



For Your Information

Contents

April 2025 : Issue 17

Welcome To FYI

Section 1 : Family Support

Section 2 : Youth Support

Section 3 : Cost of Living

Section 4 : Neurodiversity

Section 5: Infant Mental Health / Breastfeeding

Section 6 : Digital Safeguarding

Section 7 : Addiction

Section 8 : Emotional Wellbeing and Mental Health

Section 9 : Training / Conferences

Section 10 : Western Sure Start Projects / Childcare Partnership / Family Support Hubs

Section 11:Useful Links and Informative Media Links

Section 12 :CRIS Leaflet

Hang On Spring Will Be Here Soon

Your FYI is a monthly round up of all things family support and early intervention / prevention across the Western trust and beyond.

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

Message of the Month

“

**Autism is as much a part
of humanity as is the capacity
to dream.**

Kathleen Seidel

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

Omagh LPG : 11.00 am-1.00pm -Tuesday 22nd April, 2025, Online.

Fermanagh LPG : 11.00am -1.00pm – Thursday 24th April, 2025, Online.

Northern Sector LPG Meeting Schedule

Waterside LPG : 9:30 am – 11.30pm, 27th March 2025, NOW Organisation, Strand Road.

Strabane LPG : 11.00am – 1.00pm, 16th April 2025, Venue TBC

Derry LPG : 11.00 – 1.00pm, 15th May, 2025, Old Library Trust

Limavady LPG : 11.00-1.00pm, 16th May 2025, Dry Arch Centre.

Section 1: Family Support



Resources to help you:

Your influence as a parent is one of the most significant factors in your child's life chances. We want to support and work with you as the primary care giver and educator for your children to ensure what we offer is meaningful, consistent and available at the point of need.

Scan QR codes or visit our parents support pages for lots of advice, information, support services, parenting programmes and much more —



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/4cey29vv> or scan the QR code for instant access and filter by theme



Youth Wellness Web

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

SCHOOL
BULLYING
WELLBEING
BEREAVEMENT
MENTAL HEALTH

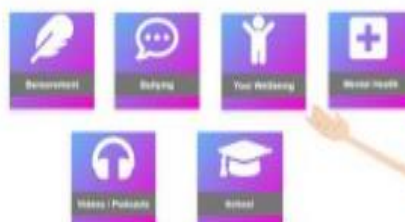


WELCOME TO THE YOUTH WELLNESS WEB

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

Children in Northern Ireland - Guidance for Schools-05-Interactive

School Anxiety and Distress

A Best Practice Guide for Schools

Developed in
partnership with
parents and
professionals



**Children
in Northern
Ireland**



Section 1: Family Support

Condition.management@westerntrust.hscni.net



Condition Management Programme

IMPROVING HEALTH, WORK AND WELLBEING

What is CMP?

The Condition Management Programme could help you if you have a health condition which affects your ability to work, return to work or to stay in work.

CMP is a free, voluntary, work-focused programme facilitated by healthcare professionals, such as Occupational Therapists, Cognitive Behavioural Therapists, Physiotherapists and Mental Health Nurses.

Who is CMP for?

CMP could help you if, as a result of your health you are:

In Work but struggling to stay in work and need support in managing your health

Off Work for up to 12 weeks

On Benefits and not working at present

On other DFC programmes - e.g. Workable (NI) or Access to Work (NI) etc

Participation on CMP is entirely voluntary so it will NOT affect your benefits

How CMP can help:

Working together with the CMP Healthcare professionals you will:

- Gain a better understanding of your health condition(s)
- Learn new ways of managing your health and wellbeing
- Increase your confidence to cope with health and work
- Improve your ability to work, return to work or stay in work

'CMP helped me to take control of my life and I am in a better place now.' CMP Participant

What does it involve?

Initially a member of the CMP team will contact you by phone to discuss the programme and see if the timing is right for you.

If you both decide that CMP could be useful, then you will work together to agree an individual action plan specific to your health needs.

You may be offered 1:1 sessions in person, by phone or virtually and may also have the opportunity to participate in group workshops. The programme can last up to 12 weeks.

'There's no way I could have stayed at work if I hadn't come to CMP.' CMP Participant

The programme offers advice, education and support on areas such as:

- Dealing with stress and anxiety
- Managing low mood and depression
- Coping with pain and fatigue

'The programme provides a friendly, supportive and understanding environment' CMP Participant

How do I access CMP?

You can contact your local CMP office directly by phone or email. You can ask to be referred by your Work Coach at the local Jobs and Benefits office. You can also be referred by your GP or healthcare professional.

'Taking time off work was worth it because I could see the Occupational Therapist and the Physiotherapist under one roof.' CMP Participant

Contact Details

Contact the Condition Management Programme within your Health and Social Care Trust to find out more:

BELFAST TRUST ☎ 028 9615 2688
✉ Cmpinfo@belfasttrust.hscni.net

NORTHERN TRUST ☎ 028 25 63 5250
✉ ConditionManagementProgramme@northerntrust.hscni.net

SOUTH-EASTERN TRUST ☎ 028 92 60 5494
✉ ConditionManagementProgramme@sestrust.hscni.net

SOUTHERN TRUST ☎ 028 37 51 7173
✉ ConditionManagementProgramme@southerntrust.hscni.net

WESTERN TRUST ☎ 028 71 37 6911
✉ Condition.management@westerntrust.hscni.net

Or visit:
<https://www.nidirect.gov.uk/articles/condition-management-programme>

'I will be forever grateful for the patience, genuine care and support I have received, the team has went above and beyond for me.' CMP Participant



Section 1: Family Support

<http://www.nowgroup.org/>



NOW Family Service

Key Benefits:

- Tailored one-on-one support
- Hybrid parenting programs
- Peer support for building positive relationships
- Access to training, volunteering, and job services



We support families where a parent is neurodiverse, autistic, has ADHD, or a learning disability, and is expecting a baby or has children under five, residing in the Fermanagh or Tyrone areas.

To secure your place you can WhatsApp: **078 2344 6122**

Or register online at:

www.nowgroup.org/training-jobs

NOW

Section 1: Family Support

ODYSSEY PARENTING YOUR TEEN PROGRAMME

I HATE THIS
HOUSE!

You do
my head
in!

Get out of
my room!

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

SOUND FAMILIAR?

Helping you deal with
the reality of living
with teenagers

Call to register:

0808 8010 722

Mon-Thurs 9.30am-3.30pm

Fri 9.30am - 12.30pm

Western Trust
Wednesday 30th April -
Wednesday 18th June 2025

Join us online every
Wednesday
for 8 weeks

7.00 pm - 9.00 pm

Section 1: Family Support



Community Groups in Northern Sector – Derry Federation



Derry/Londonderry

Monday	10:00AM - 11:30AM	Baby Massage	Irish Street Community Centre Booking Required - 028 7131 8357
Monday	1:00PM - 3:00PM	Dads Group	St Columb's Park House
Monday	1:15PM - 3:15PM	Behaving Dadly Group	Carnhill Community Centre
Tuesday	10:00AM - 12:00PM	Health Visitor Group	Foyle Justice Centre
Wednesday	10:00AM - 12:00PM	Health Visitor Group	Shantallow Community Association
Wednesday	10:30AM - 12:00PM	Health Visitor Group	Newbuildings Community Centre
Wednesday	11:00AM - 12:30PM	Health Visitor Group	Strathfoyle Womens Activity Centre, Strathfoyle
Friday	11:00AM - 12:30PM	Health Visitor Group	Skeoge Community Hub, Skeoge
Friday	10:30AM - 12:00PM	Health Visitor Group	Mullabouy Community Centre
Friday	11:00AM - 1:00PM	Health Visitor Group	North West Migrants Forum

Dungiven/Claudy

Monday	9:45AM - 11:30AM	Health Visitor Buggy/Walking Group	Burnfoot Community Building
Thursday	10:00AM - 12:00PM	Health Visitor Group	The Diamond, Claudy



Community Groups in Northern Sector – Derry Federation



Limavady/Ballykelly

Friday	10:00AM - 11:00AM	Health Visitor Group	Roe Valley Residents Association, Limavady
--------	-------------------	----------------------	--

Strabane

Tuesday	10:30AM - 12:00PM	Health Visitor Group	Clady Hall Community Centre, Clady
Wednesday	10:30AM - 12:00PM	Breastfeeding Support Group	The Parlour, St. Patrick's Hall, Strabane
Thursday	10:30AM - 12:00PM	Health Visitor Group	Sionmills Primary School, Sionmills



Western Health
and Social Care Trust



For more information contact:

Cheryl McElhinney
Implementation Lead, Public Health
075 2589 6861



Section 1: Family Support

HEALTH VISITING GROUP



EVERYONE WELCOME

Section 1: Family Support

HEALTH VISITORS INVITE YOU TO **DAIRY FREE SUPPORT GROUP**

IN PARTNERSHIP WITH PAEDIATRIC DIETITIANS



FROM BIRTH TO 4 YEARS

INFORMATION FOR PARENT AND CARERS
ABOUT DAIRY FREE WEANING



SUPPORT FROM PEERS

MILK LADDER CHALLENGE



READINESS, SAFETY AND MUCH
MORE INFORMATION

LAST FRIDAY OF EACH MONTH
LOCATION : DRUMAHOE YMCA
TIME: 10:00 - 11:30



FOR MORE INFORMATION CONTACT

LAUREN : 07557174129

PAMELA: 07825352646

MELANIE: 07920271429



Section 1: Family Support



THE HEALTH VISITING TEAM INVITES
YOU TO OUR

INTRODUCTION TO SOLIDS WORKSHOP



WHEN: MONDAY
7TH APRIL
WHERE: CENTRAL LIBRARY
TIME: 10AM

BOOKING NOT REQUIRED



FOR PARENTS AND
CARERS WHO ARE
BEGINNING TO
INTRODUCE SOLIDS AND
WOULD LIKE MORE
INFORMATION

FOR MORE INFO,
CONTACT US
CIARA:
07920271431
MELANIE:
07920271429
CENTRAL LIBRARY:
02871229990

WE WILL DISCUSS
READINESS, SAFETY,
MEAL IDEAS AND
MUCH MORE



Section 1: Family Support

Get help to buy food and milk (Healthy Start)



Get help to buy food and milk (Healthy Start)

[Home](#)
[How to apply](#)
[Update your details](#)
[Your payments and how to shop](#)
[What you should buy](#)
[About your card](#)
[Getting vitamins](#)
[Retailers](#)
[Healthcare professionals](#)
[Contact us](#)
[Scheme rules](#)

Get help to buy food and milk

(the Healthy Start scheme)



What is Healthy Start?

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



Frequently asked questions

Frequently asked questions that people may have about the Healthy Start scheme

Section 1: Family Support

Sleep | Western Health & Social Care Trust



Western Health
and Social Care Trust

Enter your search here

Home | Services | Hospitals | Community | Health and Wellbeing | About the Trust | Working f

Waiting Times

Home > Health and Wellbeing > Healthy Lifestyles > Sleep

Sleep

Frequently Asked Questions

Why do we need a good night's sleep?

Sleep helps the body repair and recover for the following day.

Good sleep health is important for reducing stress, improving memory, helping your hormonal balance, improving your immune system and reducing your risk of cardiovascular disease.

How much sleep do we need?

Did you know that the amount of sleep we require, decreases with age?

The recommended number of hours sleep for adults aged 18 and over is 7 to 9 hours, however less than 50 % of the UK population are achieving this.

Getting less or more than the recommended 7 to 9 hours sleep per night on a regular basis can have a direct impact on your overall health.

How do we feel when we don't get enough sleep?

After a poor night's sleep we can awaken feeling tired, irritable, anxious and unable to concentrate on daily tasks. Our tolerance for pain is lower, we can lack motivation and we are more tempted to eat high fat/sugary foods and nap during the day.

For top tips, videos, useful resources and websites please see information below.

Adults	+
Children	+
Useful Websites	+

Section 1: Family Support

Sleep | Western Health & Social Care Trust

Tips For a Better Night's Sleep



Be Consistent

Go to bed and get up at the same time every day.



Disconnect From Devices

Avoid electronics at least one or two hours before bed.



Natural Light

Aim to get 30 minutes of natural light early in the day.



Avoid Large Meals, Caffeine and Alcohol

Give your body enough time to properly digest food before falling asleep.



Bedroom Environment

Make your bedroom quiet, dark and cool.



Stretching and Meditation

Reduce the muscle tension and calm your mind.



Section 1: Family Support

RISENI - earlyyears

[Back to Parent Homepage](#)

Early years advice, training and resources to help my child



Social skills, emotions & behaviour

Talking and listening



Gross motor skills

Fine motor skills, visual perception, self-care & sensory



[Back to EY Home](#)

Pre-school sleep advice

Please see advice leaflets below in relation to Sleep Advice for children in pre-school or nursery.



Promoting a Positive Sleep Routine

Bedtime Leaflet for Parents

Understanding Your Child's Anxiety - Early Years

Sleep Diary Nursery

Example of a good bedtime routine

How to Sleep Well (Nursery)

Sleep Scotland: Toddler Sleep advice

Sleep Scotland: Bedwetting and Sleep advice

Sleep Scotland: Night terrors, sleep walking and nightmares

Sleep Scotland: Sleep Support for parents and carers

Section 1: Family Support



Respectful Relationships

**Free 4- week programme available to Community
Groups across NI**

The programme, for participants aged 16+, promotes respectful relationships and an understanding of the differences between challenging relationships and those rooted in harms. It reduces barriers by creating a supportive group where participants focus on developing self-worth and confidence building in relationships to ensure women & girls feel safe everywhere.

**To book the programme, email office@relateni.org
or call us on 028 9032 3454**

Relate NI



Section 1: Family Support



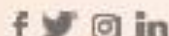
Aching Arms

Bringing comfort after pregnancy
and baby loss

If you would like more information
please contact us:

 www.achingarms.co.uk
 info@achingarms.co.uk
 07826 067801

Find us on social media



www.achingarms.co.uk

Registered charity no. 114016



About our charity

Aching Arms provides comfort and support for bereaved families after the loss of their baby during pregnancy, at birth or soon after.

We work directly with midwives and nurses at over 170 hospitals nationwide, who, on our behalf, offer an Aching Arms Bear to parents in their care. We also donate bears to other organisations who support families after baby loss at any stage of pregnancy and send them to families who contact us themselves via our website.

The bear provides a sensitive conduit for health professionals to support and discuss the emotional and well-being needs of parents, particularly in the turbulent days following their baby's death.

Each Aching Arms bear is given as a gift from one bereaved family to another, to let the parents know that they are not alone, and each beautiful bear wears a personalised, handwritten label with the name of the baby in whose memory the bear was dedicated. The label also signposts parents to our website, where they will find support and information.

SUPPORT

SUPPORTING ARMS

Led by health professionals who have personal experience of baby loss, our Supporting Arms service offers parents the opportunity to talk to someone who has an understanding of what they're going through.

VIRTUAL CARE

Our Virtual Care service, gives parents the chance to book a video support call with our Bereavement Care Manager.

BE TOGETHER PROGRAMME

The Be Together Programme offers a range of community events that bring bereaved parents, siblings and families together. It's an opportunity to create new friendships and remember precious babies whilst making new memories.

SUPPORTING ARMS FOR DADS

We host a monthly online group specifically for Dads to share and talk about their experiences.

OUR VOLUNTEERS

The heart and soul of the Aching Arms family are the hundreds of loyal volunteers who work with us.

They work in the community to build relationships with their local hospital and lovingly prepare our bears and deliver them to mums-to-be across the UK. We literally couldn't do it without them.

As Aching Arms is run by a small team of staff, we are always grateful for volunteer support. Not only does this help our charity, but our volunteers also get an awful lot out of helping us in this way.

Some of the roles our volunteers take on:

- Local Hospital Volunteer
- Postal Volunteer
- Training/Education Team
- Fundraising Events Team
- Ambassadors

FUNDRAISING

We rely on donations and the support of our amazing fundraisers. The vital funds you raise ensure we can continue to offer comfort and support to bereaved families across the UK.

There are many different ways to get involved, perhaps enjoy one of our annual campaigns - to host a Forget Me Not Tea Party in the spring or a take-on a Miles in Memory challenge in October.

You might like to host your own fundraising event - a family fun day, quiz night, gaming marathon, or race night. Or raise money for Aching Arms by setting a new personal challenge - major city marathon, 10k run, country cycle, adventurous abseil, or mountain trek.

You can be as fun, adventurous, and creative as you like! From cake sales to sponsored walks, our friendly and compassionate Fundraising Team will help and support you every step of the way. Together, we will make a difference.

OTHER WAYS TO SUPPORT US

A kind and generous one-off donation or a regular monthly gift will make a difference and can be made here:



We have a beautiful selection of gifts and comfort boxes in our online shop and every sale supports our ongoing work.

Will you give in celebration - we'd love you to share your birthday, anniversary or other special occasion with us and celebrate with a Facebook Fundraiser in aid of Aching Arms.

You can quickly and easily choose us as your Amazon Smile partner and each time you shop, Aching Arms will receive a small donation.

Would you consider a lasting legacy of love and leaving a gift to Aching Arms in your will.

Our work also includes actively campaigning to raise awareness of the impact of pregnancy and baby loss. We strongly advocate for bereaved parents' emotional and mental health needs, and improved bereavement care.

We deliver an ongoing programme of awareness training for healthcare professionals and bereavement care in the workplace training for employers.



Families can access support by telephone, text or email on 07464 508804 or support@achingarms.co.uk



Section 2: Youth Support

Home - Sexual Health NI



Public Health Agency

f x y t v Language

Enter your search here

[Home](#) | [Sex and wellbeing](#) | [Contraception](#) | [Sexually transmitted infections \(STIs\)](#) | [Urgent information and care](#) | [Glossary](#)

Emergency Hormonal Contraception (EHC) is no longer available from SH:24. EHC is free to women and girls in Northern Ireland via the Pharmacy First service, Common Youth clinic (Belfast / Coleraine) for under 25-year olds, local Trust Sexual and Reproductive Health clinics and some GP practices.

Explore Sexual Health NI

Sexual health involves embracing and enjoying our sexuality throughout life, with a positive, safe and respectful approach to sexual experiences and relationships.



I need condoms



I need PrEP



I need to order a home STI test kit



I need emergency contraception

Genitourinary medicine (GUM) clinic – a step by step guide

The following video shows what happens if you go for an appointment at a GUM clinic. A GUM clinic is a place where sexual health is confidentially assessed and you can be tested and treated for STIs. There are GUM clinics across Northern Ireland.

You do not need to be referred by another doctor. In most cases, you will need to make an appointment. If you are worried that you have an STI, you can get tested at your nearest clinic.



Section 2: Youth Support

Relate- Ed | Relate NI Relationships and Sexuality Education NI

Relate NI

[Home](#) [About Us](#) [Our Services](#) [Advice & Helpful Resources](#) [Info for...](#) [Podcasts](#) [FAQ's](#) [Contact Us](#)

[Support us](#)



Age appropriate, inclusive and evidence based Relationships and Sexuality Education (RSE) for young people in Northern Ireland.

Relate- Ed is a funded Relationships and Sexuality Education (RSE) programme for community groups, youth groups and schools across NI.

Groups can pick one topic from the list below or multiple topics that will be delivered over a number of days. Our RSE facilitators will come out to your school or group location.

Relate-Ed challenges attitudes, behaviours and culture of distorted views of relationships, sexuality and power by providing young people with tools to sustain healthy relationships. The interactive workshops can include:

- **Real Growth:** Changes to body & mind in puberty.
- **Relatable relationships:** Building strong, respectful, and loving relationships.
- **Real Talk:** Making informed choices around healthy relationships and pornography (Aged 13+)
- **Relatable choices:** Sexual Health (Aged 13+)
- **Real Respect:** Mutual respect and consent in every interaction.
- **Really creative:** Positive relationships and boundaries through ART and Play.
- **Real support:** Teacher tools & support Really savvy: Staying safe online.

To book your group or school into the programme fill in the form at the bottom of this page, email office@relateni.org or call us on 028 9032 3454.

Relate NI Services

Adult Relationship Counselling for Couples

Family Counselling

Individual Relationship Counselling for Adults

Respectful Relationships

Relate NI Kids Counselling

Sex Therapy

Co-Parenting

Relate NI Teen Counselling

One At A Time Therapy

The Relationship MOT

Section 2: Youth Support





Fermanagh Youth Service Info

01. Ensure you have WhatsApp
02. Complete the Microsoft Form link or scan the QR Code
03. Recieve a welcome message on the 28th of Febuaray when it goes live.

WhatsApp Broadcasting Message





Section 2: Youth Support

Financially Motivated Sexual Extortion (FMSE): advice for parents and carers - Safeguarding Board for Northern Ireland

Worried about a child or young person

Access the latest procedures online



About Us > ACEs & Trauma Informed Practice > Events & Training > Procedure Manual > Resources

Online Safety Hub

Online Safety Hub > Resource Library

Financially Motivated Sexual Extortion (FMSE): advice for parents and carers

NCA (National Crime Agency)

Type of Resource	Guidance
Publication Date	March 20, 2025
Topic/s	Online Blackmail

How to talk to your child and access support if they need help

The National Crime Agency (NCA) have launched a campaign to combat the threat posed to teenage boys by financially motivated sexual extortion – a type of online blackmail widely known as ‘sextortion’.

Financially motivated sexual extortion (FMSE) is when an offender threatens to release nude or semi-nude images and/or videos of a victim, unless they pay money or meet another financial demand, such as buying a pre-paid gift card. It is a form of child sexual abuse. Victims of any age and gender can be targets however a large proportion of cases involve male victims aged 14-17.

Many of you would have received the **alert** that was issued to all education settings across the UK on the increasing threat of FMSE in April 2024. Since the alert, reports of FMSE across the globe have remained consistent and the need to support young people to spot warning signs and not feel alone is vital.

In response to this continued threat, the NCA are launching a social media campaign targeted at teens. It aims to raise awareness of FMSE, helping them spot warning signs, set boundaries and access support through the **CEOP Education website**. It reinforces that FMSE can happen to anyone, but it is never the victim's fault.

Section 2: Youth Support



EMOTIONAL HEALTH AND WELLBEING IN EDUCATION



THERE ARE A RANGE OF SERVICES AND RESOURCES AVAILABLE TO HELP SUPPORT THE EMOTIONAL HEALTH AND WELLBEING OF CHILDREN AND YOUNG PEOPLE IN EDUCATION. CLICK ON THE LINKS FOR MORE INFORMATION

CHILDREN AND YOUNG PEOPLE

TEXT A NURSE

The confidential Text A Nurse service for post-primary pupils is available Monday to Friday 9am-5pm. Contact numbers for your area can be found on the PHA website - [Text A Nurse - pupils](#)

INDEPENDENT COUNSELLING SERVICE FOR SCHOOLS (ICSS)

Available to post-primary age young people - ask your school / setting for more details.

YOUTH WELLNESS WEB

Website by Children and Young People's Strategic Partnership (CYPSP) providing a range of wellbeing resources - [Youth Wellness Web](#)

OUR GENERATION APP

The Our Generation App (Peace IV funded project) - play games, collect stars and learn about mental health and resilience. Download from [Google Play](#) or [Apple Store](#)

PARENTS/ CARERS

TEXT A NURSE

The confidential Text A Nurse service is available Monday to Friday 9am-5pm and can be accessed by parents, carers and school staff. Contact numbers for your area can be found on the PHA website - [Text A Nurse](#)

SOLIHULL ONLINE COURSES

Free online courses for all parents, carers, grandparents and teens. Nurturing emotional health and wellbeing from bump to 19+ years. Help understand your child's feelings as well as your own - find out more at [Northern Ireland - inourplace](#)

RISE NI

RISE NI Website provides information for parents from health professionals to help develop the foundational skills for learning. Visit [RISE NI](#) for more information.

SCHOOLS

TEXT A NURSE

The confidential Text A Nurse service is available Monday to Friday 9am-5pm and can be accessed by parents, carers and school staff. Contact numbers for your area can be found on the PHA website - [Text A Nurse](#)

RISE NI

Contact your local Health Trust Coordinator for more information.

REACH

Education Authority Youth Service led programme available in schools for children and young people aged 6-19. Visit [REACH](#) to submit a request for support.

BEING WELL DOING WELL

The [Being Well Doing Well](#) programme aims to support schools (nursery, primary, post primary, special and EOTAS) to develop a Whole School Approach to Emotional Health and Wellbeing.

EMOTIONAL WELLBEING TEAMS IN SCHOOLS

Health practitioner support for post-primary schools. Find out more at [Schools - EWTS](#).

CCEA WELLBEING HUB

The hub provides a range of helpful and relevant learning activities that can support promoting mental health and wellbeing. Click [Schools - CCEA Hub](#) to find out more.

EA HEALTH WELL HUB

Health and Wellbeing support for staff. Click [EA Health Well Hub](#) to find out more.

FURTHER INFORMATION

YOUR CHILD'S MENTAL HEALTH

Visit [NI Direct](#) for more information.

DIRECTORY OF SERVICES

These directories list the organisations that offer services to help improve mental health and emotional wellbeing. Find out more at [Directory of Services](#).

TAKE 5 STEPS TO WELLBEING

Most of us know when we are mentally and physically well, but sometimes we need a little extra help to keep well. Find out more at [Take 5 Steps](#).

SUPPORTING LEARNING

Useful information on helping your child with their education. Find out more on [NI Direct](#).

The Department of Education recognises the importance of emotional health and wellbeing and in collaboration with the Department of Health published the Emotional Health and Wellbeing in Education Framework in 2021 where you can find out more - [EHW in Education Framework](#)

Section 2: Youth Support



Special Focus – Children's Mental Health

This #childrensmentalhealthweek2025 Visit NIs central online emotional, mental health & wellbeing resource designed by young people for young people (Parents & Teachers too) updated regularly with loads of advice, info & signposting, videos & free MH training <https://cypsp.hscni.net/youth-wellness-web/>

Youth Wellness Web
Children & Young People's Strategic Partnership

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

If you're struggling, it's okay to reach out:

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

Call Childline on:
0800 1111

Call LIFELINE on:
0808 808 8000

Text Shout:
852558

Deaf & hard of hearing
textphone users:
18001 0808 808 8000

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

Scan QR code

SCHOOL
BULLYING
WELLBEING
BEREAVEMENT
MENTAL HEALTH

Youth Wellness Web
A place where everyone deserves to be helped at any time, no matter how big or small the problem is!

SCHOOL
BULLYING
WELLBEING
BEREAVEMENT
MENTAL HEALTH



Visitors to Youth
Wellness Web
Feb 2024 - Feb 2025



Top 10 most visited sections on Youth Wellness Web



Section 2: Youth Support



**Free Relationships &
Sexuality Education for
15-16 Year Olds**

We can provide 4 x 2hr sessions over a 4-week period that may include:

Healthy relationships	Sexual & reproductive health
The human body & development	Violence and staying safe
Sexuality & sexual behaviour	Skills for health & wellbeing
Values, rights, culture & sexuality	Understanding Gender

This service is available free to groups across Northern Ireland and is provided face to face at your premises.

For more information please contact office@relateni.org.



Relate NI



C-CARD

Northern Ireland C-Card Scheme

Free condoms and lubricants available for 16-25 year olds
Available across Northern Ireland.

Find your local
provider at:



Public Health
Agency

Project supported by the PHA

New CEOP Website Launched

Our new 11-18s website, giving information on sex, relationships and the internet.

Check it out now:- http://thinkuknow.co.uk/11_18



The internet, relationships & you

Advice from CEOP Education at the National Crime Agency

Section 2: Youth Support

ファンダム乗っ取り

FANDOM CON

EVERYONE WELCOME!



**Gaming & socialising event
celebrating Autism & Neurodiversity**

24th May 2025, 12-4pm

ICC Belfast

Single Entry £5 | Family 2 adults, 2 kids £15
Under 5's go free

NOW

You can register at
www.nowgroup.org/fandom



Fandom Con is brought to you by NOW Group

Section 2: Youth Support

The supported lodgings/STAY process

If you think you could offer a young person a safe and secure home through STAY/Supported Lodgings or if you would simply like to find out more about what is involved, please get in touch. You can expect the process to involve:

- 1 Contact us**
Get in touch with our experienced team who are available to answer all your questions.
- 2 Receive a Call Back**
Within two days of contacting us, a social worker will be in touch.
- 3 Meet with your social worker**
You can expect this to take place within ten days of your call back.
- 4 Apply**
You should have all the information you need to submit your application.
- 5 Social Work Interviews**
The interview will consider your background, your support network, your lifestyle, your family setup and your skills.
- 6 STAY/Supported Lodgings Panel**
Your application will be presented and assessed by the STAY/supported lodgings panel.



Supported lodgings / STAY

Supported Transition & Accommodation for Young people.

Supported Lodgings / STAY is accommodation provided in the home of an approved individual or family, known as a 'Host', who offers a safe and secure home for young people in care. These young people are aged from 16 to 21 years and are not quite ready to live on their own.

The young person may require accommodation as a move on from foster or residential care or they may be homeless or experiencing difficulties within their current home environment. Some young people are engaged in formal education or employment while others have an education package to meet their individual needs.

Some young people at university may also use this accommodation for holidays / weekend accommodation. They need emotional and practical support to help them develop their skills so they can move to the next stage of their lives to live independently.

About the young people:

- They will be aged 16–21 years
- They will need advice and support, and will be open to accepting it
- They may be still in education, or will be in training or employment.



Every child/young person
deserves a safe and stable home.

0800 0720 137
adoptionandfostercare.hscni.net

f @HSCAdoptionAndFosterCare
t @HSCAdopt_Foster

STAY Hosts provide:

- A family based placement for care experienced young people
- Support to young people to develop social, practical and other independence skills
- Support to young people to achieve their potential in relation to education, training & employment
- A safe and supportive home; working in partnership with social workers and other professionals to promote the personal development of the young person
- A positive adult role model to young people
- Support to young people to make or re-establish links to their family and community.

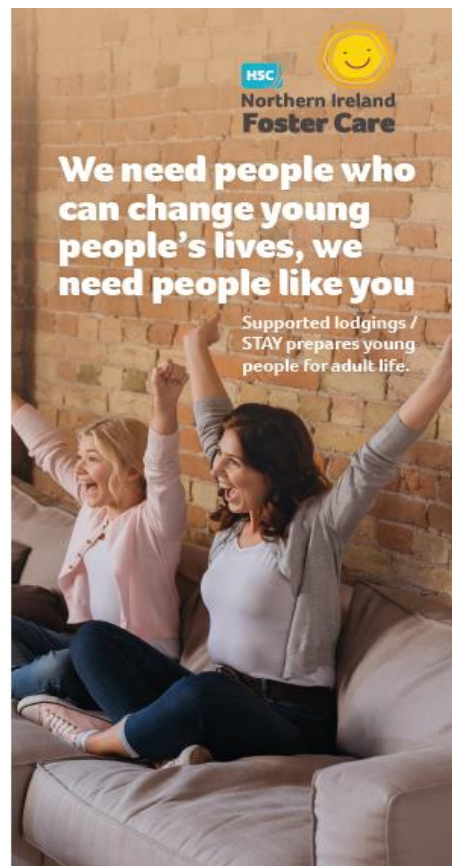
The focus is on improving outcomes for vulnerable young people, giving them the necessary supports and advice that they require in their journey to independence.

Who can be a Host?

There is no such thing as a typical Host and each application will be assessed individually. We welcome applications from all backgrounds, regardless of marital, employment or home ownership status, or whether you are already a parent. Applications are considered from any race, religion, language, culture, gender, disability, age or sexual orientation.

It is important that Hosts:

- Like young people and enjoy their company
- Can offer a young person their own bedroom
- Have an understanding of the issues that young people face on day to day basis
- Are willing to teach the young person independent skills such as cooking, cleaning, basic DIY, managing money and household bills
- Have a keen desire to make a difference in a young person's life in preparing them to live independently
- Do not have a police record for violent or sexual offences
- Are available to attend all relevant training
- Are warm, caring and patient
- Have a good sense of humour.



**We need people who
can change young
people's lives, we
need people like you**

Supported lodgings /
STAY prepares young
people for adult life.

What support do Hosts receive?

- You will receive a weekly payment to contribute towards rent, food and utilities
- An allocated worker to advise and support you.
- Opportunities to receive on-going training.



**Sarah is a STAY host and currently has
Laura living with her.**

Sarah says: "We really enjoy spending time together; shopping, going for coffee and working out at the gym. I work full time and being a STAY host allows me to have the right balance between supporting Laura and having the freedom to work and have my own time. I have really benefited from the support from the STAY support worker and I love having Laura in my home."

Section 3: Cost of Living

Cost of living help – Fermanagh & Omagh District Council

Home » Services » Community » Community Help Support

Cost of living help



Help with benefits, debt and
money management >

Help with fuel and energy
costs >

Help with increased food
costs >

Help with employment and
training >

Help with your physical
wellbeing >

Help with your emotional
wellbeing >

Help for families >

Help with transport >

Help with housing >



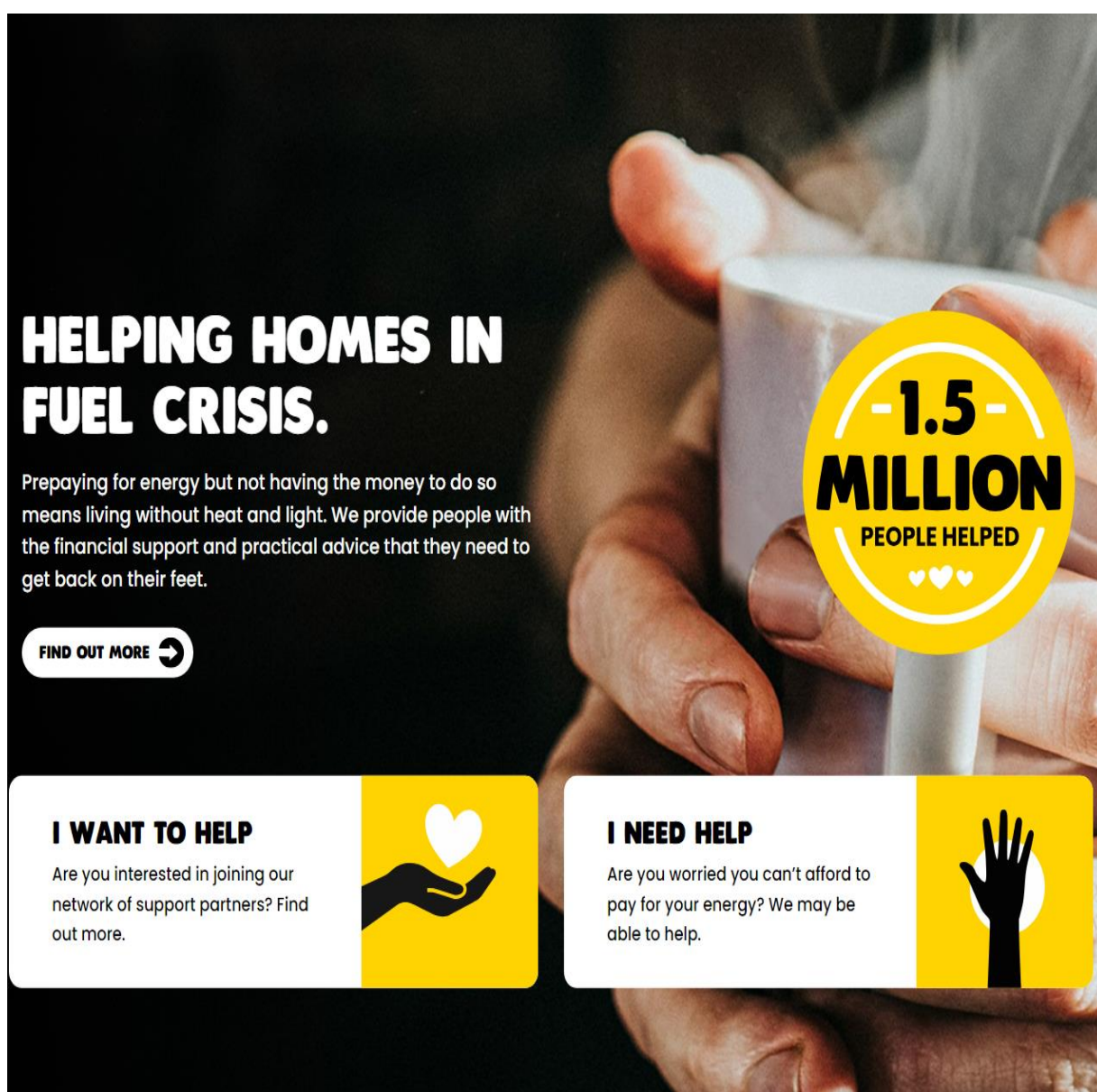
**Fermanagh & Omagh
District Council**
Comhairle Ceantair
Fhear Manach agus na hÓmaí

Section 3: Cost of Living

Home | Fuel Bank Foundation

Equivalent of a foodbank but for fuel supporting people in fuel crisis (that have run out of electricity/gas) and can potentially also support those dependent on, but have run out of, oil/solid fuel. Support on a one-off basis, normally the equivalent of 10 days of energy. They work on a partnership basis and take referrals through an online portal from partner organisations.

Accepting applications for partners in Northern Ireland.




HELPING HOMES IN FUEL CRISIS.

Prepaying for energy but not having the money to do so means living without heat and light. We provide people with the financial support and practical advice that they need to get back on their feet.

FIND OUT MORE ➔


I WANT TO HELP

Are you interested in joining our network of support partners? Find out more.



I NEED HELP


Are you worried you can't afford to pay for your energy? We may be able to help.



-1.5- MILLION PEOPLE HELPED

Section 3: Cost of Living

Fixing The Digital Divide | Good Things Foundation



Good Things
Foundation

Home

Network

Partner

Discover

Policy & research


Our services

Fixing the digital divide – for good

Good Things Foundation is the UK's leading digital inclusion charity. We're on a mission to help everyone become digitally equal, able and safe, so that they can be happier, healthier and better off.


How we're fixing the digital divide

Our impact for digital inclusion




We inform and inspire so that everyone can help fix the digital divide

We're making good things happen for digital inclusion – and we love to share articles, guidance and resources so that others can learn and take action too. Here's a few new things to check out:




National Databank in O2 Christmas campaign

The National Databank and data poverty highlighted as part of O2's 2024 Christmas campaign.



More O2 stores join National Databank

More than 300 O2 stores are now part of the National Digital Inclusion Network as National Databank Hubs helping people to get online and stay connected.



Get an introduction to Artificial Intelligence

Check out this free short animation for beginners to learn a little more about AI.

Discover news, insights, events & resources

We power community-based services to fix the digital divide

Our digital inclusion services, which help people use and access the internet and technology, are delivered by organisations in communities nationwide. These organisations are part of the National Digital Inclusion Network, and are at the heart of everything we do.

National Digital Inclusion Network

Thousands of local places for people get help with digital.

National Databank

Free mobile SIM cards preloaded with data.

National Device Bank

Free refurbished devices like phones, tablets and laptops.

Learn My Way

Free essential digital skills learning for complete beginners.

Learn about our digital inclusion services

Section 3: Cost of Living

Financial wellness figures in Northern Ireland

Even before the coronavirus outbreak, Northern Ireland faced some stiff challenges to widespread financial wellbeing. Using a range of statistics, we can get a sense of financial wellbeing across the nation, such as:

- 11% of people often borrowed to buy food or pay bills.
- 39% of adults (560,000 people) didn't know what they needed to do to plan for retirement.
- 49% of working adults were financially 'struggling' – finding it difficult to save or keep up with bills – or 'squeezed' – having little provision for coping with income shocks. (MaPS, 2018).
- Half of families reported spending more than 20% of their overall household income on childcare, rising to 63% of income for lone parents. (Northern Ireland Childcare Survey 2019).
- Less than half (49%) of children and young people in Northern Ireland. reported having had meaningful financial education at school.
- In 2018/19, 19% of people in Northern Ireland (approximately 350,000 adults), were considered to be in relative poverty before housing costs, up from 16% in 2017/18. A further 16% of people (approximately 303,000), were in absolute poverty. That is, 2% higher than in 2017/18. (NISRA, 2020).


MoneyHelper is here to help you move on with life. Here to cut through the jargon and complexity, explain what you need to do and how you can do it. Here to put you in control, with free, impartial help that's quick to find, easy to use and backed by government.

Whatever your circumstances, MoneyHelper is on your side. Online and over the phone, you'll get clear money and pension guidance. We can also point you to trusted services, if you need more support.

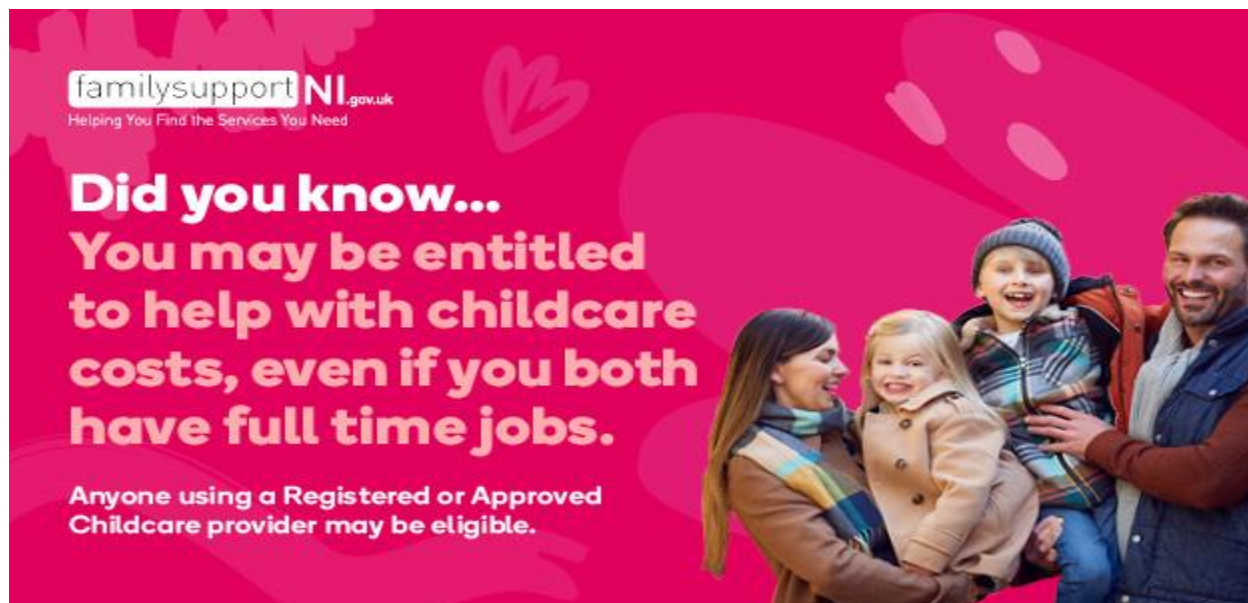
Pensions guidance: [0800 011 3797](tel:08000113797)

Money guidance: [0800 138 7777](tel:08001387777)

 **Money
Helper**

Visit MoneyHelper 

Section 3: Cost of Living



Many working parents are not claiming government financial assistance with childcare costs e.g. Tax Free Childcare, Universal Credit, Working Tax Credit which will support them to remain in work. Most working families are eligible ...

Family Support NI have produced this animation to give parents an overview of the types of financial help available and practical guidance about how to access it

[Working Parents - Financial Assistance with Childcare Costs - Family Support News](#)

Most working families in Northern Ireland will be entitled to financial support with their registered childcare costs, although there are some exceptions. You can only receive help with childcare costs that are being paid to a **registered or approved childcare provider.**

There are different types of help towards these childcare costs, with support available to working parents through the benefits system, Government support schemes or tax relief. The best form of help will be determined by your circumstances, such as whether you are working or self-employed, in a couple or single, and how much your childcare costs are.

You may be entitled to childcare costs, even if both parents have full time jobs...

Section 3: Cost of Living

Coping with the Cost-of-Living Crisis – Protecting Your Wellbeing (Angel Eyes NI)

[IMH Lunchtime Learning April 2025 Tickets, Wed 30 Apr 2025 at 12:00 | Eventbrite](#)



Wednesday, 30 April

IMH Lunchtime Learning April 2025

Coping with the Cost-of-Living Crisis – Protecting Your Wellbeing (Angel Eyes NI)



By **IMH Lunchtime Learning** • 176 followers

Lots of returning customers ☒

Follow

Date and time

Wed, 30 Apr 2025 12:00 - 13:00 BST

Location

To be announced

About this event

Event lasts 1 hour

The cost-of-living crisis is hitting families of children harder than ever, particularly those with a disability. The cost-of-living crisis effects are much more than creating financial strain. The ongoing cost-of-living is also causing increased stress in families, and emotional exhaustion for parents. In this session we will explore the cost-of-living crisis, raise awareness of the unseen costs to families with a disability, and share available support for families with young children living in Northern Ireland.

This event will be delivered online via Zoom.

IMH Lunchtime
Learning 30th April
2025

Free

Reserve a spot

Section 3: Cost of Living



Healthy Start is Digital!

The Healthy Start Scheme enables eligible pregnant women and families with children under the age of four who meet the qualifying criteria to claim pre-loaded Healthy Start cards that can be used to purchase milk, fruit and vegetables or infant formula milk. In addition to the pre-paid card, those entitled to the Scheme may also avail of free vitamins.

This Scheme provides financial support to eligible families to enable purchase of products which will help provide additional healthy nutrition for growing children, including:

- plain cow's milk,
- infant formula based on cow's milk,
- fresh, dried, and tinned pulses (e.g. peas, beans, or lentils)
- fresh, frozen, and tinned fruit and vegetables

In April 2022, the previous paper voucher scheme was replaced with a prepaid card and all applications are now made online. Cards are topped up every 4 weeks and recipients will receive one of the following rates:

- £4.25 each week of pregnancy from the 10th week
- £8.50 each week for children from birth to 1
- £4.25 each week for children between 1 and 4

(Money will stop when the child turns 4, or if recipients no longer receive the qualifying benefits)

Vitamins are available for pregnant women, breastfeeding women with baby under one year and children under 4. Vitamins come in an 8-week supply and are issued by the Business Services Organisation directly to the claimant via post.

The Department of Health is working to raise awareness of the Scheme. Community organisations and HSC professionals (including health visitors, midwives, social workers, Allied Health Professionals, etc) can help ensure that entitled individuals/families are aware of the Scheme and encourage them to apply to receive the financial support available. Please advise families you are working with of the Scheme and signpost to the link below:

For more information and to apply for Healthy Start visit
www.healthystart.nhs.uk

If you are unable to apply online you can call the NHS Healthy Start helpline on 0300 330 7010

Other useful links:

Northern Ireland Healthy Start promotional material is available via [Healthy Start scheme | Department of Health \(health-ni.gov.uk\)](https://www.health-ni.gov.uk/healthy-start)

NHS Business Services Authority promotional material and guidance which is available via [NHS Business Services News \(nhsbsa.nhs.uk\)](https://www.nhs.uk/business-services/news)

University of Ulster Healthy Start Awareness Video via pure.ulster.ac.uk/ws/portalfiles/portal/136908344/UU_HEALTHY-START-CAPTIONS.mp4

Section 3: Cost of Living

Budgeting and money advice - Community Wellbeing NI

[Mental Health Information](#)
[Self Help Toolkit](#)
[Take 5 Steps to Wellbeing](#)
community wellbeing
 .info

[Infolines](#)
[Services & Support](#)
[Our Partners](#)

Budgeting and money advice

[Home](#) > [Cost-of-living pressures](#) > Budgeting and money advice

Financial pressures have knock-on effects on all aspects of your life. Luckily, there are lots of organisations who can help you manage your household budget and deal with your debts.

Balancing financial worries and mental health

Be honest about your financial situation. Do you feel like you're in charge of your finances or are things getting out of control?

Pay attention when you're spending money. It may help to use cash, instead of contactless, to pay for things as this is a visual reminder of what you're spending.

Open letters and emails from your bank, building society and any companies you owe money to. This can be difficult but ignoring the problem doesn't make it go away.

[Get advice.](#) It can be difficult to deal with money issues by yourself. Money advisers can help you take the steps you need to regain control of your finances.

Budgeting first steps

Get an idea of your finances. Do you know how much you earn and how much you spend?

Go through your bank account statements and make a list of all your income and your expenses. There are [budgeting tools online that can help you do this](#).

Your budget can be a really helpful starting point if you later speak to a [money and debt adviser](#).

Dealing with debts

Some debts are more important than others. These priority debts are ones that have the biggest impact on you if they remain unpaid.

Your priority debts include housing costs like rent, mortgage and rates. But payments towards car loans and court fines can also be priorities if not paying them means you'll lose your only mode of transport or go to prison.

A [money and debt adviser](#) can help you prioritise your debts, guiding you as you come up with a plan to discharge these debts and work out ways to keep other creditors off your back.

Organisations who can help

There are lots of voluntary organisations across Northern Ireland who can help you deal with money, benefits and debt. They'll do this free – you should never pay someone for debt advice.

- [Advice NI](#) can help you with benefits, money and debt
- [Stepchange](#) can help you manage your debts
- [Make the Call](#) can check if you're eligible for more benefits
- [Housing Rights](#) can help if you are struggling to pay your rent or mortgage
- [Local advice agencies across Northern Ireland](#) can help with benefits, debt and community issues

Getting the right advice

Northern Ireland has brilliant [advice agencies](#) who can talk to you about benefits, debt and money problems free of charge. You should never have to pay a private company for this kind of help.

It can be tempting to look for loans when you don't have a lot of money but do have a lot of expenses like school costs, utility bills and Christmas to think about.

Short-term loans and doorstep lenders can seem like a good idea but you can end up paying back a lot more than you borrowed, especially if you're only making minimum payments. Get money advice from specialists like Advice NI before taking out any loans.

Never borrow money from [illegal money lenders](#).

Money and mental health

Mental health can change the ways in which you deal with money. And money problems can affect your mental health in the following ways:

- You're unable to afford to pay for the things you need to stay well, like journeys to counselling or treatment
- You have trouble sleeping
- You feel anxiety and panic
- You neglect important social relationships and hobbies
- You make poor decisions about your money, which can lead to you feeling worse

Contact our [Advocacy for All service](#) if you are worried about money and mental health, and need help having your voice heard.

More resources

- Mindwise has a [mental health and money advice service](#)
- Mencap's [easy-read guide to the cost-of-living crisis](#)
- The Consumer Council has [tools to help you budget](#)
- Mindwise has [tips for tackling money-related anxiety](#)

Section 3: Cost of Living

Breaking Financial Barriers: Money Guidance for Neurodivergent

Minds Tickets, Tue, Apr 8, 2025 at 11:00 AM | Eventbrite



Breaking Financial Barriers: Money Guidance for Neurodivergent Minds



Tuesday 8th of April 11am - 12:30pm

Money Guiders

Take your help further



Are you passionate about creating a more inclusive environment for everyone? Join us for an enlightening session that delves into the world of autism and neurodiversity. This event is designed to provide you with valuable insights and practical steps to support autistic and neurodivergent individuals more effectively and have confident money conversations.

During this session, you will:

Discover the impactful work of Autism NI and how they support the community. Gain a deeper understanding of what autism and neurodiversity truly mean. Explore the unique challenges that autistic and neurodivergent individuals face, particularly in managing their finances and accessing support.

Learn about neuro-inclusion and the actionable steps your services can take to become more accessible and welcoming.

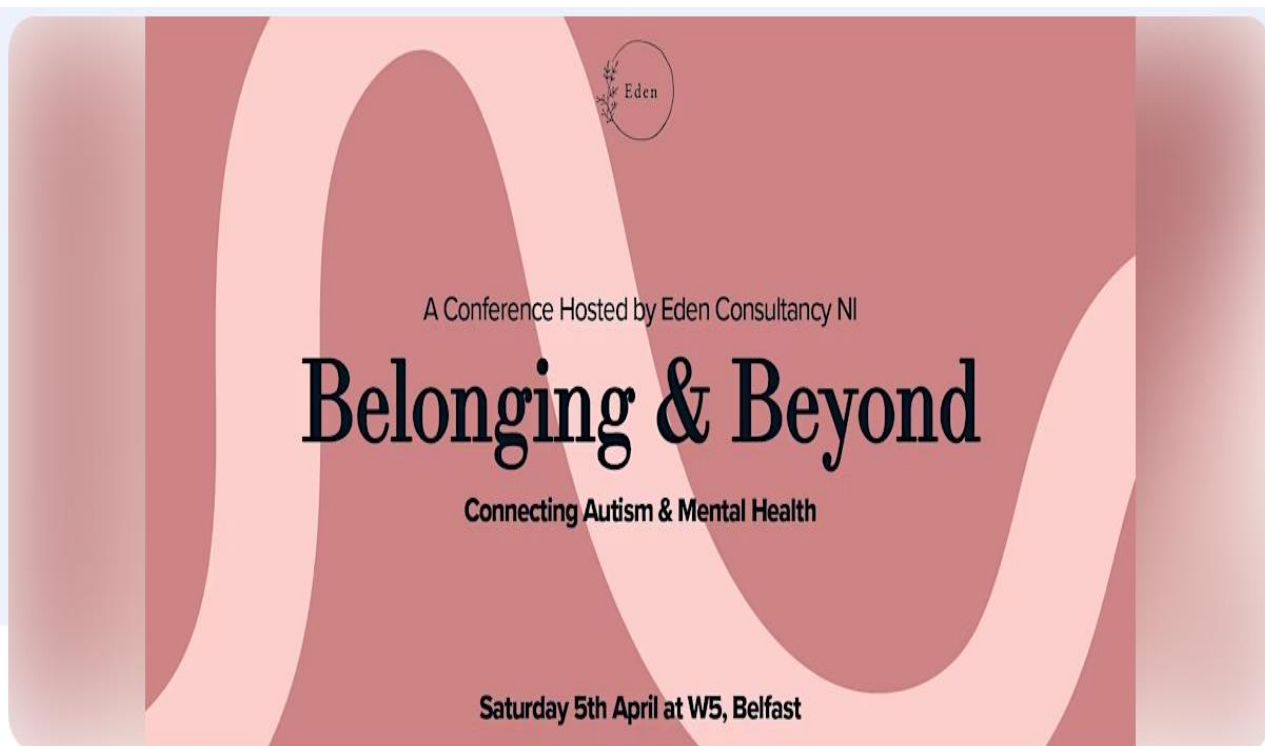
This event is not just about raising awareness; it's about empowering you with the knowledge and tools to make a real difference.

Whether you're a money guider, practitioner, staff member, or volunteer, this session will equip you with the skills to navigate difficult financial conversations and improve the financial wellbeing of those you support. You'll leave with practical strategies to help your clients or service users overcome barriers and achieve better outcomes.

Section 4: Neurodiversity

[Belonging and Beyond: Connecting Autism and Mental Health](#)

[Tickets, Sat 5 Apr 2025 at 10:00 | Eventbrite](#)




Popular

Just Added



Saturday, 5 April

Belonging and Beyond: Connecting Autism and Mental Health

 Early bird discount

Select tickets

A practical and inspiring conference on autism, mental health and connection for parents, carers, teachers and professionals.



By Eden Consultancy NI • 60 followers

Follow

Section 4: Neurodiversity

Training - Middletown Centre For Autism
(middletownautism.com)

MIDDLETOWN CENTRE FOR AUTISM

UPCOMING TRAININGS

Scan the QR Code to view all of MCA's upcoming trainings
suitable for both parents and professionals!

LEARN MORE

☎ 0044 (0) 28 3751 5750

📍 35 Church Street, Middletown, BT60 4HZ

✉ admin@middletownautism.com



Section 4: Neurodiversity

Middletown Early Years Resource

<https://early-years.middletownautism.com/>

Supporting Early Years



Introduction

- [Emergent Neurodivergent](#)
- [Neurodiversity Strengths](#)
- [The Early Years](#)
- [MCA Early Years Foundation Stage Tool](#)
- [Professionals involved in Early Support Services](#)
- [Pathway to Diagnosis & Support](#)
- [Collaboration](#)



Sensory

- [Introduction to the Senses](#)
- [Identifying Sensory Strengths and Needs](#)
- [Supportive Sensory Practices](#)
- [Sensory Considerations for Early Years Environments](#)
- [Stimming](#)
- [Sensory Play & Learning](#)
- [Supporting Healthy Eating Habits](#)
- [Supporting Self Care Skills](#)
- [Supporting Sleep](#)



Predictability

- [Daily transitions](#)
- [Managing change](#)
- [Establishing predictability in EYFS settings](#)
- [Transitioning to school](#)



Acceptance

- [Working in Partnership](#)
- [Whole school autism competency approach for EYFS settings](#)
- [Inclusive school policy](#)
- [A strengths-based approach](#)



SUPPORTING EARLY YEARS /
FOUNDATION STAGE



MENU

- [Personal, Social and Emotional Development](#)
- [Supporting Emotional Understanding](#)
- [Supporting Emotional Self-Regulation](#)
- [Supporting Self-Regulation](#)
- [Supporting Physical Space](#)
- [Creating Physical Space](#)
- [Supporting Different Processing & Learning Styles](#)

Section 4: Neurodiversity

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



Our Services



Early Intervention
Service (Pre
Assessment)



Assessment



Post Diagnostic
(Confirmed Diagnosis
of Autism)



Useful Links



Further Resources



Service User
Feedback



Contact Us



What's On

Section 4: Neurodiversity

Sessions for families on the diagnostic assessment waiting list for autism

Early Intervention Service

PARENT SUPPORT GROUP

Tea & Coffee Morning

LISNAMALLARD HOUSE, OMAGH
WEDNESDAY 2ND APRIL 2025
10AM-12PM
DROP IN

ARE YOU A PARENT/CARER OF A CHILD/YOUNG PERSON WAITING FOR AN AUTISM ASSESSMENT?

- have a cuppa and a chat
- connect with others who share similar experiences
- meet new friends who understand
- supportive environment
- safe space

Section 4: Neurodiversity

PD Support Sessions Brochure 2025 FV



WHSC Children and Young People's Autism Service

Post Diagnostic Interventions



Section 4: Neurodiversity

PD Support Sessions Brochure 2025 FV

Contents

There is a range of interventions available across the Western Trust Area which is provided by a dedicated group of professionals offering support to families and young people up to 18 years of age....

- Page 3: Talking to my Child/Young Person about Autism
- Page 4: Neurodiversity and Me
- Page 5: Let's talk about behaviour
- Page 6: Autism and Anxiety
- Page 7: The Teenage Years
- Page 8: Can't Sleep Won't Sleep
- Page 9: Supporting Sensory Differences
- Page 10: Using Visuals to Create Supportive Environment
- Page 11: Emotionally Based School Avoidance and Autism
- Page 12: Feedback
- Page 13: Contact Details

Section 4: Neurodiversity

PD Support Sessions Brochure 2025 FV



Intervention Sessions



**Talking to my
child/young
person about
Autism**

This workshop is for parents who would like guidance on how to explain a diagnosis of autism to their child/young person. To help you prepare for this, this workshop offers parents useful suggestions on when to tell, how and what to tell.

Date	Time	Location
7th February 2025	10 am to 11.30am	Ferranagh House
3rd April 2025	10 am to 11.30am	Virtual
15th August 2025	10 am to 11.30am	Rivendell, Omagh
9th October 2025	10 am to 11.30am	Lilac Villa, L'Derry

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

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

Contacts Details:

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



Lilac Villa
Gransha Park
L' Derry, BT47 6TG
Tel: 028 7130 8313



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



For further information go to:

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

HSC Western Health
and Social Care Trust

Welcome to the



Your Journey Starts here ...

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

Early Intervention

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

What Now

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

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

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

What we can offer:

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

Assessment

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

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

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



We all think differently

Section 4: Neurodiversity

[Autism NI Training <training@autismni.org>](mailto:training@autismni.org)



Free parent/carer support courses available

Autism NI have released new parent/carer support courses, with topics including understanding autism, PDA, sleep, school related anxiety and social stories.

Courses are all delivered online via Zoom in the evenings. Sessions include the ability to interact and ask questions, so you can get the support that you need.

You can find out more about the sessions and dates available, and book your place [here](#).

[Book your place](#)

Parent/Carer Support Courses

School-related anxiety

Sleep

Understanding autism

Social stories and
comic strips

Understanding PDA



Evening sessions
delivered on Zoom

Book Online
www.autismni.org

Autism NI
Northern Ireland's Autism Charity

Section 4: Neurodiversity

info@circleofsupport.org.uk



Circle of Support for Autism Families Welcome to our April Newsletter!

We have lots of exciting new programmes and workshops planned for our COS families in 2025.

HIGHLIGHTS FROM MARCH

Our COS kids and young people took part in a range of fun activities including our 4-week Minimelo Beats programme, bath bomb making and clay making. Our teens availed of a number of activities including completing their 6-week comic book programme, and 4 week cooking program where they really cooked up a storm! Our carers also enjoyed an Easter themed dessert making session, a benefit talk with Michelle from Dove House, 1-1 behaviour consultations with Rebecca from Eden Consultancy and a lovely relaxing meditation with Ann Ferguson. Our Dad's 4 week fitness programme with Danny at U-Turn Fitness was also a hit! What a busy month!

WHAT'S ON THIS MONTH?

Please see our full April timetable attached.

For Kids	For Teens	For Parents/Carer's
<ul style="list-style-type: none"> ○ Art therapy ○ Play therapy ○ Kinesiology ○ Therapeutic Horse Painting ○ Sensory Sessions ○ Tiny Town ○ Xtreme Jump 	<ul style="list-style-type: none"> ○ Kinesiology ○ Movie Night & Pizza ○ Vision Board Making ○ Cruise Driving ○ VR Fusion ○ Afternoon Tea 	<ul style="list-style-type: none"> ○ Family Canine therapy ○ Carer Canvas Painting ○ Carer Pamper Night ○ Carer Cooking ○ Easter Wreath Making

Section 5: Infant Mental Health / Breastfeeding

BBC Tiny Happy People - Professionals



Sign in



Home

News

Sport

Weather

iPlayer

Sounds

Bitesize



Search BBC

TINY HAPPY PEOPLE

[Home](#) | [About](#) | [Activities](#) | [Tips and advice](#) | [Child development](#) | [Parenting Life](#) | [Professionals](#) | [Cymraeg](#)

Resources for professionals and volunteers

We want to make it as easy as possible for you to share Tiny Happy People with your networks and families you work with. Below you will find a range of resources for early years professionals to use and print.

How does Tiny Happy People work?

To better understand how engagement with Tiny Happy People may lead to behaviour change, we spoke to psychologist Dr George Kitsaras, a specialist in Behaviour Science.

Our behaviour change model explained



Resources for every profession



Speech and Language Therapists

Some of the best places for speech and language therapists to start exploring the site by different target behaviours.



Early Years Practitioners

All the content an early years practitioner might want to check out from Tiny Happy People in one place.



Health Visitors

All the resources a health visitor may refer parents to on Tiny Happy People.



Midwives

Everything a midwife might need from Tiny Happy People in one place.

Section 5: Infant Mental Health / Breastfeeding

Online courses for emotional health and wellbeing



Welcome to your place for emotional health and wellbeing

E-learning for parents and families. Brought to you by the Solihull Approach NHS team.



[View Courses](#)

The Solihull Approach series

Antenatal



[View Courses](#)

Postnatal (0 - 6 months)



[View Courses](#)

Children and Young People



[6 months to 19+ years](#)

[Preteen to teenager](#)

For Teenagers



[View Courses](#)

For Adults



[View Courses](#)

Community Languages



[Auto-translation option](#)

Featured resources

Solihull Approach to sleep

While sleep is a natural instinct, it's also a skill we have to develop: learning how to wind down and how much sleep we need. The Solihull Approach promotes connected relationships between parents and infants to help children learn and thrive as they grow.

[Find out more about sleepfulness](#)



Moving up in school

Moving up and changing school is a big change for children and parents or caregivers. It's a new stage of growing independence and separation. Fears and worries are normal as well as excitement, as with each stage of childhood development. As parents, your role is to help children cope with and overcome their fears, to nurture them to feel brave and capable.

[Find out more about moving up in school](#)



Understanding your relationships

Online Course

Relationships can be difficult, complicated, fun, satisfying, exciting, annoying, bring out the best in us, bring out the worst in us. We are often in one, but we don't often spend much time on them. So, here's the chance!

[View Course](#)



Section 5: Infant Mental Health / Breastfeeding

Getting support when you breastfeed | Breastfed Babies

Breastfeeding Support

.gov.uk

d

Information on a wide range of family support services and registered childcare pro

Family Support

Childcare

ACCESS
SUPPORT GROUPS
NEAR YOU
TODAY

There are breastfeeding support groups available right across NI.

These groups provide a great opportunity to find out more about breastfeeding, meet with other breastfeeding mums and get any questions you may have answered.

Find Support Near You : [Breastfedbabies.org](https://www.breastfedbabies.org) website

Section 5: Infant Mental Health / Breastfeeding

lisa.storey@westerntrust.hscni.net



Save the Date:

Annual Infant Mental Health Conference

Organised by the Western Trust's, Health Improvement, Equality and Involvement Dept., this conference will give a platform to local key speakers who will focus on raising awareness for professionals who support parents at both antenatal and postnatal stages. It is an opportunity to showcase local support that is available within the Western trust and raise awareness for the upcoming Infant Mental Health Awareness Week 2025.

Location:

Limavady.

To book a place:

More information to follow in April on how to book your place.

Audience:

Any professional from Statutory or Community and voluntary sector who works with families of young children.

To book an Information stall:

We would like to encourage all local services who offer support to parents within the first 1001 days of a child's life to have the opportunity to host an information stall for when professionals arrive at the conference.

If you are interested in having a stall

Please email: Lisa.storey@westerntrust.hscni.net

Section 6: Digital Safeguarding

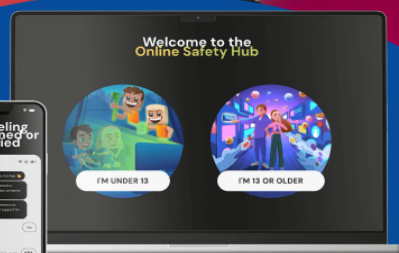
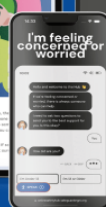
Online Safety Hub - Safeguarding Board for Northern

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



Welcome to the SBNI Online Safety Hub Highlights

The Online Safety Hub brings together advice and resources from a range of partner organisations so that young people, carers and professionals can easily access advice and resources all in one central place. The [Young Person's Hub](#) has supportive and non-judgemental advice for [under 13s](#) and [13s and older](#) to help them to manage their online lives safely.

Promote the hub

Watch the promo
video

Visit the young
person's hub

Submit content

Contact the hub

About the hub

Concerned about a child or young person?

- [Learn about reporting pathways for adults.](#)
- [Learn about reporting pathways for young people](#)

Tell us what you think:

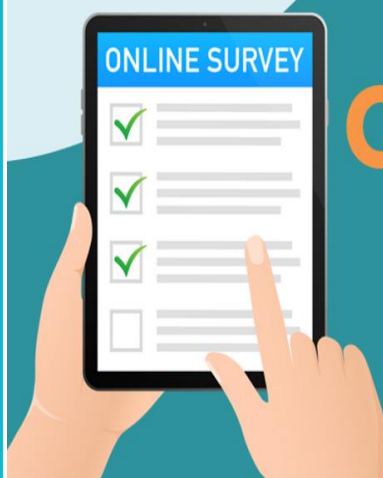
- [Complete the survey for young people](#)
- [Complete the survey for adults](#)

The ReachDeck Toolbar

The ReachDeck toolbar makes the hub content more available to everyone. The **speak** button shown below is located on every page and it can help with speech, reading and translation support.

Section 6: Digital Safeguarding

<https://www.surveymonkey.com/r/OnlineSafetyTrainingNA>



Online Safety Training Needs Analysis

Survey for the children's workforce

Scan the QR code or visit the link to participate.

www.surveymonkey.com/r/OnlineSafetyTrainingNA



NATIONAL
CHILDREN'S
BUREAU



SBNI
Safeguarding Board
for Northern Ireland

Section 6: Digital Safeguarding

Online Safety Tips for Parents



1

Talk openly and regularly



Encourage open conversations about your child's online activities. Ask them about the apps they use, the people they interact with, and the content they see. Let them know they can always come to you if something online makes them uncomfortable.

2

Set clear rules and boundaries



Establish age-appropriate screen time limits, rules for social media use, and guidelines on what is safe to share online. Explain the importance of protecting personal information and being mindful of what they post.

3

Use parental controls and privacy settings



Make use of built-in parental controls, privacy settings and content filters on devices and apps. This helps create a safer online environment for your child while still allowing them to explore and learn.

4

Teach critical thinking and online awareness



Help your child recognise fake news, scams, and online risks. Teach them to question information, verify sources, and think before clicking links or sharing personal details.

5

Stay informed and engaged



Keep up to date with new apps, social media trends, and potential online risks. Show interest in what your child enjoys online, and be proactive in learning about the platforms they use. This makes it easier to support and guide them.

6

Lead by example



Show responsible digital habits by limiting your own screen time, avoiding oversharing on social media, and practising respectful online communication. Your behaviour sets the tone for theirs.

Section 6: Digital Safeguarding

6 top tips: how to support your children to use AI safely

1) Talk about where AI is being used

A good place to start is by having open conversations with your child about where they are seeing AI tools and content online. This is an opportunity to talk about the risks and benefits they are experiencing.

2) Remind young people not everything is real

You can remind them that not everything online is real and much of what we see may have been edited.

AI is continually evolving but there can be common indicators to show something is AI generated but remember it is not always obvious. Some of these indicators can be an overall 'perfect' appearance, body parts or movements appearing differently or not looking 'true to life'.

3) Discuss misuse of generative AI

It's important to address the misuse of generative AI to create harmful content in an age-appropriate way. Make sure that your child knows it's not OK for anyone to create content to harm other people.

If they ever experience this or are worried about someone doing it, then they can report that. If you are concerned about how someone is behaving towards a child online this can be reported to law enforcement agency [CEOP](#).

If a sexual image or video has been created, this can be reported via [Report Remove](#).

4) Remind them to check sources

AI summaries and chatbots can be helpful tools to get quick answers to a question but it's important to know it's coming from a reliable source.

Sources should be listed and will often have links so they can be checked. If the source is not listed or is not a reliable source, it's good to encourage them to check a trusted site for themselves.

5) Signpost to safe sources of health and wellbeing advice

We know young people will use the internet to get advice and answers to questions which could mean they come across advice from an AI bot or summary. It's important they access safe information from reliable sources, so it can be helpful to make sure they know of child-friendly safe sites such as [Childline](#).

6) Make sure they know where to go for help

Ensure your child knows they can talk to you or another safe adult like a teacher if anything worries them online or offline. They can also contact Childline 24/7 on 0800 11 11 or via email or online chat, there are lots of ways they can [get support](#).

Section 7: Addiction

marketing@ascert.biz



We are now
offering
FREE
Workplace
Alcohol
Awareness
Sessions



These hour long information sessions are designed to compliment your corporate Health & Wellbeing initiatives and can be delivered on your premises in person or online. Interested? Email us for further information

Section 7: Addiction



Contact us today - 028 6772 3843 | Info@OakHLC.com

[HOME](#)

[NEWS](#)

[EVENTS CALENDAR](#)

[PROGRAMMES](#)

[CONTACT](#)

[ABOUT US](#)

[Download September to December 2023 Programme](#)

WELCOME

The Oak Healthy Living Centre based in Lisnaskea, County Fermanagh, was founded in order to positively impact the physical and mental health of the inhabitants of the Erne East area, and beyond. By working with the community to design and implement a range of initiatives promoting well-being and healthy lifestyles, reducing trauma and encouraging social development.

This website has been created to aid the local community in finding information about past and future activities planned and overseen by the Oak Healthy Living Centre.

You can see a few of our upcoming events opposite/below or find a calendar of [Upcoming Events](#). If you wish to contact us via phone, fax or in person, you can find all the information you need on the [Contact](#) page.

UPCOMING EVENTS

APR
3
Thu

5:00 pm Men's Shed – Thursday @ Lisnaskea Business Complex

APR
4
Fri

8:00 pm Alcoholics Anonymous (AA) – Friday @ Oak Healthy Living Centre

APR
7
Mon

7:30 pm Co-Dependents Anonymous @ Oak Health Living Centre

APR
8
Tue

10:00 am Drop-Inn Centre @ Oak Healthy Living Centre

5:00 pm Men's Shed – Tuesday @ Lisnaskea Business Complex

8:00 pm Alcoholics Anonymous (AA) – Tuesday @ Oak Healthy Living Centre

APR
10
Thu

5:00 pm Men's Shed – Thursday @ Lisnaskea Business Complex

FEATURED PROJECTS



SPRING – SOCIAL PRESCRIBING

Social Prescribing is for people who are interested in and would like some support and guidance to find out more about local community support programmes and activities which could have a positive impact on health and well-being and complement and support the existing statutory services.



DARKNESS INTO LIGHT

Many people in the local area have been badly affected by suicide. In response we set-up a suicide support group and run Darkness into Light events to raise awareness and show solidarity with those affected.



STEPPING ON PROGRAMME

The Stepping on Programme offers balancing & Strengthening exercises for Older People which can help to reduce falls and at the same time increase self confidence in situations where they are at risk of falling.

Falls are a serious problem and can even on occasions be fatal, however falls can be prevented at any age.

Stepping on presents an evidence based exercise programme called OTAGO which aims to strengthen muscles and improve balance which helps reduce falls.



MEN'S SHED

The Men's Shed is for men to meet new people, socialise and to learn new skills such as carpentry, painting etc

Section 8: Emotional Wellbeing and Mental Health Support



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 8: Emotional Wellbeing and Mental Health Support

NEW RHYTHMS DRUMMING CIRCLE
ESKRA COMMUNITY CENTRE
167 NEWTOWN SAVILLE RD
ESKRA

Thursday: 3rd, 10th,
17th April & 1st May
10am – 12pm

FREE 4 WEEK WELLBEING & DRUMMING WORKSHOPS FOR ADULTS
Join musician Aidan Dunphy & Inspire to get creative, gain confidence
and learn how to prioritise your wellbeing!

TAKE 5 STEPS TO WELLBEING

Contact: Jenny Groves
j.groves@inspirewellbeing.org
07834 181303

inspire COMMUNITY FUND arts council

Inspire is delighted to announce their mental health & wellbeing drumming programme. This project will be delivered in rural communities aiming to support and encourage adults in rural communities to be creative, gain confidence and connect with others through drumming.:

- This is a free 4 session wellbeing drumming circle delivered in partnership by a community drummer (Aidan Dunphy) and an Inspire wellbeing facilitator.
- We will use drumming to explore personal creativity, boost mental health, gain confidence and connect with others.
- Additionally, each week the group will follow the Take 5 Steps to Wellbeing to learn creative and practical ways to prioritise their mental health and wellbeing.

Please Note: Numbers are limited, so please get in touch early to enquire about getting a place. Registration and Booking will need to be confirmed by Inspire in advance of attending.

Section 8: Emotional Wellbeing and Mental Health Support



Could you volunteer for the NSPCC Young Witness Service?

We are currently recruiting volunteers to support children and young people in local courts for training to be held in the North West in November.

For more information and to apply please visit bit.ly/youngwitnessvolunteer or contact Volunteer Coordinator Billy Eagleson for more information at billy.eagleson@nspcc.org.uk or 07825948244.

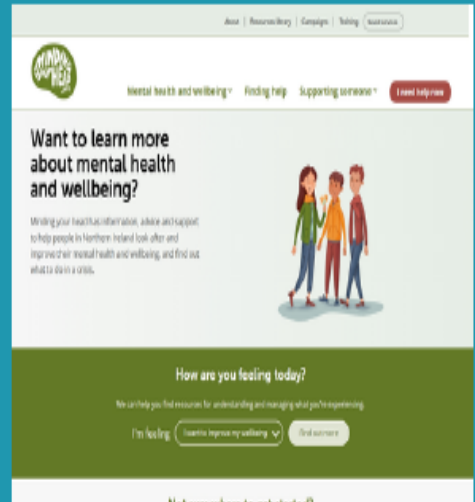
Section 8: Emotional Wellbeing and Mental Health Support

Minding your head

Refresh of Minding Your Head

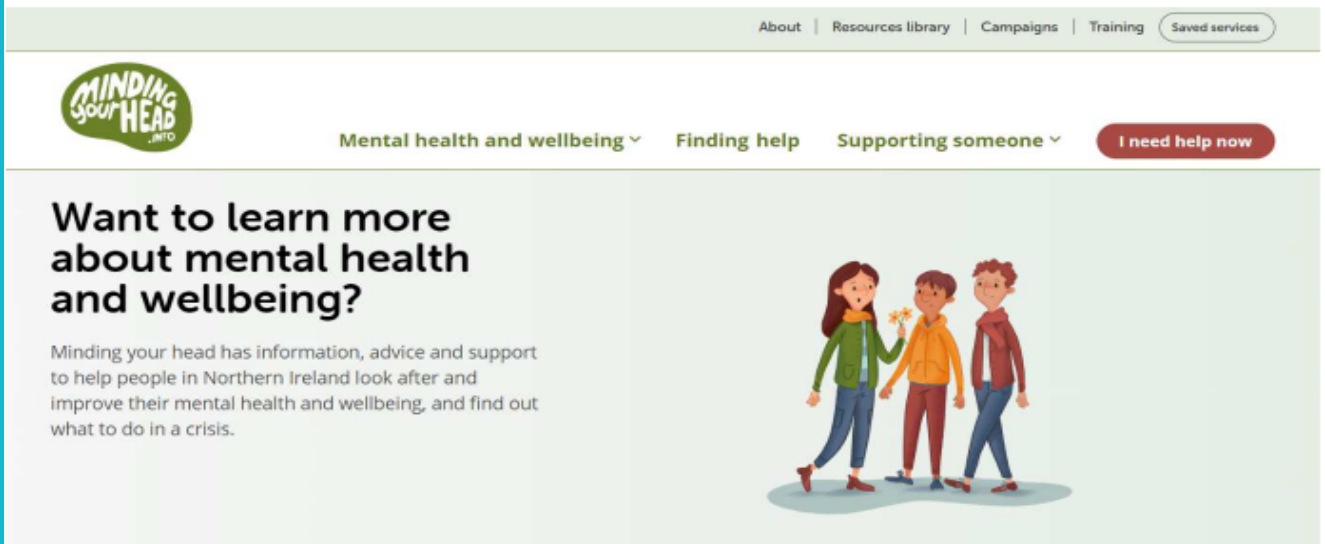
The Public Health Agency have relaunched the Minding your head website. <https://www.mindingyourhead.info> is a valuable informational resource created to provide up-to-date information and self-help advice for mental health and wellbeing.

The website provides clear, up-to-date information on mental health and wellbeing, how you can support someone with their mental health, a service directory for people to find help with their mental health and wellbeing in their local area and information on training available.



Section 8: Emotional Wellbeing and Mental Health Support

Minding your head



The Public Health Agency is excited to announce the official relaunch of the

Minding your head website

<https://www.mindingyourhead.info> is a valuable informational resource created to provide up-to-date information and self-help advice for mental health and wellbeing.

The website provides:

- clear, up-to-date information on mental health and wellbeing, including anxiety, low mood and depression, stress and more;
- clear information on how you can support someone with their mental health, including information on supporting children and young people;
- a service directory for people to find help with their mental health and wellbeing in their local area;
- information on training available.

Section 8: Emotional Wellbeing and Mental Health Support

Trauma Informed Toolkit



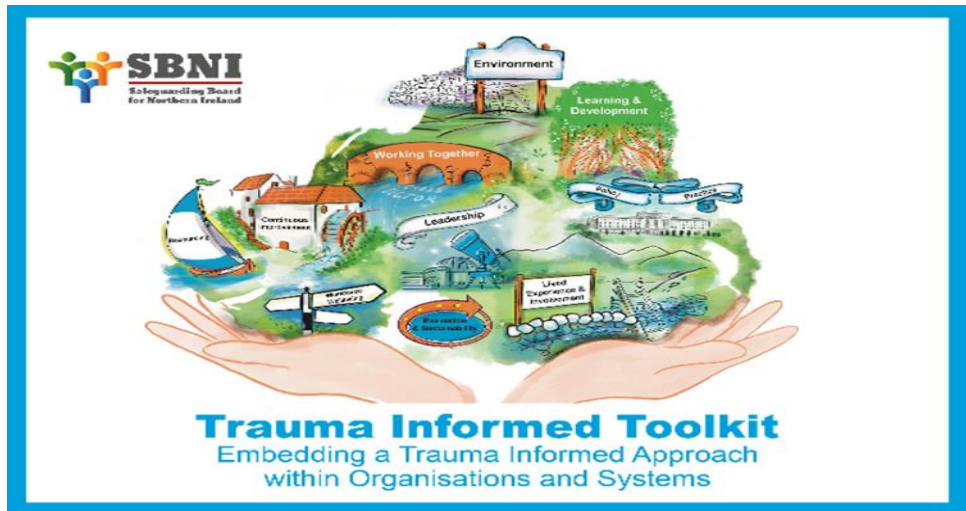
An implementation resource to embed a trauma-informed approach within organisations and systems.

To register for an in person toolkit implementation workshop in your area or to access the dates and venue options please [click here](#).

This toolkit is designed to help leaders, workforces, services and organisations on their journey to implement a trauma informed approach across policy and practice. Based on local and international evidence, it offers in-depth insights from those with lived experience. It is infused with cross sector examples and local research, and it provides a checklist for organisations to measure progress. It aims to complement existing organisational priorities, driving improvement, innovation and sustainable change.

Section 8: Emotional Wellbeing and Mental Health Support

Trauma Informed Toolkit



The online toolkit is divided into six sections

Section 1 – Setting the scene

An overview of the context and how to use the toolkit

Section 2 – Key concepts

A definition of trauma, trauma informed organisations and approaches

Section 3 – Six principles

A summary of the **six trauma informed principles** (safety, trustworthiness, choice, collaboration, empowerment and inclusion)

Section 4 – Evidence & examples

A summary of international and local evidence, including case studies and examples of trauma informed approaches across a range of organisations

Section 5 – Organisational checklist

A summary and organisational checklist, based on **ten organisational focus areas**

Section 6 – Library

A suite of resources to help you on your journey, including references

The toolkit is free to download below and the checklist can be used as an interactive workbook to chart developments. Interactive links are embedded into this toolkit, so it is best viewed on a large screen device e.g. PC or laptop rather than a mobile device. As this toolkit will have periodic updates, the current version will always be available via this link. We ask all organisations to share and download the resource from this website only.

Section 8: Emotional Wellbeing and Mental Health Support

Emotional Wellbeing Teams in Schools (EWTs) – Children and Young People's Strategic Partnership (CYPSP) (hscni.net)



Emotional Wellbeing Teams in Schools (EWTs)



[Return to Main Menu](#)



The Emotional Wellbeing Teams in schools introduce their resources.

Whether you're a student, parent, or school staff member, you'll discover practical tools and activities designed to support emotional health and wellbeing. Come explore these valuable resources and learn how they can make a positive difference in your daily life. Let's work together to create a happier, healthier school community!

	What is EWTs (Emotional Wellbeing Teams in Schools) EWTs is a programme of support for post primary schools. The main focus of the Framework is to provide overarching guidelines to support those working in educational settings to help them promote emotional wellbeing and strengthen self-esteem and resilience in children and young people.
	EWT A4 Poster for Schools Poster for Schools providing information about teams, getting involved and emotional wellbeing champions
	EWTs Information Leaflet The Emotional Wellbeing Teams in Schools (EWTs) programme is part of the implementation of the Children and Young People's Emotional Health and Wellbeing in Education Framework.
EWTs RESOURCES	
	Understanding Anxious Feelings Leaflet available in a number of languages for Parents and Carers for understanding Anxious feelings, what happens to the body and what might help.
	Emotional Based School Non-attendance (EBSNA) and School Based Anxiety Parental Guidance and support on what is EBSNA, reasons for non-attendance, signs to look out for, caring and coping strategies and support. Rather than using terms like 'school refusal', or thinking of non-attendance as a deliberate act of defiance, the term EBSNA recognises that this avoidance is a complex issue inseparably linked with emotional, mental health and wellbeing issues.
	Building Healthy Relationships - Your Relationship with You Self-esteem is how we think, see and feel about ourselves. Good self-esteem means that we feel good about ourselves and confident in who we are and what we can do.
	Building Healthy Relationships - Friends The quantity of friends that you have is not as important as the quality of friendships that you have. The better the quality of friendship, the closer of friends you are likely to be...
	Building Healthy Relationships - Healthy Vs Unhealthy People with healthy, positive and supportive relationships are more likely to be happier and healthier. Creating and maintaining good connections with others can also help to combat loneliness and improve mental health issues, such as stress and anxiety.
	Building Healthy Relationships - Social Media (English) Poster provides information on the pros and cons of social media, questions to consider before posting and tips and advice about your emotional wellbeing.
	Building Healthy Relationships - Social Media (Translated) Poster provides information on the pros and cons of social media, questions to consider before posting and tips and advice about your emotional wellbeing.
	Calm Cards This resource has been designed for those who work with young people in post primary schools. The proposed use is to print this document double sided onto card, making wallet sized visual prompts re: wellbeing strategies for both staff and pupils.
	Exam Stress E-Posters for Students providing tips for exam prep and lots of tips for self care, Posters available in 9 languages.
	Dealing with Feelings - Staff Resource Education is a demanding profession that offers substantial rewards while simultaneously posing physical and emotional challenges. Staff are a school's most valuable asset and therefore it is imperative to provide robust support for their emotional and overall well-being. This resource pack is designed to assist school staff to support their own emotional wellbeing and that of their students.
	CAMHS Referral Process Poster The Emotional Wellbeing Teams in Schools (EWTs) is a Step 1 CAMHS service focused on health prevention & promotion. EWTs work in schools to help create a whole school approach for emotional health and wellbeing. This poster sets out the referral pathway for CAMHS.
	Discussing Self Harm A webinar for parents recorded by Emotional Wellbeing Teams in Schools to provide advice and support for parents whose children may be self harming.

Section 9: Training / Conferences

[Recovery-College-Prospectus-Spring-Summer-25.pdf](#)



About the WHSCT Recovery College

We all have mental health and the WHSCT Recovery College was set up to provide educational workshops that give everyone the opportunity to learn how to look after and manage their mental health and emotional wellbeing.

- The College is free and open to everyone in our community – whether you have a diagnosis of a mental health issue or not; if you work in mental health or are a student; are a carer or supporter; or simply want to know how to look after your mental health and emotional wellbeing.
- We provide workshops that have been co-designed and are co-facilitated by people with the lived experience of the topic alongside health professionals who work in that area, so a broad perspective and understanding is offered.
- Workshops are about learning and are not intended to replace therapy. They are friendly and informal, and students can participate as much or as little as they feel comfortable with.
- We operate a self-referral policy. Staff, carers and supporters are encouraged to sign-post potential students to the College, but students themselves must decide what workshops they are interested in attending.
- Students can enrol on as many or as few workshops as they wish and places are allocated on a first come, first served basis.

Section 9: Training / Conferences



Supporting emotional health and wellbeing from 0-19+

Free online courses for all parents, carers, grandparents and teens

- Antenatal and postnatal baby bonding
- Understanding your child or young person
- Your child or young person with additional needs
- Teenager's feelings and brain development
- And lots more specialist courses

Designed by clinical psychologists in partnership with practitioners and parents



Residents of NORTHERN IRELAND

In paid partnership with:



Use Access Code
NIFAMILIES

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](#)



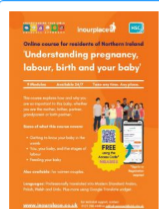
Course explainers facts and descriptions

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 WHSCT Health Improvement Equality & 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 2025.**

This is the first edition of 2025 and continues with a themed layout. Our training courses are located under the headings of Children & Families, Emotional Health & Wellbeing, Nutrition and Physical Activity.

We are also delighted to introduce a new seminar to the brochure, the 'Infant Mental Health Awareness Week Seminar'. 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/hiei-training-brochure-april-september-25/hiei-training-brochure-april-to-september-2025> or on the image above.

Section 10: Western Area Sure Start Projects and Childcare Partnerships



[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)

Contact Information	Telephone	Email
Family First – Family Support Hub Coordinator	(028) 7137 3870	Email here
Dry Arch – Donna O’Kane Family Support Hub Coordinator	(028) 7774 2904	Email here
Fermanagh – Donna Gormley, Family Support Hub Coordinator	(028) 6632 4181	Email here
Omagh – Karen McHugh, Family Support Hub Coordinator	(028) 8225 9495	Email here
ETHOS – Marty Daly Family Support Hub Coordinator	(028) 7135 8787	Email here
Outer West – Cathy Sweeney, 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 and Informative Media Resources

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 Resources



Glennon Doyle (author of the bestseller [Untamed](#)) joins her wife (soccer star Abby Wambach) and her sister Amanda Doyle to talk candidly about how we overcome hardships every day. **They cover everything from addiction and career trouble to taking care of parents and maintaining friendships, but in a way that is both honest and hopeful at the same time.**

The idea is that by discussing these things out in the open it might empower someone else to push through difficult times. The tone is friendly, relatable and endearing so even when they're having tough conversations, the trio of hosts helps listeners feel at ease.

[We Can Do Hard Things Podcast - Apple Podcasts](#)

Section 12: CRIS: Crisis Resources Information & Support



Western Health
and Social Care Trust

CRIS

Crisis Resources Information and Support

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

999 or 112

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

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

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

Childline: 08001111 for young people under 19

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

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

These services can be contacted during the day Mon-Fri

VOYPIC

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

Aisling Centre

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

The Tara Centre

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

Aware NI

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

NEXUS NI

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

ASCERT

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

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



Western Health
and Social Care Trust

CRIS

Crisis Resources Information and Support

If you are worried about your mental health, this card provides details of supports you can access in the L'Derry, Strabane and Ummerville 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.derrywellwomen.org
Mon-Thurs 9am-9pm, Fri 9am-4pm. Drop-in daytime only.

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

