
3.75 hrs CPD per course

*To attain Solihull Approach Advanced Trained Practitioner status, just send a copy of your certificates for the 2 Day Foundation training and three Advanced Trainings (online or face to face) to solihullapproach@uhb.nhs.uk

For technical support contact:
solihullapproach@uhb.nhs.uk
or 0121 296 4448 Mon-Fri 9am-5pm

Step 1: Create (or convert to) a 'professional' account
Go to www.solihullapproachparenting.com
Select 'Online courses for professionals'

OR
Go to www.inourplace.co.uk
sign in to existing account and click 'unlock
professional courses'

Step 2: Once signed in to your professional account,
enter access code:

BETHECHANGENI

Step 3: To return to the course
go to www.solihullapproachparenting.com
or visit www.inourplace.co.uk
and click on 'Already have an account? Sign in'



www.solihullapproachparenting.com



pwb.training@southerntrust.hscni.net

Promoting Wellbeing Training Autumn/Winter 2021 - 22

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

MAKING LIFE BETTER

XU Matter
Supporting 11-18s to Thrive Well

Building Skills
for Improving Health and Wellbeing

What's happening?
October 2021 - March 2022

FAMILIES AND COMMUNITIES Page. 6

- Autism awareness
- Evidence based parenting programmes
- **NEW** RoSPA Child safety training

FOOD AND NUTRITION Page. 10

- Eating well as you age
- Fact or Fiction: Nutritional myths
- Feed your family for less
- Food and mood
- Healthy diet healthier you
- Nutrition and your teenager
- Top tips for healthier weight

MENTAL HEALTH Page. 18

- GIMME 5
- **NEW** Eating disorders
- **NEW** MANifest
- Mental Health webinars
- Postvention
- **NEW** Provoking thought
- **NEW** STORM – Skills training in risk management
- SBNI Trauma Informed practice
- Solihull understanding trauma
- **NEW** Suicide bereavement
- **NEW** Understanding anger
- **NEW** Wiring positivity into the brain

PHYSICAL ACTIVITY Page. 32

- Chi Me
- Walk Leader

What's happening?
October 2021 - March 2022

SAFEGUARDING Page. 36

- Adult Safeguarding awareness
- Safeguarding Children
 - Full course
 - Designated person course
 - Refresher course
 - Basic awareness course

SEXUAL HEALTH Page. 42

- **NEW** Healthy online relationships
- HIV awareness
- Image based abuse
- LGBT E-Learning workplace module
- PANTS
- **NEW** Sexual orientation and gender identification

SUPPORTING HEALTH & WELLBEING Page. 50

- Brief Intervention training – Smoking Services
- Stop Smoking – very brief advice
- E-learning Brief Interventions Smoking, Alcohol and Physical Activity

USER INVOLVEMENT, CO-PRODUCTION & COMMUNITY DEVELOPMENT Page. 54

- Community Development awareness
- **Step 1.** Engage and Involve Personal & Public Involvement (PPI) training E-Learning
- **Step 2.** Engage and Involve Personal & Public Involvement (PPI) training
- **Step 3.** Engage and Involve: Personal & Public Involvement (PPI) training (Team talk)
- SCOPE training



<https://view.pagetiger.com/pwb-training-brochure-autumn-winter-21-22/1>



Transition and
Inclusion Service



Barnardo's Transition and Inclusion Service (TIS) supports young people aged 16-21 with a learning disability, autism and/or physical disability in the Southern Health and Social Care Trust (SHSCT) area as they transition into adult services.

Over 12 weekly sessions **the service aims to:**

- Provide 1:1 support & home visits focusing on life skills, advice, mentoring and improving access to services
- Group work opportunities and social outings
- Capacity build the young person's parent/carer or significant adult in their life, to increase their awareness of services and confidence in supporting that young person to access them
- Create opportunities for young people to engage in consultations and with services to ensure that their needs are reflected in the planning and delivery of services in the future

CONTACT: gillian.mckeown@barnardos.org.uk - Grange Building, Towerhill, Armagh, BT61 9DR



gillian.mckeown@barnardos.org.uk

Lifeline

0808 808 8000

The below Lifeline crisis message is now available as a voice note in Bulgarian, Arabic and Romanian

Further languages are also being developed and have been produced by a working group in the Southern Trust Area

The message is very short, so it can be shared via WhatsApp, etc.

“Your mental health is essential. Value your mental health and do not give in to depression or thoughts of harming yourself.

You can get help.

Call Lifeline and get the help you need now on Freephone 0808 808 8000”



Bulgarian



Arabic



Romanian

E-mail localityplanning@ci-ni.org.uk to receive these audio files



For further information please contact us on:
Tel: 028 9035 6600
Email: stride@usel.co.uk
Ussel, 182-188 Cambrai Street, Belfast, BT13 3JH
Facebook: [/uselcompany](https://www.facebook.com/uselcompany) Twitter: [@usel182](https://twitter.com/usel182)



Support & Training to Realise Individual Development & Employment



**CAN WE
HELP YOU?**

- Unemployed?
- Living with a disability or health condition?
- Want help to get work?

Championing Ability

www.Ussel.co.uk



Belfast City Council



Supported by
Mid & East
Antrim
Borough Council



Derry City & Strabane
Borough Council



Department for the
Economy
www.economy-ni.gov.uk



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



Antrim and
Newtownabbey
Borough Council



European Union
European Social Fund
Northern Ireland



Armagh City
Banbridge & Craigavon
Borough Council

This project is part funded through the Northern Ireland European Social Fund Programme 2014 – 2020, the Department for the Economy, the Department for Communities, Belfast City Council, Derry City & Strabane District Council, Armagh City, Banbridge and Craigavon Borough Council, Mid & East Antrim Borough Council and Antrim & Newtownabbey Borough Council

IS STRIDE FOR ME?



What is STRIDE?

SUPPORT and **TRAINING** to **REALISE INDIVIDUAL DEVELOPMENT** and **EMPLOYMENT** is a project to help people living with a **disability** or **health condition** who are out of work move towards **paid employment** or **further education**.

What can STRIDE offer me?

As part of the project you can benefit from help in the areas of:

- Job Searching
- CV Completion
- Job Applications
- Interview Skills
- Qualifications for Work including Essential Skills
- Work Experience
- Getting a Job
- Support In Work
- Health & Wellbeing Support
- Meet New People

Travel and Childcare
Assistance Available



REFERRAL FORM

If you would like further information on how to access this project or would like to refer someone please complete the details below and send to STRIDE, Ussel, 182-188 Cambrai Street, Belfast, BT13 3JH. You can also email stride@usel.co.uk or call 028 9035 6600

Name

Address

Postcode

Telephone

Mobile

Email

What is the best way to contact you?

Phone ☐ Text ☐ Email ☐

When is the best time to contact you?

Morning ☐ Afternoon ☐

☐ Please tick if you would like to be kept updated with news about Ussel's range of products and services



stride@usel.co.uk

Southern Connections Newsletter



Welcome to the official newsletter of Southern Connections.

October 2021

WHO ARE WE

DACTs are Drug and Alcohol Coordination Teams. DACTs are made up of statutory and community agencies with an interest in, or need to, address drug and alcohol issues in the Trust area. There is a DACT for each Health Trust area in Northern Ireland, and each has a Connections team.

We (Connections) support the development and implementation of each DACT's action plan. We also offer a range of services as outlined below.

Awareness sessions

Stakeholder forums

Signposting to services

Early warning system

Signposting to services

Campaigns & initiatives

Respond to local drug & alcohol incidents

NORTHERN IRELAND ALCOHOL AWARENESS WEEK (NIAAW) 14TH - 20TH JUNE

Alongside Radius housing Start360 and our partners in Extern ran a week long event that included street quizzes, mocktail competitions, information stands and awareness raising packs.

Throughout this week we also sent out a number of key messages that helped to increase awareness of drinking levels and provided help to those who wanted to change their drinking habits.



connections@sdact.info

Parenikind

How inclusive is your child's school?

Take our survey.

We represent your views on your child's learning to local, regional and national governments and agencies.



www.smartsurvey.co.uk/s/PK_Diversity_Inclusion



Living Places and Spaces is now open for applications

If you're working with your community to develop a project which will improve your local environment, visit our website to find out more.

www.tnlcommunityfund.org.uk/northern-ireland



www.tnlcommunityfund.org.uk/funding

ASDA foundation

✔ Investing in Spaces and Places Grant

Investing in Spaces and Places is a new higher value Asda Foundation grant for local groups aimed at improving community spaces and places where local people can be together and thrive.

The first round of Investing in Spaces and Places Grants launch in October 2021 and will be awarded in June 2022.

Grants awarded will be between £5,000 and £25,000 towards improving community spaces in local communities across the UK.



www.asdafoundation.org



SOUTHERN TRUST AREA



CR/CD SMALL GRANTS SCHEME

Now Open!

CR/CD Small Grants



Our Small Grants Scheme is now open.

This funding can help community and voluntary groups throughout Northern Ireland engage in Community Relations work.

Deadline: **Friday 14 January 2022**



www.community-relations.org.uk



Women's Aid is the lead agency in combating domestic/sexual violence & abuse

Women's Aid exists to provide advice, support and refuge to women and their children who have or are experiencing the effects of physical, mental or sexual violence and abuse.

Women's Aid Armagh Down is a Gold Award "Investors in People" employer and we are recruiting for the following posts:

Please Note the following terms and conditions which apply to all recruitment posts.

In order to ensure the needs of the organisation are prioritised at any given time it is a prerequisite of all posts to work from whichever venue or area as required.

Domestic / Sexual Violence Senior Support Worker

1 x Post – 37.5hrs Permanent Contract. Salary £22,913 (pro rata) + 4% Pension

Ref: DSVSSW/Nov-21

Please note the following requirements:

- An application form is needed for the post applied, CV's will not be accepted.
- The existence of a criminal record will not necessarily bar you to obtaining a position within this organisation...

For an application pack, please e-mail oliviab@womensaidarmaghdown.org

The closing date for the return of the completed application forms will be: 3pm Friday 26th Nov 2021.
Interviews will take place from 6th Dec.

Women's Aid is a women only organisation and the lawful recruitment of females for this post falls within the exemption stated in Article 10 (2b & e) of the Sex Discrimination (N.I.) Order 1976. We are an equal opportunities employer.



oliviab@womensaidarmaghdown.org



ADOPT A SPOT

Register to adopt a spot and choose one of 4 kits to create cleaner, greener outside spaces

FOOD FOR THOUGHT;

STARTER FOOD GROWING KIT CONTAINING POTS, COMPOST, SEEDS, WATERING CAN, GLOVES AND HANDTOOLS.



REWILDING;

TO INCREASE HABITATS IN SMALL SPACES. KIT CONTAINS A TIMBER BIRD BOX, BAT BOX AND BUG BOX AND SOME NATIVE IRISH WILDFLOWER SEED.



LITTERPICKING;

LITTERPICKERS, GLOVES, FIRST AID KIT, SHARPS BOX, BAGS AND BUCKET TO KEEP NORTHERN IRELAND BEAUTIFUL.



COASTAL HEALTH;

LITTERPICKERS, HANDY HOOPS, BAGS, GLOVES AND SIEVES FOR MONITORING MICROPLASTICS ON OUR BEACHES.





www.livehereandlovehere.app/login



MARITIME HERITAGE PROJECT SUMMER 2022

Silvery Light Sailing is Northern Ireland's only Maritime Heritage Community Boatworks and Sail Training Charity. www.silverylight.org

The charity seeks expressions of interest from Youth, Community, cultural and special interest groups, schools, individuals and organisations interested in participating in a locally themed maritime heritage project to take place over Summer 2022.

The project consists of four shoreside meetings and a five day residential voyage at sea

The project, funded by The National Heritage Lottery Fund will work with eight differing groups of 12 participants delivering a bespoke programme of activities on the theme of local maritime heritage. The project highlight includes crewing onboard a Tall Ship for a five day adventurous residential sailing voyage visiting local Irish Sea Ports

No Previous sailing experience required.

Individual Safety Equipment and Wet Weather Clothing Provided

The project will be delivered at no cost (but enthusiasm) to participants



PROJECT TIMETABLE (dates and timings to be agreed)

Initial Meeting (1/2 Day)	Who are Silvery Light Sailing, what is Maritime Heritage? Explore and explain the project, what to expect, Q & A
Interaction Day (Full Day)	Silvery Light Boat Works – Heritage Boat Restoration - Marine environment - local Maritime Heritage
Interaction Day (Full Day)	Full Day aboard exploring and familiarising Tall Ship 'Leader' Plan the Project Voyage– Navigation- Life onboard- Safety
Residential Voyage (Five Days)	Embark as crew onboard for five day Irish Sea voyage.
Wash Up (1/2 Day)	Voyage Wash Up - Presentation of Certificates of Achievement



**Preferable
age groups:**

14-16

17-19

20-25+



silverylight1884@gmail.com

We are HERE....

ALL scenarios... ANY question BIG or small...

My teenager has no respect for me, what can I do?

How much sleep does my toddler need?

How do I keep my child safe online?

My child gets upset every morning at the school gates, what can I do?

How can I talk to my teen about safe sex?

My child has been waiting for ASD assessment and we are finding it hard...

I am worried about managing money over school holidays..

My child hits out, what do I do?

I am due back to work and need childcare, where do I start?

How do I tell my children we are separating?

Is it normal if....?

I don't know where to start....

....lets talk

"You definitely changed my mindset and understanding of my daughters behaviour this past couple of years after speaking to you, and for that I am very grateful."

"You will never understand how much our first conversation meant to me or what it has done.. so thank you"

"Thank you, you have really been there for me"

"It was really lovely for me to have our chat this morning, you have given me a lot of reassurance, thank you."

Get in touch

We are here for you;
0808 8020 400
Monday -Thursday 9am-9pm
Friday 9am-5pm
Saturday 9am-1pm

webchat; ci-ni.org.uk
email; Parentline@ci-ni.org.uk
Facebook; ParentlineNI



SCAN ME



Who are we?
What do we do?



0808 8020 400



parentline@ci-ni.org.uk



www.ci-ni.org.uk

Who are Parentline?

Parentline NI are the regional helpline for parents and carers operated by Children in Northern Ireland, funded by the Health and Social Care Board.

We are a team of experienced staff passionate about listening to and supporting parents and carers today.

Most importantly we are a caring, non-judgemental ear to listen and voice to support or guide you whatever your circumstances.

Our Mission Statement

Every parent will feel valued, respected and nurtured on every call and are encouraged to both spend time connecting with their children and treating themselves with care and compassion.

What do we offer?

Freephone line- 0808 8020 400

Support, advice, guidance and/or ear to listen, whatever your circumstances. Callers to the helpline can avail of a one off support call or will be offered follow up review calls to meet the needs of each parent/carer.

One to One parent support

Face to face or virtual sessions; tailored to meet your individual needs and circumstances, working with one of our dedicated parent support officers.

Relate Referral

Through Parentline's partnership with Relate we can make referral for up to 10 sessions with Relate counsellors.



Parent Workshops

We deliver a range of workshops on parenting topics and areas of interest.

Web-Chat

ci-ni.org.uk/parentline

Parentline Podcast

Podcast hosted by Kerry McLean, chatting all things parenting. Available through all podcast platforms and free to listen.

Resources

We have a range of parenting resources covering a wide range of topics available to share on request.

For information on what we can offer, give us a call
0808 8020 400



0808 8020 400



parentline@ci-ni.org.uk



www.ci-ni.org.uk



Bounce Back

"Do you find yourself in cycles of nagging and bickering with partners and children? Are you fed up 'fighting fires' at home every day?"

If so then come along as we look at real ways to manage day to day challenges, cope with bumps along the way and all the while keeping our cool.

FREE Parent and Carer workshops delivered by Parentline NI

Do you have a group of parents interested in attending?
For enquiries about availability please contact us on
0808 8020 400

supported by the Public Health Agency through the Clear Project



Bounce Back

"Do you find yourself in cycles of nagging and bickering with partners and children? Are you fed up 'fighting fires' at home every day?"

"Bounce Back Session Contents.

Session 1 "I can't think straight" – Brain development (Fight, Flight, Freeze etc)

Session 2 It's all too much' – managing big emotions e.g. Regulate, calm your body, calm your thoughts, calm your actions.

Session 3 Part 2 – Relate (connect-correct); Reason, Repair

Session 4 'I've made my bed...' – the power of choice and reframing (thoughts, language).

Session 5 'A Problem shared....' – Problem solving skills

Session 6 'It starts with me....' – Self-care strategies Using the 'take 5 steps to wellbeing' model (PHA) i.e. Connect, Be Active, Give, keep learning & Take Notice.



0808 8020 400

Services Available Through The Hub May Include...

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

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

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

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

There Are 3 Family Support Hubs In the Southern Trust Area

ARMAGH & DUNGANNON HUB

Pat McGeough
Young People's Partnership Barnardos
39A Abbey Street, Armagh
BT61 7DY
T: 028 37622380
E: familysupporthub@barnardos.org.uk

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
SPACE
24 Monaghan Street, Newry
BT36 6AA
T: 028 30836764
E: familysupporthub@space-ni.com

Southern Area FAMILY SUPPORT HUB

Many families need a little extra help sometimes

Information for Families

Believe in children Barnardos

niacro

space

Family Support

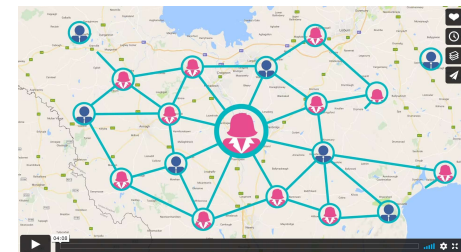
HS& Southern Health and Social Care Trust

CYPSP

The 3 **Family Support Hubs** in the Southern Area continue to operate and are open for referrals. Due to ongoing developments with COVID-19, access to Family Support agencies during this time will be subject to individual project's ability to respond.

Please make any **referrals by e-mail** [HERE](#). Download the **October edition** of the **Family Support Hubs newsletter** [HERE](#).

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



Information for parents and carers



Everyone has a role to play in keeping our schools safe and helping to stop the spread of COVID-19. Please don't send your child to school if they have COVID-19 symptoms such as:

- a high temperature
- a new continuous cough
- loss of or change to their sense of taste or smell

If your child does not have symptoms of COVID-19 but has other cold-like symptoms, such as a runny nose, they do not need to be tested and they or members of your household do not need to self-isolate. Your child can attend school if fit to do so.

Contact tracing and self-isolation procedures have recently changed, so here's what to do in particular cases.

Contact tracing will be done by the Contact Tracing Service at the Public Health Agency (PHA). They will call from the number 028 9536 8888 – save the number in your phone so that you recognise it and please answer if they call.

My child has COVID-19 symptoms

- Book your child a PCR test as soon as possible.
- They should isolate until they get their result. If it is negative they can carry on as normal and return to school as long as they are well (no fever for 48 hours).
- If it is positive they should isolate for 10 days. You will receive further information by text message and a contact tracing call from the PHA.
- You should advise your child's school or nursery that they have tested positive.

You can book a PCR test online via www.gov.uk/get-coronavirus-test or by calling 119 if you can't go online.

Someone in our household is positive

- Everyone in the household should book a PCR test as soon as possible and again for the 8th day after their exposure. Anyone who tests positive should isolate for 10 days.
- Adults who are fully vaccinated do not have to isolate while they're waiting for the results. Adults who are not fully vaccinated should isolate for 10 days regardless of their test result.
- Children aged 5-17 who are not vaccinated should isolate until they get their results. If the result is negative they can come out of isolation and return to school.
- Children under the age of 5 are advised to take a PCR test but they do not have to isolate while waiting for results.



There has been a positive case in my child's school

- The Contact Tracing Service will be in touch with you if your child has been identified as a close contact of a positive case.
- If the only contact has been in school it is unlikely that your child will be identified as a close contact.
- The school may send a general letter to parents advising them to be aware of symptoms.
- In the meantime if your child develops symptoms please book a PCR test.

There has been a positive case in my child's nursery school

- The PHA will work with the nursery to identify all close contacts and provide advice and guidance to parents on what to do next.
- In the meantime if your child develops symptoms please book a PCR test.

There has been a positive case in my childcare setting

- The PHA will work with your childcare provider to identify all close contacts and provide advice and guidance on what to do next.
- In the meantime if your child develops symptoms please book a PCR test.

There has been a positive case in a club my child attends

- The Contact Tracing Service will be in touch with you if your child has been identified as a close contact of a positive case.
- In the meantime if your child develops symptoms please book a PCR test.

For more information visit:
pha.site/contacttracingschoolsFAQs



With the change to contact tracing of positive cases within schools and other structured and supervised settings, the **Public Health Agency** have developed an easy guide to help address any concerns parents may have around these changes

More info. available [HERE](#)

#TestTraceProtect

Do I need to keep my child off school?

Whooping Cough

48 Hours after commencing antibiotics

Chicken Pox

Until all spots have crusted over

Conjunctivitis

No need to stay off but school or nursery should be informed

Diarrhoea & Vomiting

48 hours from last episode

Glandular Fever

No need to stay off but school or nursery should be informed

Hand, foot & mouth

No need to stay off but school or nursery should be informed

Measles or German Measles

4 days from onset of rash

Mumps

5 days from onset of swelling

Scabies

Until after first treatment

Scarlet Fever

24 hours after commencing antibiotics

Slapped Cheek

No need to stay off but school or nursery should be informed

Impetigo

Until lesions are crusted & healed or 48 Hours after commencing antibiotics

Flu

Until recovered

Head Lice

No need to stay off but school or nursery should be informed

Threadworms

No need to stay off but school or nursery should be informed

Tonsillitis

No need to stay off but school or nursery should be informed

Do you have a child who's unwell and are wondering if they should be in nursery or school?

Check out this handy guide from the **Public Health Agency** to find out when they should stay off, and when they can go back if they are well enough to do so

Symptoms and severity of illness will vary from person to person, so if your child is unwell and you have concerns about their symptoms you should speak to your GP

If you are pregnant and have been exposed to any of these illnesses you should seek prompt advice from your antenatal carer

Do I need to keep my child off school? is available to download in English and translations [HERE](#)

For information on **COVID-19 symptoms and advice** visit [HERE](#)



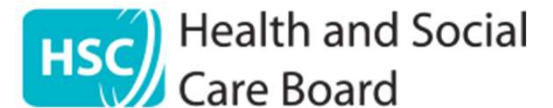
SOUTHERN TRUST AREA



CORONAVIRUS (COVID-19)



CLICK ON THE FOLLOWING ORGANISATIONS, FOR ONGOING CORONAVIRUS INFORMATION, ADVICE & UPDATES:





Funding Opportunities

Armagh City, Banbridge & Craigavon Borough Council is offering additional financial assistance to eligible groups in the voluntary, community and social enterprise sector for the period 1st April 2022 - 31st March 2023 for:

Running costs (for eligible organisations) Programmes Events

Funding is available through the following grant programmes:

- Community Grants
- Arts, Culture and Events Grants
- Good Relations Grants
- International Linkage Grants

**APPLICATIONS ARE OPEN FROM 9.00AM ON
MONDAY 15TH NOVEMBER UNTIL 12 NOON
ON FRIDAY 10TH DECEMBER 2021.**

To further assist groups a number of Virtual Sessions have been arranged as follows:- **Tuesday, 16th November at 7.00pm**
Wednesday, 17th November at 2.00pm

To register for these sessions email fap@armaghbanbridgecraigavon.gov.uk

Groups also wishing to be notified of future funding opportunities and other relevant information should request their details be added to the Council's database by emailing fap@armaghbanbridgecraigavon.gov.uk



Initial queries should be directed to
Valerie Leatham on 07515 607480



fap@armaghbanbridgecraigavon.gov.uk

Armagh City Banbridge & Craigavon Borough Council

DO YOU WANT TO BECOME A
SPORTS COACH?

APPLICATIONS NOW OPEN

- Are you aged 16-19 with an interest in sport?
- Learn how to become a coach yourself with recognised coaching qualifications.
- Enjoy trips to watch and enjoy various sports being played at local and national level.

INTERESTED?
For more information contact Roisin on ☎ 079 0292 8722
or email ✉ Roisin.Ohagan@armaghbanbridgecraigavon.gov.uk

For more information visit
getactiveabc.com

Department for Communities
Pobal
Department for Communities
www.communities.gov.uk



roisin.ohagan@armaghbanbridgecraigavon.gov.uk



Available for:
families with
children under
the age of 5,
vulnerable adults
& children and
those with a
disability or other
special need



Armagh, Banbridge, Craigavon
HOME SAFETY SCHEME

HOW SAFE IS YOUR HOME?

**BOOK A
PHONE
HOME SAFETY
ASSESSMENT**

Around 1/3 of people over the age of 65 fall each year, the majority of which are preventable.

The Home Safety Scheme is currently providing a Home Safety Assessment phone service to:

- Anyone over 65
- If you have children under the age of 5
- Someone with a disability/vulnerability



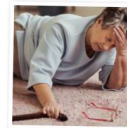
Armagh City
Banbridge & Craigavon
Borough Council



Public Health
Agency



More people are injured in their own home than anywhere else. Young children & older persons are most at risk from a home accident.



What to Expect from a Phone Home Safety Assessment?

- A Home Safety Officer will contact you by phone when it's convenient
- It's a relaxed and informal chat
- Safety information and advice will be provided
- Examples of topics covered:
 - ✓ Falls in the home
 - ✓ Choking
 - ✓ Fire safety
 - ✓ Burns & scalds
 - ✓ Carbon monoxide
 - ✓ Electrical dangers
 - ✓ Strangulation - Blind cords
 - ✓ Poisoning - medicines/chemicals
 - ✓ Suffocation

Referrals can be made to other agencies on your behalf; example:

- **NI Fire & Rescue Service**
free fitting of smoke alarms
- **Housing Executive**
housing issues/repairs
- **Occupational Therapy**
falls risk
- **Community Safety**
fear of crime
- **Council Services**
help with bin collections

Accident prevention equipment can be provided following a home safety assessment, where deemed necessary. FREE to anyone aged over 65 and those with a disability/vulnerability. Also Households with Children under the age of 5, when in receipt of qualifying benefits.

What Do I Need To Do?

For more information contact the Home Safety team. To request a phone home safety assessment, or to discuss arranging a home safety talk to a Group (social distancing applying) please use the contact details below.

t: 0300 0300 900

e: homesafety@armaghibanbridgecraigavon.gov.uk

**FREE
HOME SAFETY
ASSESSMENT
VIA PHONE**



0300 0300 900 /



homesafety@armaghibanbridgecraigavon.gov.uk

This is just some of the team that supports people with learning difficulties and autism into jobs with a future



A dedicated Employment Officer to help you prepare for work or volunteering

Help to find the job you want and keep it

Accredited training: Essential Skills English and Maths and job specific academies

Career guidance and a Job Club

Access to NOW Group's social groups

NOW

Get in touch to find out more:

Tel: 028 9043 6400 Email: admin@nowgroup.org

www.nowgroup.org



This project is part funded through the Northern Ireland European Social Fund Programme 2014-2020, the Department for the Economy and the Department for Communities



admin@nowgroup.org



World Day of Remembrance for Road Traffic Victims Sunday 21 November 2021 at 3pm The Palace Stables Courtyard, Armagh, BT60 4EL

The World Day of Remembrance for Road Traffic Victims is held every year on the third Sunday of November. This day focuses on both the overall scale and the individual devastation caused by road deaths and injuries and the impact upon families and communities around the world.

This year the Armagh Banbridge Craigavon Road Safety Committee are hosting an event for local people to reflect on this day.

PROGRAMME

- 3.00 pm Opening Words
Clive Bowles – Chairperson, ABC Road Safety Committee
- 3.05 pm Remembering local families
Lord Mayor, Alderman Glenn Barr
- 3.10 pm Poem – Your Candle – Margaret Mayne, ABC RS Member
- 3.15 pm Soloist – Cllr. Grainne O'Neill, ABC RS Member
- 3.20 pm A minute's reflection

Tea and Coffee will be available up to 5.00 pm
(thanks to ABC PCSP for sponsoring the refreshments and venue)

There will be an opportunity after the programme is completed for people to mingle Or go for a walk around the beautiful grounds of Armagh Palace Demesne.

Please book a place at this event (as the numbers are limited) by contacting
Gwen Bartley, ABC Road Safety Committee Secretary
T: 07826854728 E: gwen.bartley@armaghbanbridgecraigavon.gov.uk



gwen.bartley@armaghbanbridgecraigavon.gov.uk

Indoor Inclusive Cycling Programme

Indoor cycling proficiency programme using a range of adapted bikes suitable for a range of disabilities, both adult and children. Bikes include Trikes, Tandems, Hand Cycles and a Wheelchair Transporter.

An opportunity to familiarise yourself with the bikes, practice drills and build up the confidence to use the bikes outdoors around the Craigavon Lakes.

Date: Fridays (12th November to 10th December)
Time: 4.30-6pm
Cost: £2pp
Venue: South Lake Leisure Centre

To register please contact:
Colleen Connolly, Inclusive Sports & Leisure Officer:
colleenconnolly@dsni.co.uk
07769 250885





Armagh Banbridge and Craigavon
Community Planning Partnership



THE ARMAGH PLACE PLAN

Celebrating Our Stars & Stories

Armagh, Banbridge and Craigavon Community Planning Partnership would like to invite you to a series of online consultations on Draft Armagh Place Plan and UK City of Culture Bid.

To register for the workshops contact:
communityplanning@armaghbanbridgecraigavon.gov.uk

Complete the online survey here : [online survey available here](#)

WORKSHOP ONE
Community, Voluntary and Social Enterprise Sectors
10.30am to 11.45am

WORKSHOP TWO
Businesses and Traders
7.00pm to 8.15pm



**Online
Survey
still open**



communityplanning@armaghcitybanbridgecraigavon.gov.uk



<https://bit.ly/3EnZyDw>

Thinking about

University?

futureproof
engage | educate | empower

can help!



One-to-one or group support available to discuss:

- Which university/course?
- Money management
- Sourcing accommodation
- What to expect from uni life
- Completing UCAS

@banbridge_yes info@futureproofni.org 07483385461



info@futureproofni.org

EMPTY NEST WHAT NEXT?

This interactive workshop looks at how the 'Empty Nest' can have such a dramatic impact on our wellbeing and the psychology behind this, and contains lots of practical tips on how we can learn to enjoy life beyond the empty nest.

Thursday 11th & 18th Nov
7pm - 8pm on Zoom

More Info / Book contact Amanda
fswc.amandab@gmail.com
028 8772 7648



Energy Booster!

Would you like to boost your energy?

Combining physical, mental, and emotional techniques you will learn

- What affects your energy levels
- What makes you low, stressed and overwhelmed
- How to nourish yourself and get re-energised
- How to get better sleep & improve your nutrition
- How to relax and think about your own needs
- Creating time for yourself so that you can be there for others too

Tuesday 16th, 23rd & 30th Nov
7pm - 8.30 pm on Zoom

More Info / Book contact Amanda
fswc.amandab@gmail.com 028 8772 7648



fswc.amandab@gmail.com

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



CRAFTY YOUNG THINGS

Friday classes from:

5th November
2021

10.30am-1.00pm

Tel: (028) 8772 7648



NEW MEMBERS WELCOME!



028 8772 7648



Health Alliance
Connecting & Involving Communities
Supported by Networks Involving Communities in Health Improvement (NICHI)

COMMUNITIES IMPROVING HEALTH WORKSHOPS

Social Model of Health Workshops
Facilitator: Anna Clarke, Prospect Awards CIC

This interactive workshop will cover key principles of the social model of health, tools and practical action

Online training via zoom

Thursday 16th September 2021
Time: 10-12 noon

Thursday 14th October 2021
Time: 2-4 pm

Thursday 11th November 2021
Time: 7-9 pm

Registration via <https://nacn.org/wp/register/> or email registration@nacn.org

Open to all health alliance members

You can become a member of the health alliance for free by registering at <http://HealthAllianceNI.com/Membership-Registration/>. You will receive a regular ezine with info on health, wellbeing and funding across the Northern PHA area and also promote your own health & well-being activities

HSC Public Health Agency
Project supported by the PHA

NIHSA
Northern Ireland Health Service Agency

crun
Crun Community Network

CWSAN
Area Support Network

Northern Area Community Network



<https://nacn.org/wp/register>

Some friendly **guidance** to those who are **submitting information** to 'FYI':

1. Submit the information in the format you would like it to be included. We won't transform a word-heavy document into a flyer, please make it easy for us!
2. Less words, bigger pictures!
3. We do not advertise or endorse those events or programmes which are privately funded as a business.
4. Information will usually be included for x1 edition, unless otherwise requested.
5. 'FYI' usually will be issued every fortnight, on a Thursday afternoon. Please send your articles for inclusion by 5pm of the Tuesday prior to this.
6. We may have to decline to advertise information which is not applicable to better outcomes for children and young people.
7. Your feedback is welcome. (We are not perfect, but will strive to be as good as we can.)
8. Please let us know if 'FYI' has helped your service, event or activity in any way.

UPCOMING 2021 LPG MEETINGS

Craigavon	Tues. 16 th November
South Armagh	Tues. 23 rd November
Dungannon	Tues. 7 th December
Armagh	Thur. 6 th January
Banbridge	Wed. 19 th January
Newry & Mourne	Wed. 26 th January

Per ongoing guidance, all meetings are currently planned to take place via Zoom and will begin at 10am



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

[Issue 70](#)
[28th October 2021](#)

[Issue 69](#)
[14th October 2021](#)

For general newsletter information, contact:

Joanne Patterson (localityplanning@ci-ni.org.uk) or Darren Curtis (07725232566)

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





For Your Information

NEXT ISSUE

**25th November
2021**

**Submission
Deadline:**

**23rd November
2021**



localityplanning@ci-ni.org.uk