



For Your Information

February 2024 : Issue 3

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Being able to feel safe with other people is probably the single most important aspect of mental health; safe connections are fundamental to meaningful and satisfying lives.

Bessel A. van der Kolk

Summit

Winter will soon be gone and we can begin to look forward this month to 11 hours of daylight and also hopefully this third issue of FYI will brighten your day. FYI, is 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

Paul Sweeney – Mobile 07387259117
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 for 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

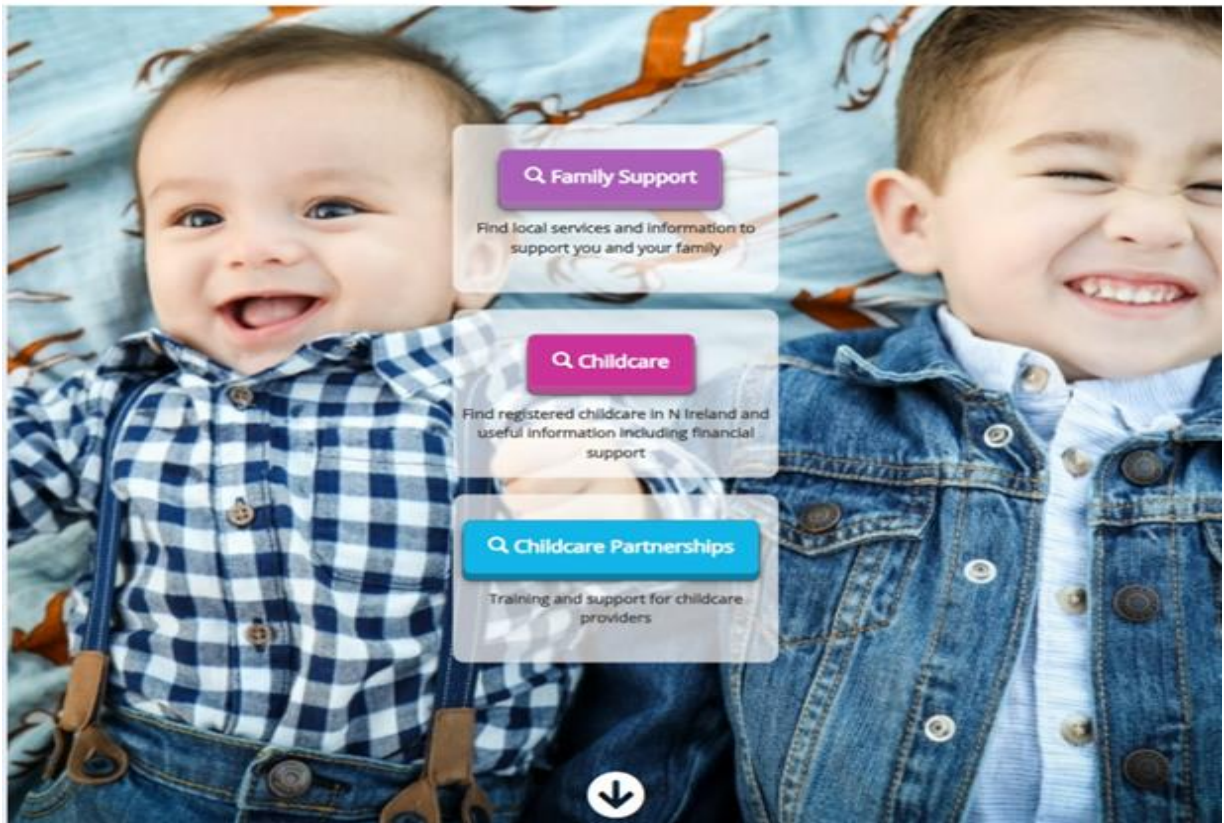
Limavady LPG: February TBC

Section 1: Family Support

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

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

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



familysupport NI.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

Section 1: Family Support

SURVIVING SEPARATION

FREE AND CONFIDENTIAL
ONE TO ONE SESSIONS



Available on Wednesday and Thursday mornings throughout January and February

Support for any parent before, during or after separation

Support to recognise your existing strengths and to develop new coping strategies

Support to improve communication and manage co-parenting arrangements

Zoom or telephone sessions available

Support to help you provide ongoing emotional stability and best outcomes for your children

Support to source additional information and find other useful organisations

Please contact us by calling 0808 8020 400 to arrange a session or to find out more.

Section 1: Family 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 1: Family Support



Mental Health
and Wellbeing
opportunities
for parents
living in the
Western Trust
area

Register now by
calling
the Support Line
on 0808 8010 722

Come and join us for **FREE**
online sessions!

Monday 19th February 2024
7.00pm - 8.30pm
Children's Emotional Health

Tuesday 20th February 2024
7pm-8.30pm
Parent's Emotional Health



Section 1: Family Support

Summerhill Programme



4 week programme for parents

Week 1 Nutrition and Healthy Eating

Week 2 Play and Reading

Week 3 Cost of living

Week 4 Wellbeing

- Meet and discuss family life in a safe environment
- Pick up tips on how to become more confident in handling the daily pressures parents face

£20 gift
voucher on
completion

Date:
January 2024
31st
February 2024
7th, 14th & 21st
Venue:
Zoom Online
Time:
7pm - 9pm

It is our hope that this programme will allow families a happier home life and children will feel more secure as they are given the support and love to enable them to reach their full potential in life.

To book a place, please telephone the Support Line:

0808 8010 722

Section 1: 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



AWARE
OVERCOMING DEPRESSION.
CHANGING LIVES.

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

Section 1: Family Support

info@aware-ni.org

Support groups for people aged 18+ experiencing low mood, depression, anxiety or bipolar with relatives and carers also welcome. Groups are informal and led by facilitators that usually have personal experience of depression / caring for someone with depression. Meetings last around an 1 hour. Also, two online support groups for those that cannot get out on a Tuesday at 2.30pm and Wednesday at 11am. You can email info@aware-ni.org for a link.

Derry (Evening)

AWARE NI Derry Office
2 Crawford Square
Derry /Londonderry
BT48 7HR
Weekly: Tuesdays at
7:30pm

Derry (Morning)

AWARE NI Derry Office
2 Crawford Square
Derry /Londonderry
BT48 7HR
Weekly: Thursdays at
11am

Limavady

Roe Valley Therapy
Centre
101a Irish Green Street
Limavady
BT49 9AA
Fortnightly: Thursdays at
7pm

Enniskillen

The Aisling Centre
Darling Street
Enniskillen
BT74 7DP
Fortnightly: Tuesdays
at 7pm

Strabane

Melvin Sports Complex
Melvin Road
Strabane
BT82 9PP
Co Tyrone
Fortnightly: Wednesdays
at 6:30pm

Omagh

The Hub
67D Market Street
Omagh
BT79 0AA
Tyrone
Fortnightly: Tuesdays
at 7pm

Section 1: Family Support

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

🗨️ Welcome to the Translation Hub

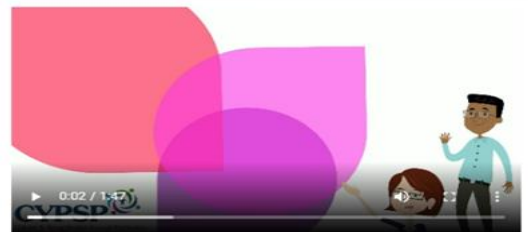
This page is best viewed with the ReachDeck (Browsealoud) application open, click on the  icon in the top right corner and select the language of your choice by clicking  on the toolbar above.

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

How to use ReachDeck (Browsealoud) translation application




Health



Family Support

SureStart

SureStart



Carers



Cost of Living Crisis



Education



Housing



Employment



Safety / Community



Police

Money Helper

Money/Grant Advice



COVID-19

nidirect
government services

Government Services



Tetum Translated Information



Ukraine Advice



Sign Language



Section 2: Youth Support

[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.

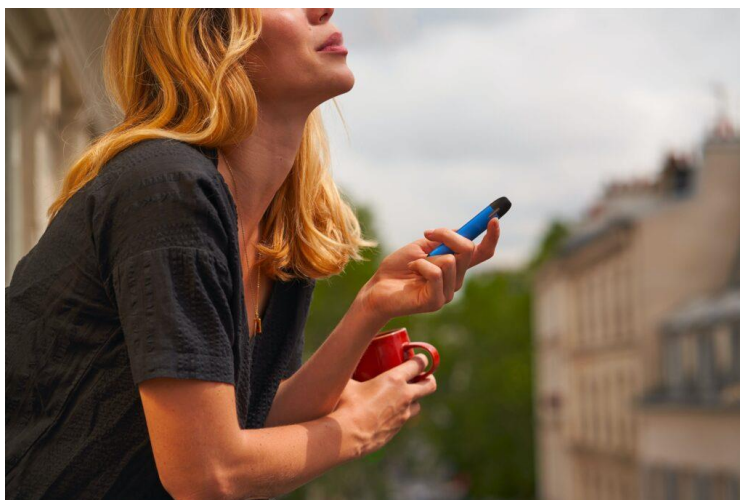


Please select your age group

AGE 8-10	AGE 11-15	AGE 16+
PARENT / TEACHER ZONE		
TRAINING ZONE		

Section 2: Youth Support

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



Currently, youth vaping rates in the UK are considered low-level, with a recent study showing the percentage of young people who vape regularly at 8.6% (2022). While this study was conducted in England, it is indicative of the gradual rise in youth vaping across the UK as a whole. Similar rises in [Australia](#) and [America](#) should be taken as warning to the possible trajectory youth vaping can take, and how it can create a problematic environment that young people might feel expected to be a part of. There are multiple risks that are associated with youth vaping, including:

Vaping can be a lot more discrete than smoking, and may be happening without a parent, carer, or teacher noticing it. There are various signs to be aware of with youth vaping, such as:

- An unexplained cough, wheeze, or shortness of breath.
- Empty disposable vapes, plastic cartridges, containers, or bottles.
- Irritable behaviour if unable to go outside or have a break every few hours.
- Sudden mood swings, frustrations, paranoia, or anxiety.
- Lingering scents that are fruity or sweet smelling.

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

Section 2: Youth Support

youthoperations@eani.org.uk

JUNIOR **YOUTH CLUB**
FOR P6/P7 ONLY
@ IRVINESTOWN YC
EVERY TUESDAY 6.30-8.45pm

PLAY SPORTS, ARTS & CRAFTS, TEAM BUILDING ACTIVITIES
PLAYSTATION + NINTENDO SWITCH, COOKERY CLUB & MUCH MORE

CONTACT RORY FOR MORE INFO
rory.cassidy@eani.org.uk

Lakeland Youth Centre
Proudly Presents
"THRIVE & STRIVE"
Life Skills Programme

Problem Solving. Critical Thinking. Decision Making.
Coping Skills. Communication Skills & So Much More!!

Eligibility 14 Years +

TUESDAYS 6.30pm-9.00pm
Contact Aine:
02866 326 932
aine.mcgahey@eani.org.uk

Skills listed in speech bubbles: Learn How To Cook, Make Informed Choices, Budgeting, Self Care, Goal Setting, Improve Resilience, First Aid, Employability Skills, Learn New Things, Social & Domestic Skills.

NO CHARGE

Pathways to Horizons

Are YOU aged 13-14

FREE TO SIGN UP
LIMITED SPACES AVAILABLE
LISNASKEA YOUTH CENTRE

Opportunities

- Meet New People
- Trips away
- Qualifications (i.e sports coaching)
- Team Activities
- Social Action
- Making a difference

Contact Sean on: sean.mccusker@eani.org.uk or mobile 07734978382

Free Sign Up!

Young Women's Group

The F.I.R.S.T Programme
(Finding Inspiration, Resilience & Self-Esteem Together)

Support Network For Young Women:
Self-Care. Personal Hygiene. Health & Wellbeing. Friendships & Empowerment.

Lakeland Youth Centre
Wednesdays 6.30pm-9.00pm
Age Group: 13+ Years

Contact Aine To Sign Up: 02866 326 932/
aine.mcgahey@eani.org.uk

Lakeland Youth Centre

Section 2: Youth Support
youthoperations@eani.org.uk

LAKELAND YOUTH CENTRE

JUNIOR YOUTH CLUB

THURSDAYS | 6.30PM-9.00PM

Team Games. Music. Sports.
Arts & Crafts. Meet New
Friends.....And So Much More!!

Eligibility: Primary 6 & 7

Contact Aine For Further Info & To Register:
T: 02866 326 932
E: aine.mcgahey@eani.org.uk

Made with PosterMyWall.com

LAKELAND YOUTH CENTRE

INTERMEDIATE YOUTH CLUB

FRIDAYS

TIME: 6:30PM-9:00PM
ELIGIBILITY: YEAR 8-10

**GAMES | ARTS & CRAFTS | SPORTS |
MUSIC | MEET NEW FRIENDS | ... and so
much more**

Contact Aine For Further
Info & To Register:
T: 02866 326 932
E: aine.mcgahey@eani.org.uk

Made with PosterMyWall.com

Newtownbutler Young Women's Group

Come along and join in the fun!

Arts & Crafts
Team Challenges
Beauty Nights

Primary 7 -Year 10
Wednesday Nights
6:30pm-9pm
Newtownbutler
Community Centre

For more information
contact Meadhbh in
Lisnaskea Youth Centre on
Tel: 028 6772 3509
or email:
meadhbh.o'goan@eani.org.uk

Limited spaces available

Made with PosterMyWall.com

Section 2: Youth Support
youthoperations@eani.org.uk

LIMITED SPACES!!
STARTS MONDAY 22nd JAN

Contact Rory to book your place -
rory.cassidy@eani.org.uk

IYC WALL WIZARDS ART CLUB

MONDAYS - P6/P7 @ 6.30PM
THURSDAYS - YR 8-10 @ 6.30PM

GRAFITTI STYLE ART MURAL DESIGN

GET CREATIVE
EXPRESS YOURSELF

OMAGH YOUTH CENTRE PROGRAMME PLAN

MONDAY Intermediates Club- 6.30-8.30pm Ages 12-14
15+ Learning Disabled Programme 8-9.30pm

TUESDAY Senior Club 6.30-9pm Ages 15-17
Fearless and Flawless 6.30-9pm Ages 12-15
Youth Voice 7.30-9pm Ages 16+

WEDNESDAY Buddy Programme ASD Young People 7-9pm Year8+

FRIDAY Junior Club 6.30-9pm Aged 9-11

For more Information please contact Bronagh on bronagh.mcelroy@eani.org.uk or ring 02882249349

Good Vibes ONLY!!

- AGED 12+?
- WOULD YOU LIKE TO?
- BUILD ON YOUR CONFIDENCE
- MEET NEW PEOPLE
- PARTICIPATE IN ACTIVITIES
- HAVE FUN!!

FREE OF CHARGE!!

ECCLESVILLE CENTRE, FINTONA
BEGINS MONDAY
22nd JANUARY 2024
6.30 p.m. - 9 p.m.

Contact: louise.mccullagh@eani.org.uk
or 07775625014

Section 3: Cost of Living

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



A new tool launched by Money & Pensions (MaPS), called Talk Learn Do - <https://www.moneyhelper.org.uk/en/family-and-care/talk-money/talk-learn-do> - will help parents and carers teach children about money and transform their future relationship with it.

This <https://www.moneyhelper.org.uk/en/family-and-care/talk-money/talk-learn-do> online tool will help children and young people receive a financial education at home.

Money habits and behaviours are formed from a young age, so it is important parents and carers start early. MaPS believe teaching children about money from a young age is a game changer, as it helps develop the skills they will need as adults.

Talk Learn Do provides parents and carers with the skills and confidence to talk to their children about money. It also shows why it is important to teach good financial habits from an early age. It breaks down important topics into fun activities and bite sized information, such as pocket money, saving and shopping trips.

Section 3: Cost of Living

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



Talking openly about money helps children build healthy financial habits for later in life but MaPS' research shows that only a third of parents (31%) are likely to talk to their children, if they found themselves in difficulty.

These resources can also help parents improve their financial wellbeing. Studies have shown that some parents who complete the activity were prompted to take steps to improve their own financial situation.

The launch of Talk Learn Do resources follows MaPS research that 43% of children and young people in Northern Ireland, recall getting a meaningful financial education, at school and home.

If your Organisation would value some support materials and more information, please make contact with Margaret McCloskey, Country Partnership Manager, MaPS - Margaret.McCloskey@maps.org.uk

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

Section 3: Cost of Living

<https://cypsp.hscni.net/download/390/lpg/39049/cost-of-living-crisis-resource.pdf>



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 February 2024

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

Section 4: Neurodiversity

[School uniform policy \(middletownautism.com\)](http://middletownautism.com)



School uniform policy

Pupils with tactile sensitivity might find the feeling of certain fabric against their skin uncomfortable or, in some cases, painful.

A student who is over-responsive to tactile/touch input may be very aware of clothing fabric against the skin, material moving against the skin, labels itching the skin and seams on clothing.

Suggested Strategies:

- Some students prefer to wear the school uniform from last year. Very often they have grown out of it, and it feels tight against their body. This provides deep pressure input which is calming and regulating.
- Some students may prefer socks that are too small, providing pressure and preventing socks sliding down into shoes which can be distracting for students with tactile over responsiveness.
- These students may benefit from wearing something tight underneath their uniform like a Lycra sports garment.
- Advise parents on alternatives e.g., seamless socks, different fabrics, cutting off labels.
- Some clothing companies make uniforms with sensory differences in mind, i.e. no seams; Velcro instead of buttons; softer fabrics.
- Be flexible about school uniform policy. Seek the pupils' own options on their uniform and discuss suitable alternatives collaboratively to support their sensory needs.

Section 4: Neurodiversity

[ADHD TeenagerBooklet London.pdf](#)
(adhdfoundation.org.uk)

A Teenager's Guide to ADHD Information Guide and workbook for teenagers living with ADHD by ADHD Foundation



Dear Reader,

This booklet is for teenagers who have ADHD or for anyone who knows a teenager who has ADHD. This booklet will help you learn about what ADHD is, how it affects us, and ways that we can achieve our potential and thrive.



Section 4: Neurodiversity

<https://cypsp.hscni.net/download/428/your-journey-guide/40669/your-journey-disability-guide.pdf>



A GUIDE TO HELP **YOU** ON YOUR JOURNEY THROUGH DISABILITY/ADDITIONAL NEEDS For Parents by Parents



Nov 2023



Section 4: 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, BT75 0NS
Tel: 028 8283 5983



Lilac Villa
Gransha Park
Londonderry, BT74 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

Section 4: 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 5: Trauma Informed Practice

[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.

Section 5: Trauma Informed Practice



The six key principles of a trauma-informed approach and trauma-specific interventions address trauma's consequences and facilitate healing.

Trauma-Informed Approach

According to the concept of a trauma-informed approach, "A program, organization, or system that is trauma-informed:

1. Realizes the widespread impact of trauma and understands potential paths for recovery;
2. Recognizes the signs and symptoms of trauma in clients, families, staff, and others involved with the system;
3. Responds by fully integrating knowledge about trauma into policies, procedures, and practices; and
4. Seeks to actively resist re-traumatization."

A trauma-informed approach can be implemented in any type of service setting or organization and is distinct from trauma-specific interventions or treatments that are designed specifically to address the consequences of trauma and to facilitate healing.

Six Key Principles of a Trauma-Informed Approach

A trauma-informed approach reflects adherence to six key principles rather than a prescribed set of practices or procedures. These principles may be generalizable across multiple types of settings, although terminology and application may be setting- or sector-specific:

1. Safety
2. Trustworthiness and Transparency
3. Peer support
4. Collaboration and mutuality
5. Empowerment, voice and choice
6. Cultural, Historical, and Gender Issues

Section 5: Trauma Informed Practice

From this perspective, it is critical to promote the linkage to recovery and resilience for those individuals and families impacted by trauma. Consistent with this definition of recovery, services and supports that are trauma-informed build on the best evidence available and consumer and family engagement, empowerment, and collaboration.

Trauma-Specific Interventions

Trauma-specific intervention programs generally recognize the following:

- The survivor's need to be respected, informed, connected, and hopeful regarding their own recovery
- The interrelation between trauma and symptoms of trauma such as substance abuse, eating disorders, depression, and anxiety
- The need to work in a collaborative way with survivors, family and friends of the survivor, and other human services agencies in a manner that will empower survivors and consumers

SAMHSA- Six Key Principles of a Trauma Informed Approach



Section 6: 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 15th January 2024 – Campsie Resident's Association, Omagh

[Register HERE](#)

Tuesday 16th January 2024 – MDEC Building, Altnagelvin Hospital, L'Derry

[Register HERE](#)

Wednesday 21st February 2024 – Location TBC, Fermanagh [Register HERE](#)

Section 6: Training, Conferences and Consultations

Please Click “Here” To Register On Mental Health First Aid Training

[HERE](#)

The Health Improvement, Equality and Involvement Department (WHICT) have scheduled an **additional Mental Health First Aid Training** course taking place across 3 days in January. All 3 days must be completed in full. The training will be delivered online via Zoom. Full course details and booking link are below.



Day 1: Monday 11th March 2024 9:30am to 1:30pm

Day 2: Tuesday 12th March 2024 9:30am to 1:30pm

Day 3: Wednesday 13th March 2024 9:30am to 1:30pm

Target audience: Anyone over 18 who wants to increase their knowledge and skills in providing initial support for someone with a mental health issue.

Aim of Course:

To increase knowledge and skills in providing initial support for someone with a mental health issue.

Learning Objectives:

- Increase participants knowledge and skills in providing initial support for someone with a mental health issue
- Increase knowledge and skills to recognize the symptoms of mental health issues
- Develop skills to provide initial help
- Increase awareness of services to guide a person towards appropriate professional help.
- Mental Health First Aid is the help provided to a person in a mental health crisis. First Aid is given until appropriate professional treatment is received or until the crisis resolves. Mental Health First Aid does NOT teach people to be therapists.

Not suitable for anyone recently bereaved.

Section 6: Training, Conferences and Consultations

<https://bookings.dhcni.com/>

Clear Training Opportunities! January 2024 - March 2024

Self Harm & Autism

Date: 8th February 2024
Venue: Online
Time: 9.30am - 12.30pm

Hope Matters

Date: 15th February 2024
Venue: Online
Time: 9.30am - 1.30pm

Mental Health First Aid

Date: 19th, 20th, 21st
February 2024
Venue: Online
Time: 9.30am - 1.30pm

Motivational Interviewing Level 1

Date: 22nd, 23rd
February 2024
Venue: Online
Time: 9.30am - 4.30pm



Section 6: Training, Conferences and Consultations

info@ascert.biz

Ygam

Western
DRUG & ALCOHOL
COORDINATION TEAM - CONNECTORS SERVICE

Young People, Gaming and Gambling Workshop

WORKSHOP AIM

Enhance knowledge and understanding in this area of digital wellbeing, covering the following:

- How young people are increasingly exposed to gaming and gambling harm.
- The influence of advertising, particularly around sporting events.
- The role of social media, in game purchases, loot boxes and Esports.
- Decision making ability in young adults and motivation theories for gaming.
- Guilt shame and stigma
- Signs of harm, conversations, planning and signposting.



WEDNESDAY 14TH FEBRUARY 10.30AM-12.30PM

FIRTREES HOTEL, STRABANE

THURSDAY 15TH FEBRUARY 10.30AM- 12.30PM

MAHONS HOTEL, IRVINESTOWN

Section 6: 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	
Group A: Tues 20th February 10:00-16:00	Group B: 21st & 28th February 10:00-13:00 2 Half days	Group C: 22nd & 29th February 10:00-13:00 2 Half days

Apply by contacting your local Connections team.
Contact us via the link below
www.drugsandalcoholni.info/responders/

Logos: drugsandalcoholni, HSC Public Health Agency, 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*

Section 6: 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 6th 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

John McLeod mhtrain365@yahoo.com

Siobhan Slavin siobhan.slavin@hscni.net,

Section 7: Digital Safeguarding

[How to protect yourself from scams | Mencap](#)

Take Five to beat the scammers

See MENCAP's new *accessible* resources about how to protect yourself from scams, created in partnership with the Take Five *campaign* and UK Finance



How to protect yourself from scams



A scam is when someone tries to take your money by pretending to help you, or by offering you something which they are not going to give you.



If someone pretends to help you, they might ask you for information which can help them to try to take your money.



They might ask for your:

- name
- date of birth
- address
- bank account details
- card details
- passwords
- passcodes



It can be difficult to tell if something is a scam, or if it is real.

Section 7: Digital Safeguarding

[Safer Internet Day 2024 – Children and Young People's Strategic Partnership \(CYPSP\) \(hscni.net\)](#)

Safer Internet Day 2024 takes place on 6th February with the theme of 'Inspiring Change? Making a Difference, Managing Influence and Navigating Change Online'. The online world is a fast moving space with a host of new and emerging trends. For practitioners, parents and carers who have responsibility for children and young people, it is often hard to keep up as well as understand the impact of technology and where the risks might be.

This year, the Western and Northern Trust Digital Safeguarding Steering Groups have partnered up to host a range of masterclasses focusing on these online issues and concerns so that we help practitioners promote safe, responsible and positive use of digital technology for children, young people and their families.

Delivered by a range of experts from across the region and the UK, the workshops will explore:

- Technology assisted abuse
- Incels – what they are and how to support young people
- Online sexual abuse, sextortion and sexexploitation
- Young people and pornography
- Supporting vulnerable young people online
- Key messages for practitioners so they can support and advise young people and their families

Full details including Eventbrite booking information are in the brochure attached.

Please note for the Technology Assisted Abuse session, all HSC staff can register via LearnHSCNI (linked on brochure). For non HSC staff, please complete booking form attached.

Section 8: 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.

Introduces participants to human rights and the UNCRC

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

Part A: 22nd February 2024, 11am - 1pm

Part B: 29th 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: 7th March 2024, 2 – 4pm

Part B: 14th March 2024, 2 – 4pm

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

Section 8: UNICEF



Would you like to understand more about what are Children's Rights, then please watch the Global Teachers Prize Video (6-minute watch)

<https://youtu.be/COjVj9czgrY>



Derry & Strabane District Council Area

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

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 10: Western Area 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 \(fermanaghomagham.com\)](https://fermanaghomagham.com)

Strabane and Derry/ Londonderry District Council

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

Causeway Coast and Glens Council

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



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)

Section 12: CRIS: Crisis Resources Information & Support



Western Health
and Social Care Trust



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

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



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

Community Crisis Intervention Service (CCIS): If you feel in crisis and need support or if you have observed someone who is in distress and this comes 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

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

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

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

Koram 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.derrywellwoman.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.

