

# SOUTHERN AREA LOCALITY PLANNING GROUPS



**ISSUE 92**  
10th November 2022



## WELCOME

Welcome to the 92<sup>nd</sup> edition of our information bulletin, 'FYI' (For Your Information)

In the run-up to Christmas, we are learning more about the challenges faced by families and services through the Cost of Living Crisis. We continue to encourage those organisations and services who provide support for families to add their details to the CYPSP resource on [page 3](#) and also to use this to help signpost families to much needed support.

The need for effective partnership working and communication has never been greater, so we extend an invite to all our readership, either working or volunteering with children, young people or families, to attend one of our Locality Planning Group meetings where we exchange information, contacts and signposting opportunities, as well as providing mutual support with a cup of tea in an informal arena. Dates of these meetings can be found on [page 49](#).

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

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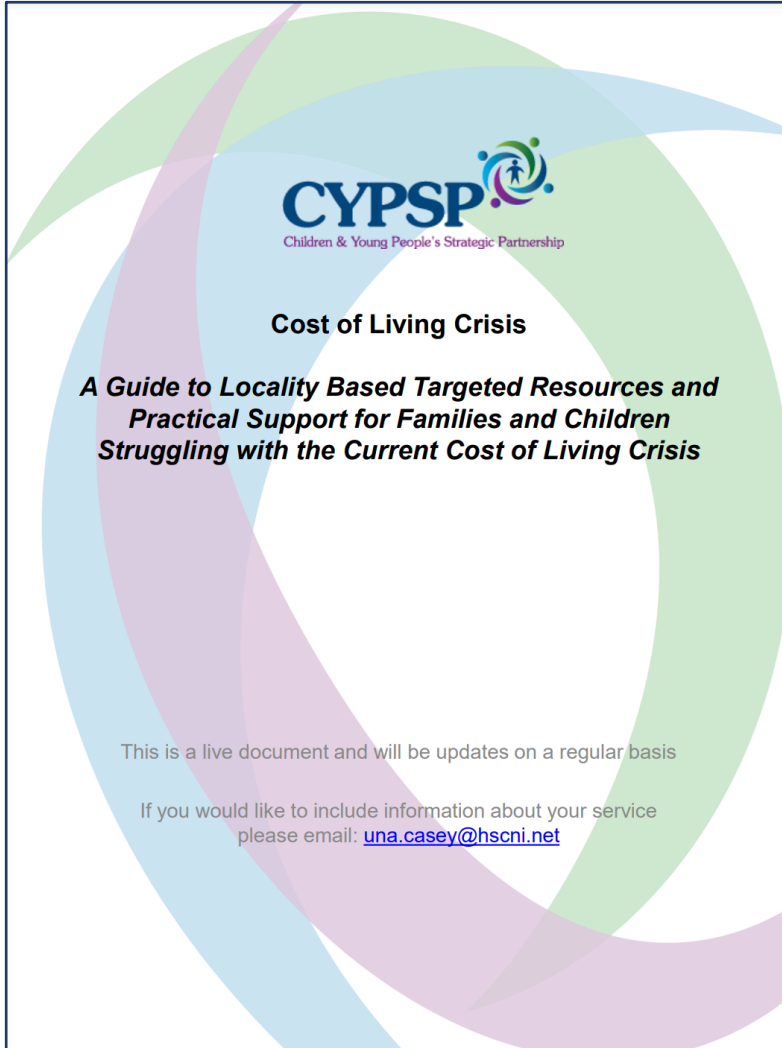
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The **cost of living** is being raised at LPGs across Northern Ireland and the CYPSP is currently mapping initiatives, services or activities that help address this issue

We are continuing to update our

**Guide to Locality Based Targeted Resources and Practical Support for Families and Children Struggling with the Current Cost of Living Crisis**  
on an ongoing basis [HERE](#)

If your organisation carries out any relevant service or work, please e-mail Una Casey from CYPSP [HERE](#) to request a copy of the corresponding template for completion to record information across Northern Ireland

Please also share this resource with anyone who you feel might benefit from being made aware of the targeted resources and practical support which is currently available to families and children living in the Southern Area who are struggling with the current cost of living crisis

A new section has recently been added to the **Translation Hub** on the **Cost of Living Crisis** [HERE](#)

All information is available in English and is also translatable into 100+ languages

Have a look and share widely with support services & anyone who may be struggling

## Translation Hub

**Translations – Cost of Living Crisis**

**CYPSP Cost of Living Crisis Resource**

A Guide to Locality Based Targeted Resources and Practical Support for Families and Children Struggling with the Current Cost of Living Crisis

**10-Top-Tips-Information-Leaflet - Energy Efficiency in the Home**

NEA are concerned that the 'perfect storm' of higher energy prices, reduced incomes, and leaky, inefficient housing could put many households in Northern Ireland at increased risk of fuel poverty. These increases come at a time when many household budgets are already stretched thin.

However, simple changes to day-to-day activities could make big differences to household bills. Here are a variety of no cost/low-cost energy savings tips.

**Help with energy costs in Northern Ireland**

You may be worried about managing your energy use and costs this winter. Here is some information to help householders in Northern Ireland. (Click on Accessibility to access Recite toolbar to change language)

**Belfast Warm and Well**

The Belfast Warm and Well Project aims to help local people struggling to keep their home warm this winter, by offering advice and practical support to stay warm and well.

**Northern Ireland Energy Efficiency webinars**

NEA Northern Ireland launches a new suite of supported e-learning courses and webinars Supported E-Learning Fuel Poverty and Health The course looks at the causes and impacts of fuel poverty with a focus on the health impacts. It aims to help delegates identify those likely to be at risk from fuel p...

**Cost of Living support**

A cost of living support package has been put in place for 2022 that includes one-off payments to those on income related benefits, disabled claimants and pensioners. These payments are intended to provide support to you with the current rise in the cost of living.

E-mail [cypsp@hscni.net](mailto:cypsp@hscni.net) to add new information

## Talk Learn Do Training for professionals who work with parents

Did you know that nearly a third of parents say they never or rarely discuss where money comes from with their children?

79% of children would turn to their parents for money advice. This shows the importance of financial education at home

The Money and Pensions Service hugely successful programme, [Talk Learn Do: Parents Kids and Money](#) demonstrates that supporting parents to develop the confidence and skills to talk to and teach their children about money can positively impact on the financial wellbeing of both parents and children. Since 2016, we have worked with over 1,500 professionals across the UK to deliver TLD to parents and carers they support. We are now looking to upskill more professionals so they can deliver Talk Learn Do to parents they work with.

### What is Talk Learn Do (TLD)?

TLD is a facilitator led group session that encourages parents of 3–11-year-olds to talk to and teach their children about money and create opportunities for their children to experience managing it. The programme provides parents with tools, ideas, and fun activities to help include money in everyday conversations and activities.

With the increase in personal finance related news and ongoing cost of living pressures, there continues to be a demand for financial wellbeing work with parents and training for professionals who support them.

We are working with Campaign for Learning and Quaker Social Action to expand our training programme for professionals who support parents across the UK. The training is free and open to organisations across the UK. Each organisation will initially be allocated one training space on a first come first served basis. Further spaces to be allocated if available.

### Timing

- Weds 16<sup>th</sup> November
- Wednesday 23<sup>rd</sup> November
- Wednesday 7<sup>th</sup> December PM
- Thursday 12<sup>th</sup> Jan
- Tuesday 17<sup>th</sup> January
- Wednesday 8<sup>th</sup> February

The workshop sessions are expected to run for three to four hours with breaks in-between.

### Location

Training will take place virtual

### Requirements

Participants will be expected to take part in an [optional](#) short survey before and after the training. This will help MaPS to understand the effectiveness of the training.

For further information and to indicate interest, please send an email to [cyp@maps.org.uk](mailto:cyp@maps.org.uk)



[cyp@maps.org.uk](mailto:cyp@maps.org.uk)

**Thurs 8th Dec**  
**9:30 - 12:30**

**Risk Assessment & Risk Management**

*This workshop will give participants the knowledge to understand the purpose and function of risk assessment & management processes vital for effective safeguarding.*

**This Zoom workshop will:**

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


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



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



[www.eventbrite.co.uk/e/440853503697](https://www.eventbrite.co.uk/e/440853503697)



Promoting Wellbeing  
**Training**  
Autumn/Winter 2022-23

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

MAKING LIFE BETTER

Building Skills  
For Improving Health and Wellbeing

**XU Matter**  
Supporting 11 to 16 Year & More Well

*Courses*  
Autumn/Winter 2022- 23

**FAMILIES AND COMMUNITIES**  
Page. 5

- Autism awareness
- Evidence based parenting programmes
- RoSPA Child safety training
- NEW** BISP Training – Paediatric first aid

**FOOD AND NUTRITION**  
Page. 11

- FREE Nutritional information sessions/webinars for all
- Making the most of your slow cooker TUTOR training

**MENTAL HEALTH**  
Page. 14

- ASIST
- NEW** B Positive
- BodyTALK
- GIMME 5
- NEW** Little Healthy Me
- NEW** Café conversations
- Mental health first aid (MHFA)
- NEW** MINDSET
- Provoking thought
- SafeTALK
- Stress Control
- NEW** Shoulder to Shoulder
- STORM skills training in risk management
- Suicide bereavement
- SBNI Trauma informed practice
- Solihull understanding trauma

**PHYSICAL ACTIVITY**  
Page. 33

- Walk Leader
- NEW** Drum based exercise

**SAFEGUARDING**  
Page. 37

- Adult Safeguarding awareness
- NEW** Loneliness awareness
- Safeguarding Children
  - Full course
  - Designated person course
  - Refresher course
  - Basic awareness course

*Courses*  
Autumn/Winter 2022- 23

**SEXUAL HEALTH**  
Page. 45

- Sexual health awareness update

**SUPPORTING HEALTH & WELLBEING**  
Page. 48

- Brief Intervention training – Smoking services
- Stop smoking – very brief advice

**USER INVOLVEMENT, CO-PRODUCTION & COMMUNITY DEVELOPMENT**  
Page. 52

- Community Development awareness
- Step 1.** PPI and User involvement awareness
- Step 2.** Engage and Involve training
- SCOPE training

**WORKPLACE HEALTH**  
Page. 58



<https://hcsnisoutherntrust.pagetiger.com/pwb-training>

## Introduction to Ukrainian Language & Culture



Our free OpenLearn course will teach you the key elements of Ukrainian language and culture, to help you best support displaced people in the UK.



[www.open.edu/ukrainian-language-and-culture](https://www.open.edu/ukrainian-language-and-culture)

## YOUNG PEOPLE'S GAMBLING HARM PREVENTION PROGRAMME

Education | Training | Support



Youth Work Alliance (YWA) are working with YGAM who are an education charity that offer fully funded, City & Guilds assured training workshops for youth facing staff on the topic of gaming and gambling related harm in partnership with GamCare

### Did you know that:

55,000 11-16-year-olds are problem gamblers ([Gambling Commission, 2019](#))  
12 studies have shown a link between purchasing loot boxes in video games and problem gambling ([Universities of Plymouth and Wolverhampton, 2021](#))

This training aims to enable youth-facing professionals to safeguard young people by developing their critical-thinking and decision-making skills

Workshop content includes:

- Gaming and gambling related harm • Advertising and regulation • Mental health and wellbeing • The blurred lines between gaming and gambling
- How to spot signs of harm • Where to get help and support

On completion of the training, attendees are given complimentary and downloadable access to a wide range of award-winning resources  
(Examples of our resources can be found [HERE](#))


YGAM also have a [Parents Hub](#), giving advice, tips and tools and parents can also book on to one of the Parents Awareness Workshops

Book a workshop [HERE](#), or contact us directly to organise a bespoke a training session or to find our more information

at [Helen@youthworkalliance.com](mailto:Helen@youthworkalliance.com) or YGAM at [training@ygam.org](mailto:training@ygam.org)



[Helen@youthworkalliance.com](mailto:Helen@youthworkalliance.com)



## Clanrye Group

Here To Support You

# CARERS RIGHTS EVENT

**THURSDAY 24TH NOVEMBER**  
**10AM - 1PM | ARMAGH CITY HOTEL**


If you are an unpaid Carer and not sure what your rights are then this is an event for you!

A range of agencies will be there to give you the latest guidance and help you understand your rights. Alongside, 2 guest speakers Beagley & Co Solicitors and Community Advice.


Arrival Tea & Coffee: 10AM - 10.30AM  
Lunch provided: 12.30PM - 1PM

LOCAL SUPPORT GROUP & SERVICES WILL BE THERE TOO

CHECK OUT OUR FACEBOOK EVENT PAGE - CLANRYE GROUP



For more information please contact Maeve Murphy on 028 3089 8119 / 07485325930 or email [maeve.murphy@clanryegroup.com](mailto:maeve.murphy@clanryegroup.com)



Southern Health and Social Care Trust



## 'Permission to Pause' Self Care Networking Event

Tuesday 29th November 2022  
Crowne Plaza Hotel, Belfast




### Event Details

**Date:** 29th November 2022  
**Time:** 9.30am - 11.30am  
**Venue:** Crowne Plaza, 117 Milltown Road, Belfast, BT8 7XP  
**Parking:** Complimentary  
**Refreshments:** Tea/Coffee and morning pastries  
**Cost:** Free to Members £15 to Non-Members

**Register now:** Scan the QR Code or visit [actiontrauma.com/events](http://actiontrauma.com/events)





\*Please inform us of any dietary requirements



[maeve.murphy@clanryegroup.com](mailto:maeve.murphy@clanryegroup.com)



[www.actiontrauma.com/events](http://www.actiontrauma.com/events)



[www.eventbrite.co.uk/daily-mile-santa-run-2022](https://www.eventbrite.co.uk/daily-mile-santa-run-2022)

Public Health Dietitian's Group  
HSC Public Health Agency  
HSC Health and Social Care  
Project supported by the PHA

# How to Save Money on Your Food Shop

Top tips for meal planning, cooking & savvy shopping.

Tuesday 22 November  
10am

<https://tinyurl.com/Money-saving-nov>



 <https://tinyurl.com/Money-saving-nov>

**Money Guiders Northern Ireland Network**

**A Budget isn't just for Christmas!**

Hosted by the  
Consumer Council  
NI on the 1<sup>st</sup> of  
December @ 11am

**Money Guiders**  
Take your help further

Reed in Partnership

 Money & Pensions Service



 [www.eventbrite.co.uk/e/a-budget-isnt-just-for-christmas](https://www.eventbrite.co.uk/e/a-budget-isnt-just-for-christmas)



## Free Relationships & Sexuality Education For Young People

We can provide 2 x 2hr sessions over a 4-week period that include:

- Healthy relationships
- The human body and development
- Sexuality & sexual behaviour
- Values, rights, culture & sexuality
- Understanding gender
- Violence and staying safe
- Health & wellbeing
- Sexual & reproductive health

Sessions can be provided face to face at your premises. If required we can discuss a blended approach to include zoom. This service is available to groups across Northern Ireland in the community.

**12-14 years old;** contact [hello@commonyouth.com](mailto:hello@commonyouth.com)

**15-16 years old;** contact [info@relateni.org](mailto:info@relateni.org)

**17-19 years old;** contact [nigel@acet-ni.com](mailto:nigel@acet-ni.com)



12-14 Year Olds



15-16 Year Olds



17-19 Year Old



## COPING WITH CHRISTMAS

This FREE online session aims to help parents deal with Christmas.

It will explore parents' concerns and expectations around Christmas and equip parents with the skills to manage stress and family conflict

### PARENT WORKSHOP

WEDNESDAY 23RD NOVEMBER

10-11AM

ONLINE VIA ZOOM

To Register call the  
Support Line: 0808 8010 722

[parentingni.org](http://parentingni.org)



0808 8010 722

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## Teen Programmes

**Programme: Odyssey Parenting Your Teen**

Attendees: Parents and Carers  
Start date: 3 October 2022  
Duration: 8 Weeks  
Time: 7pm - 9pm  
Location: Online  
Add Inf: Priority given to families in the Craigavon & Banbridge Areas  
Facilitators: Parenting NI  
Enquiries/Referrals: 080 880 10722 (Freephone)

**Programme: Odyssey Parenting Your Teen**

Start date: 26 January 2023  
Duration: 8 Weeks  
Time: 7pm - 9pm  
Location: Online  
Add Inf: Priority given to families in the Newry/Mourne Area  
Facilitators: Parenting NI  
Enquiries/Referrals: 080 880 10722 (Freephone)

**Programme: Parents Plus  
Special Needs programme**

Start date: 4 October 2022  
Duration: 7 weeks  
Time: 7pm—9pm  
Location: Online  
Add Inf: For parents/carers of young people 11-18 years in the Southern Trust with a confirmed Autism diagnosis. Delivery partners ST Autism Services and Parenting Partnership

Enquires/Referrals: Parenting Partnership  
07880474747  
[parenting.partnership@southerntrust.hscni.net](mailto:parenting.partnership@southerntrust.hscni.net)

## Additional Contacts / Information

**Lorraine O'Neill**

Parenting Partnership Manager  
Southern Health & Social Care Trust  
t: 07880 474747  
e: [Lorraine.oneill@southerntrust.hscni.net](mailto:Lorraine.oneill@southerntrust.hscni.net)

**Martina McCooley**

Child Development Interventions Co-ordinator  
Southern Health & Social Care Trust  
Promoting Wellbeing Division  
t: 028 37 564462 / 07795 450278  
e: [martina.mccooley@southerntrust.hscni.net](mailto:martina.mccooley@southerntrust.hscni.net)

For further information on these  
and other programmes please  
visit our webpage:

[www.cypsp.hscni.net/ebpp/](http://www.cypsp.hscni.net/ebpp/)



MAKING LIFE BETTER

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

## Evidence Based PARENTING SUPPORT PROGRAMME DELIVERY

Giving every child  
the best start / opportunity  
in life.



**2022/ 2023  
Southern Trust**



[Lorraine O'Neill](mailto:Lorraine.O'Neill@southerntrust.hscni.net) / [Martina McCooley](mailto:Martina.McCooley@southerntrust.hscni.net)

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Southern Trust Programmes 2022/23							
	Programme Name	Attending	Start Date	Duration/ Time	Location	Referrals/Enquires	Additional info
Early Years	Mellow Bumps	For Mums to be	13 Oct 2022	7 weeks 10.30am-12.30pm	Zoom	e: <a href="mailto:mellow.parenting@southerntrust.hscni.net">mellow.parenting@southerntrust.hscni.net</a> t: 028 3756 4489	Referrals taken at any time for later programmes
	Mellow Dads	For Dads to be	15 Sept 2022 Or 18th Oct 2022	6 weeks 7pm-9pm 6.30pm—8.30pm	Zoom	e: <a href="mailto:mellow.parenting@southerntrust.hscni.net">mellow.parenting@southerntrust.hscni.net</a> t: 028 3756 4489	Referrals taken at any time for later programmes
	Incredible Years Baby (0-4 months)	Parents/ Carers & Babies	Autumn 2022 (4 programmes)	8 weeks (+ 5 Baby Massage)	Newry, Moy, Banbridge & Portadown	<a href="mailto:info@homestartnewry.com">info@homestartnewry.com</a> 028 3026 6139 <a href="mailto:homestartad@btconnect.com">homestartad@btconnect.com</a> 028 8778 9489 <a href="mailto:homestartbanbridge1@btconnect.com">homestartbanbridge1@btconnect.com</a> 028 4062 6234 (for Banbridge, Portadown, Lurgan, & Craigavon Referrals)	For families across the Southern Trust outside Sure Start areas. This face-to-face Parent/Infant Programme Suite will also include baby massage
	Incredible Years Baby (0-4 months)	Parents/ carers & Babies	27 April 2023	8 weeks 10am-12pm	TBC	Enquiries / Referrals: t: 07880 474747 e: <a href="mailto:parenting.partnership@southerntrust.hscni.net">parenting.partnership@southerntrust.hscni.net</a> or e: <a href="mailto:Elaine.trainor@southerntrust.hscni.net">Elaine.trainor@southerntrust.hscni.net</a> t: 07766220716	Preference given to parents of babies 0-4 months at time of programme in the Newry & Mourne locality. Delivery partners: GP MDT Team and Parenting Partnership
	Solihull 'Understanding Your Child' (0-5)	Parents/ Carers	17 January 2023	10 weeks 7pm—9pm	TBC	Enquiries / Referrals: Parenting Partnership t: 07880 474747 e: <a href="mailto:parenting.partnership@southerntrust.hscni.net">parenting.partnership@southerntrust.hscni.net</a>	For parents of children in Day-care, Child-minding & Nursery settings. Delivery Partner: Parenting Partnership and Health Visiting
	Incredible Years Autism & Speech & Lang Delay Programme (2-5 years)	Parents/ Carers	15 Sept 2022	14 weeks 10am—12pm	Online	Enquiries / Referrals: Parenting Partnership t: 07880 474747 e: <a href="mailto:parenting.partnership@southerntrust.hscni.net">parenting.partnership@southerntrust.hscni.net</a>	Delivery Partners: Parenting Partnership & Southern Trust Autism Services
School Age		Parent/ Carers	19 Jan 2023	14 weeks 10am—12pm	TBC	Enquiries / Referrals: Parenting Partnership t: 07880 474747 e: <a href="mailto:parenting.partnership@southerntrust.hscni.net">parenting.partnership@southerntrust.hscni.net</a>	Delivery Partners: Parenting Partnership & Southern Trust Autism Services
	Incredible Years Pre-school basic 3-8 years	Parents/ Carers	28 Sept 2022	14 weeks 10am-12pm	STEP Dungannon	Enquiries / Referrals: STEP t: 028 87750211 e: <a href="mailto:bernadetta.viana@stepni.org">bernadetta.viana@stepni.org</a>	This programme is available to parents/carers of children living in the Dungannon & Coalisland Neighbourhood Renewal Areas
	Incredible Years School Age (5-12 years)	Parents/ Carers	A/D 20 Sept 2022	12 weeks 10am-12pm	Online	Enquiries / Referrals: Parenting Partnership t: 07880 474747 e: <a href="mailto:parenting.partnership@southerntrust.hscni.net">parenting.partnership@southerntrust.hscni.net</a>	Delivery Partners: Parenting Partnership & BCM. Priority Armagh & Dungannon Area
	Incredible Years School Age (5-12 years)	Parents/ Carers	N/M 21 Sept 2022	12 weeks 10am-12pm	Online	Enquiries / Referrals: Parenting Partnership t: 07880 474747 e: <a href="mailto:parenting.partnership@southerntrust.hscni.net">parenting.partnership@southerntrust.hscni.net</a>	Delivery Partners: Parenting Partnership & Bolster Community Priority Newry & Mourne Area
	Incredible Years School Age (5-12 years)	Parents/ Carers	C/B 11 January 2023	12 weeks 10am-12pm	TBC	Enquiries / Referrals: Parenting Partnership t: 07880 474747 e: <a href="mailto:parenting.partnership@southerntrust.hscni.net">parenting.partnership@southerntrust.hscni.net</a>	Delivery Partners: Parenting Partnership & Parenting NI Priority Craigavon/Banbridge areas
	Incredible Years School Age (5-12 years)	Parents/ Carers	23 March 2023	12 weeks 10am—12pm	TBC	Enquiries / Referrals: Parenting Partnership t: 07880 474747 e: <a href="mailto:parenting.partnership@southerntrust.hscni.net">parenting.partnership@southerntrust.hscni.net</a>	Delivery Partners: Parenting Partnership & Tier 2 CAMHS. Available to families across the Southern Trust Area.
	Incredible Years School Age (5-12 years)	Parents/ Carers	29 March 2023	12 weeks Evening	TBC	Enquiries / Referrals: Parenting Partnership t: 07880 474747 e: <a href="mailto:parenting.partnership@southerntrust.hscni.net">parenting.partnership@southerntrust.hscni.net</a>	Delivery: Parenting Partnership Available to families across the Southern Trust Area.



Lorraine O'Neill / Martina McCooey

# £3.6m

## Grant Funding Scheme opens



### Health Minister opens £3.6m Grant Funding Scheme

Health Minister Robin Swann has launched the application process for the 2023/24 Department of Health Core Grant Funding Scheme.

Announcing the launch of the scheme, the Minister said: "I recognise the important role the community and voluntary sector plays in supporting the work of the health and social care system. To this end, I have made it a priority to identify the necessary funds for the Scheme.

"It is my intention that the Scheme will continue to provide an important source of financial support to a range of third sector organisations which deliver positive health and social care outcomes for people in Northern Ireland.

"This is the first time in nearly two decades that the Scheme has been opened up to applications from previously unfunded organisations.

Subject to the necessary funding being made available to the Department in 2023/24, a total of £3.615million will be allocated to the Scheme."

Organisations have until 6pm on Friday 18 November 2022 to apply for funding from the Scheme.



<https://www.health-ni.gov.uk/articles/core-grant-funding-scheme>



*Improving and Safeguarding  
Social Wellbeing in  
Northern Ireland*



## YOUR EXPERIENCE OF SOCIAL WORK

Have you or someone you know engaged with Social Work services in Northern Ireland? We are keen to learn from the experiences of people of all ages who have used social work services, have cared for someone who has used them or are close to someone who has used them. The data collected will be used to inform practice and service improvement and social work training.

The survey can be accessed below:



Click Here

You can request a printed copy by contacting us:

Call: **02895 362868** (office hours)

or email **10000morevoices@hscni.net**.

All data collected will be anonymous.

## SHARE YOUR STORY, SHAPE OUR SERVICE



<https://collector.sensemaker-suite.com/10000morevoices>

## Youth Led Mental Health Panel

### Want to take Action on Mental Health?

- Are you aged 13-24 years old and living in Northern Ireland?
- Do you want to have your say on youth mental health?
- Gain new experiences and make a difference?

Be a part of Action Mental Health's Youth led Panel through our group, which will meet every few months, or as part of our wider membership panel.



**YOUTH  
MENTAL  
HEALTH  
PANEL**

action  
mental  
health



## Zoom Sessions

Come join Laura and Caiti for our zoom info sessions.

When: 15th/16th/22nd of November 2022  
Time: 7pm-8pm

Hit the link below to let us know you are interested and we will send you a zoom invite and more information.

LEARN MORE >

Register to our zoom [here](#)

## Young People/Parents/Teachers/Carers

To find out more about our youth panel join us at one of our zoom sessions (info above).

You can also email us for further information at:  
[youthpanel@amh.org.uk](mailto:youthpanel@amh.org.uk).

Parental consent for participation in the Core Panel will be required for those under the age of 16.

**YOUTH  
MENTAL  
HEALTH  
PANEL**

action  
mental  
health



[youthpanel@amh.org.uk](mailto:youthpanel@amh.org.uk)

**P.I.P.S.**  
Hope and Support

**WE ARE  
HIRING**

**COUNSELLING  
COORDINATOR**  
THE WELL-BEAN CAFE

**15 HOURS PER WEEK**  
**£35,000 PRO RATA**  
(3-WEEK ROTATIONAL ROTA)

**CLOSING DATE**  
**18/11/2022 @ NOON**

  
**APPLY NOW**

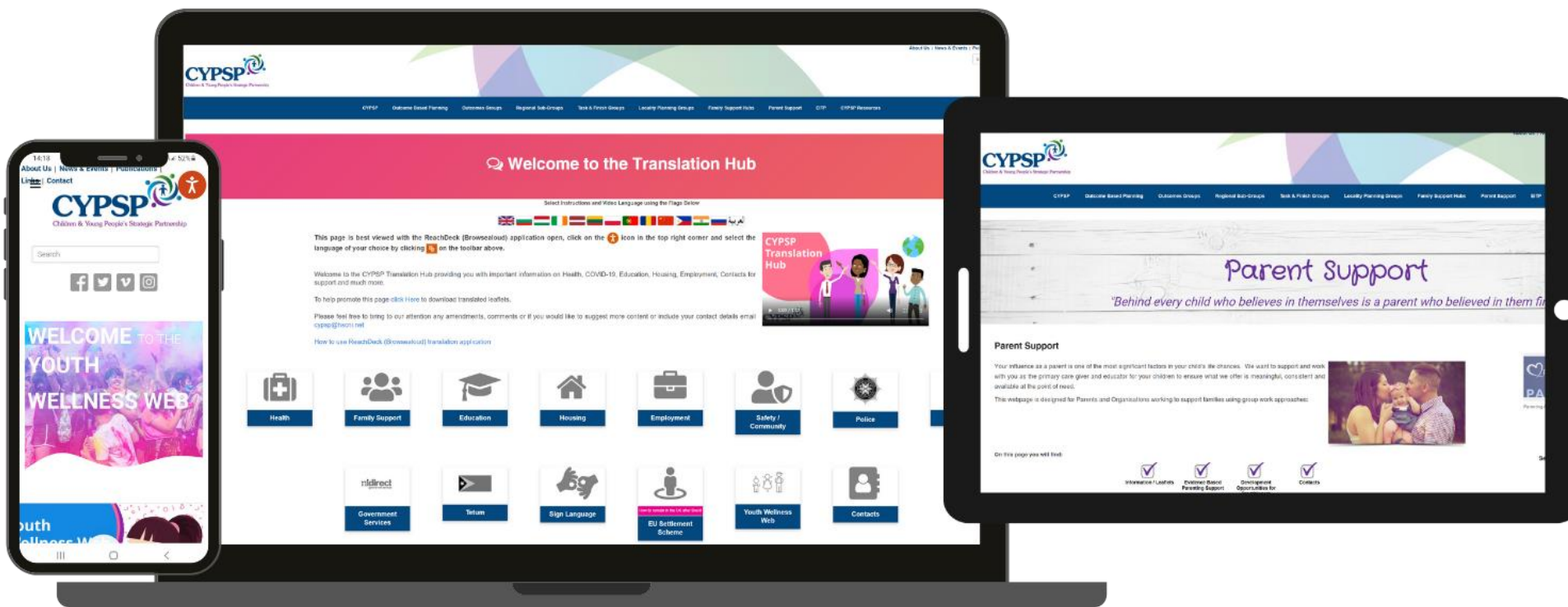
The WELL-Bean Cafe  
cafe@pipshopeandsupport.org | 028 3044 2



[www.pipshopeandsupport.org/clinical-coordinator-part-time](http://www.pipshopeandsupport.org/clinical-coordinator-part-time)

Scan the below QR codes to access the following CYPSP online resources:

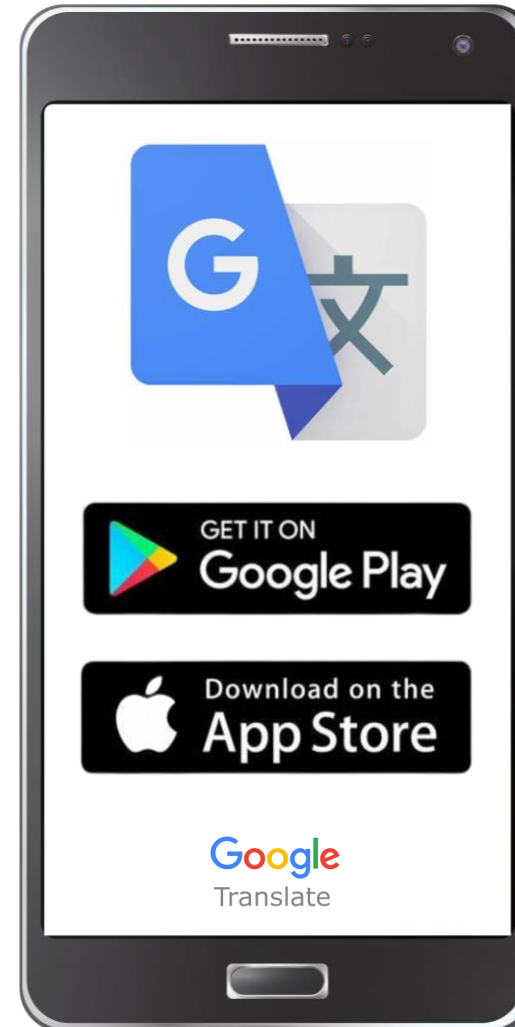
**Youth Wellness Web \* Translation Hub \* Parent Support Page**



Do you support non-English speaking families?  
Are you working with communities where English is a second language?

Why not check out the **Google Translate**  
and **Microsoft Translate** Apps?

Simply click on the Google Play or App Store icons, to download the corresponding App straight onto your mobile device





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

Download your copy [HERE](#)

(Note: The Resource Pack will download directly to your device, so look out for the pop-up box and click on open file when it appears)

Resources and activities are free and in the public domain

The resource pack will continue to be updated over the summer period, so keep an eye out on our website and social media platforms

([Facebook](#), [Twitter](#) and [Instagram](#))



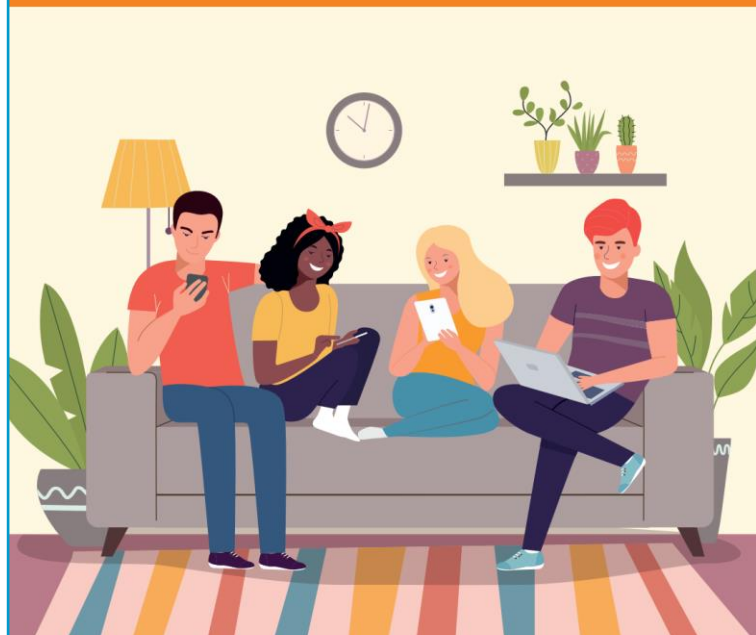
**Digital Hubs** are now available in local libraries across Northern Ireland offering all members of the community the room and resources to access virtual meeting spaces

The Digital Hub affords the user an added element of privacy providing a perfect space to use our online conferencing software to chat with friends and family, take part in a job interview, attend a course, meet other students to discuss coursework, attend a business meeting or even take part in a consultation with your doctor or other healthcare professionals

Digital Hubs are free to use for all library members for however long is required and can be pre-booked by speaking with a member of staff using a library membership number and PIN (Instructions for using each of the conferencing platforms will be provided in the digital hub and library staff will be on hand to help with any queries)

Find out more [HERE](#)

## It's a mobile life.



Top tips on using mobile devices and apps safely.



[www.getsafeonline.org](http://www.getsafeonline.org)



[nidirect.gov.uk/scamwiseNI](http://nidirect.gov.uk/scamwiseNI)



**Police Service**  
of Northern Ireland

## Get Safe Online

Get Safe Online is the UK's leading source of information and advice on online safety and security, for the public and small businesses. It is a not-for-profit, public/private sector partnership backed by law enforcement agencies and leading organisations in internet security, banking and retail.

For more information and expert, easy-to-follow, impartial advice on safeguarding yourself, your family, finances, devices and workplace, visit [www.getsafeonline.org](http://www.getsafeonline.org)

If you think you've been a victim of online fraud, report it to Action Fraud, the UK's national fraud and cybercrime reporting centre on **0300 123 20 40** or at [www.actionfraud.police.uk](http://www.actionfraud.police.uk)

In Scotland, report fraud to Police Scotland by calling **101**.



[www.getsafeonline.org](http://www.getsafeonline.org)



**Police Service**  
of Northern Ireland

### OFFICIAL PARTNERS



[www.getsafeonline.org](http://www.getsafeonline.org)

Need someone to listen without judgement?

**Parentline NI**  
0808 8020 400  
#parentingweek

We're in your corner

...Parentline are in your corner  
#inyourcorner

Call us: 0808 8020 400  
Email us: [parentline@ci-ni.org.uk](mailto:parentline@ci-ni.org.uk)  
Webchat: [ci-ni.org.uk/parentline](https://ci-ni.org.uk/parentline)  
Request a call back: [ci-ni.org.uk/parentline](https://ci-ni.org.uk/parentline)

We're open:  
Mon-Thurs 9am - 9pm  
Fri 9am - 5pm  
Sat 9am - 1pm

 0808 8020 400

 [parentline@ci-ni.org.uk](mailto:parentline@ci-ni.org.uk)

 [www.ci-ni.org.uk/parentline](https://www.ci-ni.org.uk/parentline)



Watch Parentline's brand new animation today  
Reach out and get in touch on 0808 8020 400  
Parentline are here for you!

[#inyourcorner](https://www.instagram.com/inyourcorner)

 <https://youtu.be/9mqSWgPQGNs>



0808 8020 400

**Evening Session on Zoom**

**Parenting a neurodiverse child through big life events.**

**How to journey through family changes, holidays, Christmas, birthdays and friendships**

Life is full of big events. Births, loss and grief and many celebrations. Journeying through all of these can be particularly challenging whilst parenting a child with neurodiverse needs. During this workshop we will be sharing top tips on how to approach each of these.

**Monday 14th November 7pm or Monday 28th November 7pm**

**For more information or to book a place call**

**0808 8020 400**



0808 8020 400

## Services Available Through The Hub May Include...



"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 37522380  
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  
BT35 6AA  
T: 028 30835764  
E: familysupporthub@space-ni.com

Believe in  
children  
Barnardo's



## Southern Area FAMILY SUPPORT HUB

*Many families need a little extra  
help sometimes*



## Information for Families



MSC Southern Health  
and Social Care Trust

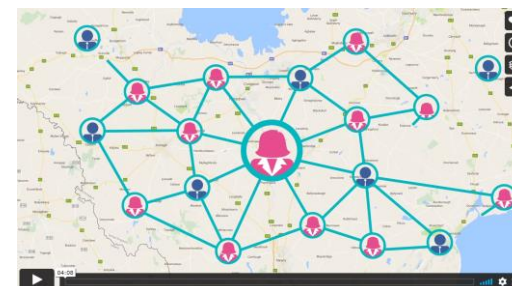


The 3 **Family Support Hubs** in the Southern Area continue to operate as normal and are open for referrals

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

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

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



**familysupport NI**.gov.uk  
 Helping You Find the Services You Need

Family Support   Childcare   Childcare Partnerships

Information on a wide range of family support services and registered childcare provision in Northern Ireland

Family Support Services   All Categories   Keyword   Search

Show Postcode Search

**Get Local Support**  
 Adoption Fostering & Looked After Children  
 Bereavement  
 Carers  
 Child Protection  
 Counselling  
 Disability - Learning Disability, Autism, ADHD  
 Disability - Physical & Sensory  
 Domestic/Sexual Abuse  
 Drug/Alcohol Misuse  
 Eating Disorders  
 Educational Support  
 Employment/Training  
 Ethnic Minority Support  
 Family Support  
 Family Support Hub  
 Financial/Welfare Advice  
 Health and Wellbeing  
 Health Visiting  
 Housing  
 LGBT  
 Mental Health  
 Parenting Support  
 Partnership Organisation  
 Prison Support Services  
 Self Harm & Suicide  
 Separating Families  
 Sure Start  
 Youth Offending  
 Youth Services

**Family Support & Advice**  

**What is a Carer ? What Support is Available ?**  
 What is a Carer ? A carer is usually someone who provides help and support to a family member or friend who cannot manage without their help.  
 Last Update: 07/10/2022





**What types of Financial/Welfare Advice are available for Families ?**



**Support for Learning Disability, Autism and ADHD**



**Adoption & Fostering Support in Northern Ireland**



**Free School Meals / Uniform Grants**



**Support For Disability - Physical & Sensory**



**Looking after someone**  
 Carers NI - Looking After Someone



**Searching for Family Support Services**



**Helpful Services for Parents**



**Separating Families**



**Breastfeeding**  
 Breastfeeding Support



**Children & Young People Strategic Partnership (CYPSP) Translation Hub**

Check out the **Family Support NI** website [HERE](https://familysupportni.gov.uk)

A useful up-to-date online directory making it easier for people in NI to find out about **family support services** and **ALL REGISTERED childcare providers** in NI

If you require any more information about the website or would like some leaflets / posters, call **0845 600 6483**

Watch the **promotional animation clip** outlining the functions / benefits of the website [HERE](https://familysupportni.gov.uk)

If you provide a family support service in Northern Ireland and would like **details of your organisation / service included** on the Family Support NI website, click [HERE](https://familysupportni.gov.uk) to complete a short questionnaire and return the form to [info@familysupportni.gov.uk](mailto:info@familysupportni.gov.uk)

## Step 2 Drug and Alcohol Service

(Armagh, Banbridge,  
Craigavon, Dungannon,  
Newry & Mourne)

The Step2 service is for people 18+ who wish to tackle their drinking or use of drugs. It aims to ensure the right treatment at the right time. There is no charge.

It can also support family members, whether or not their relative is accessing treatment for their use of alcohol or drugs.

### How it works

We (the Step2 Partnership) discuss all referrals received.

We look at the information provided and make contact. We arrange an assessment, discuss needs and ensure that our service is suitable.

Then one of the partnership members gets in touch to give the help needed, for example, advice, support and/or therapy. Interpreting services are available.

To refer yourself, or refer someone else (with their consent):

Tel: Katrina 07591 834 468

or Christine 028 9039 2547

Email: [step2partnership@dunlewey.org](mailto:step2partnership@dunlewey.org)

Referral forms: <https://bit.ly/3KOZ3Xo>

### Members of the Partnership



The service is funded by the PHA. For hazardous or harmful alcohol use - scoring 16+ on AUDIT – and/or harmful drug use - as defined within the 'Stepped Care Model'.



[Step2Partnership@Dunlewey.org](mailto:Step2Partnership@Dunlewey.org)

(Page 2 of 2)

**Want help to cut down  
or stop drinking or  
using drugs?**

The Public Health Agency funds a free service for people living in Armagh, Banbridge, Craigavon, Dungannon and Newry & Mourne.

Talk to your GP, nurse, or contact 'Step 2' yourself:

Phone: 028 90 392 547

Email: [Step2Partnership@Dunlewey.org](mailto:Step2Partnership@Dunlewey.org)

Visit <http://services.drugsandalcoholni.info/node/142>

Search for us online /nidacts

[www.drugsandalcoholni.info](http://www.drugsandalcoholni.info)

[/NIDACTS](#) [facebook](#) [twitter](#)

**HSC** Public Health Agency

Project supported by the PHA



**Affected by  
someone else's use  
of alcohol or drugs?**

The 'Step 2' service can give advice and support if you live in Armagh, Banbridge, Craigavon, Dungannon or Newry & Mourne. The Public Health Agency pays for this service.

Talk to your GP, nurse, or contact 'Step 2' yourself:

Phone: 028 90 392 547

Email: [Step2Partnership@Dunlewey.org](mailto:Step2Partnership@Dunlewey.org)

Visit <http://services.drugsandalcoholni.info/node/142>

Search for us online /nidacts

[www.drugsandalcoholni.info](http://www.drugsandalcoholni.info)

[/NIDACTS](#) [facebook](#) [twitter](#)

**HSC** Public Health Agency

Project supported by the PHA



[Step2Partnership@Dunlewey.org](mailto:Step2Partnership@Dunlewey.org)

## DRUG AND ALCOHOL SUPPORT SERVICES

SOUTHERN HEALTH AND SOCIAL CARE TRUST AREA

Date of publication: 2022

Disclaimer: While every effort has been made to ensure the accuracy of the information provided in this directory, it is not intended to be a substitute for professional advice. It is recommended that you always check directly with providers that their service or organisation meets your requirements, where any specific organisation or service is mentioned by name or otherwise. The above information is not intended to be a substitute for professional advice. It is recommended that you always check directly with providers that their service or organisation meets your requirements, where any specific organisation or service is mentioned by name or otherwise. The above information is not intended to be a substitute for professional advice.

This publication can also be downloaded from [www.drugsandalcoholni.info](http://www.drugsandalcoholni.info)



### Services for Adults

**Drug and Alcohol Harm Reduction Service**  
Aimed at those who misuse alcohol and/or drugs at harmful levels and/or in harmful ways but who are unable to commit to formal treatment (including chronic drinkers & injecting drug users).

**Open Access/Self Referrals Accepted**

**Extern** (Southern Trust Drug & Alcohol Harm Reduction Service)

- ☐ Lauren 07710113825
- ☐ Pauline 07484014288
- ☐ Glynnis 07483146160

**DePaul NI** (Harm Reduction Floating Support Service for Chronic Alcohol and Drug Users)

- ☐ Tel: 028 8772 5860

**Aftercare Addiction Service**  
Offering one to one counselling, 6-12 weeks (non-residential) treatment programmes, relapse prevention and family support.

**Open Access/Self Referrals Accepted**

**Davina's Ark**

- ☐ Tel: 028 3027 9407

**Adult Step 2 Service**

One to one therapeutic treatment and support service for alcohol and/or drug misuse. Family members can also get advice and support - regardless of whether their significant other is seeking help.

**Open Access/Self Referrals Accepted**

**Ascort, Dunlewey, Extern, Inspire**

- ☐ Tel: 07591 834 468
- ☐ Tel: Christine 028 9039 2547
- ☐ Step2Partnership@dunlewey.org

**Statutory Addiction Service**

Provided by a range of specialist teams within community and hospital settings.

**GP/Health Professional Referrals**

**SHSCT**

- ☐ Tel: 028 3756 4513
- Residential treatment is accessible through the statutory addiction service.

### Young People/Family

**Newry Youth Engagement Service (YES)**

A youth friendly, holistic health and wellbeing service where young people, aged 12-25, have opportunities to socialise and to get advice and support on a range of issues.

**Open Access**

**Magnet Centre**

- ☐ Tel: 028 3026 9070

**Banbridge Youth Engagement Service (YES)**

A youth friendly, holistic health and well-being service where young people, aged 12-25, have opportunities to socialise and to get advice and support on a range of issues.

**Open Access**

**FutureProof**

- ☐ Tel: 028 4062 4511

☐ [info@futureproofni.org](mailto:info@futureproofni.org)

**Targeted Lifeskills Service**

Groupwork programmes for young people, aged 11-25, focussed on life skills and harm reduction.

**Targeted at At-Risk/Vulnerable Groups**

**Start 360**

- ☐ Tel: 028 3832 2714

**Steps to Cope/ Hidden Harm**

For young people aged 11-25 who have been impacted by parental substance use and mental health problems.

**Open Access/Self Referrals Accepted**

**ASCERT**

- ☐ Tel: 0800 2545123
- ☐ [www.steps2cope.co.uk](http://www.steps2cope.co.uk)
- ☐ [stc@ascert.biz](mailto:stc@ascert.biz)

**DA-FACTS Youth Treatment & Support Service**

For children and young people aged 11 - 25. Family members can also get advice and support - regardless of whether their significant other is seeking help.

**Open Access/Self Referrals Accepted**

**Dunlewey Addiction Services**

- ☐ 078 0341 3049

**Pharos**

Therapeutic treatment and support for families and children affected by parental alcohol and/or drug misuse.

**Social Services/Addiction Services Referrals**

**Barnardos**

- ☐ Tel: 028 4062 3872
- ☐ [www.barnardos.org.uk](http://www.barnardos.org.uk)
- ☐ [what-we-do@services/pharos-southern-board](mailto:what-we-do@services/pharos-southern-board)

**DAMHS (Drug and Alcohol Mental Health Service)**

Range of therapeutic support services for young people aged under 18 with significant mental health and substance misuse difficulties.

**GP/CAMHS Referrals**

**SHSCT**

- ☐ Tel: 028 3839 2112

### Specific Groups

**Needle & Syringe Exchange Sites**

**Northern Pharmacies**

☐ Showlow Health Centre, Craigavon

- ☐ Tel: 028 3834 1462

**Boots**

☐ Scoton Street, Armagh

- ☐ Tel: 028 3752 3199/5910

**McKeagney Chemists**

☐ 5 John Mitchell Place, Newry

- ☐ Tel: 028 3026 2606

**Group Support**

Call or go online to find a meeting near you:

**Alcoholics Anonymous**

12 Step Programme/Group Meetings

- ☐ Tel: 028 9035 1222

☐ [www.alcoholicsanonymous.ie](http://www.alcoholicsanonymous.ie)

**AlAnon**

Group Support for Family Members

- ☐ Tel: 028 9068 2368

☐ [www.al-anonuk.org.uk](http://www.al-anonuk.org.uk)

**Alateen**

Group Support for Teenagers

- ☐ Tel: 028 9068 2368

☐ [www.al-anonuk.org.uk/alateen](http://www.al-anonuk.org.uk/alateen)

**Narcotics Anonymous**

12 Step Programme/Group Meetings

- ☐ Tel: 0300 365 1010

☐ [www.na-northernireland.org](http://www.na-northernireland.org)

**Community/Stakeholder Support**

**Southern Drug and Alcohol Coordination Team/Connections Service (SDACT Connections)**

The DACT Connections Service provides information, advice, signposting and awareness raising initiatives to a range of community and stakeholder partners.

- ☐ Tel: 028 3832 2714 (Start 360)

☐ [www.drugsandalcoholni.info](http://www.drugsandalcoholni.info)

☐ [connections@sdact.info](mailto:connections@sdact.info)

**Workforce Development Training Programmes**

A range of drug and alcohol training courses for those working with adults, children and young people.

**ASCERT**

- ☐ Tel: 0800 254 5123

There are two **Youth Engagement Services** available in the Southern Trust area for children and young people aged 11-25 years

The service is embedded in local communities and is complementary to, and valued by a wide range of services that provide interventions to support the health and well-being of children and young people

The service represents a physical hub where young people have opportunities to socialise in an alcohol and drug-free environment availing of information, advice and support on a range of issues including:

*Mental health and Emotional wellbeing Issues: Depression, Low Self-Esteem, Self-harm, Family Problems, Educational (School) Problems*

*Wider Personal and Health Issues: Drugs and Alcohol (including tobacco), Relationships, Sexual Health, Healthy Eating*

*Social Welfare Issues: Benefits, Housing, Debts, Employment*

*Practical Issues: Further Education, Careers, Money Management, Independent Living Skills*

The service also acts as a supportive signposting and referral agency for children and young people with additional support needs

The Youth Engagement Service Providers in the Southern Trust Area are, as follows:

**Futureproof** (Armagh, Banbridge, Craigavon)

Contact: [craigreact@aol.com](mailto:craigreact@aol.com) or [lucinda@futureproofni.org](mailto:lucinda@futureproofni.org)

**Magnet YAC** (Newry) [HERE](#)

Contact: [magnetyac@live.co.uk](mailto:magnetyac@live.co.uk)

For more detailed information on services available in your HSC area visit:  
[www.drugsandalcoholni.info](http://www.drugsandalcoholni.info)



"Addressing drugs and alcohol together"

In Crisis? Call **Lifeline**

FREE 24/7 HELPLINE  
**0808 808 8000**

## FREE ONLINE STRESS CONTROL COURSE

Course covers:

- What is stress

Controlling :

- Your body
- Your thoughts
- Your actions
- Panicky feelings
- Getting a good night's sleep
- Boosting your wellbeing



**#StressControlNI**  
**6 Sessions**  
**90 minutes**  
**per session**

For course information and dates  
visit [www.ni.stresscontrol.org](http://www.ni.stresscontrol.org)



CORONAVIRUS (COVID-19)



GET  
TESTED



FRESH  
AIR



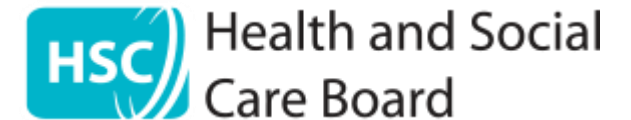
KEEP  
DISTANCE



WEAR FACE  
COVERING

LET'S KEEP  
MAKING  
SAFER  
CHOICES

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





## Funding Opportunities

Armagh City, Banbridge & Craigavon Borough Council is offering financial assistance to eligible groups in the voluntary, community and social enterprise sector for the period 1st April 2023 - 31st March 2024 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 14TH NOVEMBER UNTIL 12 NOON  
ON FRIDAY 9TH DECEMBER 2022.**

To further assist groups a number of Virtual Sessions have been arranged as follows:- **Tuesday, 15th November at 7.00pm**

**Wednesday, 16th November at 3.00pm**

To register for these sessions email [fap@armaghbanbridgecraigavon.gov.uk](mailto: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](mailto:fap@armaghbanbridgecraigavon.gov.uk)



Armagh City  
Banbridge  
& Craigavon  
Borough Council

Initial queries should be directed to  
Valerie Leatham on 07515 607480

# TAKE £500+

**YOUR COMMUNITY, YOUR VOICE, YOUR CHOICE!**

**WOULD YOU LIKE UP TO  
£1000 TO BRING A PROJECT  
TO LIFE IN YOUR COMMUNITY?**

**THEN CHECK OUT THE TAKE £500+  
PARTICIPATORY BUDGETING FUND!**

**For more information log onto  
[www.armaghbanbridgecraigavon.gov.uk/Take500plus](http://www.armaghbanbridgecraigavon.gov.uk/Take500plus)  
or call 0300 0300 900**

*\*Projects must be based on the Take 5 steps to wellbeing*



[fap@armaghbanbridgecraigavon.gov.uk](mailto:fap@armaghbanbridgecraigavon.gov.uk)



[www.armaghbanbridgecraigavon.gov.uk/take500plus](http://www.armaghbanbridgecraigavon.gov.uk/take500plus)

## COST OF LIVING SUPPORT



With the impact of the cost of living crisis being felt everywhere, we are committed to supporting individuals and families across our local community through these uncertain and challenging times. On this page, you can access a wide range of information, advice and guidance on support services, organisations and programmes that are here to help you navigate these current financial pressures.



[Food](#)



[Fuel](#)



[Finance](#)



[Warm Spaces](#)



[Useful Contacts](#)



[Support Helpline](#)



[www.armaghbanbridgecraigavon.gov.uk/costofliving/](http://www.armaghbanbridgecraigavon.gov.uk/costofliving/)

## Positive Directions

Supporting individuals aged 16-65 with a disability / long term health condition on a one-to-one basis and / or in small groups.



**Our passionate and skilled staff can help you by offering:**

- **A Range of Training and Qualifications**  
ICT, Retail, Customer Service, Horticulture, Employability and Personal Development (up to Level 2).
- **Enrichment Activities and Personal Development Workshops**  
To help increase confidence, motivation and communication skills.
- **Support with Sourcing Work**  
This includes work experience, volunteering and employment opportunities.
- **Practical Employability Support**  
This includes CV building, completion of application forms and preparation for job interviews.



Clanrye Group works in collaboration with a full range of professional support services to ensure each individual receives the support they need.

### To avail of this support...

**LOCATIONS**  
Newry  
Armagh  
Portadown  
Slieve Gullion

**CONTACT US**  
(028) 3089 8119  
info@clanryegroup.com

FIND US ON



www.clanryegroup.com

"This project is part funded through the Northern Ireland European Social Fund Programme and the Department for the Economy."



[info@clanryegroup.com](mailto:info@clanryegroup.com)

## Family Foundations

Community Family Support Programme for individuals aged 16-65 years who are unemployed and not in education or training.



**Our passionate and skilled staff can help you by offering:**

- **Personal and family support** with a focus on positive mental health and well-being.
- **Employability and career support** with practical tips for creating a CV, filling in application forms and attending job interviews.
- **Bespoke training** to include a range of Level 1 qualifications both online and in person.



**All support designed specifically for you and your family is offered on a 1:1 or small group basis, and is also FREE!**

Clanrye Group works in collaboration with a full range of professional support services to ensure each individual / family receives the support they need.

### To achieve your goals...

**LOCATIONS**  
Newry  
Armagh  
Portadown  
Downpatrick

**CONTACT US**  
(028) 3089 8119  
info@clanryegroup.com

FIND US ON



www.clanryegroup.com

"This project is part funded through the Northern Ireland European Social Fund Programme and the Department for the Economy."



[info@clanryegroup.com](mailto:info@clanryegroup.com)

  
**PIPS**  
Hope and Support

# 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 TO RECOGNISE  
AND CONNECT TO INTERVENTION SERVICES**

**FRIDAY 11TH NOVEMBER  
6:00PM - 9:00PM**

**GILFORD COMMUNITY  
CENTRE**  
Stramore Rd, Gilford, BT63 6HL

**Suitable for ages 15+**

**BOOK NOW!**  
[pipshopeandsupport.org/book-now?ID=2888](http://pipshopeandsupport.org/book-now?ID=2888)

  
**PIPS**  
Hope and Support

# 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 TO RECOGNISE  
AND CONNECT TO INTERVENTION SERVICES**

**TUESDAY 22ND NOVEMBER  
6:00PM - 9:00PM**

**PIPS HOPE & SUPPORT  
OFFICE - LURGAN**  
39-41 Union Street, BT66 8EB

**Suitable for ages 15+**

**BOOK NOW!**  
[pipshopeandsupport.org/book-now?ID=3447](http://pipshopeandsupport.org/book-now?ID=3447)



[www.pipshopeandsupport.org/safetalk-training](http://www.pipshopeandsupport.org/safetalk-training)



[www.pipshopeandsupport.org/safetalk-lurgan](http://www.pipshopeandsupport.org/safetalk-lurgan)

## The Community Shop - Eat Well for Less

**Full range of top quality fresh fruit, vegetables & groceries**

*"A not for profit initiative"*

### For that extra bit of help

Many varieties of prepack ready to use vegetables all at 20p or 6 for £1.00 Large and smaller potatoes 20p per kg  
Available on Thursday evening to Saturday surplus food from Tesco: Fruit, vegetables, meats, breads, pies etc. Some of this will be frozen .  
All 20p per pack regardless of size or original value

**Help us bring cheaper food to those who could do with a little help. Call with us and see the wide variety of food and household goods we have on offer - all at very reasonable prices**

**If you know of anyone who could do with some help with food and they cannot get out to us why not call on their behalf? Even £1 would get them a lot of healthy food.**

**We have lots of Tesco ready to cook frozen meals at 20p.** ( Not available for distribution by other groups or organisations )

**Open: Wednesday 5.00 pm to 7.00pm Thursday & Fridays 4.00 pm to 7.00 pm, Saturday 10.00 am to 1.00pm**  
(note change of opening times)

*Our Community shop is open to all. Avail of the best quality fruit , vegetables and general groceries at great value prices. You will be made very welcome*



### Richmount Rural Community Association

2 Derrylettiff Road , Scotch Street, Portadown , Co Armagh. BT62 41QU Tel: 07934186635

Email : joegar@hotmail.co.uk www.richmountruralcommunityassoc.chessck.co.uk

*Working together for all in our community*



[joegar@hotmail.co.uk](mailto:joegar@hotmail.co.uk)

## Driving Theory Workshop

**Clanrye Group**  
Here To Support You

This **FREE** intensive course is designed to provide support, learning and preparations for taking your driver theory test.

This 4-week workshop will be taking place every  
**Wednesday | 3:30pm - 5:00pm**  
Beginning Wed 9th November  
**Mayfair Business Centre, Portadown**

### This workshop will cover the following topics:

- **Week 1:** Road Signs
- **Week 2:** Signals, Crossing & Traffic lights
- **Week 3:** Speed limits & Stopping Distance
- **Week 4:** Motorway rules & Markings

Limited Spaces: To register please book online at  
[www.clanryegroup.com/book-activities/](http://www.clanryegroup.com/book-activities/)  
or contact Emma on 074 8532 5861.



<https://clanryegroup.com/book-activities/>



## Free online Mellow parenting program for parents with babies under 1 year old

### What the program is about?

- Looking better after yourself and your baby ⇒ **17th November**  
**10.30am —11.45am**
  - Help you and your baby to make the most of the precious time. ⇒ **For 8 weeks**
  - Focus your attention on what your baby can really do and what they need in the future. ⇒ **On Zoom**  
To book contact  
Deborah: 02838345357
  - 8 informal sessions 1hour 15min long
- homestart.craigavon@btopenworld.com

**HOME  
START**  
Craigavon

**Facilitated Online  
Mellow Babies  
Group**



[homestart.craigavon@btopenworld.com](mailto:homestart.craigavon@btopenworld.com)

## BE ACTIVE

Spaces are Limited. Book now on -  
[www.newrymouredown.org/be-active-app](http://www.newrymouredown.org/be-active-app)



## KILKEEL & NEWCASTLE LEISURE CENTRES

Classes to commence Monday 12th September 2022

### MONDAY - KILKEEL

Older & Active	10AM - 12PM
Water Aerobics	1PM - 1:30PM
Beginners Bootcamp	2PM - 2:45PM
Kids Multi-Sports (P1 - P3)	3PM - 3:45PM
Soccer Skills (P4 - P7)	4PM - 4:45PM

### TUESDAY - KILKEEL

LIIT (Low Intensity Interval Training)	10AM - 10:45AM
Parent & Baby Walking Group	11AM - 11:45AM
Strength & Balance	12PM - 12:45PM
Teen Gym (12 - 15 years)	4PM - 5PM

### THURSDAY - NEWCASTLE

<u>Newcastle classes will be held in the bowling pavilion</u>	
Parent & Baby Fitness Session	9:30AM - 10:15AM
Older and Active Session (Activities and Social Time)	10:30AM - 11:30AM
Chi Me (Gentle Tai Chi)	12PM - 12:45PM
Walking Group	1:15PM - 2PM
Teen Gym (12 - 15 years) - Newcastle Centre	4PM - 5PM

### FRIDAY - KILKEEL

Parent & Baby Fitness	10AM - 10:45AM
Walking Group	11PM - 12PM
Chi Me (Gentle Tai Chi)	12PM - 12:45PM
Water Aerobics	1:30PM - 2PM
Indoor Cycle	2:30PM - 3PM

For private community group bookings or more information on Leisure Centre classes please call or text Amy on: 07773036068

**SEPT - DEC 2022  
BOOKABLE NOW**



**£2 PER SESSION  
£30 FOR 20 SESSIONS  
£15 DD UNLIMITED SESSIONS**



07773036068

## BE ACTIVE

Spaces are Limited. Book now on -  
[www.newrymouredown.org/be-active-app](http://www.newrymouredown.org/be-active-app)



## NEWRY LEISURE CENTRE

Classes to commence Monday 12th September 2022

### MONDAY

50+ Gym	10AM - 11AM
Water Aerobics	11AM - 11:30AM
Dandeball	12:30PM - 1:15PM
Chi Me	2PM - 2:45PM
Badminton	3PM - 3:45PM
Teen Gym (12 - 15 years)	4PM - 5PM

### TUESDAY

Strength and Balance	10AM - 10:45AM
Beginners Circuits	11AM - 11:45AM
Chi Me	1PM - 1:45PM
Kid's Multi-Sports (6 - 8 years)	3:30PM - 4:30PM
Kid's Multi-Sports (9 - 12 years)	4:30PM - 5:30PM

### WEDNESDAY

Teen Gym (12 - 15 years)	7:15AM - 8AM
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### THURSDAY

Nordic Walking (WIN Industrial Estate, Newry Tow Path)	10AM - 11AM
Chi Me	11:15AM - 12PM
Boccia	12:15PM - 1PM
Water Aerobics	1:30PM - 2PM
Teen Netball	4PM - 5PM

### FRIDAY

Teen Gym (12 - 15 years)	7:15AM - 8AM
Parent and Baby Walking Group (WIN Industrial Estate, Newry Tow Path)	10AM - 11AM
Water Aerobics	1:30PM - 2PM
Indoor Cycle	2:30PM - 3PM

For private community group bookings or more information on Leisure Centre classes please call or text  
Laura on: 07761761298

**SEPT - DEC 2022  
BOOKABLE NOW**



**£2 PER SESSION  
£30 FOR 20 SESSIONS  
£15 DD UNLIMITED SESSIONS**



07761761298

## Positive Directions

Supporting individuals aged 16-65 with a disability / long term health condition on a one-to-one basis and / or in small groups.



**Our passionate and skilled staff can help you by offering:**

- **A Range of Training and Qualifications**  
ICT, Retail, Customer Service, Horticulture, Employability and Personal Development (up to Level 2).
- **Enrichment Activities and Personal Development Workshops**  
To help increase confidence, motivation and communication skills.
- **Support with Sourcing Work**  
This includes work experience, volunteering and employment opportunities.
- **Practical Employability Support**  
This includes CV building, completion of application forms and preparation for job interviews.



Clanrye Group works in collaboration with a full range of professional support services to ensure each individual receives the support they need.

### To avail of this support...

**LOCATIONS**  
Newry  
Armagh  
Portadown  
Slieve Gullion

**CONTACT US**  
(028) 3089 8119  
info@clanryegroup.com

FIND US ON



www.clanryegroup.com

"This project is part funded through the Northern Ireland European Social Fund Programme and the Department for the Economy."



[info@clanryegroup.com](mailto:info@clanryegroup.com)

## Family Foundations

Community Family Support Programme for individuals aged 16-65 years who are unemployed and not in education or training.



**Our passionate and skilled staff can help you by offering:**

- **Personal and family support** with a focus on positive mental health and well-being.
- **Employability and career support** with practical tips for creating a CV, filling in application forms and attending job interviews.
- **Bespoke training** to include a range of Level 1 qualifications both online and in person.



**All support designed specifically for you and your family is offered on a 1:1 or small group basis, and is also FREE!**

Clanrye Group works in collaboration with a full range of professional support services to ensure each individual / family receives the support they need.

### To achieve your goals...

**LOCATIONS**  
Newry  
Armagh  
Portadown  
Downpatrick

**CONTACT US**  
(028) 3089 8119  
info@clanryegroup.com

FIND US ON



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## SOCIAL CAFÉS

Clanrye Group, Drumalane Mill, The Quays,  
Newry  
\*No booking necessary

"A space for all to gather and enjoy good company with a warm cuppa"



<p><b>Monday</b></p> <p><b>Commun-Knit-Tea Social Café</b> 10:30AM - 12:30PM Open to those who love all things knitting</p> <p><b>Arts and Crafts Social Café</b> 1PM - 2.30PM</p>	<p><b>Wednesday</b></p> <p><b>Carers First Online Social Café</b> 11AM - 12PM Online via Zoom</p> <p><b>Social Café</b> 11AM - 12PM</p>
--	---

**Thursday: Digital Café** 10.30AM - 12PM

To book the Carers First Online Social Café please visit:  
[www.clanryegroup.com/book-now](http://www.clanryegroup.com/book-now)






## WALKING GROUPS

Warrenpoint / Newry / Bessbrook



Here To Support You

**MONDAY**  
**WARRENPOINT**  
10:30AM - 11:30AM  
Meeting at Warrenpoint Square

**TUESDAY**  
**DERRYMORE WOODS BESSBROOK**  
10:30AM - 11:30AM  
Meeting at the Carpark at Derrymore Woods

**FRIDAY**  
**NEWRY TOWPATH**  
10:30AM - 11:30AM  
Meeting at WIN Industrial Estate

Contact Ann-Marie on [annmarie.flanagan@clanryegroup.com](mailto:annmarie.flanagan@clanryegroup.com) or Phone 028 3089 8119




Register upon arrival




 <https://clanryegroup.com/book-activities/>

 [annmarie.flanagan@clanryegroup.com](mailto:annmarie.flanagan@clanryegroup.com)



## YOUTH ENGAGEMENT SERVICE

### YOUNG PEOPLES WELLBEING GROUP NEWRY CITY CENTRE





GUEST SPEAKERS, TRIPS, EDUCATIONAL AND RECREATIONAL SESSIONS  
WITH COMMUNITY PHARMACIST - FOOD PROVIDED AT EACH SESSION

**EVERY TUESDAY FROM 5.00 - 6.30PM  
FOR 14-17 YEAR OLDS**

**12 SPACES AVAILABLE**

Find us on **Facebook**  
@MagnetYAC  
Youth Engagement

Public Health Agency

YOUTH ENGAGEMENT SERVICE  
Magnet Young Adult Centre  
81a Hill Street  
Newry BT34 1DG  
Tel: (028) 30252214  
Email: brooke.magnetyac@gmail.com



[www.facebook.com/Youthengagementservicewewry](http://www.facebook.com/Youthengagementservicewewry)



## LET'S TALK ABOUT... YOUNG PEOPLE & MENTAL HEALTH

AN EVENING WITH AWARE NI, PIPS HOPE AND  
SUPPORT & THE ROYAL COLLEGE OF  
PSYCHIATRISTS

**MONDAY 21ST NOVEMBER**

**CANAL COURT HOTEL, NEWRY**

Come along to learn more about mental health and  
find out about local services for young people (18+)

### Speakers

Dr. Hayley Bowes (Royal College of Psychiatrists)

Speakers from AWARE & PIPS

Local stories of Lived Experience

Tea, coffee and registration from 6.30pm.

Event starts 7pm.

This event is free of charge, and everyone is welcome. Scan the QR code to  
register or visit [www.pipshopeandsupport.org/book-now?ID=3463](http://www.pipshopeandsupport.org/book-now?ID=3463)



[www.pipshopeandsupport.org/lets-talk-about](http://www.pipshopeandsupport.org/lets-talk-about)

## MENTAL HEALTH FIRST AID TRAINING



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

**JOIN THE NEXT TWO DAY WORKSHOP**

**TUESDAY 29TH & WEDNESDAY 30TH NOVEMBER**

**9:15AM - 5:00PM**

**WALD CENTRE**

**TULLYNAVALL ROAD | CULLYHANNA | NEWRY | BT35 0PZ**

**BOOK NOW!**

[pipshopeandsupport.org/book-now?ID=3449](http://pipshopeandsupport.org/book-now?ID=3449)



[www.pipshopeandsupport.org/mhfa](http://www.pipshopeandsupport.org/mhfa)

## Positive Directions

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[info@clanryegroup.com](mailto:info@clanryegroup.com)

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**Meeting at the Carpark at Derrymore Woods**

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**NEWRY TOWPATH**

**10:30AM - 11:30AM**

**Meeting at WIN Industrial Estate**

Contact Ann-Marie on [annmarie.flanagan@clanryegroup.com](mailto:annmarie.flanagan@clanryegroup.com) or Phone 028 3089 8119



Register upon arrival



[annmarie.flanagan@clanryegroup.com](mailto:annmarie.flanagan@clanryegroup.com)



## **COSTA Funding & Governance Support Service**

**Give COSTA a call for any assistance in identifying  
and securing suitable sources of funding and  
information.**

**If assistance with Charity Registration or Annual  
Returns is needed let us know -**

***COSTA is here to help!***

**Tel: 028 855 56880 or**

**email: [info.costa@btconnect.com](mailto:info.costa@btconnect.com)**



**[info.costa@btconnect.com](mailto:info.costa@btconnect.com)**

## **THE JUNCTION WARM BANK**

- Call in for a cuppa
- Read a paper
- Meet friends
- Stay warm

**Monday - Friday 10am - 4pm  
Everyone Welcome**

**The Junction, 12 Beechvalley Way, Dungannon - Beside Tesco**



**[www.facebook.com/STEPMidUlster](https://www.facebook.com/STEPMidUlster)**





Home Page

Resident

Your Council

Business

Visitor

## Welcoming Places













Mid Ulster District Council operates at the heart of our community. In doing so, we're working with our local partners to promote a network of places where our residents can come together in a warm welcoming environment, somewhere where they can connect with others or simply read a newspaper and enjoy a cup of tea or coffee.

We've listed all the places available to our residents across the public, private, health and voluntary sectors across the district.

We'll add to this list as we become aware of more places that come up across our district. If you wish to add your organisation you can [email](#) our Community Development team.

When	Where
Mondays	The Junction, Dungannon, 10am – 4pm Maghera Cultural Centre, 10am - 4pm Cookstown Library, 10.30am – 1pm
Tuesdays	The Junction, Dungannon, 10am – 4pm Maghera Cultural Centre, 10am - 4pm Ranfurly House, Dungannon, 10.30am – 1pm The Hub BT80, Cookstown, 12pm – 3pm
Wednesdays	The Junction, Dungannon, 10am – 4pm Maghera Cultural Centre, 10am - 4pm Ranfurly House, Dungannon, 10.30am – 1pm The Bridewell, Magherafelt, 10.30am – 1pm
Thursdays	The Junction, Dungannon, 10am – 4pm Maghera Cultural Centre, 10am - 4pm Dungannon Library, 10.30am – 1pm The Bridewell, Magherafelt, 10.30am – 1pm The Hub BT80, Cookstown, 12pm – 3pm
Fridays	The Junction, Dungannon, 10am – 4pm Maghera Cultural Centre, 10am - 4pm Magherafelt Library, 10.30am – 1pm



SUBMISSION		GUIDELINES
<ul style="list-style-type: none"> <li>✓ Submit the information in the format you would like it to be included. We can't transform a word-heavy document into a flyer.</li> <li>✓ Less words, bigger pictures!</li> <li>✓ We do not advertise or endorse those events or programmes which are privately funded as a business.</li> <li>✓ Information will usually be included for x1 edition, unless otherwise requested.</li> </ul>	           	<ul style="list-style-type: none"> <li>✓ 'FYI' will usually be issued every fortnight, on a Thursday afternoon. Please send your articles for inclusion by 5pm of the Tuesday prior to this.</li> <li>✓ We may have to decline to advertise information which is not applicable to better outcomes for children and young people.</li> <li>✓ Your feedback is welcome. (We are not perfect, but strive to be as good as we can.)</li> <li>✓ Please let us know if 'FYI' has helped your service, event or activity in any way.</li> </ul>



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

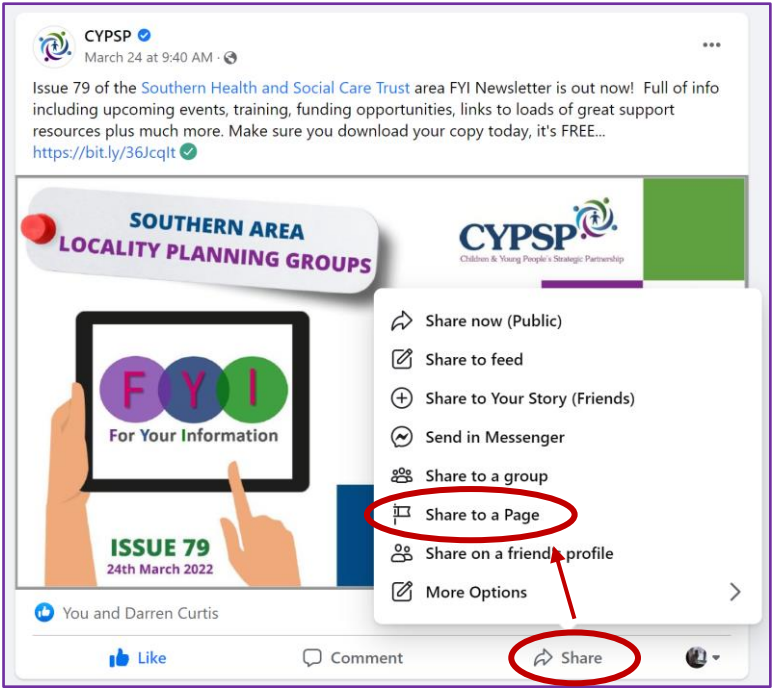
- [Issue 91](#)  
20<sup>th</sup> October 2022
- [Issue 90](#)  
6<sup>th</sup> October 2022





Please note, content will be displayed differently depending on the device being used

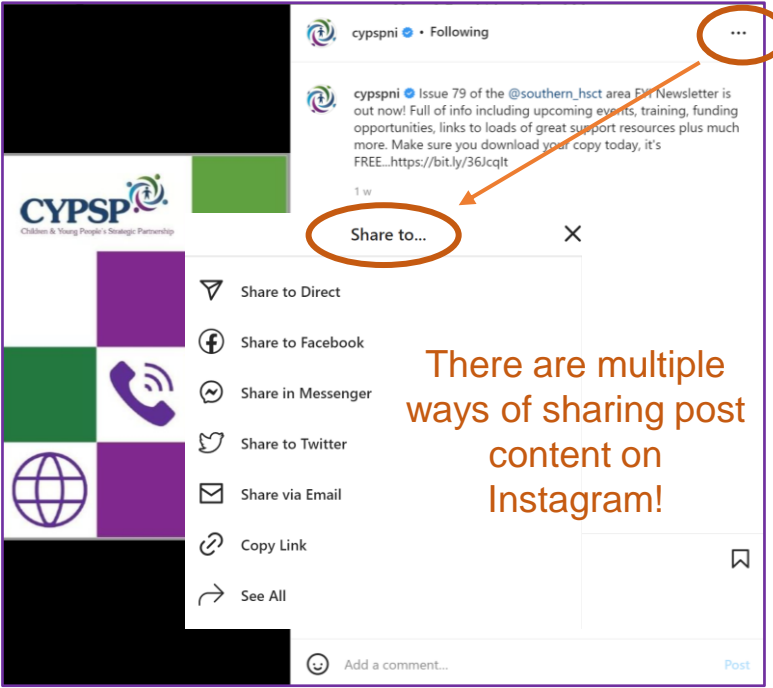
# SHARING 'FYI' – SOCIAL MEDIA "HOW TO"



If sharing to your organisation's page, use 'Share to a Page'  
(You need to have Admin permissions to do this)  
Otherwise, you can share to your own personal page, as well as into Facebook Groups which you are a member of



If logged in on your organisation's Twitter account, you can retweet to their page



- Send via Direct Message
- Bookmark
- Copy link to Tweet
- Share Tweet via ...

Alternatively, you can copy the link to include in a new tweet and you can also send the Tweet link via Direct Message to chosen contacts

## UPCOMING 2022 LPG MEETINGS

Banbridge	Wed. 16 <sup>th</sup> Nov.
South Armagh	Tues. 22 <sup>nd</sup> Nov.
Newry & Mourne	Wed. 30 <sup>th</sup> Nov.
Dungannon	Tues. 6 <sup>th</sup> Dec.
Armagh	Thur. 12 <sup>th</sup> Jan.
Craigavon	Tues. 17 <sup>th</sup> Jan.

Meetings are usually scheduled to begin at 10am  
(unless otherwise notified)

All upcoming meetings taking place in-person

### RESOURCES WE HAVE PRODUCED

- (6) Southern Area Summer Activities Directory 2022
- (7) School Uniform Recycling Toolkit 2022
- (8) Migrant Ethnic Minority Families Access To Services Needs Assessment 2022
- (9) Useful Links for Safer Internet Day 2022
- (10) Children & Young People's Summer Activities Directory 2021
- (11) Emotional Wellbeing &



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](mailto:localityplanning@ci-ni.org.uk)) or Darren Curtis (07725232566)

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





For Your Information

## NEXT ISSUE

**24th November  
2022**

**Submission  
Deadline:**

**22nd November  
2022**



[localityplanning@ci-ni.org.uk](mailto:localityplanning@ci-ni.org.uk)

