



For Your Information

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Welcome to the packed 8th 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

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)



Southern Sector LPG Meeting Schedule

Fermanagh LPG – 13th August 2024, 11am-1pm, Online

Omagh LPG – 15th August 2024, 11am-1pm, Online

Northern Sector LPG Meeting Schedule

Strabane LPG 24th July @ 11:00am Strabane Council Offices, 6 Strabane Road, BT82 9SF

Waterside LPG 25th July @ 11:00am Waterside Shared Future Centre Level 2.

Derry LPG Meeting Venue and Time TBC for August

What You Think Of FYI Online?

“The Western Area FYI is an excellent resource for discovering the various options available to families in the Western Trust area. Its well-organised sections make it easy to navigate. I look forward to each issue because it is always current, allowing me to see and share the latest supports and services available for families.”

Michelle West, Parent & Community Engagement Practitioner, Children in Northern Ireland

“As a professional it was a great resource to see all the upcoming digital safeguarding areas available to access so that I can pass on to or HUB families and HUB colleagues”

Claire Heaney - Training and Programme Development Specialist, Dry Arch Centre

“Having information in FYI to advertise and promote our services at AWARE has been hugely beneficial. We know that this has supported local professionals and public to link in with our support groups and sign up for our education programmes. Feedback has been very positive”

Rhonda Murphy - Head of Support Services, AWARE

Section 1: Family Support



Cost of Living Crisis

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

Our Cost of Living Crisis resource provides details of targeted resources & support for families & children struggling with the current cost of living crisis. Please let us know of any initiatives that you have running/planned or you are aware of, which are aimed at helping support families and children struggling with the current cost of living crisis so that we can promote in our Cost of Living Resource.

[Download Cost of Living Resource](#)

If you would like to include info on your service, please email cypsp@hscni.net



CYPSP Support and Resources Hub

The CYPSP Support & Resource Webpage is a central repository for information and guidance from our partners, that is updated regularly

To find information on:



Visit CYPSP central Support and Resource Webpage at <https://tinyurl.com/4cev29vv> or scan the QR code for instant access and filter by theme



View Short Webinar at <https://youtu.be/fOXIZ-iEw4A>

The Youth Wellness Web has been co-designed by young people for young people with easy access to different resources and services that can really help you.

If you are looking information and help with:



Visit the Youth Wellness Web at the link below or scan the QR code for instant access.



www.cypsp.hscni.net/youth-wellness-web



Section 1: Family Support

The Summer Edition of the Children & Young People's Resource Pack is OUT Now!

Included are resources on disability, mental health, education and more, plus lots of activity ideas to help keep the kids entertained over the holiday period including colouring and activity sheets and play and snack ideas.

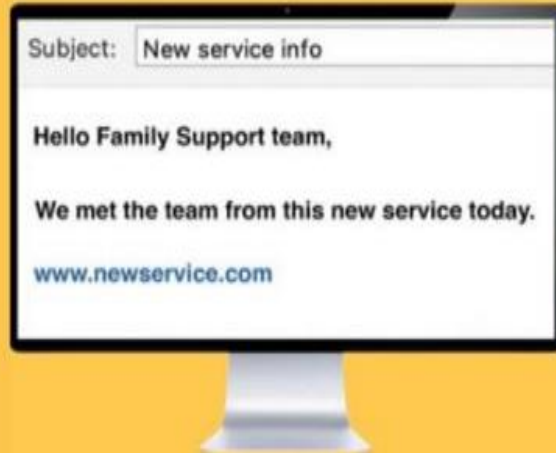


Download at: <https://cypsp.hscni.net/download/426/cyp-resource-pack/43269/cyp-resource-pack-summer-edition-2024.pdf>

(Note: Newsletter will download directly to your device. Look out for the pop-up box and click on open file when it appears).

Section 1: Family Support

Help Us Keep Information Up-to-Date and Useful !



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



Contact :
info@familysupportni.gov.uk

#SharingIsCaring

Please check details of your service / organisation are included and up-to date on Family Support NI

FamilySupportNI.gov.uk provides free, comprehensive and up-to-date information and advice about family support services for children, young people and their families in Northern Ireland. This Online Directory of Services provides useful information to parents, carers, young people and professionals. We hold information on a wide range of services including Statutory, Community and Voluntary Organisations. Please see our short video: [About Family Support NI](#)

It is important that information on the website remains up-to-date and useful. If you provide a Family Support Service in Northern Ireland and your details are not included or need updated please contact info@familysupportni.gov.uk and we will arrange to have your details included or amended. If you work with Families/Young People and engage with a Family Support service that is not already included on FamilySupportNI.gov.uk, let us know (info@familysupportni.gov.uk) and we will contact them to get included.

FamilySupportNI.gov.uk is a free platform to share details of useful support service to Front Line Staff, Families and Young People. We need your help and local knowledge to keep our information up-to-date and useful! #SharingIsCaring

Section 1: Family Support

Handle with Care

Keeping your cool as a parent or carer

Never shake or smack a baby - they are fragile, so always be gentle and supportive - including play time.

Follow our tips for keeping your cool and staying in control.



Adapted from Barnsley Council's
Handle With Care campaign

HSC Public Health
Agency
Project supported by the PHA

NSPCC
NORTHERN IRELAND

Section 1: Family Support

<https://www.employersforchildcare.org/parents/download-library/>

Information factsheets - Employers For Childcare

The Employers For **Childcare** download library contains documents and files containing useful information for employers and parents.

www.employersforchildcare.org

Employers For Childcare

Working For Parents

Parents
Family Benefits Advice Service
Childcare Vouchers
Tax-Free Childcare FAQs
Information videos from our Family Benefits Advice Service
Information factsheets

Parents Employers High Rise Childcare Providers Research & Lobbying About

Home > Parents

Information factsheets

Our library of advice & information factsheets contain a wealth of useful information for parents on childcare and work-related issues. If you need require information that does not appear in the list below please get in touch on 028 9267 8200.

File Name	File Size	Format	Last Updated
Employee-User-Guide-April-2024	1,008.40 KB	pdf	17 Apr 2024
Child-Benefit-April-2024	213.00 KB	pdf	15 Apr 2024
Universal-Credit-Guidance-April-2024	308.94 KB	pdf	15 Apr 2024
A-comprehensive-guide-to-Tax-Free-Childcare-April-2024	461.73 KB	pdf	15 Apr 2024
Financial-support-for-those-working-in-childcare-April-2024	210.46 KB	pdf	15 Apr 2024
Free-School-Meals-and-School-Uniform-Allowance-April-2024	201.61 KB	pdf	09 Apr 2024
Employment-Rights-For-Expectant-Parents-April-2024	214.65 KB	pdf	09 Apr 2024
Employment-Rights-For-Working-Parents-April-2024	217.82 KB	pdf	09 Apr 2024
Marriage-Allowance-April-2024	136.23 KB	pdf	09 Apr 2024
Shared-Parental-Leave-Rights-For-Parents-April-2024	180.99 KB	pdf	09 Apr 2024
Child-Trust-Funds-and-Junior-ISAs-April-2024	181.56 KB	pdf	09 Apr 2024
Scottish-Child-Payment-and-Best-Start-Grant-April-2024	199.01 KB	pdf	09 Apr 2024
Sure-Start-Maternity-Grant-excluding-Scotland-April-2024	182.25 KB	pdf	09 Apr 2024
Help-towards-registered-childcare-costs-April-2024	532.79 KB	pdf	09 Apr 2024
Tax-Credits-guidance-April-2024	196.96 KB	pdf	09 Apr 2024
Employee-Guide-to-Salary-Sacrifice-April-2024	327.35 KB	pdf	09 Apr 2024
Employee-Terms-and-Conditions-Full-April-2024	222.43 KB	pdf	09 Apr 2024
Reimbursement-Request-Form-April-2024	157.77 KB	pdf	09 Apr 2024
What-is-a-Workplace-Nursery-April-2024	164.67 KB	pdf	09 Apr 2024
Funded-Preschool-Places-Sep-24-June-2025-April-2024	174.97 KB	pdf	09 Apr 2024
Bereavement-Support-Payments-for-a-spouse-or-civil-partner-April-2024	167.87 KB	pdf	09 Apr 2024
Advisor-Discretion-Fund-Upfront-Childcare-costs-April-2024	275.97 KB	pdf	09 Apr 2024
Healthy-Start-Scheme-April-2024	189.95 KB	pdf	09 Apr 2024
EFC Subject Access Request Process	221.02 KB	pdf	26 May 2018

Section 1: Family Support

FamilySupportNI - Family support and childcare services across Northern Ireland

Family Support Services

All Categories

Keyword

Search

Show Postcode Search

Find Local Services

- Bereavement
- Counselling
- Domestic/Sexual Abuse
- Drug/Alcohol Misuse
- Eating Disorders
- Mental Health
- Prison Support Services
- Separating Families

Related Articles



Types of Family Support Available



Alcohol & Drug Misuse Treatment & Support Services



Dealing with Domestic/Sexual Abuse



Child Maintenance Choices



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



Self Harm & Suicide Support



Support for Mental Health



Separating Families

Counselling



Counselling is a talking therapy that involves a trained therapist listening to you and helping you find ways to deal with emotional issues. Sometimes the term "counselling" is used to refer to talking therapies in general, but counselling is also a type of therapy in its own right.

[Link to search results for Counselling](#)

What can counselling help with?

Counselling can help you cope with:

- a mental health condition, such as depression, anxiety or an eating disorder
- an upsetting physical health condition, such as infertility
- a difficult life event, such as a bereavement, a relationship breakdown or work-related stress
- difficult emotions – for example, low self-esteem or anger
- other issues, such as sexual identity

What to expect from counselling

At your appointment, you'll be encouraged to talk about your feelings and emotions with a trained therapist, who'll listen and support you without judging or criticising.

The therapist can help you gain a better understanding of your feelings and thought processes, and find your own solutions to problems. But they won't usually give advice or tell you what to do.

Counselling can take place:

- face to face
- over the phone
- by email
- online through live chat services

You may be offered a single session of counselling, a short course of sessions over a few weeks or months, or a longer course that lasts for several months or years.

It can take a number of sessions before you start to see progress, but you should gradually start to feel better with the help and support of your therapist.

Various types of counselling are included at this section, including marriage, relationship, parenting, mental health etc.

Please also see additional information about support for:-

- Bereavement
- Domestic/Sexual Abuse
- Help with Addiction
- Eating Disorders
- Mental Health
- Prison Support Services
- Separating Families

Family Support

Childcare

Childcare Partnerships

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

Section 1: Family Support

Carers Hub

“Are you looking after someone?”

We want to do more to support local carers.

We plan to hold a focus group to discuss and shape the development of a local carer's hub in the Fermanagh and Omagh district area.

Parent

Young Carer

Family Member

Learning Disability

Autism

Physical Disability

Mental Health

Dementia

Spouse

Carers Support

Derry Federation of Charities

HSC Western Health and Social Care Trust

If you are interested in attending please contact
Judith - Western Rural Health Care Ederney GP Surgery - 028 6863 1234 or
Martina - Dromore & Trillick GP Surgery - 028 8244 0600
you do not have to be registered with these two GP practices to register for
this event. It is open to all carers in the wider Omagh & Fermanagh area

Section 1: Family Support



Birth Trauma Therapy

Referrals continue to be accepted for 1 to 1 counselling and birth trauma therapy (must be at least 12 weeks postpartum for birth trauma) for mothers in the L'Derry / Derry area.

Referrals for Minding Mum can be sent to mindingmumwaterside@gmail.com / 07719532034.

Pregnancy Pamper Packs

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

Minding Hearts

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.

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

Section 1: Family Support

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 to register



Section 1: Family Support

www.buttleuk.org/apply-for-a-grant/chances-for-children-grants/

What are Chances for Children grants?

Individually tailored grants of up to £2,400 for children and young people who have experienced a crisis that has recently had a significant and enduring impact on their wellbeing and educational engagement.

We fund items and activities to help improve children and young people's wellbeing and increase their capacity to engage in education and learning.

Download their quick guide [here](#).

Who can make an application to Buttle UK?

We only accept applications from frontline professionals working for a registered charity, housing association or public sector organisation who:

- are working directly with the children/young person
- have made a full assessment of the child's or young person's needs
- have carried out at least one home visit (optional for schools and colleges)

If successful, the professional will need to manage the funds, upload receipts within 8 weeks of receiving the grant, and complete an evaluation survey.

Download their model for a successful grant application [here](#).

Who does Buttle UK help?

Children and young people must meet the following criteria:

- **Aged from 2 to 18 (including 18 year olds)** if living with parent or carer **OR aged 20 and under** if living independently with little or no support from their family.
- Accessing early, primary, secondary or post 16 education/training for a minimum of 12 hours per week
- Living on a low income and experiencing financial hardship
- Have experienced a crisis that has recently had a significant and enduring impact on:
 - their wellbeing
 - their development and education
- The family or young person has recently taken action to improve their situation, are actively engaging with support and are moving on from the crisis.

Use their [short eligibility guide](#) to find out if you and the family you support are eligible for a Chances for Children grant.

What does Buttle UK fund?

They fund holistic packages of support for children and young people that can include, but are not limited to:

- Items and activities to support learning and development such as laptops, books, wi-fi, educational toys, tuition, etc.
- Clothing and school uniforms
- Social, sporting and leisure activities
- Family activities
- Items for children's or young people's bedrooms
- Household items that are not available from other sources and which directly address the children's needs

For children who are unable to stay in their family home, we also fund boarding school places. Please click here for more information on [Support For Boarding](#).

Section 1: Family Support

www.buttleuk.org/apply-for-a-grant/chances-for-children-grants/

Who are Buttle UK unable to help?

- Children and young people where poverty is the main issue
- Where family separation or ongoing contact arrangements are the main issue.
- Where poor housing or homelessness is the main issue
- Looked after children
- Children and young people who continue to be in crisis and at serious risk
- Children and young people living or normally residing outside of the UK
- Where the main reason is disability, ongoing serious illness or the additional needs of a child. Please see other funders such as [Family Fund Disability Grants](#)
- Where the parent or carer's long term health is or has been the main issue

We do not fund:

- Items or activities where there is a statutory responsibility to provide the support
- Single items, e.g. an application asking for only a cooker – please apply to [Family Fund Emergency Essentials](#)
- Applications requesting mainly household items
- Items for parents/carers
- Debt repayments
- Rent and rent arrears. You could approach [Vicar's Relief Fund](#)
- Legal costs
- Medical treatment
- Where it is only or predominantly therapy or counselling in an application. We have additional advice on limits for funding therapy and counselling [here](#)
- Vehicle insurance or maintenance
- Funding that would create an unsustainable situation for the family or young person (i.e. long-term counselling support, unaffordable activities or long-term childcare etc.)
- Organisations seeking funding for chargeable services they provide themselves

Applications must:

- Have consent from the parent/carer or young person
- Be completed with input from the parent/carer and children or young person
- Demonstrate a clear assessment of the emotional and learning needs of the children or young person
- Demonstrate how the items or activities applied for will address these needs
- Show how the grant fits with other support for the children or young person

Please note:

- All applications are reviewed on the information provided and it is important that applications demonstrate clearly the children and young people's situation in line with the criteria. Incomplete information will delay an assessment.
- Our support is complementary to statutory funding and not a substitute for it. We always expect that statutory funding has been exhausted first.
- We have a limited budget and will sometimes have to turn down grants that meet the criteria. There can be significant variation from year to year in terms of the funding available.

Section 2: Youth Support

REAP Summer Program

Email: Miriam.gallagher@swc.ac.uk Call/Text: 073917382

Are you aged 16-24, out of education and unemployed? Come join one of our fully-funded 3-day courses.

Introduction to Baking – Learn the basics and create tasty treats (12th-14th August & 19th- 21st August)

IFA Grassroots Introductory Award Football – develop strategies on coaching development (1st – 3rd July)

Theory Test Crash Course – Opportunity to learn the Highway code and practice hazard perception (1st – 3rd July & 5th-7th August)

Digital Photography and Video Editing – Learn how to take and edit photos and videos like a pro! (1st – 3rd July)



UK Government



POWERED BY
**LEVELLING
— UP —**

Section 2: Youth Support

www.ygam.org

FREE online specialist gaming and gambling harm prevention workshops in Northern Ireland

Learn about the blurred lines between gaming and gambling harms and how you can help safeguard the young people you work with.

Click a date to book your **FREE** place or email us at training@ygam.org

Teachers **Thursday 27th June**
3.30pm - 6pm

Youth workers **Tuesday 20th August**
10am - 12.30pm

Sports clubs **Wednesday 18th September**
5.30pm - 8pm



DID YOU KNOW?

87%
of 8-25 year olds play online games at least 3 times a week.

*Source: Nominet 2023

26%
of 11-17 year olds have spent their own money on gambling in the last 12 months.

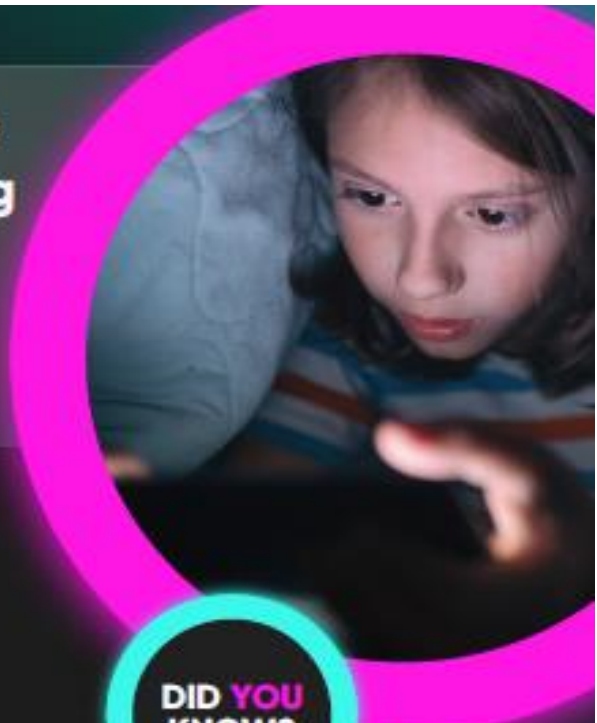
*Source: Gambling Commission 2023

Following your session you will receive:

- A **City & Guilds** certificate and digital credential
- Access to **resources** to use in your practice

For more info about us and our training please visit www.ygam.org

Ygam



Section 2: Youth Support

Junior Summer

Lakeland Youth Centre

Primary 6 & 7

4th, 18th, 25th, 26th July & 8th August

6:30pm - 9:00pm

FREE OF CHARGE

- Sports Activities
- Nerf Wars
- Cook it
- Trip Away
- Relaxation Day
- And much more

BOOK NOW
Limited Spaces
Available

For more info email Sean:
sean.mccusker@eani.org.uk
or call 07734978382

SENIOR SUMMER

**ARE YOU FROM THE LISNASKEA SURROUNDING
AREA AND IN 3RD YEAR OR ABOVE ?**

- TRIP AWAY
- COOK IT
- TEAM CHALLENGES
- COMPETITIONS
- MUCH MORE

FREE OF CHARGE

LIMITED SPACES AVAILABLE

CONTACT SEAN: SEAN.MCCUSKER@EANI.ORG.UK
OR CALL/TEXT 07734978382 SIGN UP TODAY

Section 3: Cost of Living



School Uniform Grant

John Blair MLA asked the Minister of Education whether he plans to increase the school uniform grant for 2024-25.

Paul Givan MLA answered: *"The Education Authority was able to uplift its school uniform grant rate by 20% in 2022-23 following an additional allocation of funding by the previous Minister of Education. Severe budgetary pressures mean that it has not been possible to allocate additional funding to the Education Authority to implement a further rise in the rate of the uniform grant for the 2024-25 academic year."*

He also said schools should seek to minimise uniform requirements with the Department's guidance. He said he plans to launch a public consultation on making uniform cost guidelines statutory, including a cost cap, before the Assembly recess.

Book Reading: Early Learning

Alan Robinson MLA asked the Minister if he will consider reinstating the Bookstart Baby programme

Paul Givan MLA said *"the importance of reading cannot be overstated, because it has a hugely beneficial impact on children's development. I will therefore reinstate that important programme. Northern Ireland is the only part of the United Kingdom where the Bookstart Baby programme is not currently available. I am determined to address that inequality. I have asked Book Trust to submit a proposal to extend that important provision to Northern Ireland this year. The funding that was made available by the Executive to support the early learning and childcare strategy will enable us to put in place that vital provision for the youngest children."*



Section 3: Cost of Living

<https://myperiodlive.azurewebsites.net/>

Free Period Product Introduced Across Northern Ireland

Northern Ireland has become only the second place in the world to introduce legislation to provide free period products.

Junior Ministers Pam Cameron and Aisling Reilly welcomed the implementation of section 1 of the Period Products (Free Provision) Act (Northern Ireland) 2022, which provides that period products will be made available free of charge. The Executive Office has engaged with Libraries NI to be a delivery partner for distribution of free period products through its network of public libraries.

The locations, opening times and products available can be found on the PickupMyPeriod app, which can be found via nidirect or on the App store and downloaded for free.

You can find collection points on the [MyPeriodLive website\(external link opens in a new window / tab\)](#) or on the PickupMyPeriod app.

To download the app visit:

[Apple Store\(external link opens in a new window / tab\)](#) for IOS devices

[Google Play\(external link opens in a new window / tab\)](#) for Android devices



Section 4: Cost of Living

[EYS-Northern-Ireland-Factsheet-2023-24.pdf \(trusselltrust.org\)](https://www.trusselltrust.org/EYS-Northern-Ireland-Factsheet-2023-24.pdf)

Emergency food parcel distribution in Northern Ireland 1 April 2023 to 31 March 2024



Background

This factsheet reports on the number of emergency food parcels distributed by food banks in the Trussell Trust network in Northern Ireland during the period 1 April 2023 to 31 March 2024 inclusive (2023/24). During this time period, food parcels were distributed from 51 locations across Northern Ireland, as part of the Trussell Trust network.¹

It is important to recognise that data from food banks in the Trussell Trust network is just one part of the picture of need across Northern Ireland. There is a wide range of charitable food aid that will be supporting people that is not captured in this parcel data. There are also many people who are severely food insecure who do not receive support from food banks.²

Table 1: Number of parcels distributed in the Trussell Trust network in Northern Ireland

	2023/24	2022/23	% change from 2022/23	2018/19	% change from 2018/19
For adults	51,791	46,100	12%	21,904	136%
For children	38,584	35,635	8%	15,357	151%
Total	90,375	81,735	11%	37,261	143%

Table 2: Comparison of Food Bank Support and Population Proportions by Age Group in Northern Ireland

	Proportion of all parcels by age group (2023/24)	Comparative population proportions (June 2022 estimates for Northern Ireland)
0-4	12%	6%
5 to 11	19%	9%
12 to 16	12%	7%
17 to 24	10%	9%
25 to 64	45%	52%
65+	3%	18%

Population data source: ONS Mid-Year Population Estimates, June 2022⁹

Section 4: Cost of Living

[We're here for consumers in Northern Ireland | Consumer Council](#)



Home / Consumers

We're here for consumers in Northern Ireland

The Consumer Council is the statutory consumer body for Northern Ireland. We represent consumers and handle complaints about energy, water, transport and post.



Save money with our interactive tools

Electricity price checker
Get the best deal



Gas Price Checker
Get the best deal



Petrol and Diesel
Check the prices in your area



Home Heating Oil
Check prices in your area



Help for consumers

Information on your consumer rights, how to save money, and make sure you are getting what you are entitled to.

How we can help with your complaint →

- > How we can help with your complaint
- > Submit a complaint
- > How we have helped
- > Standards of service

[Show 2 more](#)

Electricity, oil and gas

- > Switching electricity or gas supplier
- > Complaints about electricity, oil and gas
- > Support with high energy costs
- > Energy efficiency

[Show 4 more](#)

Travel and transport

- > Public transport
- > Air travel
- > Ferry travel
- > Electric vehicles

[Show 4 more](#)

Financial Services

- > Worried about your finances?
- > Budgeting
- > Buy Now Pay Later
- > Safer ways to pay

[Show 4 more](#)

EU Exit

- > EU Exit and mobile roaming
- > EU Exit and postal services
- > EU Exit and shopping
- > EU Exit and travel

Water

- > Ways to save water
- > Flooding
- > Customer Care Register

Postal services

- > Sending letters and parcels
- > Complaints about postal services
- > Online shopping and parcel delivery rights
- > Royal Mail stamp swap out scheme

[Show 4 more](#)

Food

- > Support with food costs
- > Ways to save money on food
- > Save on energy costs in the kitchen
- > Food Poverty

Section 4: Cost of Living

[The Housing Executive - Oil Savings Network \(nihe.gov.uk\)](http://nihe.gov.uk)



Search

Home > Housing Help > NI Energy Advice > Oil Savings Network

Oil Savings Network

In this section

- | | |
|--------------------------------|----------------------------------------|
| 1 Energy Efficiency Grants | 2 NI Energy Advice - GET IN TOUCH |
| 3 How to save energy and money | 4 Oil Savings Network |
| 5 Renewable Energy | 6 Time to switch your energy supplier? |
| 7 Insulation | 8 Home energy saving tool |

Home Heating Oil

Northern Ireland remains reliant on expensive home-heating. More than two-thirds (about 68%) of households are dependent on oil as their main heat source.

- You can get more information about the weekly average price of home heating oil from the:
 - [Consumer Council](#)

Many people find it difficult to budget for large one-off bulk deliveries. Larger orders are a higher one-off cost, but smaller orders cost more per litre.

Buyers often have no option but to place smaller, more expensive orders.

Joining the NI Oil Savings Network is one solution to this problem.

As a NI Oil Savings Network member, you can order your oil each week (or whenever you need a refill) at a negotiated discount.

Average savings are currently £10 - £30 on 200 litres of oil for OBN members.

More about Oil Savings Network

Who can join?	+
Why not join our Oil Savings Network	+
How it works	+
Discounts are NOT guaranteed	+
Place your order	+
Receive your oil	+

Further advice

You can speak to NI Oil Savings Network:

- about your area
- to get advice on establishing discounts for your area

We will take care of all correspondence and dealing with suppliers to get the best price.

You can contact our advisers by:

- Email: NIenergyadvice@nihe.gov.uk

Section 4: Cost of Living



Free School Meals & Uniform Allowance

You may be entitled:

- ▶ Check eligibility and apply through EA Connect from 18 June 2024.
- ▶ Apply before 26 July to have support in place by 1 September.

ea Education Authority

eaconnect

Free School Meals 2024–2025

Special Diet applications

APPLY NOW ➔

- ✔ Log in to EA Connect.
- ✔ Check eligibility.
- ✔ Pupil has Statement of SEN (Stage 3) and requires a medically prescribed special diet.
- ✔ Apply before 26 July to have support in place for 1 September 2024.



ea Education Authority

eaconnect

Section 4: Neurodiversity

[Children and Young People's Autism Service | Western Health & Social Care Trust \(hscni.net\)](#)



HSC Western Health and Social Care Trust

Children and Young People's Autism Service



Upcoming **Tier 2 Parent /Carer Support Sessions**
delivered **LIVE online**

by the Early Intervention Service

To Book your place Email: EIS.support@westerntrust.hscni.net

Dates for your Diary:

Session details
in our
brochure

July

I Am Me (8+yrs) : **01.07.24 @ 1pm**

Have Hope (12+yrs) : **02.07.24 @ 3.30pm**

Let's Tackle Transitions: **11.07.24 @ 10am**

Keeping It Visual: **18.07.24 @ 2pm**

Intensive Interaction : **22.07.24 @ 12.30pm**

Can't Sleep Won't Sleep: **29.07.24 @ 10am**

Anxiety and Me (12+yrs): **31.07.24 @ 2pm**

August

Why We Do The Things We Do (4-11yrs): **01.08.24 @ 3.30pm**

Time for Toileting : **06.08.24 @ 10am**

NEURODIVERSITY...We all think Differently: **19.08.24 @ 12.30pm**

Connecting with Others (8+yrs): **28.08.24 @ 12.30pm**

Eating: **29.08.24 @ 10am**

September

It's a Teens World (12+yrs) : **05.09.24 @ 12.30pm**

Anxiety and Me (12+yrs) : **06.09.24 @ 10am**

Creating A Supportive Environment : **10.09.24 @ 3.30pm**

Can't Sleep Won't Sleep: **12.09.24 @ 2pm**

Making Sense of Our Senses : **17.09.24 @ 10am**

The Power of Play (0-7)yrs: **18.09.24 @ 3.30pm**

Section 4: Neurodiversity

[Children and Young People's Autism Service | Western Health & Social Care Trust \(hscni.net\)](#)



WHSCT
Children and Young People's
Autism Service

Early
Intervention
Service

NEURODIVERSITY...

WE ALL THINK DIFFERENTLY

All of us think, learn and process information differently. The term Neurodiversity is about recognising this, and understanding that all brains work in different ways. It's a good idea to talk to your child/YP about their brain. This will help them become more accepting and understanding of themselves and others, while positively forming their own sense of identity. This session will celebrate your child/YP's brain and explore ways that you can begin to talk to them about their differences, embrace their strengths and empower them for their future.

**Date: 25/06/2024
01/08/2024**

Time: 12.30-1.30pm

Where: Zoom

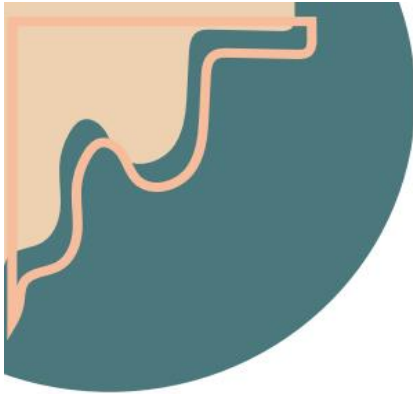
CONTACT US TO BOOK YOUR PLACE

EIS.support@westerntrust.hscni.net

HSC Western Health
and Social Care Trust

Section 4: Neurodiversity

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

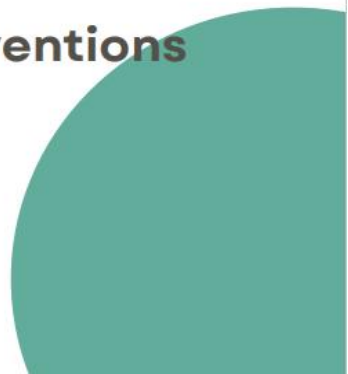
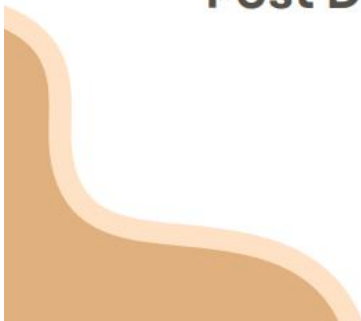


HSC Western Health
and Social Care Trust

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



Post Diagnostic Interventions



Section 4: Neurodiversity

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

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: Emotional Wellbeing and Mental Health Support

www.pha.site/InsightsReport

During Infant Mental Health Awareness Week (10-16 June) the Public Health Agency (PHA) and the National Children's Bureau have published a new report to showcase the wide range of programmes and services working to support infants and their families in Northern Ireland.

The report, 'Insights in infant mental health in Northern Ireland', highlights the types of services available, how they are supporting families and their priorities for future service delivery. The report has been written by the National Children's Bureau on behalf of the PHA.



To view the 'Insights in infant mental health in Northern Ireland' report visit www.pha.site/InsightsReport

Section 5: Emotional Wellbeing and Mental Health Support

What is Pregnancy in Mind?

Pregnancy in Mind is a preventative mental health service designed to support parents-to-be who are at risk of, or currently experiencing, mild to moderate anxiety and depression during their pregnancy.

It is an antenatal group intervention delivered by professionals after the first trimester of pregnancy. Parents-to-be are able to attend the programme between 12 and 26 weeks gestation.

The programme is underpinned by six core evidence-based themes:

- Mindfulness meditation
- Active relaxation
- Exploring coping skills
- Social support
- Baby's development, bonding and attachment
- Communication in relationships



Our friendly team are happy to answer any questions.

Please reach out to us on: 02820441650
or visit www.nspcc.org.uk/pregnancyinmind

NSPCC
NORTHERN IRELAND

Section 6: Digital Safeguarding

[Summertime Screen Time - Safer Schools NI](#)



It's summer and the school holidays are nearly here! While we can't guarantee sun time, we can predict high levels of screen time for our children and young people during the school holiday season.

It might seem that the easiest option for managing screen time is to not allow it at all, but screen time activities like gaming and social media are a source of fun for children and young people. It is often how they communicate with their friends while they're not seeing them every day at school, so banning all screen time would most likely be counterproductive or even harmful, as it can cut off children and young people from their outside world.

A more productive approach would be to establish boundaries and develop healthy habits, which will balance their screen time while also ensuring their needs are recognised.

Adults spend nearly as much time on their screens as children and young people, with the [average adult in the UK spending over 6 hours a day on digital devices](#). Always remember, your children are looking to you as an example, so seek to manage your own screen time as well as theirs!



Section 6: Digital Safeguarding

Safeguarding Alert: Financially Motivated Sexual Extortion - Safer Schools NI



How Does Sextortion Happen?

Sextortion typically begins when a criminal strikes up a friendship or relationship with a young person online. In the beginning, these will appear entirely innocent as they bond over shared interests. A young person may encounter someone on a social media platform, a dating app, or even a gaming platform like Roblox.

As the interactions progress over time, it takes an unexpected turn towards sexual topics, initiated by the other person. In some cases, the young person may share explicit photos or engage in intimate acts on camera, unaware of the digital trap being set.

The perpetrator captures and saves these intimate images to use as leverage to manipulate and control the young person.

The threat of exposure can seem extremely real when the perpetrator goes to the lengths of searching through the young person's social media platforms to find their close friends and family members' accounts.

The sudden realisation of being trapped in a sextortion scheme induces panic and a range of negative emotions in the young person. They may feel violated, afraid, and embarrassed.

Sadly, in some cases, the psychological impact can lead to thoughts of self-harm or suicide. Young people may appear outwardly robust and resilient, but in moments of crisis may turn to their phones. Scrolling through online search results of horror stories can intensify feelings of worry, embarrassment, and shame.

Section 6: Digital Safeguarding



It is important to remind a young person in your care who is a victim of sextortion that they are not alone, and they are not at fault. Help and support are always available.

REASSURE the young person that they are not at fault.

STAY CALM as this is one of the most vulnerable moments in a young person's life. Be aware of how you respond as this may have an adverse effect and make them more fearful.

IGNORE perpetrators demands and do not pay up.

END all communication on every channel.

SCREENSHOT evidence of blackmail including usernames.

CONTACT the police immediately – time is of the essence!

BLOCK the offender on all platforms and change your password.

REPORT the individual to the relevant platform and the IWF.

SUPPORT the young person after the incident. Studies have shown that a suicide prevention plan is often needed after incidents of sextortion, even when the young person seems fine and resilient as they may keep their worries to themselves.

For Further Information:

[NorthernIreland NCA financially motivated sexual extortion alert education.pdf \(ableframework.blob.core.windows.net\)](#)

Section 6: Digital Safeguarding

"Can I get a phone?"

"What age can I get a phone?"

"My friend has a phone, please can I get one?"

Sound familiar??

Maybe you are thinking of getting your child a phone or have recently got one? At Parentline NI we have put together a useful bumper pack full of helpful information and activities to do together with your child to prepare them for using a phone.

Packed full of useful links, support and guidance as well as helpful Q&A's to use with your child!



For your FREE pack

Call us now on 0808 8020 400

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.

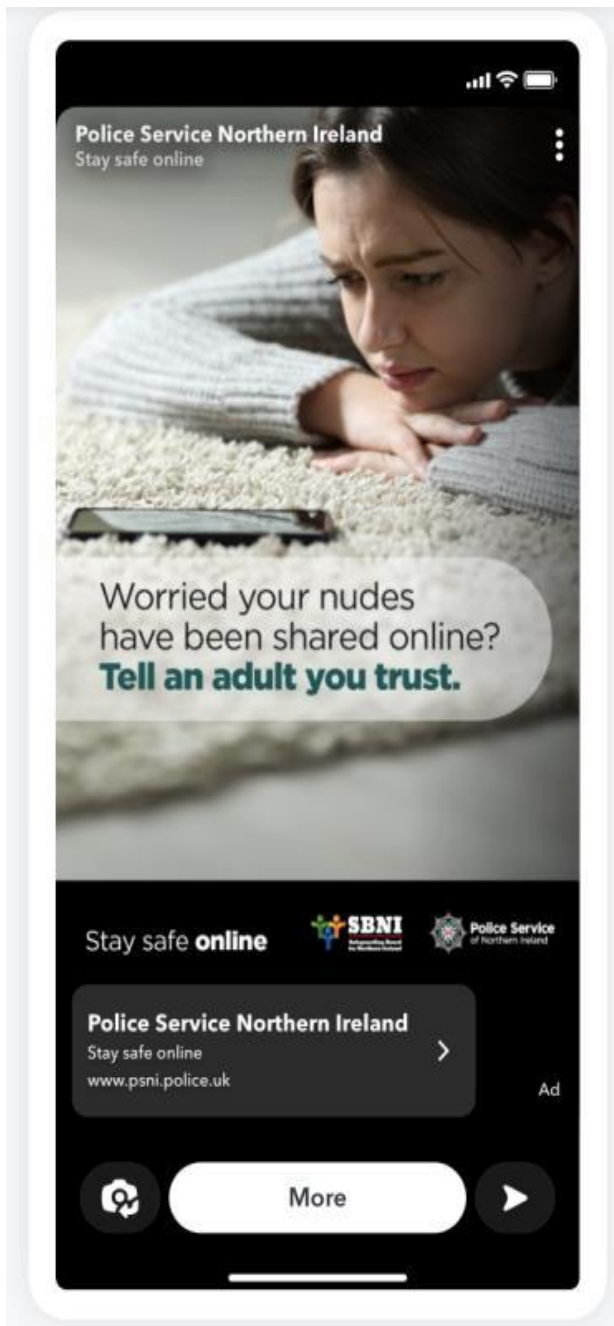


OnlineSafetyHub.SafeguardingNI.org

Section 6: Digital Safeguarding

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

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



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



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

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

AWARE
OVERCOMING DEPRESSION.
CHANGING LIVES.

Section 8: Emotional Wellbeing and Mental Health Support (Northern Sector)

sheena@aware-ni.org

Sheena Morrison – AWARE

1. **Support Groups**

AWARE peer-led online groups are for anyone over 18 with experience of depression, anxiety or bipolar disorder. The groups provide an opportunity to connect with others who share similar experiences, to provide support to each other and share information.

Face to face options

Limavady - Hosted every 2 weeks <https://aware-ni.org/co-derry/limavady>

Coleraine - Hosted every 2 weeks <https://aware-ni.org/co-derry/coleraine>

Magherafelt - Hosted every 2 weeks <https://aware-ni.org/co-derry/magherafelt>

To register to attend any of the above please email info@aware-ni.org

Online

Hosted weekly Tuesday 2.30pm-3.30pm

Hosted weekly Wednesday 11 am-12pm

To find out more visit <https://aware-ni.org/onlinesupportgroups>

To register to attend please email info@aware-ni.org

2. **Education and Training Programmes**

Mood Matters Young People and Adult Sessions

AWARE have funding to continue to provide free mental health awareness sessions in post primary school/ youth and adult community settings.

Mood Matters Young People – to learn more visit <https://aware-ni.org/MMYP> and to watch a promotional video visit <https://www.youtube.com/watch?v=k3lUMp--T48>

Mood Matters Adult – to learn more visit <https://aware-ni.org/mood-matters-for-adults>

To arrange workshops contact Catherine McColgan E: catherine@aware-ni.org

i. **Mental Health First Aid Course**

26 and 27 September in the Seamus Heaney Homeplace in Bellaghy.

To register for a place, visit the AWARE website <https://aware-ni.org/mhfa-booking/>

Section 8: Emotional Wellbeing and Mental Health Support (Southern Sector)

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.

Duration	2hrs
Group Size	Minimum 12 / Maximum 25 people
Method of Delivery	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.

Duration	6 weeks @ 2hrs per week
Group Size	Minimum 10 / Maximum 18 people
Method of Delivery	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

Section 8: Emotional Wellbeing and Mental Health Support

nexusni.org/aftercare-services/

RESET

...the next step in your recovery journey

This project has been funded by RESET is for anyone aged 16 and over, across Northern Ireland, who has completed counselling or group support with Nexus.

RESET is a free, one-of-a-kind programme, tailored to your needs, to support you in the next step of your healing journey. RESET is an acronym for:

Recover: We aid your journey to recovery after counselling or group support has ended.

Engage: We encourage and facilitate you to engage with us, your local community and interest groups, group work, advocacy, and our User Forum.

Support: We support you to grow by helping you develop skills and knowledge to increase your self-confidence.

Empower: We empower you to take the lead, gain confidence to make decisions, and to be an advocate for others with lived experience of sexual abuse and abusive relationships.

Thrive: We work with you on your recovery journey, supporting you to thrive by developing interests, engaging in employment, volunteering & education and building & maintaining healthy relationships.

Find out more

For more information or to sign up, visit nexusni.org/aftercare-services/ or email reset@nexusni.org



Section 9: Training / Conferences

Understanding the Misuse of Cocaine and Crack Cocaine

Aim of Course

This course will provide a more in-depth understanding of cocaine and crack cocaine, their effects, risks/harms associated with their misuse, and harm reduction strategies. Participants should already have a basic knowledge of drugs and alcohol before completing this course.

Course Outcomes

By the end of this course, participants will be able to:

- Describe the prevalence of cocaine and crack- cocaine misuse in Northern Ireland
- Identify ways these drugs are misused and their effects
- Identify risks and harms for the user associated with the misuse of cocaine and crack cocaine
- Explain key harm reduction strategies
- Identify local substance misuse services

Course Delivery

This 3 hour interactive course can be delivered:

- For free online (Zoom or Microsoft Teams)
- In person at your premises (additional fee applies)
- To groups of 6 to 15 participants

Booking Contact Information

For more information or to book a course for your organisation, contact Jenna Cushley (Training Admin Officer):

- training@ascert.biz
- 0800 254 5123



Section 9: Training / Conferences



Health Development
Department



Getting support at an early stage Online work you can do at your own pace

Do you tend to over think things and see the bad before the good?

As a parent, do meltdowns from your children exhaust you?

Do you over criticize yourself with mistakes and put yourself down?

ASCERT and the South Eastern Health & Social Care Trust have created 3 on-line self-help resources with workbooks that can be downloaded and visual clips that guides the viewer through the workbooks at their own pace. They are all free.

Building our Children's Developing Brain for parents to help build their children's emotional regulation.

<https://view.pagetiger.com/selfcareforfamilies>



Self Compassion to Improve Wellbeing and Support Growth.

<https://www.ascert.biz/self-compassion>



Bend Don't Break: Low intensity CBT based self-help to support resilience.

<https://www.ascert.biz/bend-dont-break/>



Section 9: Training / Conferences

[Reimagine Children's Social Care Services in Northern Ireland 0.pdf \(ncb.org.uk\)](#)



About the Reimagine Children's Collective

The Reimagine Children's Collective is a collaborative effort, led by major charities working with children, young people and families in Northern Ireland to advocate for the effective implementation of the Independent Review of Children's Social Care Services. We are ambitious for our children. We believe that Northern Ireland has the potential to develop and provide world class services to support children, young people and families. Now is the time to reimagine how we restructure and reform our children's social care services and how we can all effectively collaborate to bring about positive and lasting change.

[Review into the state of the Community and Voluntary Early Years sector — Early Years - the organisation for young children \(early-years.org\)](#)



[Members](#) [Shop](#) [Join now](#)

SEARCH

Review into the state of the Community and Voluntary Early Years sector

24 May 2024

EARLY YEARS WANTS TO HEAR FROM OUR COMMUNITY AND VOLUNTARY SETTINGS

Early Years is embarking on a research project to take place over the next six months. The purpose of the research will be to understand the current situation, uncover the strengths and weaknesses and identify support that can underpin the critical work of community and voluntary settings.

There are currently **two** ways to engage with the research:

Early Years Focus Groups: We would also like to hear directly from community and voluntary settings and have therefore organised two focus groups to discuss issues in depth. Please register below:

Focus Group 1 – 11/06/24 – 3pm

Focus Group 2 – 12/06/24 – 7pm

Early Years Survey: You can fill in our survey which is designed to take no more than 15 minutes. Take the survey below:

State of the Community and Voluntary Early Years Sector

Your input is invaluable in shaping the future of our community and voluntary early years sector. We look forward to hearing from you!



Education Minister – Early Learning and Childcare Strategy announcement

NEXT

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://westerntrust.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@westerntrust.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
Family First – Sharon Doherty Family Support Hub Coordinator	(028) 7137 3870	Email here
Dry Arch – Donna O’Kane Family Support Hub Coordinator	(028) 7774 2904	Email here
Fermanagh – Séana Connor Family Support Hub Coordinator	(028) 6632 4181	Email here
Omagh – Lisa McGarvey Family Support Hub Coordinator	(028) 8225 9495	Email here
ETHOS – Marty Daly Family Support Hub Coordinator	(028) 7135 8787	Email here
Outer West – Frances Breslin Family Support Hub Coordinator	(028) 7126 9833	Email here
Strabane – Shauna Devine Family Support Hub Coordinator	(028) 7138 2658	Email here
Waterside – Meghan Leonard Family Support Hub Coordinator	(028) 7132 9444	Email here

Section 11: Useful links

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 11: Informative Media Links



Eden Consultancy

Changing the world for neurodiverse children by equipping their key adults with knowledge and strategies. Autism, ADHD, behaviour and emotional wellbeing consultancy for non-profits and parents/carers.

[Blog – Eden Consultancy \(edenconsultancyni.com\)](http://edenconsultancyni.com)

Weekly E-Message: Rebecca@edenconsultancyni.com

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

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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.

