



For Your Information

May 2024 : Issue 6

# Contents

## Welcome To FYI

Section 1 : Family Support

Section 2 : Youth Support

Section 3 : Cost of Living

Section 4 : Neurodiversity

Section 5: Bereavement

Section 6 : Digital Safeguarding

Section 7 : UNICEF Child Friendly Communities

Section 8 : Emotional Wellbeing and Mental Health

Section 9 : Training / Conferences

Section 10 : Western Sure Start Projects / Family Support Hubs

Section 11:Useful links

Section 12 :CRIS Leaflet

*"Unless someone like you  
cares an awful lot  
nothing is going to get  
better. It's not."*

Dr Seuss, The Lorax



Welcome to the 6<sup>th</sup> 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)



### **Southern Sector LPG Meeting Schedule**

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

### **Northern Sector LPG Meeting Schedule**

## Section 1: Family Support

### Parenting Children's Challenging Behaviour programme

Date: Wednesday 8th May -  
Wednesday 12th June 2024  
Time: 7pm - 8.30pm

OR

Date: Thursday 9th May -  
Thursday 13th June 2024  
Time: 7pm - 8.30pm



Six week online parenting programme provides tips for parents to manage behaviour they find challenging and advice on how to reinforce positive behaviour in children.

Call to Register 0808 8010 722  
Mon-Thurs 9.30am - 3.30pm  
Fri 9.30am - 12.30pm



This programme is funded by the Ulster Garden Villages

## Section 1: Family Support



# SINK OR SWIM

## FREE Online 6 Week Programme for Parents & Carers

Do you sometimes struggle with parenting? Are some days better than others? Many parents feel exactly the same way! Sink or Swim explores the realities of parenting, while sharing tips & tools on how to look after your own mental health. Programme welcomes those parenting 0-18 years specifically.

Tuesday 30th April 2024 -  
Tuesday 4th June 2024  
(6 Weeks)  
7.00pm - 9.00pm

To register call us freephone  
**0808 8010 722**

The programme is funded by the Ulster Garden Villages

## Section 1: Family Support



**Life's a journey.  
Could you be a part of mine?**

**Every child deserves to live in a loving and stable home where they can develop and thrive.**

We are recruiting foster carers who can make a difference to a child's life. Our information events focus on the range of fostering opportunities available including emergency care and short breaks, as well as short and long-term foster care. If you're considering fostering, come along and hear foster carers share their inspiring stories, chat to our experienced and friendly staff about the process and support on offer, and discover if you could become part of our community of foster carers.

### Fostering Information Events

**Wed 10 April, 7.30pm-9pm**

Enniskillen Castle, BT74 7HL

**Thur 11 April, 7.30pm-9pm**

Omagh Fire Station, 1 Killybrack Rd,  
BT79 7DG

**Tues 16 April, 7.30pm-9pm**

Strabane Golf Club, 33 Ballycolman Rd,  
BT82 9PH

*No registration required. Everyone is welcome.*

**Thur 25 April, 7.30pm-9pm**

Destined NW Disability Learning Centre,  
1 Foyle Rd, Derry/L'Derry, BT48 6SQ

**Thur 2 May, 7.30pm-9pm**

Bethany Community Hall, Limavady,  
BT49 9AQ

**Thur 9 May, 7.30pm-8.30pm**

Virtual information event, Join via MS  
Teams, Meeting ID: 354 658 134 12 /  
Passcode: mrdao3

**0800 0720 137 | [adoptionandfostercare.hscni.net](http://adoptionandfostercare.hscni.net)**

## Section 1: Family Support

**Parentline NI**  
0808 8020 400

...

We are excited to announce that Parentline are launching on WhatsApp! Same experienced team and support available to you via WhatsApp!

Same number  
**0808 8020 400**

Launching **NEXT WEEK!!**

Tuesday 16th April 9AM!

Get in Touch!

...

**Parent Line NI**  
0808 8020 400

**NEW • NEW • NEW • NEW • NEW • NEW • NEW • NEW • NEW • NEW**

Opening hours;  
Monday- Thursday 9am-8pm  
Friday 9am-5pm  
Saturday 9am-1pm

## 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

**Did you know...**  
**You may be entitled to help with childcare costs, even if you both have full time jobs.**

Anyone using a Registered or Approved Childcare provider may be eligible.





## Section 1: Family Support

### Cancer Support Available on FSNI

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

## Cancer Support Available



Cancer Support

**Family Support NI is a platform to host information about services available for people with diagnosis of cancer, and their families or carers.**

Family Support NI are working with the Department of Health and Cancer Charities Coalition to use FSNI website as a platform to host information about services available for people with diagnosis of cancer, and their families or carers.

We recently added 'Cancer Support Services' as a category of service on the Family Support section.

If you provide a cancer support service to people in Northern Ireland - we would be very grateful if you would check whether details of your service are included / up-to-date ?

Search Results in Cancer Support Services Category ([familysupportni.gov.uk](http://familysupportni.gov.uk))

These search results are for all of Northern Ireland - You can filter these search results by inputting your (full) postcode - indicate within 1/5/10 miles or you can use the Keyword Search to input name of service.

The website provides information on family support services in the statutory, voluntary and community sectors in Northern Ireland.

Contact details for services are geo-mapped which means postcode can be used to find services most local.

The information is updated on a regular basis. If details of your cancer support service are not on the website or if you would like to amend or update details of a service please contact [info@familysupportni.gov.uk](mailto:info@familysupportni.gov.uk)

## Section 1: Family Support



Minding Hearts support group for mothers in the L'Derry / Derry area who have experienced pregnancy/baby loss is a new service which Minding Mums hopes to expand in the future. The following programmes are also on offer in April:

Programme	Commencing
Art Therapy	Tuesday 9 <sup>th</sup> April 10am Lincoln Courts Youth and Community Centre
Pregnancy Fit	Wednesday 10 <sup>th</sup> April 6pm Irish Street Community Centre
Mellows Minds- new programme specifically for those experiencing low-moderate anxiety/low mood.	Thursday 11 <sup>th</sup> April 10am An Chroi Community Centre
Muscle Mummies	Friday 12 <sup>th</sup> April 9.30am An Chroi Community Centre
Aquanatal	Friday 26 <sup>th</sup> April 1pm Foyle Arena
Mum Pods Group Therapy	Wednesday 8 <sup>th</sup> May
Maternal Mental Health Week Big Walk in the Park	Wednesday 1 <sup>st</sup> May
Social Café	Thursday 2 <sup>nd</sup> May 10am Foyle Arena
Walking group	Every Wed 10am Meet outside Foyle Arena

Referrals continue to be accepted for 1 to 1 counselling and birth trauma therapy (must be at least 12 weeks postpartum for birth trauma.) Referrals for Minding Mum can be sent to [mindingsmumwaterside@gmail.com](mailto:mindingsmumwaterside@gmail.com) / 07719532034.

Minding Mums provide pregnancy pamper packs for all Waterside mums following their 12 week dating scan.

For Further Details Please Contact : Rhonda Wooler, Minding Mum Project Manager Office 02871342959

## Section 1: Family Support

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



### The Parent Champion Network

Are you a member of a Parent-Led Support Group?

Would you like to team up with like-minded groups to build a strong network where we can support each other?

Would you like to share your knowledge, skills, and experience to create meaningful relationships and make real changes happen?

Do you support families who have experienced:

Neurodiversity or physical disabilities

Financial Pressures

Disruption to Education

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



## Section 1: Family Support



### Parent and Toddler Groups



### in Co Fermanagh

Day	Time	Venue
<b>Monday</b>		
	10.30am-11.30am	Courthouse, Kesh
<b>Tuesday</b>		
	11am-12pm	Duplo Play Sessions, Enniskillen Library
	10am-12pm	Archdale Hall, Ballinamallarrd
	10.30am-11.30am	Oak Healthy Living Centre, Lisnaskea
	10am-11.30am	Toddle Tots, Largeness Centre, Tullymill, Florencecourt
<i>(alternate tues)</i>	10am-11.30am	Tiny Tots - Brookeborough Elim
<i>(2nd Tues)</i>	10am-12pm	Amazing Multiples - Safe Haven, Cornagrade Rd (for twins/triplets)
<b>Wednesday</b>		
	10am	Little Acorns - Fermanagh Christian Fellowship (FCF)
<i>(alternate wed)</i>	10am-11.30am	Kings Kids - Independent Methodist Church
	11am-12.30pm	Sunbeams - Salvation Army, Enniskillen
	10am-12pm	Rossorry Parents & Tots, Rossorry Parish Church
	10am-12pm	Tempo Mother and Toddler Group -
<b>Thursday</b>		
	10am-12.30pm	Mummy Mixer - Bellanaleck
	10am-12pm	Jelly Tots, Jones Memorial PS
	9.30am-11.30am	Belcoo Parent & Toddler Group, Community Centre, Belcoo
	10am-11.30am	Gilaroo Hall, Garrison
	10am-11.30am	Tiny Tots, Derrylin
<i>(1st &amp; 3rd)</i>	10.30am-12.30pm	Little Lambs, Emmanuel Centre, Lisnaskea
	10.30am-12pm	Breastfeeding group – Safe Haven
	9.30am-11am	Bubbles – Brookeborough Methodist Church
<b>Friday</b>		
	11am-11.30am	Rhythm & Rhyme – Enniskillen Library
<i>(2nd Fri)</i>	10am-11.30am	Tea & Tots, Derrygonnelly
<i>(3rd Fri)</i>	9.30am-11am	Tempo Mother & Toddler - Tempo Primary School (£3)
<i>(alternate)</i>	10.15am	Independent Methodist Church, Irvinestown

The following businesses run groups for parents and children please contact them directly for more information:

Bridge Gymnastics – mobile 07701302851  
 Splitz Gymnastics – mobile 07941837144  
 Little Mess Fermanagh – mobile 07538651507

Toddler Sense – mobile 07851258033  
 Jo Jingles – mobile 07843241237  
 Rugby Tots – email [justin@rugbytots.co.uk](mailto:justin@rugbytots.co.uk)

## Section 1: Family Support

[northernirelandcampaigns@nspcc.org.uk](mailto:northernirelandcampaigns@nspcc.org.uk)



### NI Talk PANTS Fortnight 6th – 17th May - Community Resource Pack

We are delighted to let you know about an upcoming awareness raising campaign that is being delivered across Northern Ireland. The Talk PANTS Fortnight will begin Monday 6th May and run until Friday 17th May. We are supporting schools to be the key focus for the campaign but also know that lots of community settings outside of school may want to support the activity and so we have created the attached Talk PANTS Community Resource Pack that will help any out of school setting prepare to take part in NI Talk PANTS Fortnight 2024!

Our NI Local Campaigns inbox below is the preferred method of contact for any organisations who may have additional queries:  
[northernirelandcampaigns@nspcc.org.uk](mailto:northernirelandcampaigns@nspcc.org.uk)

**NSPCC**

## Section 1: Family Support

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

#### 🗨 Welcome to the Translation Hub

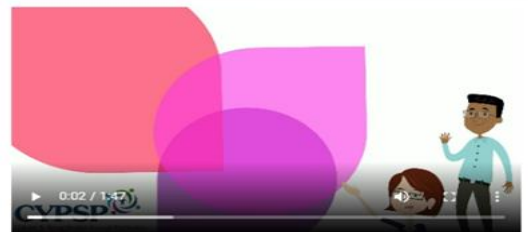
This page is best viewed with the ReachDeck (Browsealoud) application open, click on the  icon in the top right corner and select the language of your choice by clicking  on the toolbar above.

















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



 <b>Health</b>	 <b>Family Support</b>	 <b>SureStart</b>	 <b>Carers</b>
 <b>Cost of Living Crisis</b>	 <b>Education</b>	 <b>Housing</b>	 <b>Employment</b>
 <b>Safety / Community</b>	 <b>Police</b>	 <b>Money/Grant Advice</b>	 <b>COVID-19</b>
 <b>Government Services</b>	 <b>Tetum Translated Information</b>	 <b>Ukraine Advice</b>	 <b>Sign Language</b>

## Section 2: Youth Support

*YouthAction*  
NORTHERN IRELAND

# Young Men's Group

## Fermanagh House Enniskillen



**Support network to talk about life,  
health, work, interests & more**

**For 15-25 year olds**



**Last Wednesday of each month, 3.30-4.30 pm**  
**Refreshments provided**  
**Travel costs reimbursed**



To find out more get in touch with  
[lee@youthaction.org](mailto:lee@youthaction.org) or [dwayne@youthaction.org](mailto:dwayne@youthaction.org)  
or call 028 66328534

## 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

### [Vaping factsheet | HSC Public Health Agency \(hscni.net\)](#)

#### Why do young people vape?

There are a number of things that could motivate young people to vape, such as peer pressure/influence, social image and perceived lower health risks of vapes compared with cigarettes.

Other common reasons reported include to support their mental health, reduce stress levels and address low self-esteem. Vapes are used as a perceived coping mechanism to address these issues. However, young people who vape for stress relief report significantly higher stress levels than those who don't vape.

Young people's brains are still developing, so they can't always think through the consequences of the things they do. This means they're more likely to try things like vaping out of curiosity or 'for fun' without considering the harm they could be doing to themselves. Vapes are colourful and come in lots of different flavours, which can seem appealing to young people. They don't seem scary or harmful, as cigarettes do.



#### Why is there concern about vaping among young people?

Although vaping is less harmful than smoking, we don't yet fully understand the long-term effects vaping has on our health. Evidence shows that e-cigarettes or vapes are not harm-free.

Vaping liquids can contain high levels of nicotine. The amount of nicotine you inhale from a vape can vary. Many young people who vape did not smoke cigarettes before they started vaping. But young people who vape are more likely to start smoking cigarettes than those who never vape.

The nicotine contained in vapes is **harmfully addictive**. Research on smoking has shown that nicotine addiction can affect your mental health. It can make you tired, and stressed, affect your concentration and impact your ability to learn and study. It can also lead to or increase depression and anxiety.

Vaping can contain other **harmful illicit substances** besides nicotine. High levels of THC or synthetic cannabinoids such as Spice or Pine could be present and have a negative outcome when vaped. Sharing vapes could lead to young people inhaling illicit substances without realising.

In addition, there is growing concern over the **environmental impacts** of disposable vapes given their lithium batteries and hard to recycle components and the increasing frequency in which these products are littered or thrown in the bin.



Public Health Agency  
12-22 Linenhall Street, Belfast BT2 8BS.  
Tel: 0300 555 0114 (local rate).  
[www.publichealth.hscni.net](http://www.publichealth.hscni.net)

Find us on:



For further information  
on vaping please go to  
[www.pha.site/vaping](http://www.pha.site/vaping)



## Section 3: Cost of Living



### **Our goal for financial education**

MaPS leads delivery of the UK Strategy for Financial Wellbeing, working towards a vision of everyone making the most of their money and pensions. The Strategy includes a goal to ensure that, by 2030, two million more children and young people in the UK are receiving a meaningful financial education.

Learn more about the [UK Strategy for Financial Wellbeing](#).

### **How we support financial education in schools**

To improve the provision of financial education, we;

Support the development of and access to financial education tools and services.

Fund the delivery of financial education programmes, to test new approaches and increase the availability of interventions that work.

Undertake and promote research to improve our understanding of children and young people's financial education needs and their financial wellbeing.

Run and contribute to networks that support the development of financial education tools and sharing of best practice.

### **Why financial education is important**

Research shows that financial education makes children and young people more likely to;

save money

have a bank account

be confident with money management

Our research also shows that a majority of children and young people say they find financial education useful.

Financial education can enhance existing curricula or can be extra-curricular.

The subject can enhance an array of subjects too. It can bring the maths curriculum to life using examples relevant to students' lives, or can be incorporated into personal development, health and wellbeing and citizenship topics.

Financial education enhances financial wellbeing and prepares students to understand and manage their incomes as adults.

## Section 3: Cost of Living



### Four ways to improve children's financial wellbeing

**Start early:** Evidence tells us that children's attitudes about money are well developed by the age of seven. So, incorporate learning about the world of money into your teaching from pre-school upwards.

**Put learning into practice:** Providing pupils with a combination of in-class and experiential learning has been shown to be most effective. You could organise a school savings bank, support groups of students to open bank accounts or the opportunity to manage a budget.

**Make the most of everyday events:** Financial education can be particularly effective if it coincides with an opportunity for the young person to put it into practice. For example, more detailed learning about banks and saving could coincide with students approaching the age of 11 when they can open an account.

**Involve parents and carers:** As in other areas of learning, school-based financial education will be most successful when parents are engaged too. Invite parents to get involved in experiential financial learning activities, or encourage students and parents to develop their learning together at home.

### Resources to support financial education teaching

#### Talk Money schools toolkit

Learn more about [Talk Money Week](#). This toolkit for schools includes information and resources to help you promote the financial wellbeing of your pupils and students, during Talk Money Week and beyond.

[Download your toolkit](#) (PDF, 1.8MB)

#### Your Money Matters financial education textbook

Co-funded with Money Saving Expert's Martin Lewis, Young Money's secondary level financial education textbook is being tailored to curricula across the UK. It also comes with a teaching guide.

Learn more and [download free copies of the textbook](#)

## 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](mailto:louise.dickson@hscni.net)

# Section 3: Cost of Living

**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

Select Service Type >> All Categories Keyword Search

Show Postcode Search

More News



MMR vaccine catch up clinics to run until end of March 2024



Working Parents - Financial Assistance with Childcare Costs



Childcare Providers - Have you activated your Tax-Free Childcare account?



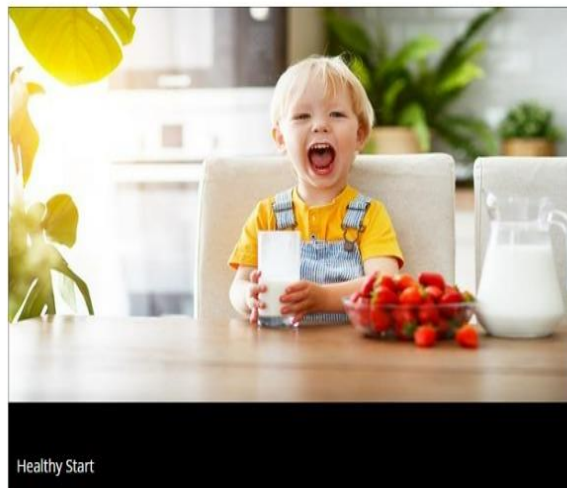
Audit of Family Support NI



We all need advice and support at different times during our lives ...



## Healthy Start Scheme



Healthy Start

Many families in Northern Ireland who are eligible for the Healthy Start Scheme, which provides vouchers to help buy food and milk, are not availing of it.

You can access up to £442.00 per year and can get it from the point of pregnancy to when your child is four years old.

If you're more than 10 weeks pregnant or have a child under 4, you may be entitled to get help to buy healthy food and milk.

If you're eligible, you'll be sent a Healthy Start card with money on it that you can use in some UK shops. We'll add your benefit onto this card every 4 weeks.

You can use your card to buy:

- plain liquid cow's milk
- fresh, frozen, and tinned fruit and vegetables
- fresh, dried, and tinned pulses
- infant formula milk based on cow's milk

You can also use your card to collect:

- Healthy Start vitamins - these support you during pregnancy and breastfeeding
- vitamin drops for babies and young children - these are suitable from birth to 4 years old

The details on applying are here: [Healthy Start Website](#)

## Section 3: Cost of Living

### [Fuel Poverty and the Just Transition | Department for Communities \(communities-ni.gov.uk\)](#)



Department for

**Communities**

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**Commonities**

#### Fuel Poverty and the Just Transition

##### [Fuel poverty](#)

The Fuel Poverty and Just Transition Project has been established to provide a long-term framework for addressing fuel poverty in Northern Ireland. It will take an all-of-government approach to addressing fuel poverty and its impacts.

Registration for all events is via the DfC website: [Fuel Poverty and the Just Transition | Department for Communities \(communities-ni.gov.uk\)](#)

Topic	Dates	Location and time
<b>Workshop 1 – Eligibility:</b> How to determine who should receive support	9 April	Belfast – 10.00 - 13.00
	15 April	Londonderry/Derry – 10.00 - 13.00
	18 April	Online – 10.00 - 13.00
<b>Workshop 2 – Collaboration:</b> Identifying partners and their roles	30 April	Belfast – 10.00 - 13.00
	7 May	Dungannon – 10.00 - 13.00
	9 May	Online – 10.00 - 13.00
<b>Workshop 3 – Understanding and framing:</b> Improving our definition and developing a vision and principles	23 May	Newry - 10.00 - 13.00
	29 May	Belfast – 10.00 - 13.00
	3 June	Online – 10.00 - 13.00
<b>Feedback Session</b>	20 June	Online – 10.00 - 13.00

## Section 3: Cost of Living

[NI Audit Office Report - Child Poverty in Northern Ireland.pdf](#)

Northern Ireland Audit Office

Key Facts

### Key Facts

**18%**

of NI children living in relative poverty (before housing costs)



**8%**

of children living in persistent poverty (three of the last four years)

**11 – 15 years**

gap in healthy life expectancy between the most and least deprived area



Poor children are **four times** more likely to develop a mental health problem by the age of 11

The last Child Poverty Strategy ended in

**May 2022**



**0**

specific poverty reduction targets in the 2016-22 Child Poverty Strategy

## Section 4: Neurodiversity

<https://inourplace.heiapply.com/online-learning/course/128>



### Moving up to secondary school for children with additional needs

PRETEEN TO TEENAGER



#### List of Modules

- 1. **Moving up** (9 Units) +
- 2. **Preparations** (9 Units) +

#### About this course

This short specialist course is for parents, relatives or friends of children who have **additional needs**. Your child may be dyspraxic, dyslexic, very anxious, autistic, really dislike change, have ADHD, a learning disability, a physical disability or any other additional need.

It is designed to support both you and them as they **transition into secondary school**. Building on the principles of nurturing emotional wellbeing shaped by the Solihull Approach, the course will help you to develop your communication and support their development.

It's also for you as a support for your emotional wellbeing. Parenting a child with additional needs can bring a range of big emotions, that at times may feel overwhelming. Recognising and processing these feelings is a really important part of the care you provide your child.

This course is for all parents, grandparents and carers of children who have additional needs and who are transitioning into secondary school. Some parents describe their child as differently abled, neuroatypical, neurodiverse or neurodivergent. The resources are tailored so that whatever their developmental age, you can use the ideas and techniques to help better understand your child, their emotions and how to help them process or manage



Course library Free access checker

SELECT LANGUAGE | ▼

Register | Learner

Register | Professional

Sign In



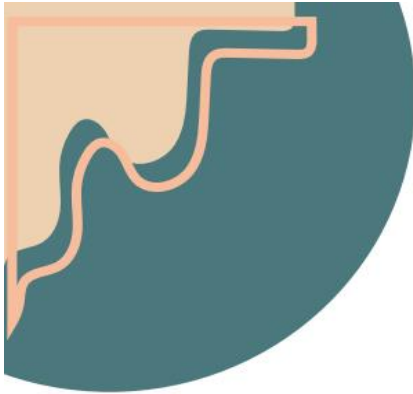
Child Psychotherapists. It is informed by experience and is designed to be practical, to help you and your family.

You may also be interested in our course **Understanding your child with additional needs**.



## Section 4: Neurodiversity

[PD Support Sessions Brochure \(n-i.nhs.uk\)](http://n-i.nhs.uk)

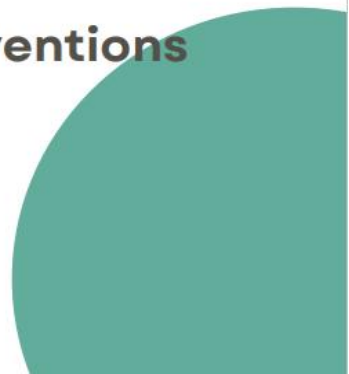
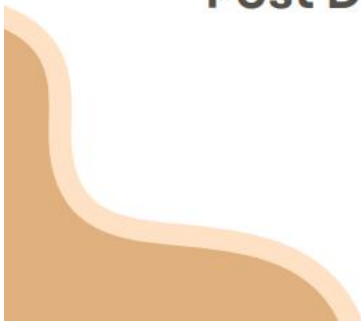


HSC Western Health  
and Social Care Trust

WHSCCT  
**Children and Young  
People's  
Autism Service**



**Post Diagnostic Interventions**



## Section 4: Neurodiversity



The Western Trust Children and Young People's Autism Service is delighted to launch its [new Online Hub](#) in advance of World Autism Acceptance Week 2024.

We listened to what mattered to families engaged in our service and over the last number of months worked hard to develop this fantastic resource for everyone. Thank you to all the families who contributed.

We encourage you to visit our webpage [HERE](#)

We hope you find it useful!

**#WTWAAW24**

## Section 4: Neurodiversity

### [PD Support Sessions Brochure \(n-i.nhs.uk\)](https://n-i.nhs.uk)

As part of World Autism Acceptance Week, the Children and Young People's (CYP's) Autism Service is launching their calendar of Autism Intervention Sessions for 2024.

These sessions are open to all parents/carers of children with a diagnosis of Autism residing in the Western Trust area.

There are also Autism Intervention sessions for children and adolescents with a diagnosis who would like to increase their awareness of the condition.

Dates are available in the brochure - [- HERE](#)

The sessions focus on a number of areas including;

- Talking to my child/young person about Autism
- Building Autism Awareness for Child/Young Person
- Let's Talk about Behaviour
- Anxiety and Autism
- The Teenage Years
- Can't Sleep Won't Sleep
- Supporting Sensory Differences
- Using Visuals to Create Supportive Environments

#### Booking

Booking is essential and can be accessed through contacting the CYP's Autism Service on the following:

Enniskillen | 02866382103                      Omagh | 02882835983

Derry/Londonderry | 02871308313

Sessions are delivered both face to face and virtual across the Trust areas, facilitated by Autism Clinicians. Please leave your name, contact number, email address, child's name and date of birth and which session you would like to attend as detailed in the brochure – [HERE](#)

## 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 5: Bereavement

[Bereaved | Bereaved \(hscni.net\)](http://Bereaved | Bereaved (hscni.net))



Language ▾

Enter your search here

[Home](#) | [Care Before Death](#) | [Practical Support](#) | [Bereavement Support](#) | [Helplines](#) | [Video Wall](#) | [For Carers](#) | [For Professionals](#)

Welcome to the new Bereaved NI website, if you would like to provide feedback about the website please use the [Website Feedback Form](#)



Information and support if you are experiencing grief and bereavement or helping other people who are bereaved

The search filter below can help you to find specific bereavement help and support

Person who has died ▾

Circumstances of Death ▾

Age groups needing su... ▾

Types of support ▾



Accessible Resources



Care Before Death



## Section 5: Bereavement

<https://sendbereavement.lgfl.org.uk/>



Bereavement and pupils with SEND

### Bereavement and pupils with SEND

"Whether you are working with pupils in a mainstream school or in an SEND setting, it is really important for them to have access to the truth."

[Read Introduction](#)

Click the button above to read an introduction to this resource or use the links below to access the content.

Discover more by using the links below



Pupils with SEND



Understanding death and grief



Communication and language



Strategies for support



Managing the death of a pupil



Policy and procedures



Headteachers and senior leaders



Looking after yourself

## Section 6: Digital Safeguarding

[Digital Safeguarding Core Awareness Tickets, Tue 4 Jun 2024](#)  
[at 09:30 | Eventbrite](#)



**Date:** Tuesday 4<sup>th</sup> June 2024, 9:30am-4pm

**Venue:** Roe Valley Arts and Cultural Centre, 24 Main Street, Limavady, BT49 0FJ

The training will focus on the benefits and harms facing children and young people in the online world and will provide resources to support practitioners in their safeguarding work with children.

The training will focus on more than just 'e-safety' and will discuss digital safeguarding elements of: promotion of digital literacy, critical thinking skills and resilience, prevention of harm and protection strategies when harm has occurred.

### **Course Content:**

Grooming & radicalisation

Cyberbullying

"Sexting"

Inappropriate content (including pornography)

Online reputation and parent-created footprints

Tracking privacy, identity theft

Gaming/gambling and persuasive design

Mental health

Signposting to local and national sources of help, advice and support.

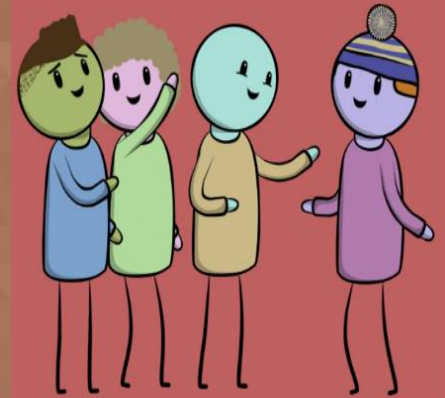
Register here - [Digital Safeguarding Core Awareness Tickets, Tue 4 Jun 2024 at 09:30 | Eventbrite](#)

## Section 6: Digital Safeguarding

### Boys and Young Men Animations | Safeguarding Board for Northern Ireland (safeguardingni.org)

## Boys and Young Men Animations

04 October 2023



Three animations have been created by the Safeguarding Board for Northern Ireland (SBNI), YouthAction NI & VOYPIC to raise awareness of child sexual exploitation (CSE) as experienced by boys and young men.

### What was the purpose?

The animations were created as part of a renewed effort by the Safeguarding Board for Northern Ireland (SBNI), YouthAction NI & VOYPIC to raise awareness of child sexual exploitation (CSE) as experienced by boys and young men. Building on the 'Shout Out Speak Out' campaign from 2017 boys and young men developed the animations as a way for them to raise awareness amongst their generation of the risk of sexual exploitation.

### What were the key messages?

Key messages from the boys and young men were that they did not understand the term 'exploitation' and that it was important to explain what it was, as well as to show that it can happen to anyone in a variety of different ways, in different settings and by different types of people. They also said that the signposting numbers to get help in relation to issues affecting them in relation to CSE needed to be easy to see and the suggestion was that it should not be a poster or a card but an animation that can be shared on social media.

### What happened next?

NEEP productions was commissioned to develop three animation story boards which were presented to the boys and young men for their feedback. The storyboards were adapted to incorporate their suggestions and feedback e.g. different hair styles in the characters to show they are different people, use of hard-hitting language and terminology etc. The young men co-designed the animation and all of its content. Once the animations and scripts were completed, some members of the groups provided the voices for the different characters. The animations were launched at an event, led by the young people, in Belfast on 4 October '23.

### How to get involved

Watch, use and share the animations widely.



# Section 6: Digital Safeguarding

[Online-Nation-Report\\_INEQE.pdf](#)

## Reporting Harmful Content Leading by Example

Recent research has shown that children and young people are very unlikely to take action, such as reporting or flagging to the platform, when they see harmful content and behaviours online. So why is that?



### What Inappropriate Content Are Children and Young People Seeing Online?

Unfortunately, children and young people are likely to be the target of some types of inappropriate content and abusive behaviours that adults won't be. This includes grooming attempts, trolling, and cyberbullying from their classmates or peer group.

**REPORT**

### WHY DON'T CHILDREN AND YOUNG PEOPLE REPORT ONLINE ABUSE AND HARMFUL CONTENT?



#### Shame and Embarrassment

Becoming a target for bullying or online abuse can be a source of embarrassment for a child or young person as they may feel like they have done something wrong or that there's something 'wrong' with them.



If a child or young person has accidentally seen or been sent something that has sexual context, they may feel awkward discussing the subject matter.

#### Getting in Trouble

Children and young people could be concerned about their parents' reactions: will they be cross and think the child was looking at something online they shouldn't be?



They may also misunderstand the legalities around harmful illegal content and think they will be in trouble for simply viewing it. They may worry about the police or their school getting involved.

#### Built-up Tolerance and Acceptance

Unfortunately, children and young people may just be 'used to it' when it comes to seeing inappropriate and harmful content online. The prevalence at which they encounter this type of material or come across abusive content might mean that it's accepted as part of the normal experience of being online and just 'background noise' they block out.



#### Not Knowing What to Do

Every app, platform and website have their own processes for dealing with harmful content and a different interface for doing so.



Although many children and young people are very tech-savvy, this doesn't mean that they are all equipped with the knowledge of how to report or flag things online.

**HATE**

**STUPID**

Nearly 1/3 of children say they sometimes do nothing when they are upset or worried about something online.

22% of users said they did not take action as they didn't think that doing so would make a difference.

1/3 of 12-17-year-olds said that they knew how to use a reporting or flagging function but only 14% said they had used any of them.

**FAST FACTS**

**FAT**

**UGLY**

The Online Nation Report 2022

### ENCOURAGING CHILDREN AND YOUNG PEOPLE TO REPORT ONLINE ABUSE AND INAPPROPRIATE CONTENT

#### Talk and Listen!



Talking to a child or young person about how to stay safe online may help reduce the chances of them viewing inappropriate content or being susceptible to grooming etc. Build a relationship in which the child or young person in your care feels secure and confident to confide in you and openly discuss things that upset them.

Encourage conversations about online experiences, both good and bad.



Reassure them that simply reporting content won't get them in trouble nor will talking to you about something they've seen online that upsets them or makes them feel uncomfortable.



If your child does come to you to talk about something they've seen online, stay calm. Although you might be shocked or even angry at them for using a site or app you told them not to, having a strong emotional reaction may put them off coming to you again in the future.

#### Learn Together



Sit down with the child or young person in your care, learn how to do report, flag and block on each platform. Remember, lots of people are visual learners so have your phone or digital device handy so you can all see exactly where the buttons are on the actual platform.

#### Be An Example



One of the best things we can do to help children and young people stay safer online is to lead by example. Just like in the offline world, the children in your care look to the trusted adults around them for guidance on how to navigate, react and interact in this world.



Show and talk to the children in your care about what you do when you come across harmful content and bad online behaviour. This could be as simple as mentioning that you saw a bullying comment online, so you reported it to the platform.



If you're someone who usually scrolls past abusive or harmful content, ask yourself, 'would I want my or any child to see this?'

**If the answer is no, take action!**

# Section 6: Digital Safeguarding

## [Home - Safer Schools NI](#)

+44(0) 2896 005777 | [saferschoolsni@ineqe.com](mailto:saferschoolsni@ineqe.com)

Search...



Home App Resources Training Support

## Safer Schools NI

Educating, empowering and protecting the NI school community

Welcome to Safer Schools NI: the home of online safeguarding for school communities in Northern Ireland. *Safer Schools NI is a partnership between the Department of Education and Ineqe Safeguarding Group.*



## The Friend Ship

An Adventure in Cyber Space

Embark on a cyber space adventure with 'The Friend Ship', a children's book designed to help parents, carers, and safeguarding professionals plant seeds of safety in young minds. Join Jack, Maddie and Freddie on a journey through app age restrictions and friend requests as they decide who to let onboard and when to call the Mothership for guidance. Exclusively available now on your Safer Schools App or register your interest for a physical copy below!



REGISTER YOUR INTEREST

The digital world is 24/7; it's outside and inside of the school gates, so you need a service that does the same. Safer Schools NI is a digital library of age-appropriate safeguarding resources that you can check out anytime, from your phone to your computer to your classroom.

### As a NI Safer School you get free access to:

- A customised version of the Safer Schools NI App for your school community.
- Resources and lessons for your teachers, parents and carers on our Teach and Home Learning Hubs.

REGISTER YOUR SCHOOL



Your **Safer Schools NI App and portal** is a digital safeguarding communication toolkit helping you engage your entire school community. By providing school staff, parents, carers, and pupils with the information they need to know, when they need to know it, they will be better informed and protected together.



I'm School Staff

[Learn More](#)



I'm a Parent/Carer

[Learn More](#)



I'm a Pupil

[Learn More](#)



## Section 6: Digital Safeguarding

### Online Safety Hub - Safeguarding Board for Northern Ireland

# Welcome to the Online Safety Hub

*Education and support to  
keep children safe online*



Scan this  
code to visit  
the site!



The Hub features online safety advice, resources and support from a range of organisations so that young people, families and professionals can easily access information all in one central place. From screen time, social media or knowing where to turn when something doesn't feel right, the Hub provides practical tips and tools to improve child safety online.

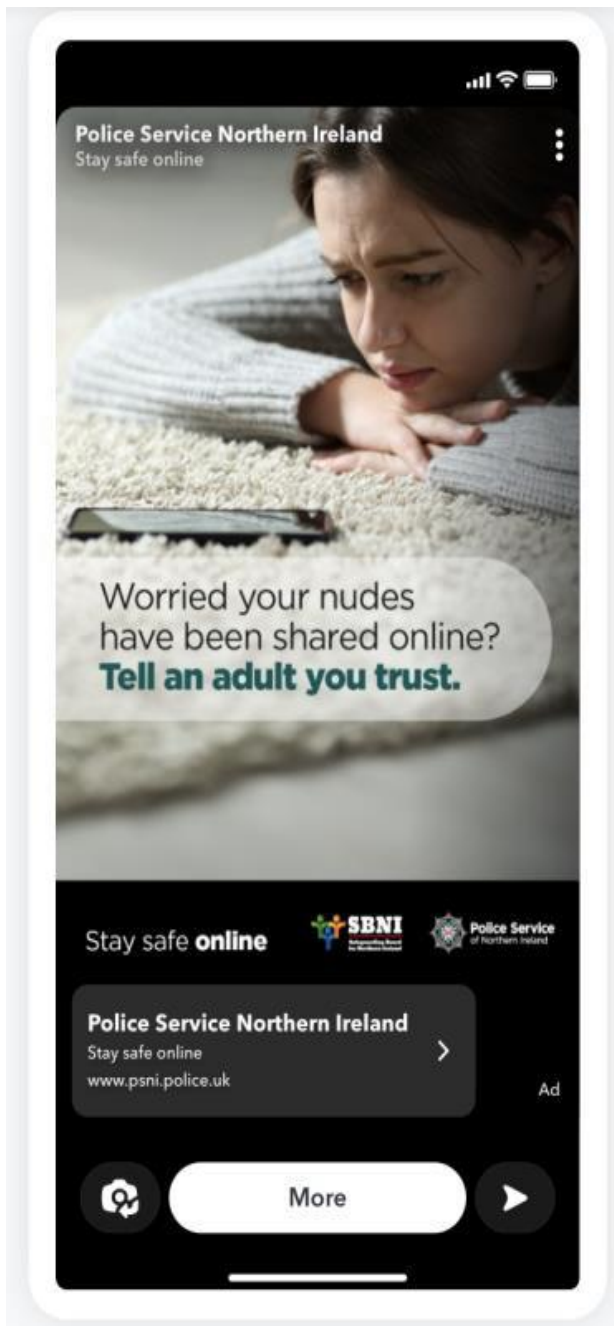


[OnlineSafetyHub.SafeguardingNI.org](https://OnlineSafetyHub.SafeguardingNI.org)

## Section 6: Digital Safeguarding

[Online Safety Hub - Safeguarding Board for Northern Ireland  
\(safeguardingni.org\)](https://safeguardingni.org)

[How to block inappropriate content on your child's  
smartphone | PSNI](#)



## Section 6: Digital Safeguarding

[Safeguarding Hub - Ineqe Safeguarding Group](#)

<https://youtu.be/Q-eZcVFyNsl?si=T4Dpp-pqj1Tn5yw>

### The risks involved and protecting children's privacy

Do you share photos of your children online to celebrate their special moments?

It's important to remember that when it comes to photos of children, 'sharenting' comes with risks, now and in the future.

[Check out our video](#) where Danielle explains some steps you can take to 'share safer' online



## Section 7: 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 8: Emotional Wellbeing and Mental Health Support

[Catherine@aware-ni.org](mailto:Catherine@aware-ni.org)



**MOOD MATTERS**  
BY AWARE NI

A free mental health awareness workshop for adults  
Delivered both online and in person

**Free courses available April-June**

Email [Catherine@aware-ni.org](mailto:Catherine@aware-ni.org)

**AWARE**  
OVERCOMING DEPRESSION.  
CHANGING LIVES.

Aware NI are offering community and voluntary services within the Western or Northern Trust areas FREE Mood Matters Mental Health Workshops. These workshops are designed to promote wellbeing within your organisation by:

- Increasing awareness and understanding of mental health.
- Provide practical tools and strategies for managing stress and improving wellbeing.
- Create a supportive environment for open discussions.

[Catherine@aware-ni.org](mailto:Catherine@aware-ni.org)

**AWARE**  
OVERCOMING DEPRESSION.  
CHANGING LIVES.

## Section 8: Emotional Wellbeing and Mental Health Support

[Catherine@aware-ni.org](mailto:Catherine@aware-ni.org)

### Mood Matters Adults (18+)

This light and interactive mental health awareness training session is an opportunity for you to think about how to look after your own mental health. The workshop will explore mental health stereotypes and look more closely at how to spot the early signs of mental health illness, stress, depression, anxiety disorders and bipolar. This session will teach individuals coping skills for everyday life, how to avoid getting caught in a vicious circle and how to break unhelpful habits that we sometimes have when our mood is low, as well as where to get further help and support. This session will focus on you as an individual and will then allow you to apply these skills to supporting family, friends and others.

<b>Duration</b>	2hrs
<b>Group Size</b>	Minimum 12 / Maximum 25 people
<b>Method of Delivery</b>	Face to face or online

### Living Life to the Full (+18)

This is a programme that can make a big difference to your life. It can help you manage your feelings when you are stressed, worried or depressed and learn simple practical skills to help you cope with life's challenges. Delivered over 6 weeks the programme looks more closely at the ways in which mental health can be impacted by life events and unhelpful thinking styles which may also then affect our physical health and overall enjoyment of life.

<b>Duration</b>	6 weeks @ 2hrs per week
<b>Group Size</b>	Minimum 10 / Maximum 18 people
<b>Method of Delivery</b>	Face to face or online

Delivery of short 1-off mental health awareness sessions & longer life skills engagement programmes. If interested in either the Mood Matters Adult or Living Life to the Full programme please contact Catherine on E:

[catherine@aware-ni.org](mailto:catherine@aware-ni.org)



## Section 8: Emotional Wellbeing and Mental Health Support

### FREE ONLINE STRESS CONTROL COURSE

#### Course covers:

- What is stress

#### Controlling :

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



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

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



Public Health  
Agency

## Section 9: Training / Conferences

### [Free Online Training \(Solihull\) – Children and Young People’s Strategic Partnership \(CYPSP\) \(hscni.net\)](#)



[About Us](#) | [News & Events](#) | [Publications](#) | [Links](#) | [Contact](#)

Search



- CYPSP
- Outcome Based Planning
- Outcomes Groups
- Regional Sub-Groups
- Task & Finish Groups
- Locality Planning Groups
- Family Support Hubs
- Parent Support
- EITP
- CYPSP Resources

### Free Online Training (Solihull)

#### Parent/Carer Training

[Scroll down for Professional Training](#)

**UNDERSTANDING YOUR CHILD**  
SOLIHULL APPROACH

**Course explainers facts and descriptions**  
Course descriptions and summary content explained for Parents/Carers

**Supporting Emotional Health & Wellbeing from 0-19+**  
Free online courses for all parents, carers, grandparents and teens for residents of Northern Ireland.

**Understanding pregnancy, labour, birth and your baby**  
This course explains how and why you are so important to this baby, whether you are the mother, father, partner, grandparent or birth partner. 9 Modules available 24/7 take course any time and place.

**Understanding your preterm or sick baby**  
Online courses for parents and families of babies receiving neonatal care. Postnatal course uniquely tailored by clinical psychologists in partnership with health professionals and parents. To support you to develop your relationship with your baby.  
Easy to follow modules, access online anytime, anywhere



A small number of the free training opportunities on the Solihull page on the CYPSP website available for parents/carers and a new section at the bottom of the page for free training for professionals.

## Section 9: Training / Conferences



The Health Improvement Equality and Involvement (HIEI) Department has released their latest Training Brochure which is offering free training courses taking place across the Trust from 1st April to 30th September 2024.

This new edition of the HIEI Training Brochure features the return of the 'PANTS Webinar'.

The courses will be delivered either via Zoom or face to face in a range of locations across the WHSCT.

To view the Training Brochure, click on this link <https://westeritrust.pagetiger.com/training-april-sept-24/1>

For course details, including times and course content and to book a place, please click the 'Click Here to Register' icon below each course which takes you to the Eventbrite registration page.

For further information and any queries in relation to the Training Brochure, please email:

[healthimprovement@westeritrust.hscni.net](mailto:healthimprovement@westeritrust.hscni.net) or telephone 028 7186 5127.

## 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.dryarchcentre.org/work-and-impact/sure-start-planner/>

<https://www.facebook.com/profile.php?id=100064593163682>  
(Rainbow Sure Start)

## Section 10: Western Area Family Support Hubs

### Western Family Support Hubs – Children and Young People’s Strategic Partnership (CYPSP) (hscni.net)



#### Early Intervention and Family Support Hubs



- [Family First Referral Form](#)
- [Dry Arch Referral Form](#)
- [Fermanagh Referral Form](#)
- [Omagh Referral Form](#)
- [Ethos Referral Form](#)
- [Outer West Dunluce Referral Form](#)
- [Strabane Referral Form](#)
- [Waterside Referral Form](#)

Contact Information	Telephone	Email
<b>Family First</b> – Sharon Doherty Family Support Hub Coordinator	(028) 7137 3870	<a href="#">Email here</a>
<b>Dry Arch</b> – Donna O’Kane Family Support Hub Coordinator	(028) 7774 2904	<a href="#">Email here</a>
<b>Fermanagh</b> – Séana Connor Family Support Hub Coordinator	(028) 6632 4181	<a href="#">Email here</a>
<b>Omagh</b> – Shauna McKenna Family Support Hub Coordinator	(028) 8225 9495	<a href="#">Email here</a>
<b>ETHOS</b> – Marty Daly Family Support Hub Coordinator	(028) 7135 8787	<a href="#">Email here</a>
<b>Outer West</b> – Frances Breslin Family Support Hub Coordinator	(028) 7126 9833	<a href="#">Email here</a>
<b>Strabane</b> – Shauna Devine Family Support Hub Coordinator	(028) 7138 2658	<a href="#">Email here</a>
<b>Waterside</b> – Meghan Leonard Family Support Hub Coordinator	(028) 7132 9444	<a href="#">Email here</a>

## 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 \(fermanaghomagh.com\)](http://fermanaghomagh.com)

Strabane and Derry/ Londonderry District Council

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

Causeway Coast and Glens Council

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



# Section 12: CRIS: Crisis Resources Information & Support

**HSC** 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.



**HSC** 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 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 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 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

**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.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.

