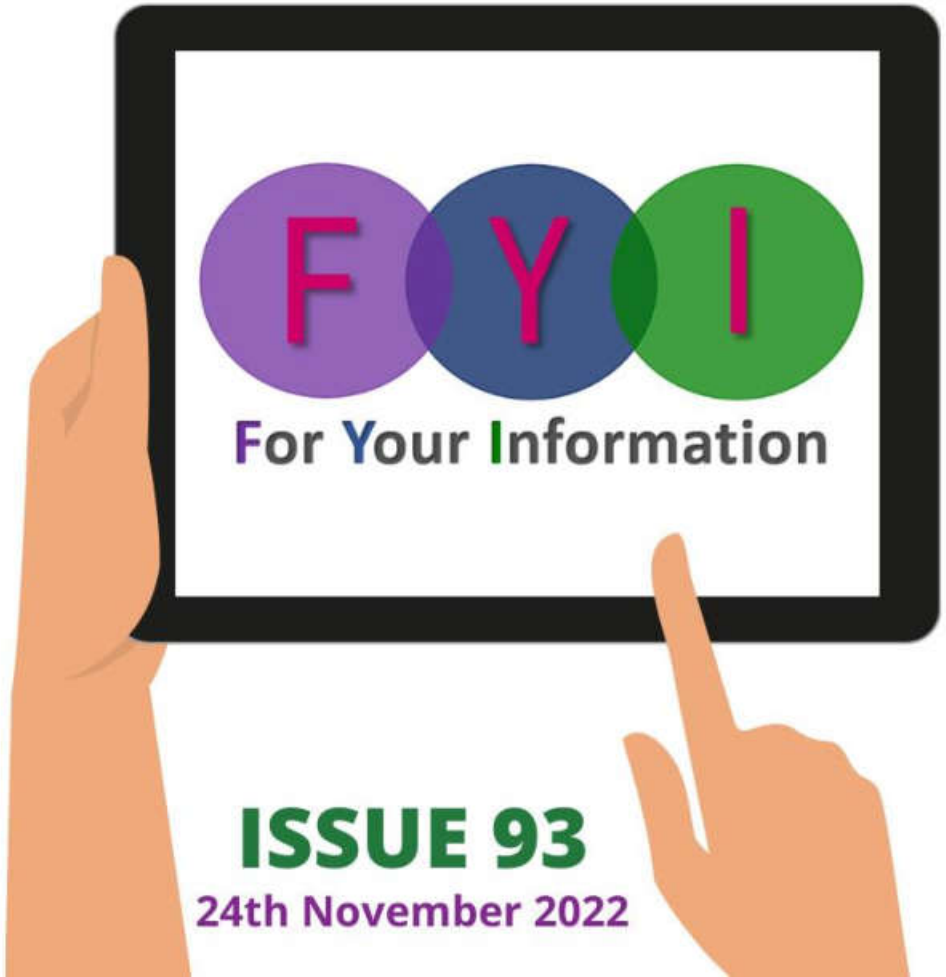
SOUTHERN AREA LOCALITY PLANNING GROUPS

CYPSP
Children & Young People's Strategic Partnership



ISSUE 93

24th November 2022

FYI
For Your Information

CYPSP
Children & Young People's Strategic Partnership

WELCOME

Welcome to the 93rd edition of our information bulletin, 'FYI' (For Your Information)

We are enjoying re-connecting with our Locality Planning Group members via our face-to-face meetings from October to December and will alternate these meetings between face-to-face and Zoom, to accommodate all members. These meetings give us the chance to make great contacts and connections, and to share information like we include in 'FYI'. If you work to improve the lives of children and young people (including family/parent support), you are most welcome to attend one of our LPG meetings. Contact us to find out more.

We have one more edition of 'FYI' between now and the end of the year, so please send any information or notification of events, etc. to us by the end of Tuesday 6th December.

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

IN THIS ISSUE

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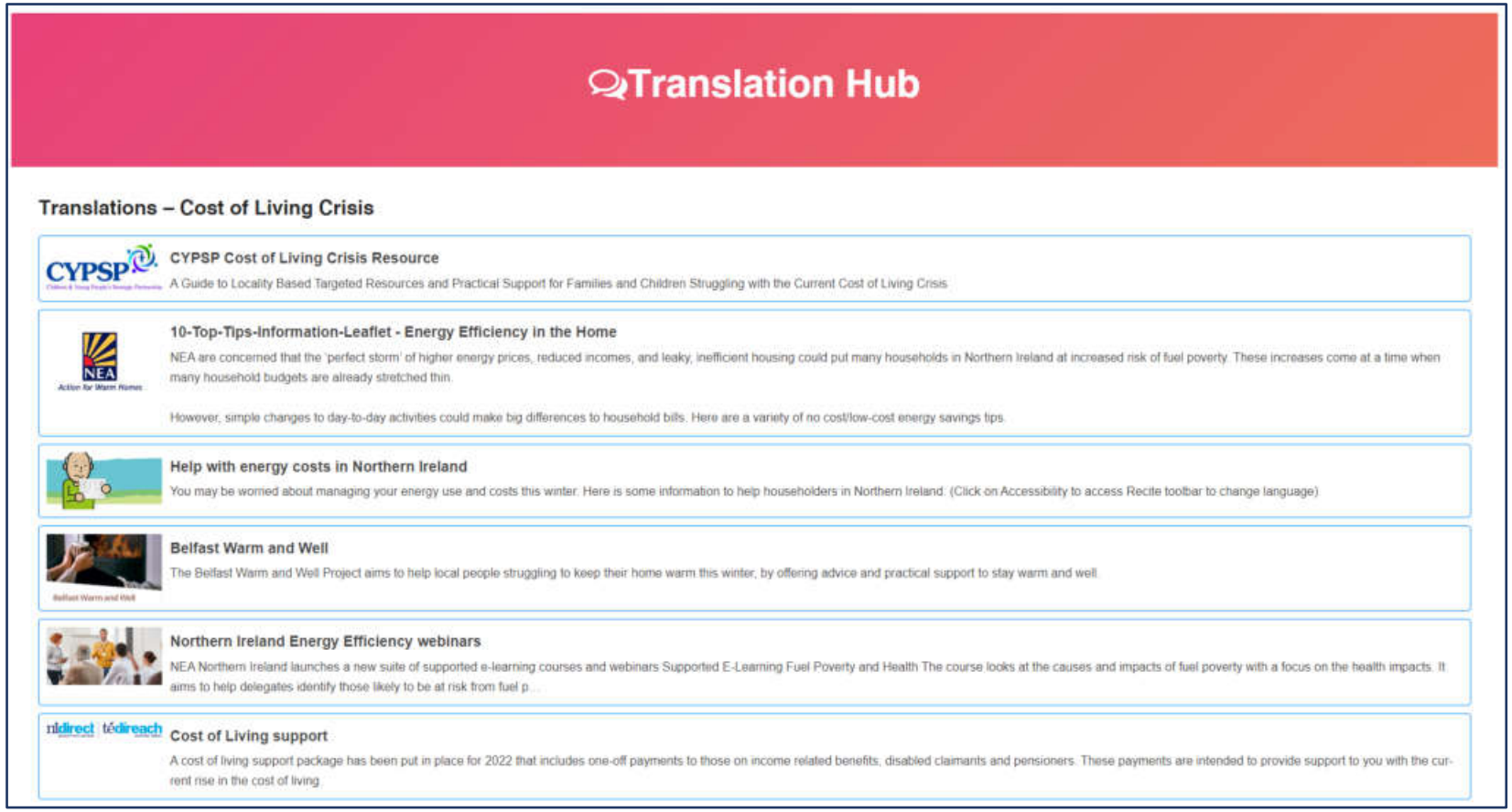
Page 50	Important LPG Member Information
Page 51	Next Issue Key Dates

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.

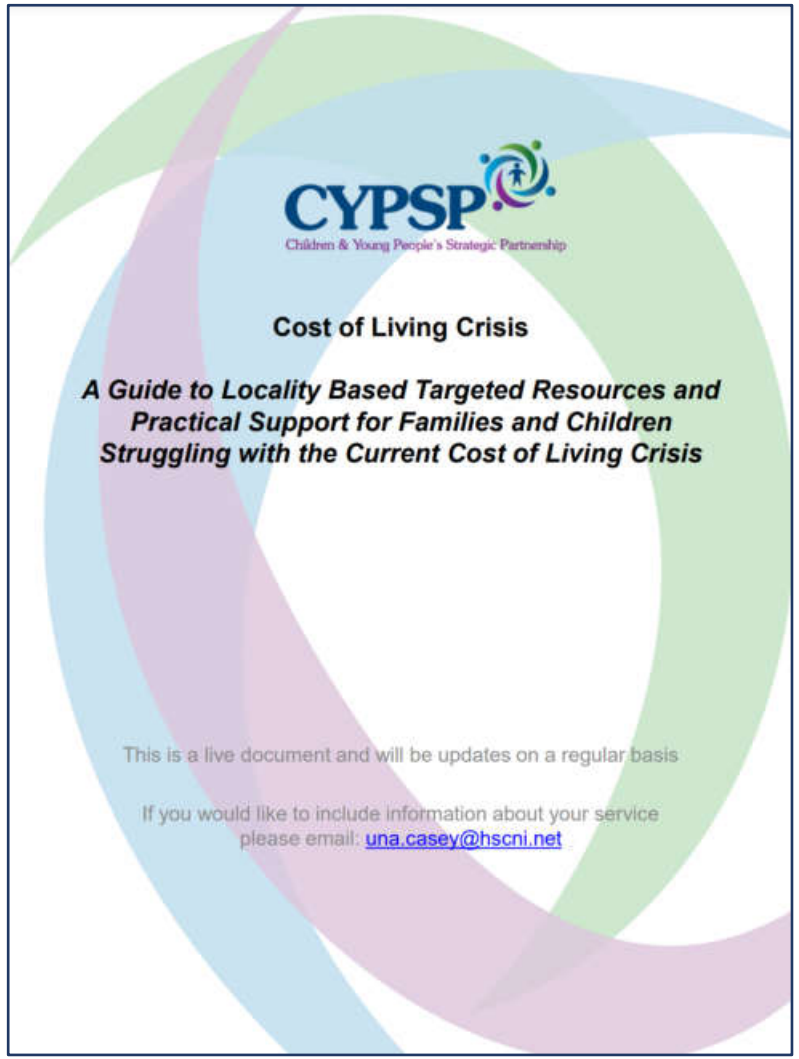
Help with energy costs in Northern Ireland
You may be worried about managing your energy use and costs this winter. Here is some information to help householders in Northern Ireland. (Click on Accessibility to access Recite toolbar to change language)

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 to add new information


CYPSP
Children & Young People's Strategic Partnership

Cost of Living Crisis

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

This is a live document and will be updates on a regular basis

If you would like to include information about your service please email: una.casey@hscni.net

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

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

Please e-mail Martina McCooey, in the first instance, to request an Application Form

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

"Supporting Social Work/Social Care Excellence in the Southern Trust"

Colm McCafferty
Interim Executive Director of Social Work

Solihull Plus – Attachment

Target Audience
Social Workers from Children's Services Teams & C & V sector providers **who have completed the Solihull Approach 2 Day Foundation programme and attended Practice Sessions.**

Date, Time & Venue
9th January 2023
9.30 am - 1.00 pm
Cherry Villa, St. Luke's Site, Loughgall Road, Armagh, BT61 7NQ

Course Tutors
Shirley McCaffrey, Social Services Training & Development Consultant

Course Co-ordinator
Shirley McCaffrey, Social Services Training & Development Consultant

Closing Date: 16th December 2022

Learning Outcomes
To introduce participants to the key ideas connected to Attachment Theory and how the development of the quality of attachments can be explained using the Solihull Approach model.

Content includes:

- What is attachment and its biological basis,
- Concepts such as "secure base," "safe haven" and "strange situation,"
- Categories of attachment,
- Developments in attachment theory,
- The Solihull Approach model and attachment,
- Attachment in practice,
- Epigenetics and attachment.

Booking Instructions
Please complete the Course Application Form (attached) and forward to
Trust Staff: Head of Department for authorisation. Your Head of Department should then, prior to the closing date, forward the approved forms to:- SocialServices.Training@southerntrust.hscni.net
C & V Sector: Forms with Line Manager Approval emailed toSocialServices.Training@southerntrust.hscni.net

Participants are only assured of a place when they have received e-mail confirmation

Specialist Level

martina.mccooey@southerntrust.hscni.net

Please e-mail Martina McCooey, in the first instance, to request an **Application Form**

Social Services Workforce Development and Training Team

"Supporting Social Work/Social Care Excellence in the Southern Trust"

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

Solihull Approach Foundation Training

Target Audience:
Social Workers from Children's Services Teams, Statutory, Community & Voluntary sector providers.

Date, Time & Venue:
12th & 26th January 2023 9.30am - 4.30pm
4 Practice Sessions – 09/02/2023, 23/02/2023, 09/03/2023, 23/03/2023 9.30am-11.30am

Attendance required on all dates

The programmes will be facilitated via an online learning platform (Zoom) and therefore participants will require access to a device with Zoom installed.

Course Tutors:
Caroline Toal, Consultant, Clinical Education Centre
Roisin McCann, Training and Development Consultant, SHSCT

Course Co-ordinator: Shirley McCaffrey, Training and Development Consultant

Closing Date: 9th December 2022

Booking Instructions
Please complete the Course Application Form (attached) and forward to:

Trust Staff
Head of Department for authorisation. Your Head of Department should then, prior to the closing date, forward the approved forms to: -
marianna.hetherington@southerntrust.hscni.net
Social Services Workforce Development and Training Team, Cherry Villa, St Luke's Site, Loughgall Road, Armagh, BT61 7NQ
Tel: 028 375 64256

Other Statutory, C & V Sector
Forms with Line Manager approval emailed to marianna.hetherington@southerntrust.hscni.net

Participants are only assured of a place when they have received e-mail confirmation

Learning Outcomes

The Solihull Approach is an early intervention model that focuses on the importance of infant brain development and its relevance to infant mental health and child development.
The approach provides practitioners with

- A robust understanding based on neuroscience and the importance of the first three years and how to support infants/children to have the best start in life
- A theoretical framework for practitioners to reframe practice with children and families

Specialist Level

martina.mccooey@southerntrust.hscni.net

YOUNG PEOPLE'S GAMBLING HARM PREVENTION PROGRAMME

Education | Training | Support

GamCare | YGAM

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 or YGAM at training@ygam.org

SOUTHERN TRUST AREA

Promoting Wellbeing

Training

Autumn/Winter 2022–23

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

MAKING LIFE BETTER

Building Skills
For Improving Health and Wellbeing

YUMatter

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. 43*

- 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

YouthAction NORTHERN IRELAND

Play YOUR part in getting to zero new transmissions of HIV and Aids

With this in mind we are delighted to invite you to two events

Understanding HIV and Aids

Friday 25th November from 12 noon to 1.15 pm – online event

George Potts - Sexual Health Education and Training Advisor with the Belfast HSC Trust, will help to dispel myths and provide a greater understanding of HIV and Aids and how we can play a part in getting to zero new transmissions of HIV and Aids.

World Aids Day Conference

Thursday 1st December from 10 am – 2 pm

14 College Square North, Belfast BT1 6AS

The conference, aimed at youth work practitioners, seeks to agree actions to reduce stigma and getting to zero new transmissions.

Please contact Shirley shirley@youthaction.org to confirm place at both events.

TALK ea Education Authority phf Paul Hamlyn Foundation Research Hub

shirley@youthaction.org

Mas Matter!

Launch of MAs Lived Experience Flyer

Mon, 28 November 2022,
10:30 am – 12:30 pm
Parliament Buildings
Stormont
Register on Eventbrite

This event is kindly hosted by Ms. Kate Nicholl MLA

The Mas Project
Maternal Advocacy and Support

This project is funded by The National Lottery Community Fund

COMMUNITY FUND

www.eventbrite.co.uk/e/mas-matter-launch

ACTION TRAUMA NETWORK

'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*

*Please inform us of any dietary requirements

www.actiontrauma.com/events

Southern Health and Social Care Trust

Understanding your child Solihull Approach

Two Hour Session on Brain Development

Who is it for?

Parents/Carers of Adolescents living in the Southern Trust Area

Learning about Teenage Brain Development will support you to understand why:

- Teenagers feel emotions/anxiety so intensely.
- Teenagers have difficulty reading faces, gestures and emotions of others.
- Why social acceptance and rejection by their peers matters
- Why the conflict with Parents
- Risk taking versus a time to take risks.
- Why their sleep pattern changes.

When is it on?

Tuesday 29th November 2022
Evening Session 7-9pm
Via zoom.

How do I apply?

For further information or to book a place please contact
lisa.lenaghan@southerntrust.hscni.net

FROM RESEARCH TO POLICY & PRACTICE

A Working Discussion

Exploring Key Findings from the Northern Ireland Youth Wellbeing Survey (NIYWS) and the Impact on Policy and Practice.

Where: Zoom link: Please click to join on the date and time stated.

Meeting ID: 862 0298 6649
Passcode: 607571

https://us06web.zoom.us/j/86202986649?pwd=MWRlNnV5RncwVGd5bTltZTkvWGNTZz09

When: 1st December 2022 2-4pm

WORKSHOP DESCRIPTION

Research findings are of little use if they are not used to help inform the development of policy and practice. The overall aim of the NIYWS was to create, for the first time in Northern Ireland, reliable prevalence estimates of common mental health problems in children and young people in Northern Ireland. Our previous workshops "Youth Wellbeing Prevalence Survey One Year On - Insights From Research Evidence" event discussed these findings in detail. We are now eager to move forward and discuss how these findings can translate into policy and practice with a wider audience.

You are therefore invited to a Working Discussion session. This workshop will focus on discussing four key questions, outlined below, for the production of an overall summary report. It will be a discursive environment, concentrating on the key findings and the impact on policy and practice moving forward. We are keen to hear your thoughts and opinions on how these findings should influence policy, practice and future research in NI. This summary may be published to aid in future research and service development however, will you not be directly quoted.

LAYOUT

- 2 hours. 20 minute presentation reviewing key findings. Presented by research team.
- Working Discussion with group to answer 4 key questions:

1. Based on these headline findings, what do these mean in the context of your department/agency/Trust, and your practice or policy area?
2. Based on what you have heard today, what do you believe we are currently doing in policy and practice that address these issues? For example, what frameworks are currently in place that might address these priority areas? Are there effective interventions and policy priorities that address these areas?
3. What do you believe are the urgent vs long-term priorities, barriers policy/service development and how these might be addressed.
4. What do you believe are some of the outstanding areas and knowledge gaps that are addressing, implementing and evaluating national youth mental health problems?

GOALS

- Discuss impact of findings and how they relate to policy and practice.
- Discuss current gaps in research and future research directions.
- Develop a summary report that will include themed findings from all of the engagement groups to aid in future research and service development.

Queen's University Belfast · Ulster University · HSC Health and Social Care · Department of Health · Mental Health Foundation

lisa.lenaghan@southerntrust.hscni.net

https://us06web.zoom.us/j/86202986649

Solihull Approach

University of Birmingham Hospitals Trust

www.inourplace.co.uk

WEBSITE

www.inourplace.co.uk

ACCESS CODE

NIBABIES

CONTACT

For technical support contact
0121 296 4448
Mon-Fri 9am-5pm

UNDERSTANDING YOUR CHILD
SOLIHULL APPROACH

UNDERSTANDING YOUR CHILD
SOLIHULL APPROACH

NHS

Dear Parents and Carers,

We're writing to encourage you to take advantage of these great online resources for every parent.

In your area, they are completely **free** thanks to Public Health Northern Ireland who have PRE-PAID for every parent and carer in Northern Ireland.

Online courses. 24/7 learning opportunities

A way of thinking about your child

Learn how to:

- Observe
- Understand
- Respond

We provide the framework, you decide what's best for you and your family

- *Not* a how to guide
- *Not* a list of do's and don'ts
- *Not* advice
- *Not* opinion

Based on research about children's emotional needs and behaviour. Written by CAMHS experts; Clinical Psychologists and Psychotherapists; Health Visitors & Educators. Evidence-based. Trusted by professionals.

- 'Understanding your **pregnancy, birth, labour and your baby**'
- 'Understanding your **baby**'
- 'Understanding your **child**' (0-19+ yrs, main course)
- 'Understanding your **child with additional needs**' (0-19+ yrs, main course)
- 'Understanding your **child's feelings**' (taster course)
- 'Understanding your **teenager's brain**' (short course)
- 'Understanding your **brain (for teenagers only!)**'
- 'Understanding your **child's mental health and wellbeing**' (accompanies UYC and UYCAD)

For **EVERYONE**, we *all* need a bit of headspace and thinking time occasionally.

From us all with love

The Solihull Approach team

apply the access code for life time access!

www.solihullapproachparenting.com

(Page 1 of 2)

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

Additional Contacts / Information

Lorraine O'Neill
Parenting Partnership Manager
Southern Health & Social Care Trust
t: 07880 474747
e: Lorraine.oneill@southerntrust.hscni.net

Martina McCooey
Child Development Interventions Co-ordinator
Southern Health & Social Care Trust
Promoting Wellbeing Division
t: 028 37 564462 / 07795 450278
e: martina.mccooey@southerntrust.hscni.net

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

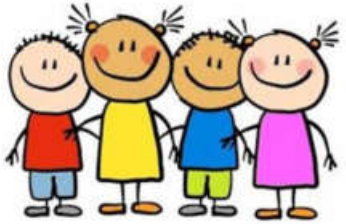
www.cypsp.hscni.net/ebpp/

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

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: mellow.parenting@southerntrust.hscni.net 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:mellow.parenting@southerntrust.hscni.net 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	info@homestartnewry.com *028 3026 6139* *homestartad@btconnect.com 028 8778 9489* *homestartbanbridge1@btconnect.com 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: parenting.partnership@southerntrust.hscni.net **or** *e: Elaine.trainor@southerntrust.hscni.net* *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:parenting.partnership@southerntrust.hscni.net	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:parenting.partnership@southerntrust.hscni.net	Delivery Partners: Parenting Partnership & Southern Trust Autism Services
		Parent/ Carers	19 Jan 2023	14 weeks 10am—12pm	TBC	Enquiries / Referrals: Parenting Partnership t: 07880 474747 e:parenting.partnership@southerntrust.hscni.net	Delivery Partners: Parenting Partnership & Southern Trust Autism Services
School Age	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:bernadetta.viana@stepni.org	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:parenting.partnership@southerntrust.hscni.net	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:parenting.partnership@southerntrust.hscni.net	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:parenting.partnership@southerntrust.hscni.net	Delivery Partners: Parenting Partnership & Parenting NI Priority Craigavon/Banbridge areas
	Incredible Years School Age (5-12 yeas)	Parents/ Carers	23 March 2023	12 weeks 10am—12pm	TBC	Enquiries / Referrals: Parenting Partnership t: 07880 474747 e:parenting.partnership@southerntrust.hscni.net	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:parenting.partnership@southerntrust.hscni.net	Delivery: Parenting Partnership Available to families across the Southern Trust Area.

Martina.McCooey@southerntrust.hscni.net

POSITIVE PARENTEEN!

Clanrye Group
Here To Support You

This 4 week programme is here to help parents increase their knowledge and awareness on how to parent their teens & pre-teens in a more confident and positive way.

Week 1 - Self Awareness
Week 2 - Understanding the Teenage Brain
Week 3 - Effective Communication
Week 4 - Goal setting and getting support

Every Wednesday from 30th November
12:00PM - 2:00PM
Community Mill, The Quays, Newry

Lunch Provided

For further enquiries contact Emma Salt on 075 1230 4832 or emma.salt@clanryegroup.com

emma.salt@clanryegroup.com

Foundation

Home > Blog > An exciting new fund for charities building fairer communities of the future

An exciting new fund for charities building fairer communities of the future

Youth Voice

www.coopfoundation.org.uk/future-communities-fund

Dormant Accounts FUND NI

Delivered by THE NATIONAL LOTTERY COMMUNITY FUND

The Dormant Accounts Fund NI supports the voluntary, community and social enterprise (VCSE) sector in Northern Ireland to be more resilient and prepared for the future by funding activity that increases capacity and sustainability.

Groups can apply for up to £100,000 for a project lasting between one to three years to build organisations' resilience and sustainability for the long term.

Applications for Phase One will close on **Friday 3rd March 2023.**

www.tnlcommunityfund.org.uk/dormant-accounts-ni

www.surveymonkey.co.uk/r/KB9K5P8

www.surveymonkey.co.uk/Food_Education

Prince's Trust Northern Ireland

START SOMETHING

Free Courses
Nov & Dec 2022
Suitable for those not in full-time work or full-time education

November

Explore Enterprise (Online)
Get support with your business idea
Age: 18-30
Info session: 3rd Nov
Course dates: 8th-11th Nov

Unlock Skills For Work (Online)
Two day employability programme to help you gain the skills to find a job
Age: 16-30
Course date: 9th-10th Nov

Explore
Our free four-week programme offers you the chance to build confidence, meet new people and enjoy new experiences.
Age: 16-24
Location: Belfast city centre (PTNI)
Course begins: 14th Nov

Get Started with Nails (Face to face)
Gain practical experience from professionals
Age: 16-30
Location: Belfast city centre (PTNI)
Taster: 17th Nov
Course dates: 21st-25th Nov

December

Explore Enterprise (Online)
Get support with your business idea
Age: 18-30
Info session: 1st Dec
Course dates: 6th-9th Dec

Get Hired in Customer Service with HGS
2-day hiring event for work from home roles.
Age: 18-30
Course dates: 6th-7th of December

Get Started with Christmas Make Up (Online)
Learn and practice different techniques, with a focus on seasonal looks.
Age: 16-30
Taster: 30th Nov
Course dates: 5th-9th December

Get Started with Mental Health First Aid (F2F)
Learn strategies to assist those experiencing a mental health crisis, develop own coping skills.
Age: 18-30
Taster: 1st December
Course dates: 5th-7th December

For more info, call 0800 842 842 or email outreachni@princes-trust.org.uk

www.princes-trust.org.uk

European Union European Social Fund Northern Ireland

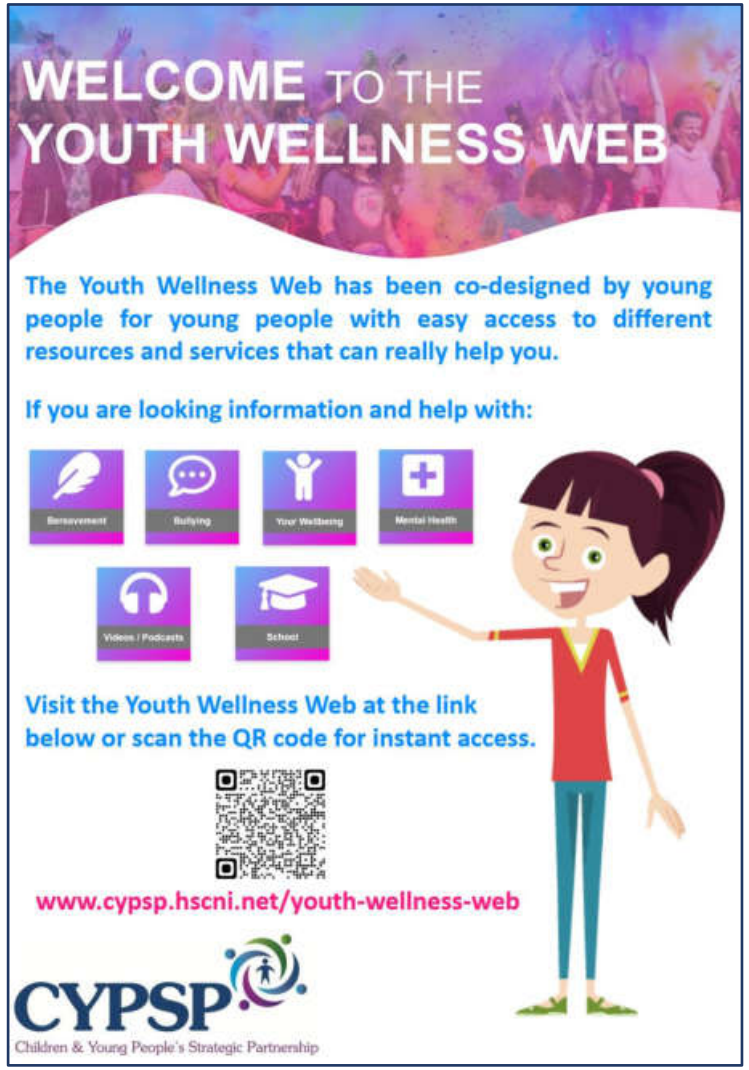
Department for the Economy

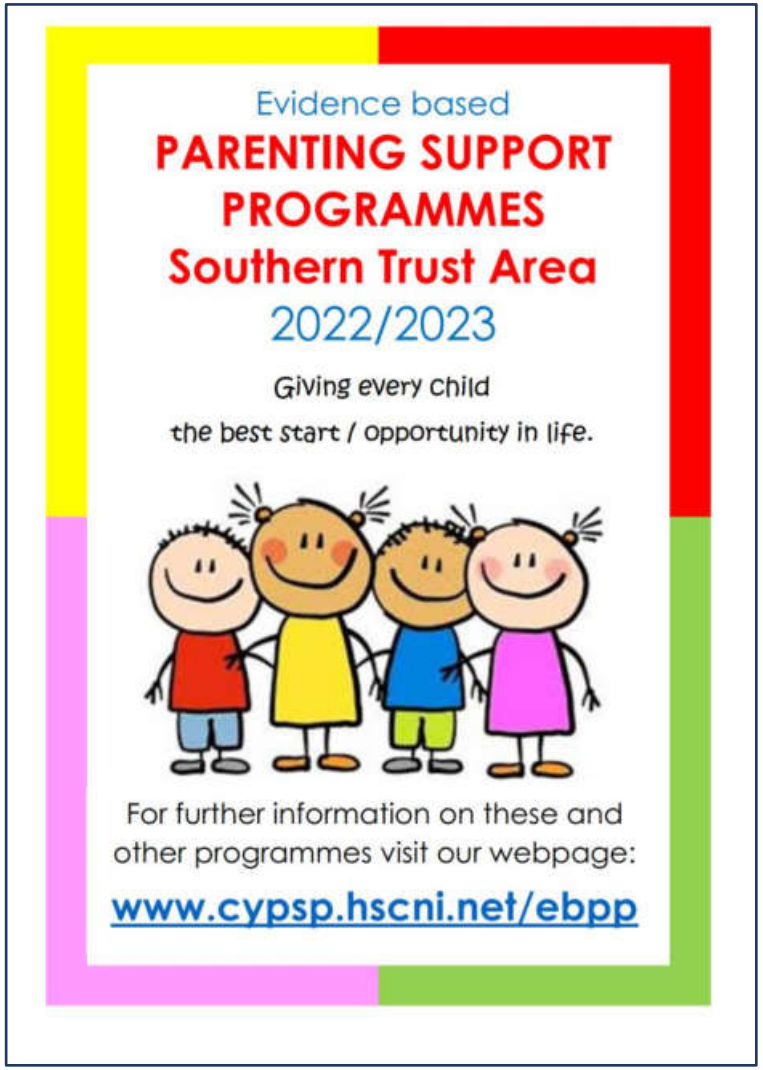
outreachni@princes-trust.org.uk

outreachni@princes-trust.org.uk

www.nowgroup.org/training-jobs

SOUTHERN TRUST AREA





CYPSP Youth Wellness Web

CYPSP Translation Hub

CYPSP Parent Support Page

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)

age NI

Energy Efficiency Guide – save energy, pay less.

What is this guide about?

None of us want to pay more for our energy than we have to. We all want to use the energy we need around our home without having to worry about the bills. Saving money shouldn't mean we use less energy than we need.

This guide looks at things you can do around your home to use energy more efficiently, stay warm and save some money in the process.

There's information about dealing with energy suppliers and suggestions to help you cover your bills.

There is also information about financial entitlements which could help put more money in your pocket to help ease the pressure of energy bills.

Some of the savings mentioned in the guide might seem minimal, a few pounds here and there, but they all add up and can make a real difference.

power ni

NEA Action for Warm Homes

www.ageuk.org.uk/age-ni/advice

0808 8020 400

parentline@ci-ni.org.uk

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://youtu.be/9mqSWgPQGNs

The **Parent Champion Network** is launching soon!

For more information about this exciting new project, watch the video HERE

To complete an Expression of Interest form, click HERE

Closing date for Expression of Interest forms is

Monday 28th November 2022

(Expected date for Q&A session mid-December)

For further information, e-mail ppinbox@ci-ni.org.uk

Services Available Through The Hub May Include...

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

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

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

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

There Are 3 Family Support Hubs In the Southern Trust Area

ARMAGH & DUNGANNON HUB
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 30836764
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

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**

Check out the **Family Support NI** website HERE

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

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 to complete a short questionnaire and return the form to info@familysupportni.gov.uk

Family Benefits Advice Service

Providing free, impartial and confidential advice to parents, carers, childcare providers and employers

employersforchildcare.org

Freephone: 0800 028 3008

Employers For Childcare

Working For Parents

Our Family Benefits Advice Service provides free, impartial and confidential advice to parents and carers to help them maximise their income and inform them of their rights and entitlements. We operate a Freephone helpline 0800 028 3008 - Monday to Friday from 8am to 5pm.

Many people don't realise that even if they are working, they may still be entitled to financial help. Whether it's a first-time parent wanting to know what support is available or someone considering altering their hours of work, our team of experts will be happy to work out what's best for each individual.

How we can help

We provide information and advice on a wide range of childcare and work-related issues including:

- Tax-Free Childcare
- Universal Credit
- Tax Credits
- Childcare Vouchers
- Disability Benefits
- Social Security Benefits
- Maternity/Paternity Leave and Pay
- Shared Parental Leave
- Flexible Working
- School Uniform Allowance
- Free School Meals

Information we may need

To help us identify the support someone may be entitled to, it can be useful to have the following information to hand when calling:

- P60 income for previous tax year
- Estimated earnings and weekly working hours for this tax year
- Childcare costs
- Any disability or sickness benefits in payment
- Housing costs including rates
- Details of Maternity Leave and Pay
- Immigration status (if applicable)

Help towards childcare costs

If working and paying for registered childcare parents may be entitled to help through:

- Universal Credit
- Tax-Free Childcare
- Tax Credits

Parents currently using Childcare Vouchers can continue to do so, while they remain with their current employer and their youngest child is under 16 (17 if registered disabled).

Our advisors can calculate which form of support is best suited to each household's circumstances. We also work directly with employers and childcare providers, to give advice and guidance.

For further information please contact us:
hello@employersforchildcare.org

Freephone: 0800 028 3008

or visit our website:
employersforchildcare.org

Helplines Network NI
listen. support. inform

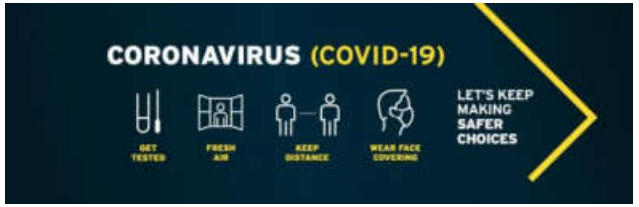
Employers For Childcare is a registered charity.

Charity number 101176.

0800 028 3008

www.relateni.org/campaign/relieve-the-pressure

info@nirdp.org.uk



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

nidirect government services | tédíreach seirbhísí rialtais

Department of Health | An Roinn Sláinte | Männystrie O Poustie

HSC Public Health Agency

GOV.UK

Department of Education

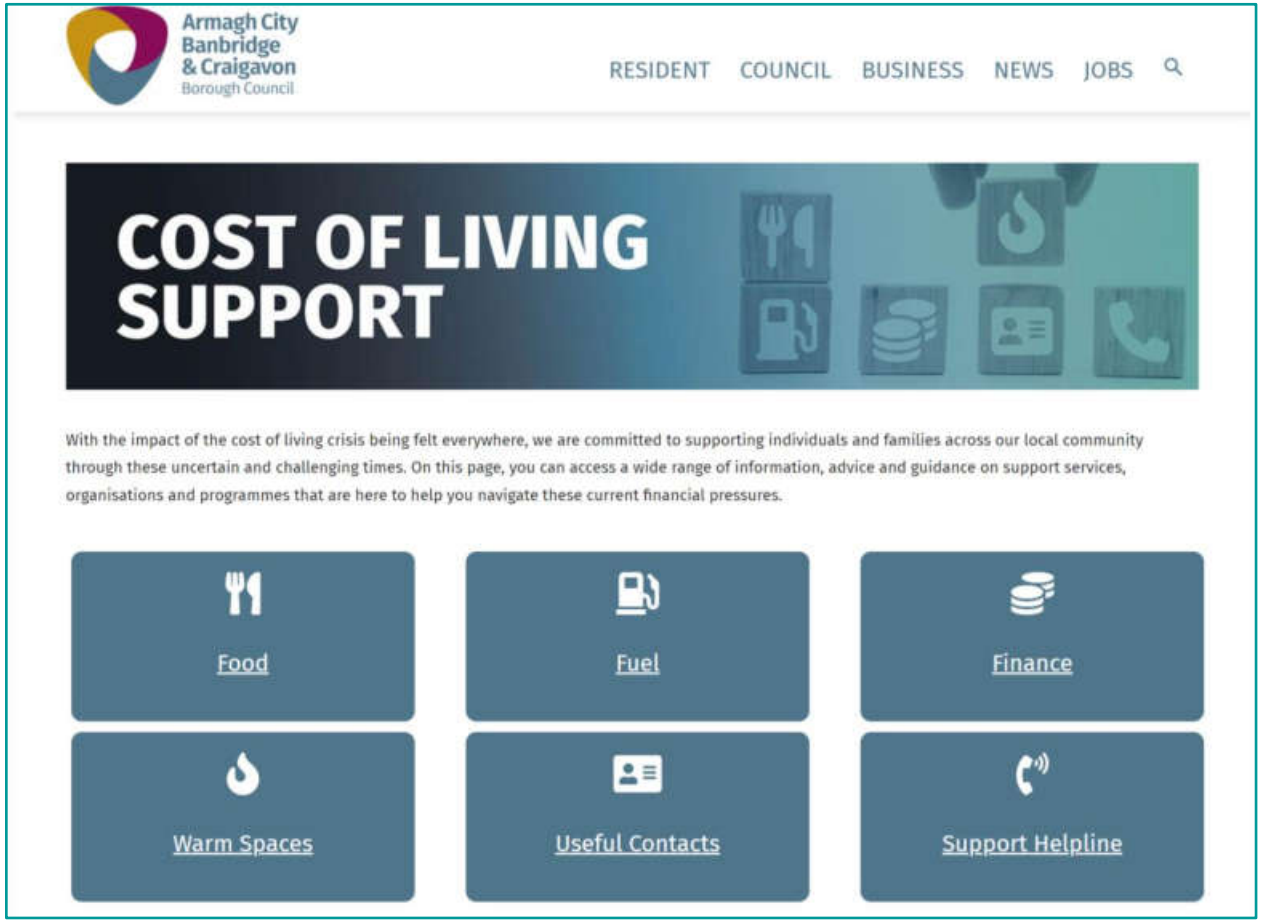
HSC Health and Social Care Board

Helplines Network NI
listen. support. inform

nicva

advice ni
the independent advice network

ABC COUNCIL AREA



www.armaghbanbridgecraigavon.gov.uk/costofliving/

ABC COUNCIL AREA

FYI For Your Information

CYPSP Children & Young People's Strategic Partnership

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.

Clanrye Group
Here To Support You

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."

European Union European Social Fund Northern Ireland | Department for the Economy www.economy-ni.gov.uk | an Stór, Mhórn agus an Dúin Newry, Mourne and Down District Council | HSC Southern Health and Social Care Trust

info@clanryegroup.com

Family Foundations

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

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

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Armagh
Portadown
Downpatrick

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European Union European Social Fund Northern Ireland | Department for the Economy www.economy-ni.gov.uk

info@clanryegroup.com

For Your Information

ABC COUNCIL AREA

CYPSP
Children & Young People's Strategic Partnership

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 (18th November – 16th December 2022)
Time: 4.15-5pm (Group 1) and 5-5.45pm (Group 2)*
*May depend on bike required.
Cost: £2pp
Venue: South Lake Leisure Centre

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

Disability Sport NI
Be active. Be the best.
PROGRESSIVE BUILDING SOCIETY
Armagh City Banbridge & Craigavon Borough Council

colleenconnolly@dsni.co.uk

Inclusive Teen Gym Programme

FREE

Small group gym induction and confidence building programme, to enable young people to access Teen Gym in the future.

4 week programme begins **Tuesday 22nd November 2022** and you can choose from one of three council gyms:

WHERE:	WHEN:	TIME:
Dromore CC	Tuesdays	4.30-5.30pm
South Lake LC	Wednesdays	4-5pm
Tandragee RC	Wednesdays	4-5pm

For anyone with a disability aged 12-15 years.

Contact **Colleen Connolly** on **07769 250 885** or email **colleenconnolly@dsni.co.uk** to register

Disability Sport NI
Be active. Be the best.
PROGRESSIVE BUILDING SOCIETY
Armagh City Banbridge & Craigavon Borough Council

colleenconnolly@dsni.co.uk

For Your Information

ABC COUNCIL AREA

CYPSP
Children & Young People's Strategic Partnership

Clanrye Group

WOULD LIKE TO INVITE YOU TO A BUSINESS BREAKFAST TO:

Find out how we can help you!

THURSDAY 8 DEC 8:30-10AM

Unit 34, Armagh Business Centre, 2 Loughgall Road, Armagh, BT61 7NH

Join us for our breakfast morning with other local employers to discuss how our programmes and services can support you through the challenges of the current climate.

Email kelly.english@clanryegroup.com with your RSVP or call 028 3089 8119

BREAKFAST WILL BE PROVIDED

FOR MORE INFORMATION ON CLANRYE GROUP VISIT WWW.CLANRYEGROUP.COM

www.clanryegroup.com

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

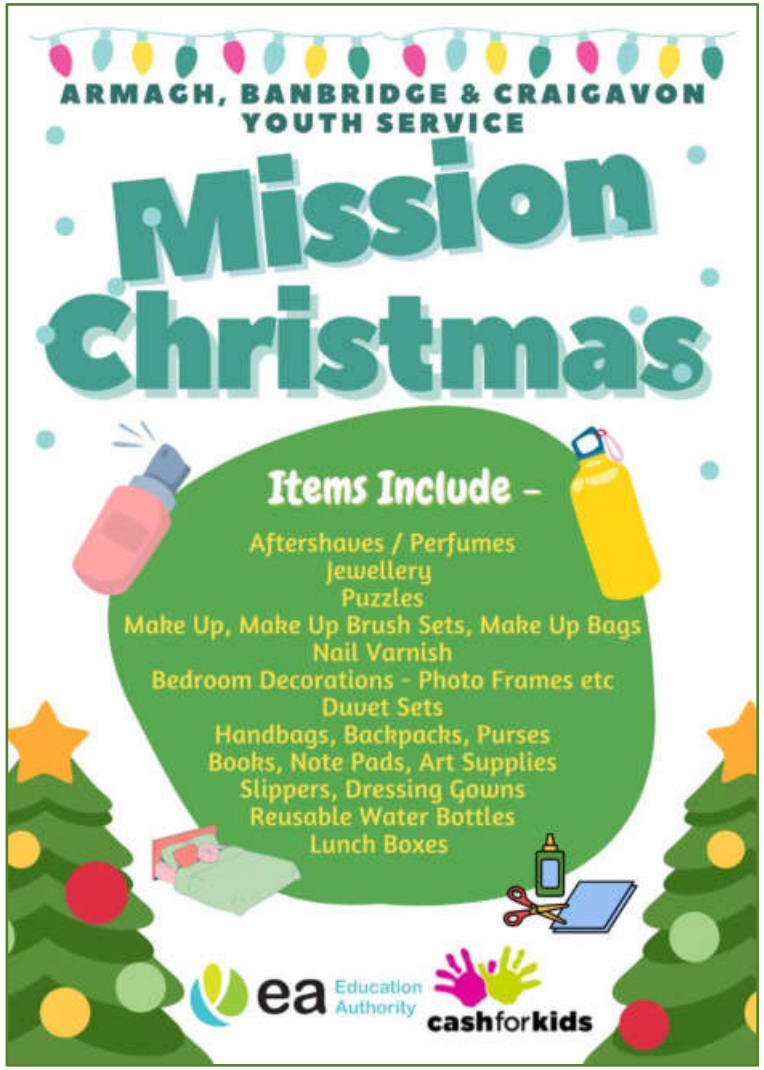
Groups also wishing to be notified of future funding opportunities and other relevant information should request their details be added to the Council's database by emailing fap@armaghbanbridgecraigavon.gov.uk

Armagh City Banbridge & Craigavon Borough Council

Initial queries should be directed to Valerie Leatham on 07515 607480

fap@armaghbanbridgecraigavon.gov.uk

BANBRIDGE LPG AREA



www.getactiveabc.com

Eimear.McCurdie@eani.org.uk

ParentsPlus

FAMILY

ADOLESCENTS PROGRAMME

Limited places available

Commencing January 2023

Do you want to help your adolescent grow into a confident, well-adjusted adult and reach their potential?

Join our 'Parents Plus Adolescent Programme'

This 7 week parenting course promotes effective communication and positive relationships in families with adolescents aged 11 to 16 years.

This Programme considers how parents can connect with and build good relationships with their teenage children, while also being firm and influential in their lives.

Dates and Times: TBC early 2023 (7 weeks)
Location: 5-7 Marcus Street, Newry BT34 1ET
To register or for additional information please contact Justina on trainingsupport@bolstercommunity.org or 028 308 35764

BOLSTER COMMUNITY

Funded by: HSC Southern Health and Social Care Trust

trainingsupport@bolstercommunity.org

FYI For Your Information

NEWRY & MOURNE LPG AREA

CYPSP Children & Young People's Strategic Partnership

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.

Clanrye Group
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  To help increase confidence, motivation and communication skills.
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To avail of this support...

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Armagh
Portadown
Slieve Gullion

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

FIND US ON

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European Union European Social Fund Northern Ireland | Department for the Economy www.economy-ni.gov.uk | an Iúir, Mourne and Down District Council | HSC Southern Health and Social Care Trust

info@clanryegroup.com

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Armagh
Portadown
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European Union European Social Fund Northern Ireland | Department for the Economy www.economy-ni.gov.uk

info@clanryegroup.com

FYI For Your Information

NEWRY & MOURNE LPG AREA

CYPSP Children & Young People's Strategic Partnership

BE ACTIVE

Spaces are Limited. Book now on - www.newrymournedown.org/be-active-app

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

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

Newcastle classes will be held in the bowling pavilion

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

Clanrye Group

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

07773036068

BE ACTIVE

Spaces are Limited. Book now on - www.newrymournedown.org/be-active-app

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

NEWRY LEISURE CENTRE

Classes to commence Monday 12th September 2022

MONDAY

50+ Gym	10AM - 11AM
Water Aerobics	11AM - 11:30AM
Danderball	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

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

Clanrye Group

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

07761761298

Clanrye Group
Here To Support You

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"

Monday

Commun-Knit-Tea Social Café
10:30AM - 12:30PM
Open to those who love all things knitting

Arts and Crafts Social Café
1PM - 2.30PM

Wednesday

Carers First Online Social Café
11AM - 12PM
Online via Zoom

Social Café
11AM - 12PM

Thursday: Digital Café 10.30AM - 12PM

To book the Carers First Online Social Café please visit:
www.clanryegroup.com/book-now

SPRING Social Prescribing

HSC Southern Health and Social Care Trust

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

WALKING GROUPS

Warrenpoint / Newry / Bessbrook

Clanrye Group
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

Register upon arrival

Contact Ann-Marie on annmarie.flanagan@clanryegroup.com or Phone 028 3089 8119

SPRING Social Prescribing

annmarie.flanagan@clanryegroup.com

SOUTH ARMAGH LPG AREA

FYI For Your Information

CYPSP Children & Young People's Strategic Partnership

Play & Brunch

Join us for our Play and Brunch programme, where you and your family will do some fun play activities and enjoy a hot meal!

This programme runs twice a week on a Tuesday and Thursday. You can book into either the Tuesday or the Thursday group.

Location: Bessbrook Community Centre
Time: 12noon to 1pm
Dates:
Tuesday Group: Tuesday 22nd and 29th Nov and 6th, 13th and 20th Dec and 10th January
Wednesday 18th January
Tuesday 24th & 31st January
Monday 6th February
Thursday Group: Thursday 24th Nov and 1st, 8th and 15th Dec
Monday 19th Dec
Thursday 12th and 26th January and 2nd and 9th February

To book please email:
julieh@surestartsa.org

julieh@surestartsa.org

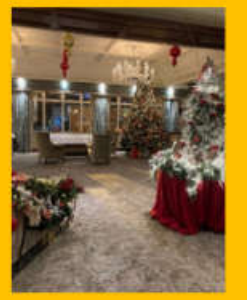
SureStart South Armagh

DADS CHRISTMAS LUNCH & PLAY 2022

Carrickdale Hotel & Spa

Dads, male carers and children, come to our special Dads Christmas Event on Saturday 10th December

at 11am-2pm at Carrickdale Hotel & Spa.



- Christmas arts & crafts
- Train set
- Lunch for all

e-mail: robertg@surestartsa.org

Scan the QR-code for the Booking System!

robertg@surestartsa.org

AWARE

OVERCOMING DEPRESSION. CHANGING LIVES.

Aware Men's Mood Matters

This free 2-hour workshop is for expectant dads and dads of young babies.

It will teach you the skills to look after your mental health, manage your feelings when you are stressed, anxious or depressed, and help you cope with challenges during and after pregnancy, and help you know how and where to get help if you need it.

Free goody bag for all dads who attend!

Date: Tuesday 31 JANUARY 2023
Time: 18:00 – 20:00
Venue: Bessbrook Community Centre

robertg@surestartsa.org

MENTAL HEALTH FIRST AID TRAINING

P.I.P.S. Hope and Support

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

www.pipshopeandsupport.org/mhfa

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- **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."

European Union European Social Fund Northern Ireland
Department for the Economy www.economy-ni.gov.uk
an Iúr, Mhórn agus an Dúin Newry, Mourne and Down District Council
HSC Southern Health and Social Care Trust

info@clanryegroup.com

WALKING GROUPS

Warrenpoint / Newry / Bessbrook

Clanrye Group
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

Register upon arrival

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

Contact Ann-Marie on annmarie.flanagan@clanryegroup.com or Phone 028 3089 8119

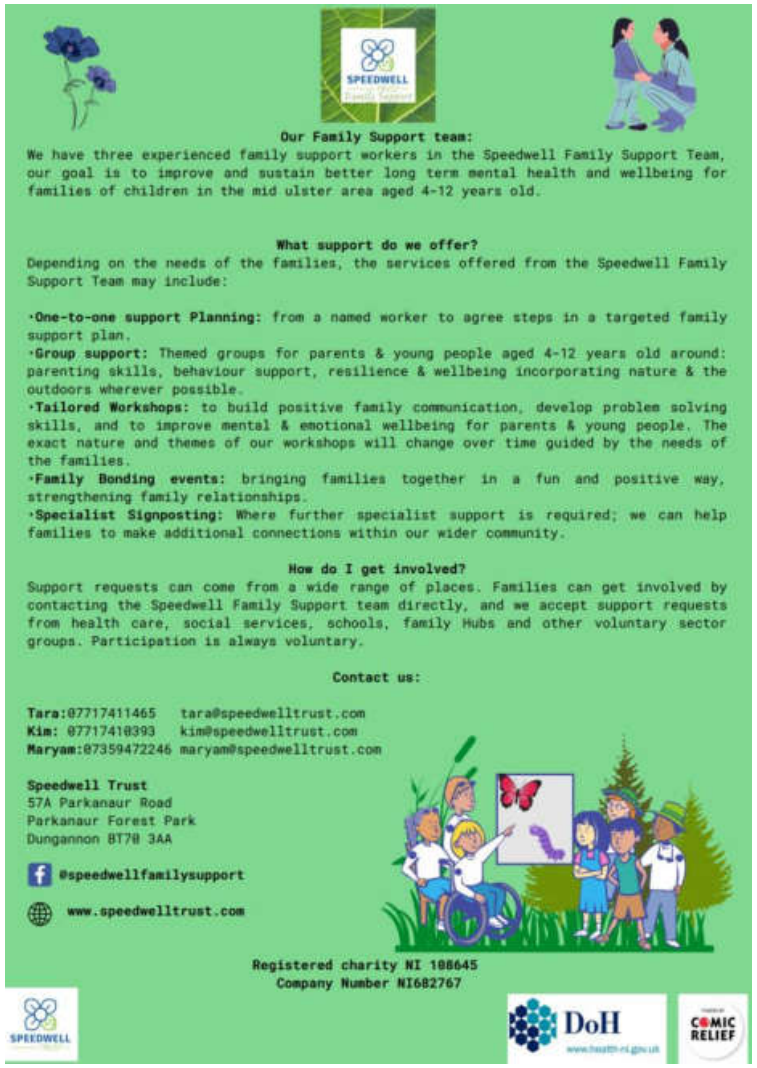
SPRING Social Prescribing

annmarie.flanagan@clanryegroup.com

DUNGANNON LPG AREA

For Your Information

CYPSP
Children & Young People's Strategic Partnership



Our Family Support team:

We have three experienced family support workers in the Speedwell Family Support Team, our goal is to improve and sustain better long term mental health and wellbeing for families of children in the mid ulster area aged 4-12 years old.

What support do we offer?

Depending on the needs of the families, the services offered from the Speedwell Family Support Team may include:

- **One-to-one support Planning:** from a named worker to agree steps in a targeted family support plan.
- **Group support:** Themed groups for parents & young people aged 4-12 years old around: parenting skills, behaviour support, resilience & wellbeing incorporating nature & the outdoors wherever possible.
- **Tailored Workshops:** to build positive family communication, develop problem solving skills, and to improve mental & emotional wellbeing for parents & young people. The exact nature and themes of our workshops will change over time guided by the needs of the families.
- **Family Bonding events:** bringing families together in a fun and positive way, strengthening family relationships.
- **Specialist Signposting:** Where further specialist support is required; we can help families to make additional connections within our wider community.

How do I get involved?

Support requests can come from a wide range of places. Families can get involved by contacting the Speedwell Family Support team directly, and we accept support requests from health care, social services, schools, family Hubs and other voluntary sector groups. Participation is always voluntary.

Contact us:

Tara: 07717411465 tara@speedwelltrust.com
Kim: 07717410393 kim@speedwelltrust.com
Maryam: 07359472246 maryam@speedwelltrust.com

Speedwell Trust
57A Parkanaur Road
Parkanaur Forest Park
Dungannon BT70 3AA

@speedwellfamilysupport

www.speedwelltrust.com

Registered charity NI 108645
Company Number NI682767

www.facebook.com/speedwellfamilysupport

Kim@speedwelltrust.com / Tara@speedwelltrust.com

For Your Information

DUNGANNON LPG AREA

CYPSP
Children & Young People's Strategic Partnership

Sessions taking place TOMORROW

Community Organisations of South Tyrone & Area
COSTA

COSTA 'Open Door Day'

Friday 25th November 2022

One-to-one support sessions for local groups in the Dungannon & South Tyrone Area of Mid Ulster in COSTA at President Grants Homestead

Sessions can also be held via Phone or Zoom

- Pre-booking a time slot in advance is ESSENTIAL –

Please advise of nature of assistance required when booking:

Timeslots:

9:30am – 11:00am

11:30am – 1:00pm

2:00pm – 3:30pm

3:30pm – 5:00pm

To book your slot Tel: 028 855 56880 or email: info.costa@btconnect.com

A great opportunity to get assistance with Charity Registration or Annual Returns, or discuss the fundraising or governance needs most relevant to your organisation e.g. identifying suitable funding, diversifying income streams, fundraising, policies/procedures, communications or sounding out some ideas.

info.costa@btconnect.com

FYI For Your Information

DUNGANNON LPG AREA

CYPSP Children & Young People's Strategic Partnership

www.facebook.com/kindnessofstrangersnidungannon

lsmyth@belfastcentralmission.org

DUNGANNON LPG AREA

For Your Information

CYPSP
Children & Young People's Strategic Partnership

Comhairle Ceantair
Lár Uladh
Mid Ulster
District Council

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

www.midulstercouncil.org/welcomingplaces

For Your Information

DUNGANNON & ARMAGH LPG AREAS

CYPSP
Children & Young People's Strategic Partnership

BCM (BELFAST CENTRAL MISSION) PROVIDES HOUSING SUPPORT FOR YOUNGER PEOPLE AGED 16-25, WHO ARE EXPERIENCING HOUSING DIFFICULTIES ACROSS DUNGANNON, ARMAGH, NEWTOWNARDS AND MAGHERAFELT.

We are a free and confidential service providing guidance, advice and support for up to two years, helping with the things YOU want or need help with.

WHAT WE DO

- We can help you find a new home, get set up and settled
- We help you maintain a home
- Develop your independent living skills
- Signpost and support education, training or employment opportunities
- Developing support networks in your area
- Budgeting /maximise income / benefits advice

MAKE A REFERRAL

Our support services are free and referrals can be made by an individual or on their behalf by a family member or social worker, the NI Housing Executive or any community, voluntary or statutory organisation or agency. Visit **www.belfastcentralmission.org** where you will find an online referral form to complete.

Alternatively, you can contact the relevant regional project manager: For Armagh, Magherafelt and Dungannon, contact Joanne on **jmccourt@belfastcentralmission.org** or by calling +447789518785.

For Newtownards, contact Liam on **lmiley@belfastcentralmission.org** or by calling +447739575192.

We can also help with:

- Physical/emotional Health
- Budgeting
- Benefits & grants
- Rent arrears
- Know your rights
- Home maintenance
- Accessing support services
- Leaving the care system

Bcm Housing Support for Young People
Improving people's lives in Northern Ireland

supportingpeople

tmiles@belfastcentralmission.org

FYI
For Your Information

CYPSP
Children & Young People's Strategic Partnership

SUBMISSION GUIDELINES

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

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

Issue 92
10th November 2022

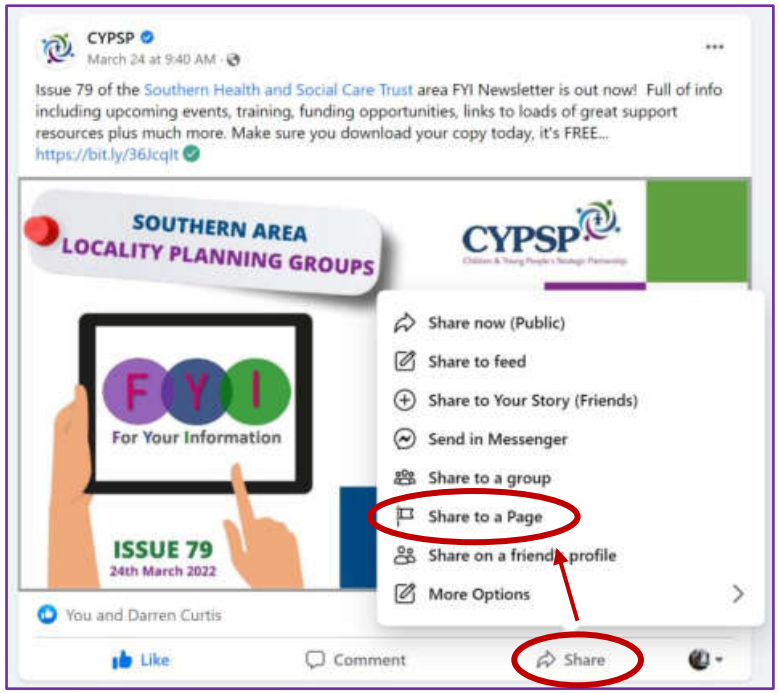
Issue 91
20th October 2022

For Your Information

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

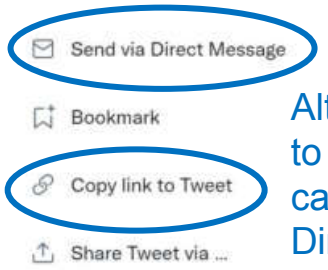
CYPSP
Children & Young People's Strategic Partnership

SHARING 'FYI' – SOCIAL MEDIA "HOW TO"



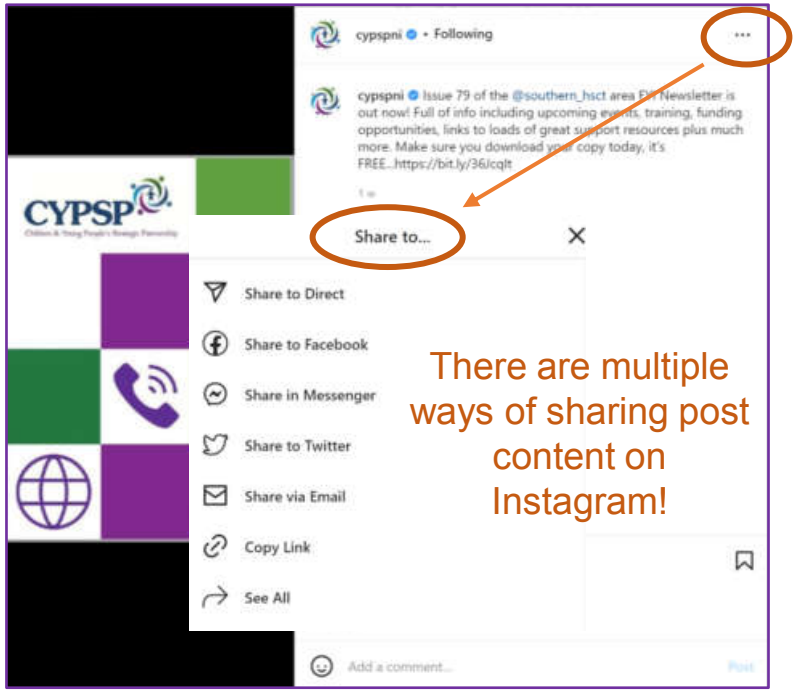
If sharing to your organisation's page, use 'Share to a Page'
(You need to have Admin permissions to do this)

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

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



There are multiple ways of sharing post content on Instagram!

FYI
For Your Information

CYPSP
Children & Young People's Strategic Partnership

UPCOMING 2022 LPG MEETINGS

Newry & Mourne	Wed. 30th Nov.
Dungannon	Tues. 6th Dec.
Armagh	Thur. 12th Jan.
Craigavon	Tues. 17th Jan.
Banbridge	Wed. 25th Jan.
South Armagh	Tues. 7th Feb.

Meetings are usually scheduled to begin at 10am
(unless otherwise notified)
All upcoming meetings taking place in-person

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) or Darren Curtis (07725232566)
CYPSP, 2nd Floor, Health & Social Care Board, Tower Hill, Armagh. BT61 9DR

FYI

For Your Information

NEXT ISSUE

8th December 2022

Submission Deadline:

6th December 2022

localityplanning@ci-ni.org.uk