



Western Health  
and Social Care Trust



For Your Information

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**WE THINK THAT CHILDREN ACT,  
WHEREAS WHAT THEY MOSTLY DO IS REACT.  
PARENTS WHO REALIZE THIS  
ACQUIRE A POWERFUL TOOL.**

**BY NOTICING THEIR OWN RESPONSES  
TO THE CHILD,  
RATHER THAN FIXATING  
ON THE CHILD'S RESPONSES  
TO THEM,  
THEY FREE UP TREMENDOUS  
ENERGY FOR GROWTH.**



**-Dr Gabor Maté**

SYNERGY GENTLE PARENTING RESOURCES



Happy New Year!

Welcome to the second issue of FYI, your monthly round up of all things family support and early intervention/ prevention.

If you would like to contribute upcoming consultations, training, articles, or events that practitioners from the community, voluntary or statutory sectors within the Western Trust will find useful please contact:

Dr Priscilla Magee – Mobile 07880723076  
[priscilla.magee@westerntrust.hscni.net](mailto:priscilla.magee@westerntrust.hscni.net)

Paul Sweeney – Mobile 07387259117  
[paul.sweeney@westerntrust.hscni.net](mailto:paul.sweeney@westerntrust.hscni.net)

## What is Locality Planning?

The 25 Locality Planning Groups (LPG) at a geography that works best for planning of local services is an integral part of the Children and Young People's Strategic Partnership (CYPSP) infrastructure. Across Northern Ireland, there are approximately 1,532 members of LPG representing 600 different organisations. The strategic expectation is that these multi-agency groups of frontline leaders contribute to strategic planning through working closely with Outcomes Groups and Family Support Hubs.

If you wish to become a member of one of the Western LPGs, please contact either:

Dr Priscilla Magee  
Southern Sector  
(Fermanagh and Omagh)

Paul Sweeney  
Northern Sector  
(Limavady, Derry/L'Derry & Strabane)



## Meeting Schedule Fermanagh & Omagh Locality Planning Group 2024

[Fermanagh & Omagh LPG Meeting Schedule 2024.pdf](#)

Next Waterside LPG Meeting: 13/02/2024 2:00pm – 3:30pm Hillcrest House

Next Strabane LPG: 8/02/2024 11:00am – 12:30pm TEAMS

Next Derry LPG: 31/01/2024 10:00am -1:00pm BBHF

Limavady LPG: February TBC

## Section 1: Family Support

[www.parents.actionforchildren.org.uk](http://www.parents.actionforchildren.org.uk)

**Parent Talk**  
Down-to-earth parenting advice you can trust.

We're here for you, when you need us. Find answers to parenting questions in our advice articles. Or talk to a parenting coach about anything that's worrying you. It's all free, and no topic is too big, small, or embarrassing.

**Featured article: Money saving advice for families in winter**

Winter can be a difficult time if your family is struggling with money. You may worry about the costs of Christmas or rising energy bills or need help paying for food or clothes.

[How to save money](#)

**Mental health and wellbeing**  
[Find out more](#)

**Behaviour**  
[Find out more](#)

**Stages and development**  
[Find out more](#)

**Additional needs and disabilities**  
[Find out more](#)

**We are here to talk to parents and carers:**

- 12.30pm – 7.30pm Monday
- 10.30am – 4.30pm Tuesday
- 9.30am – 4.30pm Wednesday
- 12.30pm – 7.30pm Thursday
- 9.30am – 4pm Friday

Outside of these times, you can leave us a message – one of our parenting coaches will reply within three working days.

If you need to talk to us in another language we can talk to you on the phone using Language Line translation service. Please start a chat or leave a message with your phone number and the language you want to speak. We will call you within 3 working days.

**Family Support**  
**[www.papyrus-uk.org](http://www.papyrus-uk.org)**

# HOPELINE247

If you are thinking about suicide or are concerned about a young person who may be, you can contact HOPELINE247 for confidential support and practical advice.



Call: **0800 068 4141**  
Text: **07860 039967**  
Email: **pat@papyrus-uk.org**

**[www.papyrus-uk.org](http://www.papyrus-uk.org)**

Our Suicide Prevention Advisers  
are ready to support you.

PAPYRUS is the national charity dedicated to the prevention of young suicide.

**<https://www.papyrus-uk.org/wp-content/uploads/2023/07/Who-We-Are-A5-Booklet-English-2023.pdf>**

We have designed a suite of suicide prevention products to suit different needs and audiences with additional content from LivingWorks education. Our training can be delivered directly to your organisation, group or workplace. These are all delivered across the UK. Below is an illustration of the training we currently offer

**<https://www.papyrus-uk.org/wp-content/uploads/2023/07/Training-A5-Booklet-English-2023.pdf>**



## Family Support

<https://aware-ni.org/upcoming-mindfulness-courses>



**MINDFUL PARENTING**

**FREE 6-WEEK ONLINE COURSE**

**A free 6-week online introductory mindfulness programme specifically tailored for parents and carers of young children.**

**The course explores the many aspects of parenting and how bringing mindfulness to our roles as parents enhances our own lives and wellbeing and those of our children.**

**Courses running in Jan & Feb 2024**

**Hosted via zoom in a supportive group setting.**

**No experience necessary!**

To register, visit  
[aware-ni.org/upcoming-mindfulness-courses](https://aware-ni.org/upcoming-mindfulness-courses)

**AWARE**  
OVERCOMING DEPRESSION.  
CHANGING LIVES.

To register visit: [Aware NI - Upcoming Mindfulness Courses \(aware-ni.org\)](https://aware-ni.org/upcoming-mindfulness-courses)

## Family Support

<https://ineqe.com/2023/04/20/youth-vaping/>



***If a child or young person in your care is vaping and you are concerned, speak to a healthcare professional.***

**Be observant.** Keep an eye on a young person's behaviour. It's also helpful to know who they are friends with and if vaping is a regular part of hang outs.

**Don't panic.** If you discover a young person in your care is vaping or has tried it, it is important to approach them calmly and avoid confrontation.

**Ask questions.** Make sure you get your facts straight by asking questions, such as, "Have you ever tried vaping?" or "What do you like about vaping?"

**Listen to them.** Rather than reacting in anger or disappointment, put your focus on them and give them space to open up to you without judgement.

**Lead by example.** It's important to outline the difference between those who vape to help quit smoking and those who vape recreationally – including yourself and any other adults they may know. If you vape, do what you can to avoid vaping in front of the young person, and make sure to answer any questions they may have.

## Section 2: Cost of Living

<https://www.moneyhelper.org.uk/en/family-and-care/talk-money>



### MoneyHelper

MoneyHelper is here to make your money and pension choices clearer. Here to cut through the complexity, explain what you need to do and how you can do it. Here to put you in control with free, impartial guidance that's backed by government, and to recommend further, trusted support if you need it.

You can find resources to help people to talk about money on the MoneyHelper website.

[Talk money | MoneyHelper](#)

### The Money and Pensions Service (MaPS)

One of the goals of The Money and Pensions Service (MaPS) is to provide better debt advice. While debt advice is available in many different forms, many people who could benefit from it do not seek help. In this study Moneyfinder sought to better understand the barriers and drivers accessing debt advice.

[Motivations and barriers to seeking debt advice | Money and Pensions Service \(maps.org.uk\)](https://maps.org.uk)



## Section 3: Neurodiversity

### [Joint Events - Middletown Centre For Autism \(middletownautism.com\)](http://middletownautism.com)



Middletown Centre provides a range of training opportunities for parents, carers and educational professionals in Ireland and Northern Ireland. The Centre has a full training calendar of face to face and online sessions, which can be managed using the Centre's app The Centre, in partnership with Mary Immaculate College Limerick provides a Graduate Certificate, Diploma and MA in Autism Studies Individual schools can apply for whole school training and these are provided in partnership with the EA in Northern Ireland and The NCSE in Ireland. Further information on applying for a whole school training is available by contacting us using the email [training@middletownautism.com](mailto:training@middletownautism.com)



## Neurodiversity

### Outcome

Following assessment one of the following decisions will be agreed with you.

- If diagnostic criteria is not met, your child will be discharged from the Children & Young People's Autism Service. Onward referral to other agencies/services may be made as appropriate with consent.
- A period of time for a watchful wait is agreed to allow further time for a child to access intervention or further developmental maturation.
- A diagnosis is confirmed and you will be offered post diagnostic support.

### Follow up supports may include:

- Information/Advice/Support
- Signposting
- Intervention Programmes
- Individual or Group intervention
- Social work assessment & Intervention



We all think differently

### Contacts Details:

**Rivendell**  
Tyrone and Fermanagh Hospital  
1 Donaghlan Road, Omagh, BT79 0NS  
Tel: 028 8283 5983



**Lilac Villa**  
Gransha Park  
Londonderry, BT47 6TG  
Tel: 028 7130 8313



**Children's Centre**  
South West Acute Hospital  
Enniskillen, BT74 6DN  
028 66382103



For further information go to:  
<https://westerntrust.hscni.net/service/autism-spectrum-disorder-asd-childrens-service/>

**HSC** Western Health  
and Social Care Trust

Welcome to the  
Children & Young People's  
Autism Service



Your Journey Starts here ...

This leaflet was co-produced by  
Parent/Carers and  
Autism Service staff

### Who We Are

Your child was referred to this service as they were presenting with characteristics that may be associated with Autism. The Autism Service is made up of a range of professionals who are here to help and support you and your family through this journey. The service has been developed to offer early intervention as a first step in the process.

### Who you might meet in the service:

The multi-disciplinary team consists of a range of professionals including: Community Paediatricians, Speech & Language Therapists, Psychologists, Occupational Therapists, Autism Practitioners, Social workers and Family Support workers.

### Support networks you can access now:

- Education Authority Autism Advisory & Intervention Service (AAIS)
- RISE NI
- Family Support Hubs
- Middletown Centre of Autism
- National Autistic Society (NAS)
- Autism NI
- Autism Initiatives

See enclosed directory for additional support

### Early Intervention

The Early Intervention Service is the crucial first step in your journey within our team. We aim to provide support, advice and intervention to you and your family in a timely fashion while recognising your child's individual strengths.

### What Now

You are required to book onto the first information session at your earliest opportunity. This session will last approximately 1 hour and will focus on: what your journey through this service may look like, information on what is available to you now, how we can help you support your child and links to external supports and agencies.

### Please contact your local office to book your place (see overleaf).

Following this session you will have the opportunity to avail of a wide range of other specialist supports.

### What we can offer:

- Group intervention
- Family intervention
- Training
- Advice, support and signposting
- Useful resources

### Assessment

This is the next step in your child's journey. This process is tailored to the individual needs of each child and their family and involves multi-professional specialist assessment.

### This process may occur over a period of time and typically includes:-

- Completion of a neuro-developmental history if this has not been provided by the referrer or by another service which your child is known to.
- Assessments with your child to observe their social interaction, communication and behaviour.
- Liaison with or referral to other professionals or agencies involved with your child.
- School and/or Home observations.
- In some cases a meeting will be arranged for all professionals who are involved in your child's care to share information as part of the assessment process.



We all think differently

## Neurodiversity

The Western Trust in partnership with local Councils are inviting families to a number of Autism Support Cafés where they can access local support and advice. The support cafes are aimed at families with children and young people who have received an Autism diagnosis, are awaiting an assessment or are displaying early indicators of being neurodiverse. Everyone Welcome!

### Autism Support Café

#### DATES:



**FERMANAGH**  
FRIDAY 17TH NOV 2023  
LAKELAND FORUM

**DERRY/  
LONDONDERRY**  
THURSDAY 25TH JAN  
2024  
TEMPLEMORE SPORTS  
COMPLEX

**LIMAVADY**  
FRIDAY 23RD FEB 2024  
ROE VALLEY LEISURE  
CENTRE

**STRABANE**  
FRIDAY 22ND MARCH  
2024  
MELVIN SPORTS  
CENTRE

**Times: 11am-1pm**

Information Stalls.  
Optional workshops on the day.



## Section 4: CYPSP Online Resources

[SBNI Trauma Informed Practice Online Training Brochure – Children and Young People's Strategic Partnership \(CYPSP\) \(hscni.net\)](#)

### SBNI Trauma Informed Practice Online Training Brochure



This brochure outlines training modules on understanding the impact of adversity and trauma informed practice currently available to support practitioners across Northern Ireland. All courses contained in this brochure are free for practitioners, funded by the Safeguarding Board for Northern Ireland.

The SBNI is committed to providing support to enable member agencies & partners to develop trauma informed practice to improve the health, wellbeing and safety of the children in Northern Ireland and the adults they become.





## 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**

This is a live document and will be updated on a regular basis  
Updated November 2023

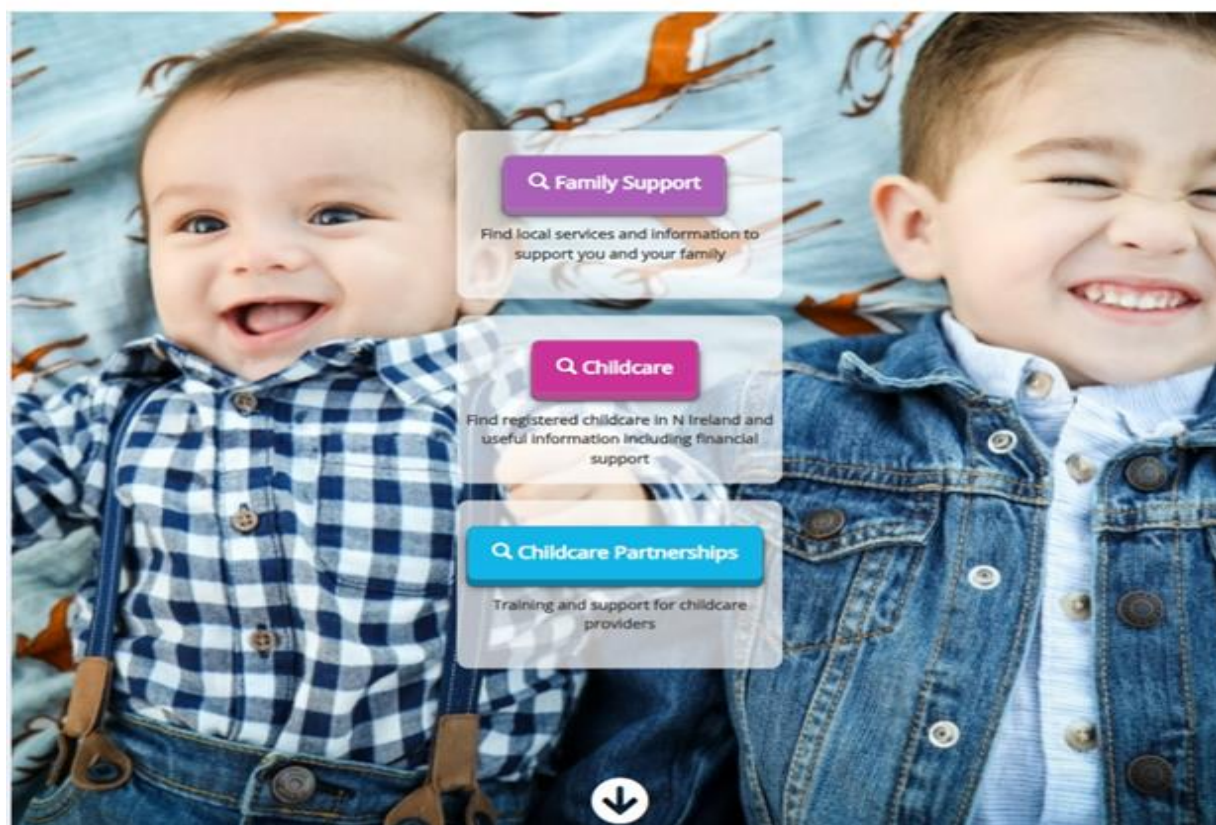
The information in this guide has been provided by services.  
If you would like to include information about your service please  
email: [louise.dickson@hscni.net](mailto:louise.dickson@hscni.net)

## CYPSP Online Resources

### [FamilySupportNI - Family support and childcare services across Northern Ireland](#)

**familysupportNI**.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



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

### **Providers of Family Support Services We are Auditing Information on Family Support NI ...**

*Please respond to our email ...  
we need your help to keep our information  
up-to-date and useful !*



Contact : [info@familysupportni.gov.uk](mailto:info@familysupportni.gov.uk)





## CYPSP Online Resources

[Youth Wellness Web – Children and Young People's Strategic Partnership \(CYPSP\) \(hscni.net\)](http://hscni.net)



Have a look through the Youth Wellness Web and then Help us keep it relevant - Click here to take our Survey and give us your feedback

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

There are many resources that you can access to get the help you need. There may also be services around you that can help.

A place where you can come to access help and resources if you need it anytime, anywhere!

No young person should feel alone and should feel they can get the support they need when they need it at any time or any place, no matter how big or small the situation.

When you are struggling it's okay to reach out, the Youth Wellness Web has been co-designed by young people for young people for easy access to different resources and services that can really help you.

All you have to do is click on your age group below where you will find information on Bereavement if you are struggling after a death, Bullying and how to find help, Your Wellbeing on how to stay well and be happy, Mental Health for lots of advice if you are worried or anxious, view some great videos and podcasts and finally support and advice about school.

Please select your age group

AGE 8-10

AGE 11-15

AGE 16+

PARENT / TEACHER ZONE

TRAINING ZONE



## CYPSP Online Resources

[DisabilityParentsGuide\\_220523-212x300.jpg](#)  
[\(212x300\) \(hscni.net\)](#)



### A GUIDE TO HELP **YOU** ON YOUR JOURNEY THROUGH DISABILITY/ADDITIONAL NEEDS

For Parents by Parents



May 2023



## CYPSP Online Resources

[Parent Participation Service - CiNI \(ci-ni.org.uk\)](http://ci-ni.org.uk)



### Parent Participation Service

The Parent Participation service recognizes the importance of using the voice and skills of parents and professionals together to improve services. We believe that parents are vital to achieving this and we are here to support parents to influence the activities of the Children and Young People's Strategic Partnership (CYPSP) and to support service providers to develop and improve participation with parents.



If you are a parent / carer who is passionate about an issue or service that impacts you or your family please get in touch!

**Priorities:**  
Neurodiversity or Physical Disabilities  
Financial Pressures  
Education



If you work with parents / carers and want to build capacity within your organisation for parental participation please get in touch!

For more info:

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



Email:

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

Call:

07780377224 /

07340662469

## CYPSP Online Resources

### [Translations – Children and Young People's Strategic Partnership \(CYPSP\) \(hscni.net\)](https://hscni.net)

#### Welcome to the Translation Hub

This page is best viewed with the ReachDeck (Browsealoud) application open, click on the  icon in the top right corner and select the language of your choice by clicking  on the toolbar above.

Welcome to the CYPSP Translation Hub providing you with important information on Health, COVID-19, Education, Housing, Employment, Contacts for support and much more.

To help promote this page [click Here](#) to download translated leaflets.

Please feel free to bring to our attention any amendments, comments or if you would like to suggest more content or include your contact details email [cypsp@hscni.net](mailto:cypsp@hscni.net)

[How to use ReachDeck \(Browsealoud\) translation application](#)



## Section 5: Training, Conferences and Consultations

### HEALTH IMPROVEMENT | TRAINING BROCHURE | DEC

### 2023 to MARCH 2024



#### Contents

|   |                            |
|---|----------------------------|
| ASIST   | Autism Social Cafés        |
| Bend Don't Break Workshop - Building our Resilience                 |                            |
| Building our Children's Developing Brain                            | Cook it! Tutor Training    |
| Cultural Competency and Sensitivity for Mental Health Practitioners |                            |
| Food and Health Essentials  | Food Values Tutor Training |
| Making the Most of Your Slow Cooker Tutor Training                  |                            |
| Nutrition Awareness Training (Cue Cards)                            |                            |
| Nutrition Matters for the Early Years                               |                            |
| Pornography and its Impact on Young People                          |                            |
| Self-Compassion: Why the Way We Talk to Ourselves Matters           |                            |
| Sexual Health Services Session                                      |                            |
| Sexual Orientation and Gender Awareness Training                    | Sleep Awareness            |
| Solid Start Tutor Training  | Strength and Balance       |
| Talking to Young People about Sensitive Topics                      |                            |
| Very Brief Advice for Smoking Cessation Support                     | Walk Leader                |

#### **SafeTALK Training**

**Monday 15<sup>th</sup> January 2024** – Campsie Resident's Association, Omagh

[Register HERE](#)

**Tuesday 16<sup>th</sup> January 2024** – MDEC Building, Altnagelvin Hospital, L'Derry

[Register HERE](#)

**Wednesday 21<sup>st</sup> February 2024** – Location TBC, Fermanagh [Register HERE](#)

## Training, Conferences and Consultations



Public Health  
Agency



**NATIONAL  
CHILDREN'S  
BUREAU**

### **NI INFANT MENTAL HEALTH LUNCHTIME LEARNING 2024**

These Lunchtime Learning sessions aim to provide a space for shared learning, discussion and collaboration for those working to support babies, infants and their families. Join us online to hear from services on how they are supporting positive infant mental health. Each session lasts 1 hour, with a short presentation and time for discussion and questions.

Click on the links below to register.

#### **31 January 12-1pm**

ASCERT and South Eastern Health and Social Care Trust

Enabling parents to get support earlier with the help of new online resources

[Enabling parents to get support earlier with the help of new online resources](#)

#### **28 February 12-1pm**

BBC Tiny Happy People - Empowering parents to support the speech, language and emotional development of their under 5's.

[Empowering parents to support the speech, language and emotional development of their under 5's](#)

### **2023 Webinar Recordings**

If you missed out on any of our 2023 sessions, you can now view the recordings via the link below;

[Recorded Lunchtime Learning Webinars.](#)

We'd be delighted to hear from other services and programmes that are operating in NI in Infant Mental Health. If you wish to present at a future session please contact Paula Carson-Lewis: [pcarson-lewis@ncb.org.uk](mailto:pcarson-lewis@ncb.org.uk)



## Training, Conferences and Consultations

<https://www.leedsbeckett.ac.uk/student-anxiety-guide>

### HOW CAN SCHOOLS TACKLE LOW-LEVEL ANXIETY?

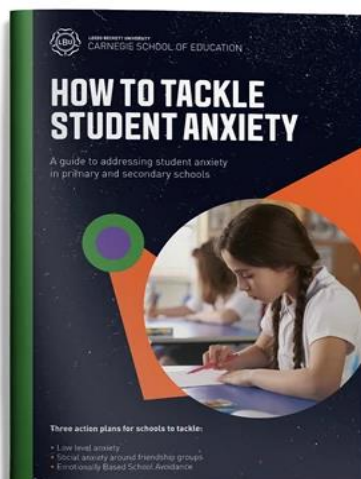
Anxiety in children and young people is on the rise. Educational psychology experts at the Carnegie Centre of Excellence for Mental Health in Schools have developed a guide for teachers to address student anxiety.

Inside How to tackle student anxiety you will discover how to identify anxiety and give your students coping techniques – with action plans for three specific areas:

Low level anxiety  
Social anxiety around friendship groups  
Emotionally Based School Avoidance

For more tips on the best ways to tackle anxiety in your school, download our free

[How To Tackle Student Anxiety guide.](#)



## Training, Conferences and Consultations

[Autism Strategy 2023-2028 published | Department of Health \(health-ni.gov.uk\)](#)



Department of  
**Health**

An Roinn Sláinte

Mánnystrie O Poustie

Actions contained within the Strategy are set out under the following five commitments:

- Improving regional pathways of care;
- Working in partnership to ensure autistic people are supported and understood throughout their education;
- Increasing understanding of autism in the workplace;
- Increasing understanding of the housing needs of autistic people;
- Promoting the development more widely of inclusive environments to support the needs of autistic people, their families and carers.

An initial two-year Delivery Plan has been developed to implement the actions contained within the Strategy in a managed and sustainable way, taking account of the challenging financial context.

Progress will be monitored and reviewed on an annual basis.

The core vision for the Strategy, 'To respect, to Listen, to involve', emphasises the importance of including autistic people and their families in the development and delivery of actions, policy and services.

The actions have therefore been informed through extensive stakeholder engagement and consultation with autistic people and their families, and with the community and voluntary organisations who represent them.

## Training, Conferences and Consultations

<https://drugsandalcoholni.info/responders/>



**TRAINING OPPORTUNITY TO BE A**

**DRUG & ALCOHOL RESPONDER**

Our Responders training provides you with tools to have effective conversations and signpost individuals seeking help about their alcohol and drug use.

| FULL DAY   | HALF DAYS   |   |
|--|---|---|
| <b>Group A:</b><br>Tues 20th February<br>10:00-16:00 | <b>Group B:</b><br>21st & 28th February<br>10:00-13:00<br>2 Half days | <b>Group C:</b><br>22nd & 29th February<br>10:00-13:00<br>2 Half days |

Apply by contacting your local Connections team.  
Contact us via the link below  
[www.drugsandalcoholni.info/responders/](https://www.drugsandalcoholni.info/responders/)

Project supported by the PHA

This Drug and Alcohol **Responder Training** allows those working in different settings across the community to carry out effective conversations, if they arise, around substance use and signpost individuals on to appropriate services.

For more information on the training see the link below:

<https://drugsandalcoholni.info/responders/>

**This training will be delivered over Zoom\***

## **Training, Conferences and Consultations Solihull Approach in NI Multi User License Information Webinar 6th February 2024 @ 2.30pm**



**Would you like to join us and find out more about the Solihull Approach online offer to support parents on their parenting journey in Northern Ireland?**

Hear updates on available courses and resources to support awareness raising amongst parents, carers, grandparents and teens.

Anyone booking on below will need to scroll ahead in the calendar to find 6<sup>th</sup> Feb and then select the 2:30 timeslot before being able to fill in details at the bottom

[6th Feb 14:30 | Solihull Approach in Northern Ireland Multi-User Licence Info Webinar](#)

If you have any queries or require further information  
please contact :

Averil Bassett [averil.bassett@gmail.com](mailto:averil.bassett@gmail.com)

John McLeod [mhtrain365@yahoo.com](mailto:mhtrain365@yahoo.com)

Siobhan Slavin [siobhan.slavin@hscni.net](mailto:siobhan.slavin@hscni.net),



## Section 6 : Breast Feeding Support

### Getting support when you breastfeed | Breastfed Babies



**Breastfeeding**  
Good for baby. Good for mum



Breastfeeding welcome here

For Parents

For Businesses

Benefits Advice Attachment Expressing Problems Working Sick / Premature Weaning Support

ovarian cancer and type 2 diabetes.

Read More



#### Breastfeeding Locations

Find breastfeeding friendly locations near...



Breastfeeding welcome here



Breastfeeding support group

Search



Some hyperlinks to this PHA site:

- [How the baby's father can support your breastfeeding](#)
- [Feeding your baby a bottle](#)
- [Help with breastfeeding problems](#)
- [Breastfeeding counsellors](#)
- [Breastfeeding peer support](#)
- [Breastfeeding in public places](#)

### Breastfeeding peer support

In some areas, new mothers can talk to a breastfeeding peer supporter. They are mothers who breastfed their babies, want to help other mothers and have had training. Find out more on this website: [Getting support when you breastfeed | Breastfed Babies](#)

## Section 7: Digital Safeguarding

[training@nexusni.org](mailto:training@nexusni.org)

### Techworld & Me



#### Learning Objectives

By the end of this workshop, young people will:

- Gain an understanding of the red and green flags of technology.
- Identify signs of technology addiction and develop strategies to form a healthier relationship with technology.
- Learn the importance of consent, with emphasis on relationships formed online.
- Develop an understanding of the impact of sending and receiving explicit images.
- Build an awareness of grooming and how to keep safe online.

These workshop aims to empower young people to navigate the techworld with knowledge, safety, and confidence.

**#BreakTheCycle**

A workshop which lasts 90 minutes can be delivered in person to groups of up to thirty 11 - 25 year olds and can be tailored to participant age and need.

For more information or to book a session please email

[training@nexusni.org](mailto:training@nexusni.org)

## Section 8: UNICEF



In Derry City and Strabane, we are working with lots of people to make sure we improve the rights of children.

We are doing this by talking to children to learn about what they think of growing up here. Where they feel welcome, safe, and included and how they would like us to make things better in their lives.

- There are **four phases** to making this happen:
- Phase 1. **Discovery** - We talk to children, young people, and adults to find out what everyone thinks.
  - Phase 2. **Development** - We work with children, young people, and adults to develop a plan to make things better.
  - Phase 3. **Delivery** – We will be in delivery until December 2024.
  - Phase 4. **Recognition** – We find out if we will be given Child Friendly Community Status. We will reach this point in 2025.

The badges that children and young people have chosen in Discovery - Healthy, Equal, and Included, Education and Learning



### Derry & Strabane

If you are interested in finding out more about the UNICEF UK Child Friendly Communities in Derry and Strabane, please contact [youth@derrystrabane.com](mailto:youth@derrystrabane.com)

## UNICEF



## CHILD FRIENDLY COMMUNITY

As Derry / L'Derry and Strabane District continue with the journey towards a [Child Friendly Community](#) we have made a commitment to train 'key audiences' in Council, WHSCT, EA Youth Service and other statutory, private, community, voluntary and arts and culture sectors to increase knowledge of the [United Nations Convention on the Rights of the Child](#) (UNCRC) and a [Child Rights based approach](#) to improve services.

*Some of the sessions are targeted and some are open/ multi-agency. The content of the session will be the same*, it will be the conversation in the group work that maybe targeted and the benefit of shared learning with a group of professionals in a similar field . If you are not available for your targeted session, please book onto any other session. For administrative purposes, bookings are being made on Eventbrite.

### Introduction to Child Rights in Practice (ICRIP)

Introduces participants to human rights and the UNCRC

Open to all - Multi-Agency

**Part A:** 24<sup>th</sup> January 2024, 11-1pm

**Part B:** 30<sup>th</sup> January 2024, 11-1pm

<https://www.eventbrite.co.uk/e/introduction-to-child-rights-in-practice-tickets-780204411397?aff=oddtcreator>



## UNICEF



## CHILD FRIENDLY COMMUNITY

### Introduces participants to human rights and the UNCRC

**Targeted:** Youth Justice, Community Safety, Wardens, Police etc.

**Part A:** 22<sup>nd</sup> February 2024, 11am - 1pm

**Part B:** 29<sup>th</sup> February 2024, 11am - 1pm

<https://www.eventbrite.co.uk/e/introduction-to-child-rights-in-practice-tickets-780211582847?aff=oddtcreator>

### Introduction to Child Rights in Practice (ICRIP)

Introduces participants to human rights and the UNCRC

**Targeted:** Governance Groups. Western Area Outcomes Group, Local Growth Partnerships, Youth Participation Board, Cross Departmental Working Groups etc.

**Part A:** 7<sup>th</sup> March 2024, 2 – 4pm

**Part B:** 14<sup>th</sup> March 2024, 2 – 4pm

<https://www.eventbrite.co.uk/e/introduction-to-child-rights-in-practice-tickets-780218312977?aff=oddtcreator>

## Child Friendly Communities

HOME > COMMUNITY > CHILDREN AND YOUNG PEOPLE > CHILD FRIENDLY COMMUNITIES

Child Friendly  
Communities

Unicef Child Friendly Communities

## Where can a child or young person get support if they believe their rights are not being respected?

**ASK REE** is a chatbot designed to answer children and young people's questions about their rights. Giving them confidential advice and putting them in contact with someone to talk to if they feel that would help.

[REE Rights Responder](#)



**The Northern Ireland Commissioner for Children and Young People (NICCY)** promotes the rights of children and young people. You can seek advice and make a complaint if you feel your rights have not been respected.

<https://www.niccy.org/niccy-formal-investigations/legal-and-investigations/referral-form/>

## **Section 9: Emotional Wellbeing and Mental Health Support**

[Recovery College | Western Health & Social Care Trust \(hscni.net\)](http://hscni.net)



The Western Trust Recovery College offers free courses and workshops that support people to better understand and manage their mental health and emotional wellbeing.

All courses are written and delivered by people with lived experience of mental health issues in partnership with those who have professional experience and knowledge. The College strives to promote hope and self-awareness; increase understanding of particular conditions and treatments; and encourages self-management with an emphasis on taking back control.

Our free courses are open to all – those who use services, people with mental health issues whether diagnosed or otherwise, carers and supporters, students, health professionals – in fact anyone who is interested in good mental health. We usually operate in 5 locations within the Trust area: Derry/Londonderry, Enniskillen, Limavady, Omagh and Strabane, and we work hard to make the College friendly and informal, and a place where we support and learn from each other.

## Section 9: Emotional Wellbeing and Mental Health Support

### ODYSSEY PARENTING YOUR TEEN PROGRAMME

**I HATE THIS  
HOUSE!**

**You do  
my head  
in!**

**Get out of  
my room!**

**I DON'T WANT  
TO TALK ABOUT  
IT. LEAVE ME  
ALONE!**

#### **SOUND FAMILIAR?**

**Helping you deal with  
the reality of living  
with teenagers**

**Call to register:**

**0808 8010 722**

Mon-Thurs 9.30am-3.30pm

Fri 9.30am - 12.30pm

**Western Trust**  
Tues 23rd Jan 2024-  
Tues 12th Mar 2024

*Join us Online Every Tuesday  
for 8 weeks*

**7.00 pm - 9.00 pm**



## Section 10: Western Sure Start Projects



[SureStart Shantallow – Home](#)

[Little Hands SureStart | Western Health & Social Care Trust \(hscni.net\)](#)

[Waterside SureStart | Action For Children](#)

<https://www.archlc.com/activity/cherish-sure-start/>

<https://www.facebook.com/people/LAST-Sure-Start/100068971487719/>

<https://www.facebook.com/people/LAST-Sure-Start/100068971487719/>

<https://www.dryarchcentre.org/work-and-impact/sure-start-planner/>

## Section 11: Useful links

### **Cost of Living Resources Including Contact Details for Local Food Banks**

Fermanagh and Omagh District Council

[Cost of living help – Fermanagh & Omagh District Council  
\(fermanaghmagh.com\)](https://fermanaghmagh.com/cost-of-living-help)

Strabane and Derry/ Londonderry District Council

[Derry City & Strabane - Help with Cost of Living \(derrystrabane.com\)](https://derrystrabane.com/help-with-cost-of-living)

Causeway Coast and Glens Council

[Advice and Support - Causeway Coast & Glens Borough Council  
\(causewaycoastandglens.gov.uk\)](https://causewaycoastandglens.gov.uk/advice-and-support)

### **Family Support Hubs Newsletter:**

<https://cypsp.hscni.net/download/391/family-support-hubs/42040/oct23-fsh-newsletter.pdf>

### **CYPSP Ezine:**

[CYPSP Ezine 74 - October 2023 \(mailchi.mp\)](https://mailchi.mp/cypsp/ezine-74-october-2023)

## CRIS: Crisis Resources Information & Support



Western Health  
and Social Care Trust

**CRIS**

Crisis Resources Information and Support

If you are worried about your mental health, this card provides details of supports you can call on in the Omagh and Fermanagh areas. The numbers below are available 24 hrs per day (except GP Out of Hours and Papyrus). The numbers on the opposite side can be accessed during the day Mon-Fri.

**999 or 112**

**GP Out of Hours 028 7186 5195**  
Monday to Friday from 6pm / 24hrs during Saturday, Sunday and public holidays

**Lifeline 0808 808 8000** 24 hour support if you are in distress or despair.

**SAMARITANS 116 123**  
For a listening ear 365 days a year.

**Childline: 08001111** for young people under 19

**24hr Domestic and Sexual Abuse Helpline**  
for men and women: 08088021414 / email help@dsahelpline.org

**PAPYRUS:** Dedicated to preventing young suicide (under 35yo) 9am-midnight every day  
Call free: 08000684141 / Free text 07860039967  
email pat@papyrus-uk.org / chat: http://www.papyrus-uk.org

These services can be contacted during the day Mon-Fri

### VOYPIC

Voice of Young People in Care  
028 7137 8980 • info@voypic.org • www.voypic.org  
Mon-Fri 9.30am-5.30pm

### Aisling Centre

Enniskillen, Counselling, Psychotherapy and Wellbeing Service  
028 6632 5811 • www.theaislingcentre.com • Mon-Fri 9am-5pm

### The Tara Centre

Omagh, Counselling and Therapeutic Services  
028 8225 0024 • www.taraomagh.com • Mon-Fri 9am-5pm

### Aware NI

Support for people with depression, bipolar disorder, and anxiety  
028 9035 7820 • www.aware-ni.org  
Mon-Thurs 9am-5pm, Fri 9am-2pm

### NEXUS NI

Support for people affected by sexual trauma  
028 9032 6803 • www.nexusni.org  
Monday-Wednesday 9am-9pm, Thurs 9am-5pm, Fri 9am-4pm

### ASCERT

Addressing alcohol and drug-related issues  
0800 254 5123 • www.ascert.biz • Mon-Thurs 9am-5pm, Fri 9am-4pm

For further information on drug and alcohol support services in your area, please go to <https://drugsandalcoholni.info/self-help-resources/> or scan this QR code and click on Western Area.



Western Health  
and Social Care Trust

**CRIS**

Crisis Resources Information and Support

If you are worried about your mental health, this card provides details of supports you can access in the L'Derry, Strabane and Ummavady areas. The numbers below are available 24hrs per day (except GP Out of Hours, Papyrus, and CCIS). The numbers on the opposite side can be accessed during the day Mon-Fri.

**999 or 112**

**GP Out of Hours 028 7186 5195**  
Monday to Friday from 6pm / 24hrs during Saturday, Sunday and public holidays

**Lifeline 0808 808 8000** 24 hour support if you are in distress or despair.

**Community Crisis Intervention Service (CCIS):** If you feel in crisis and need support or if you have observed someone who is in distress and risk come to significant harm through self-harm and suicidal behaviour please call:

**028 7126 2300**

Thurs 8pm-Midnight • Fri 6pm-3am • Sat 6pm-3am • Sun 4pm-10pm

**SAMARITANS 116 123**  
For a listening ear 365 days a year.

**Childline: 08001111** for young people under 19

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Monday-Wednesday 9am-9pm, Thurs 9am-5pm, Fri 9am-4pm

### ASCERT

Addressing alcohol and drug-related issues  
0800 254 5123 • www.ascert.biz • Mon-Thurs 9am-5pm, Fri 9am-4pm

### MAN Men's Action Network

For Male Victims of Domestic, Sexual and Coercive Behaviour  
028 7122 6530 • 028 7137 7777 • Mon-Thurs 9am-4pm & Fri 9am-1pm

### Korom Centre

Strabane, Counselling and Psychosocial Support  
028 7188 6181 • Mon, Tues, Fri 9am-5pm, Wed & Thurs 9am-9pm  
Phone lines closed for lunch 1pm-2pm every day.

### Derry Well Women

Health and Social Care Services to Women of All Ages  
028 7134 0777 • www.derrywellwomen.org  
Mon-Thurs 9am-9pm, Fri 9am-4pm. Drop-in daytime only.

For further information on drug and alcohol support services in your area, please go to <https://drugsandalcoholni.info/self-help-resources/> or scan this QR code and click on Western Area.

