



For Your Information

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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



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 19th August, 2025, Online.

Fermanagh LPG : 11.00am -1.00pm – Thursday 21st August, 2025, Online.

Northern Sector LPG Meeting Schedule

Strabane LPG: September TBC

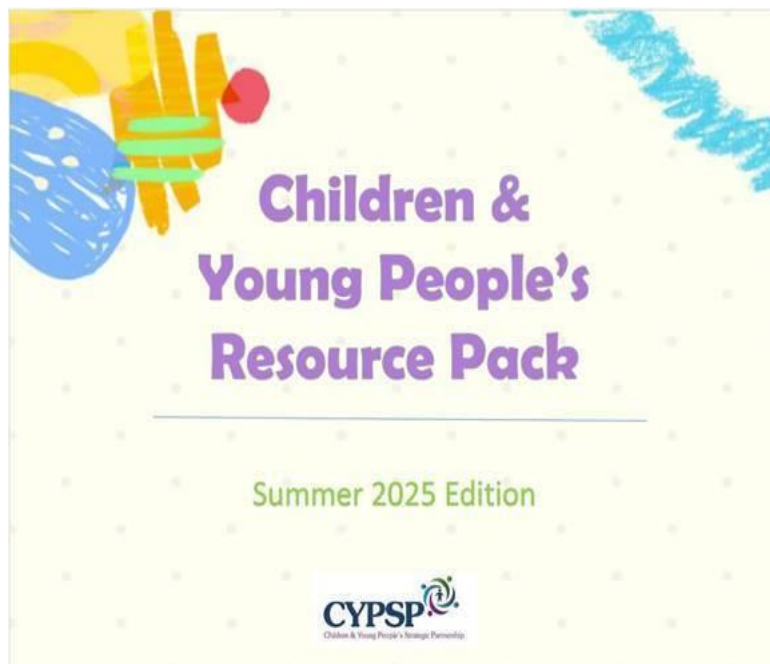
Waterside LPG: 11:00am -12:30pm, 11th September, 2025, Waterside Neighbourhood Partnership Building.

Section 1: Family Support Available Northern & Southern Sectors

<https://cypsp.hscni.net/download/426/cyp-resource-pack/46396/children-young-peoples-resource-pack-summer-2025.pdf>

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

Includes activity ideas and recipes to help keep the kids entertained over the summer break, along with disability and mental health resources, plus more!



Download at: <https://cypsp.hscni.net/download/426/cyp-resource-pack/46396/children-young-peoples-resource-pack-summer-2025.pdf>

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

Resources and activities are free and in the public domain.


Please share with contacts who you think would find it useful.

Section 1: Family Support

Translations – Children and Young People's Strategic Partnership (CYPSP)

Available Northern & Southern Sectors

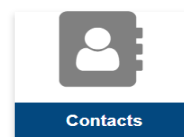
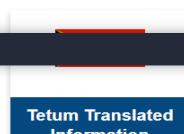
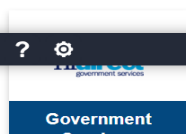
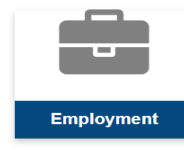
Welcome to the Translation Hub

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

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

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


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



Section 1: Family Support Available Southern Sector


HSC Western Health
and Social Care Trust

Autumn 2025 Programme



**POSITIVE
PATHWAYS
TO PARENTING**

Facilitators Anne McCann, Karyn Birney
& Linda Bradley Child Health Assistants
Omagh Health Visiting Team



Supported by
Omagh Healthy Living



Buggy Walks Various Locations

Buggy walking groups are 4 week programmes. Join us for a walk, chat with other parents & Babies, receive support while getting out into the fresh air as well as boost your fitness. Suitable for babies and small children in prams or buggies.

We have Buggy Walks in various locations.
See attached programme.

Infant Massage Early Bonding Essential

Baby Massage offers you a special time for you and your baby to bond and unwind. These 4 weeks cover the benefits of touch, movement, relaxation, interaction, and communication. The quality of closeness between parent and Baby has life-long benefits.

Location: -
Recovery College
5B Woodside Avenue
Omagh
BT79 7BP



Breastfeeding Awareness Week

'Bump, Birth & Beyond' World Breastfeeding Events
are held place across the Trust!
Scan QR Code for details of all events.



Local events:-

- Omagh Tuesday 5th August
- Castlederg Monday 18th August
- Loughmacrory Wednesday 10th September



HENRY (Health, Exercise and Nutrition for the Really Young!) is a programme that supports families with young children to develop healthy lifestyles. The programme is a holistic programme for families with children aged 0-5.

What are the key aims of the service?

- Increase parents' knowledge and skills in healthy eating and understanding of the benefits of physical exercise.
- Improve parenting efficacy (their belief in their capabilities as a parent), healthy family eating behaviours, and increased consumption of fruit and vegetables.
- Promote emotional wellbeing to support families to develop healthy lifestyle habits, including in relation to food, activity and daily routines.

Speak to your Health Visitor to be referred to the Henry Programme.

Breast Friends Support Group

Breast Friends Support Group		
2 nd & 4 th Monday's	11:00 - 12:00	Surrestar, Castlederg
Every Tuesday	10:30 - 12:00	LAST Surrestar, Gortin Road, Omagh
Every Thursday	10:30 - 12:00	Fennasagh House, Enniskillen

Drop in Baby Clinics

Growth monitoring/weight reviews & non-medical support		
2 nd & 4 th Monday	9:30 - 11:30	Children's Centre, OHPCC
3 rd Thursday	9:30 - 11:30	Upstairs Castlederg Health Centre
3 rd Wednesday	9:30 - 11:30	Castlederg Surgery

Baby Café workshops

Join our baby workshops for helpful advice and support on all things parenting. Connect with other parents in a warm, welcoming space. Share tips, exchange experiences, offer advice and build friendships with other parents.

Solid Start Weaning Workshop 3rd September 2025 10am - 11:30am

Introducing your baby to solid foods, also referred to as weaning, starts when your baby is around 6 months old. Your baby should be introduced to a varied diet, alongside their usual breast milk or first infant formula.

It can be confusing knowing when and how to start introducing solid foods. We're here to guide you through the weaning journey and explain what it all means.

We've got expert NHS advice and lots of simple, healthy weaning recipe and meal ideas.

Toileting Support Workshop 7th October 2025 10am - 11:30am

Learning how to use the potty or toilet independently and stopping wearing nappies is a big milestone for your child. There are lots of new and exciting skills for them to learn with your help.

Come along to this workshop to find answers to some of the main questions about how to potty train, including -

- The best age for potty training and when to start
- Tips for supporting children with additional needs
- The equipment you will need
- Removing night time nappies
- Common potty training problems & challenges

Sleep Workshop 5th November 2025 10am - 11:30am

It can be so easy to get overwhelmed when you have a child who isn't sleeping. Whether you're struggling with broken nights, your child's fighting nap time, or there is always a reason why they're not sleeping... and a way to help them.

Come along for some helpful, practical tips, suggestions and tried and tested strategies on how to get more sleep for the whole family.

Autumn 2025 Programme

Positive Pathways to Parenting Programme

September 2025

Activity	Dates & Times	Venue
Baby Café Solid Start Weaning Workshop	Wednesday 3 rd September 2025 10am - 11:30am	Recovery College Woodside Avenue Omagh
Omagh Buggy Walk (4 Weeks)	Thursday 4 th - 26 th September 9:30am	Omagh Hospital Front Foyer
Infant Massage (4 Weeks)	Tuesday 9 th - 30 th September 10am - 11am	Recovery College Woodside Avenue Omagh
Breastfeeding Awareness Week 'Bump, Birth & Beyond' Event	Wednesday 10 th September 2025 10:30am - 12:30am	Loughmacrory Youth & Community Centre

October 2025

Activity	Dates & Times	Venue
Baby Café Toileting Support Workshop	Tuesday 7 th October 2025 10am - 11:30am	Recovery College Woodside Avenue Omagh
Seskinore Forest Buggy Walk (4 Weeks)	Wednesday 8 th - 26 th October 9:30am	Seskinore Forest Car Park

November 2025

Activity	Dates & Times	Venue
Infant Massage (4 Weeks)	Tuesday 4 th - 25 th November 10am - 11am	Recovery College Woodside Avenue Omagh
Baby Café Sleep Workshop	Wednesday 5 th November 2025 10am - 11:30am	Recovery College Woodside Avenue Omagh



To Register...

To find out more
information or to
register for any event
please call: -

02882 835530
02882 833111

OR
scan QR code

Positive Pathways to Parenting



All of our events are supported by
Omagh Healthy Living Network



Omagh Healthy Living Network delivers a range
of health promotion programmes across the
rural and urban areas of Omagh as well as Social
Prescribing.

Section 1: Family Support Available Southern Sector



The poster features a light yellow background with green and blue wavy borders at the top and bottom. In the top right corner is the YouthAction Northern Ireland logo. The title 'LADS TO DADS GROUP' is prominently displayed in large, stylized letters: 'LADS' in blue, 'TO' in green, 'DADS' in red, and 'GROUP' in green. Below the title, text in blue and black describes the group as being for dads-to-be or young dads under 30. It lists reasons for joining, such as feeling unsure or needing advice. A central dark blue circle contains the meeting schedule: 'FIRST TUESDAY OF EVERY MONTH' and '6PM - 7PM'. To the right, a yellow starburst shape states 'STARTING 3RD JUNE'. At the bottom, the location 'FERMANAGH HOUSE, ENNISKILLEN' is listed, followed by contact information. On the left side, there is a black silhouette of a man holding the hand of a small child, with a heart and stars floating above them.

YouthAction
NORTHERN IRELAND

LADS TO DADS GROUP

**A GROUP FOR DADS-TO-BE OR YOUNG DADS
UNDER 30 YEARS OLD**

FEELING UNSURE ABOUT HOW TO BE A DAD?
NEED SOME HELP, ADVICE OR JUST WANT TO CHAT WITH OTHER DADS?

LADS TO DADS IS A BUNCH OF DADS SUPPORTING DADS LIKE YOU TO
BE A GREAT DAD!

**FIRST
TUESDAY OF
EVERY MONTH
6PM -
7PM**

**STARTING
3RD
JUNE**

**FERMANAGH HOUSE,
ENNISKILLEN**

FOR MORE INFO CONTACT:

Lee on 02866328534 or
lee@youthaction.org

Section 1: Family Support
Available Northern & Southern Sectors
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



Section 1: Family Support
Available Northern & Southern Sectors
Sleep | Western Health & Social Care Trust



Enter your search here

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

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 -

Download/Print the below resources:



PDF

- [Tips for a Better Night's Sleep PDF](#)
- [10 Top Tips for better sleep-Insomnia PDF](#)
- [Sleep Well Leaflet PDF](#)
- [Sleep Well Poster PDF](#)

Visit the RISE NI website:

- [RISE NI link to resources for children](#) - For Sleep Resources click on the tile for Social Skills, emotions and behaviour.
- [RISE NI video on sleep for parents](#)

Useful Websites +

Section 1: Family Support Available Northern & Southern Sectors

IMH Lunchtime Learning August 2025 Tickets, Wed 27 Aug
2025 at 12:00 | Eventbrite



IMH Lunchtime Learning

An insight into a research study that reflected on the impact of the "Baby Bonding" programme on babies, parents and practitioners.

Wednesday 27th August
12noon- 1pm online



Project supported by the PHA

To book
please scan
the QR code



Join us for a valuable webinar with Nicola McParland, PhD Researcher at Queens University Belfast.

This session will explore research which reflected on the impact of a community intervention on early child development through working with parents in a socially deprived area of Northern Ireland, focusing on the qualitative experiences of participants. It highlighted the need for relational practice and reinforced the key role that community-based interventions have in supporting the social mobility of babies, the attachment/bond between babies and caregivers as well as the wider relational context of babies in a cultural and community context. With key insights gathered from this research displaying the unique journey of the baby, the parent and the practitioner during a 6-week early intervention programme, that not only highlighted key benefits for parents and babies but also for practitioners. This event will be delivered online via Zoom.

Section 1: Family Support Available Northern & Southern Sectors



Human Milk Bank
Precious Milk for Precious Babies

Donate Milk

The Human Milk Bank needs your
precious breast milk to help save the lives
of premature babies.

To donate your extra breast milk please contact

E. Tmb.swah@westerntrust.hscni.net

NI: 028 6862 8333 ROI: 0044 28 6862 8333



www.westerntrust.hscni.net/service/human-milk-bank



Western Health
and Social Care Trust

Section 1: Family Support Available Northern & Southern Sectors

Children in Northern Ireland

Connect with other parents and carers who understand the challenges of emotionally based school avoidance

CYPSP
Children & Young People's Strategic Partnership

HSC

Emotionally Based School Avoidance PARENT GROUP

Venue: Online*
Date: Tuesday 12th August
Time: 7 - 8pm

Supported by The Parent Participation Service

For Parents / Carers in Fermanagh & Omagh area

*Email ppinbox@ci-ni.org.uk for zoom link

Section 1: Family Support Available Northern & Southern Sectors

NEW WORKSHOP: Back to School... supporting an anxious child

BOOK NOW

[View in browser](#)



Back to School...supporting an anxious child

FREE Parent and Carer workshop.

Delivered together with Strive NI. Online via Zoom

Back to school nerves are common amongst children & young people, particularly after the extended summer break. In this workshop we will offer tips and strategies of how to best support your child on the lead up to the school return and throughout the first few weeks. This workshop will be suitable for parents of children in Primary and Post-Primary, including those transitioning into Post-Primary this year.

Wednesday 6th August at 7pm

Don't forget to follow us on Facebook and Instagram to be kept up to date with upcoming workshops.



Call now for more information
or to book your place

0808 8020 400



Parentline NI

0808 8020 400

Mon-Thurs 9am-9pm

Fri 9am-5pm

Sat 9am-1pm

parentline@ci-ni.org.uk

You received this email because you signed up on our website

[Unsubscribe](#)



Section 1: Family Support Available Northern Sector



Libraries in Causeway Coast and Glens

Libraries NI is the public library service for Northern Ireland. Library services are free and are delivered through a network of 98 branch libraries, mobile libraries and home call vehicles across Northern Ireland.



Contact Libraries NI
enquiries@librariesni.org.uk
0345 450 4580



Connect with us
www.librariesni.org.uk



There are ten libraries in the Causeway Coast and Glens Council area.

The libraries and the services they provide are free for everyone to access. They offer safe and welcoming spaces where anyone can visit, browse the collections of books and newspapers, make use of the computer equipment and free Wi-Fi/Broadband access, take part in one of the many activities or simply meet and connect with others.

You don't have to be a member to visit and take part in library activities although if you are a member, you can borrow books, use computers and access the internet for free. A member of staff will provide you with a membership card if you ask to join.

For details of library opening hours go to librariesni.org.uk or telephone the library directly.

Each library has a programme of regular events and these offer great ways to learn new skills, pursue interests and feel part of the local community.

Check out this list of activities to find something that suits you:

For Adults

- Reading Groups - For anyone who loves books and chats
- Mindful Colouring - A gentle way to reduce stress using intricate colouring
- Knit and Natter - For anyone who enjoys knitting, crochet and cross stitch
- Tea and Newspapers - Enjoy tea and biscuits while reading or discussing the daily newspapers
- Go ON computer and tablet skills classes to help with daily tasks

For Children

- Rhythm and Rhyme - Nursery rhymes, singing and play for children age 0-4
- Junior and Teenage Reading Groups - Make new friends, talk about books, discuss favourite authors, and join in fun activities
- Storytime Fun with stories for children 4-8
- Lego Clubs Lego building fun! Suitable for children age 5+

To find out what happens in each library go to librariesni.org.uk or telephone the library directly.

Ballycastle Library

028 2076 2566
ballycastle.library@librariesni.org.uk

Ballymoney Library

028 2766 3589
ballymoney.library@librariesni.org.uk

Coleraine Library

028 7034 2561
coleraine.library@librariesni.org.uk

Cushendall Library

028 2177 1297
cushendall.library@librariesni.org.uk

Dungiven Library

028 7774 1475
dungiven.library@librariesni.org.uk

Garvagh Library

028 2955 8500
garvagh.library@librariesni.org.uk

Kilrea Library

028 2954 0630
kilrea.library@librariesni.org.uk

Limavady Library

028 7776 2540
limavady.library@librariesni.org.uk

Portrush Library

028 7082 3718
portrush.library@librariesni.org.uk

Portstewart Library

028 7083 2712
portstewart.library@librariesni.org.uk



Section 1: Family Support Available Northern Sector

libraries ni

What's On In August 2025

Libraries in Causeway Coast & Glens



libraries ni

What's On In August 2025

Libraries in Causeway Coast & Glens



01 - 14 August
Sam Henry's Life and Times Exhibition
Cushendall Library in partnership with Causeway Museum Services is delighted to host a special exhibition which showcases the life and achievements of Sam Henry. Sam was best known as a folklorist and is highly regarded for his collection of songs. Available to view During Opening Hours. Everyone Welcome

01 August
Reading Round-Up The Book Group Discussion
Calling all local book groups! Join us at Portstewart Library for a look back at the hits and duds of your reading group choices to swap and share your recommendations, enjoyed over a nice cup of tea. Everyone Welcome. 10:30am - 11:30am. Telephone 028 7083 2712 for more details.

12 August
Lego Medieval and Fairytale Castles
Kilrea Library invites children aged 4-11 years to come along and build your very own fantasy Medieval or Fairytale castle (especially for your favourite fantasy character you've been reading about). Delve into our huge stock of Lego or Duplo bricks and bring your imagination to life. 4:00pm - 4:45pm. Telephone 028 2954 0630 for more details.

19 August
PRONI Information & Exhibition Event
Portrush Library welcomes the team from PRONI (Public Record Office for Northern Ireland) into the library, for a unique opportunity to chat with the team about research, learn how to use PRONI resources and view original documents which will be on display during the event. Everyone Welcome to attend. 10:00am - 4:00pm. Telephone 028 7082 3718 for more details.

02 August
Lammas Corn Dolly Making
As part of our Summer Activities, Dungiven Library invites adults to come along and celebrate Lammas by joining our staff in making traditional corn dollies. All materials will be provided for this fun filled craft. Booking Essential. 11:30am - 1:00pm. Telephone 028 7774 1475 for more details and to book a place.

05 - 19 August
'Travelling Trees' Garvagh Forest Photographic Exhibition
Kilrea & Garvagh Library are delighted to host the 'Travelling Trees' Exhibition, kindly provided by the GADDA. Consisting of a range of stunning wooden tree displays containing images showcasing the plant, bird and wildlife of the forest, we invite you to come along and view this exhibit. Everyone Welcome. Available to view During Opening Hours.

14 August
Beach Day Watercolour Session
As part of our Summer Activities, Garvagh Library invites adults to join us for a watercolour session focusing on beach landscapes. Recreate your favourite seaside sights in beautiful watercolour so you can display your beach day year-round. Booking advisable. 2:30pm - 3:30pm. Telephone 028 2955 8500 for more details and to book a place.

15 August
Granny Squares and Brew Afternoon
Ballymoney Library invites you to come along and help us celebrate National Granny Square Day by showing us your crochet skills. Celebrate with a cuppa and offer each other advice on crocheting. Don't forget our useful library books on crocheting can also help our beginners or challenge our experts. Everyone Welcome. 3:00pm - 4:00pm. Telephone 028 2766 3589 for more details.

06 August
Industrious Past - Themed Storytime and Potato Basket Craft
Ballycastle Library invites children aged 4-8 years to come along and learn more about Ballycastle's industrious past featuring the early 20th century Toy Factory. Be sure to take part in all fun and create a replica 'Potato Basket' from paper with the guidance of our friendly staff. 11:00am - 12:00pm. Telephone 028 2076 2566 for more details.

08 August
Fossil Scavenger Hunt
As part of Big Summer Read, Coleraine Library invites children aged 4-11 years to come and join our fossil scavenger hunt and become a historian yourself! Carry out your very own excavation, uncover dinosaur bones and fossils hidden all around the library. 2:00pm - 3:00pm. Telephone 028 7034 2561 for more details.

21 August
Auld Lammas Fair - Themed Storytime and Horse Craft
The Big Summer Read meets the Auld Lammas Fair as Ballycastle Library invites you to come along and join us to celebrate the oldest fair in Ireland by listening to animal themed stories and then take part our craft to create your very own horse, fit for the fair. 3:15pm - 4:15pm. Telephone 028 2076 2566 for more details.

23 August
Big Summer Read - Seasons and Holidays Storytime and Umbrella Craft
Limavady Library invites you to join us as we wrap up all our Big Summer Read fun and we invite children aged 4-11 years to come along and join us for our Seasons and Holidays themed Storytime and 'Make Your Own Umbrella Craft'. 1:00pm - 2:00pm. Telephone 028 7776 2540 for more details.

This is just a sample of the events that will be taking place in libraries during the month. If you would like to know more please visit our website or follow us on social media.

www.librariesni.org.uk

This is just a sample of the events that will be taking place in libraries during the month. If you would like to know more please visit our website or follow us on social media.

www.librariesni.org.uk

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The Big Summer Read

Free

Calling all young time travellers!

This summer, your library becomes a portal through time - from dinosaurs to Victorians, knights to robots - where will books take you?

Join the Big Summer Read and:

- Read for 15 minutes a day
- Complete fun time-travel-themed adventures
- Visit the library at least four times
- Earn a special certificate

Pick up your **FREE** adventure poster in the library from Friday 27 June.

Reading can take you anywhere!

66 Days - 66 Reading Adventures - Four Library Visits - One Amazing Time Travel Journey!

For children aged 4-11

libraries ni

The Big Summer Read

Free

Causeway Coast and Glens Libraries presents

Solar System Stars and Planets Craft Wednesday 02 July 2:30pm - 3:30pm Coleraine Library	Fire Breathing Dragon Challenge and Storytime Thursday 17 July 1:30pm - 2:30pm Cushendall Library	Comic Book Creations Monday 18 August 2:15pm - 3:15pm Portstewart Library
Cultures around the World - Snap and Quiz Game Monday 07 July 11:00am - 11:45am Ballycastle Library	'Sleep Bloop! Rad Robot Craft' Saturday 02 August 11:30am - 12:30pm Garvagh Library	Snow in the Beach? Snowflake Craft Wednesday 28 August 2:30pm - 3:30pm Portrush Library
Terrific Hieroglyphics Scavenger Hunt Thursday 10 July 2:30pm - 3:00pm Ballymoney Library	Roald Dahl Rhyming Storytime and Bookmark Event Tuesday 05 August 4:00pm - 4:45pm Kilrea Library	Plus, lots more fun activities planned in your local library during July and August
Greek Myths and Legends Storytime and Crafts Friday 11 July 11:00am - 12:30pm Dungiven Library	Around the World Storytime and Hot Air Balloon Craft Saturday 09 August 1:00pm - 2:00pm Limavady Library	

Contact your local Causeway Coast and Glens Library for more details.

www.librariesni.org.uk

Section 1: Family Support Available Northern & Southern Sectors

CURRENTLY RECRUITING

Approved Home Childcarers* & Registered Childminders

For more information, please contact:
enquiries@nicma.org or scan the QR code

Eligible applicants
will receive a fully funded
package of training,
support, and resources to
enable them to pursue a
career in this sector
(subject to funding)



*Approved Home Childcarers care for children in the family home, whereas a
Registered Childminder will care for children in the Childminder's own home.



Section 1: Family Support Available Northern & Southern Sectors

www.consumer council.org.uk



A guide for passengers with a disability or reduced mobility / 3

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Section 1: Family Support Available Northern & Southern Sectors

www.consumerCouncil.org.uk



A guide for passengers with a disability or reduced mobility / 3

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Section 1: Family Support Available Northern & Southern Sectors



Which option do I select?

PRESS 1

If you need advice **specific** to a **child or young person** who is **currently undergoing Stage 3 statutory assessment** or already has a **Statement of SEN**.

PRESS 2

If you need **wider advice** about **Special Educational Needs in general** (i.e. not specific to a particular child).

PRESS 3

If you need to speak to one of our **specific SEND Support Services**:

- Autism Advisory Intervention
- Primary Behaviour Support
- Post-Primary Behaviour Support
- Educational Psychology
- Language and Communication
- Literacy Service
- Medical Needs
- Moderate Learning Difficulties
- SEN Early Years
- Severe Learning Difficulties
- Vision Impairment & Deafness
- Getting Ready to Learn



SEND Central

Opening Hours:
Monday to Friday
9am to 4:30pm.



Special Educational Needs (SEN) Helpdesk

SEND Central

Access SEN Support Services via one single telephone number at 028 9031 7777

When you call 028 9031 7777, you will be asked to select from 1 of 3 options.

✓ Which option do I select?

➡ Press Option 1 – if you require advice or information specific to a child or young person who is currently undergoing Stage 3 statutory assessment, or already has a Statement of SEN.

➡ Press Option 2 – if you require wider advice or information relating to Special Educational Needs in general (not relating to a specific child or young person).

➡ Press Option 3 – if you require advice or information from one of our specific SEND Support Services.

The list of services within this area, can be found on

our website <https://send.eani.org.uk/contact-us> (at eani.org.uk)

Section 1: Family Support Available Northern & Southern Sectors



**We are delighted to announce that we have been
awarded a grant from the
The National Lottery for our
Community Information Service**

**This means we can continue to support and advise
parents and professionals on how to access education
support for children with additional needs and SEND**

**If you would like more
information about our free workshops
on How the SEN System Works
email info@senac.co.uk**

**Workshops include information about
Statutory Assessments, Statements of
SEN, Learning Plans, appealing
decisions & changes to the system**

www.senac.co.uk



Section 1: Family Support
/Available Northern & Southern Sectors
<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.

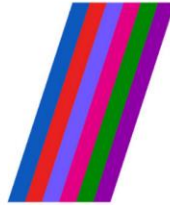
To secure your place you can WhatsApp: **078 2344 6122**

Or register online at:

www.nowgroup.org/training-jobs



Section 1: Family Support Available Northern & Southern Sectors



PEACEPLUS
Northern Ireland - Ireland

Co-funded by the



European Union



UK Government



Rialtas
na hÉireann
Government
of Ireland



Northern Ireland
Executive
www.northernireland.gov.uk

SUPPORTING YOUNG PEOPLE THROUGH ANXIETY & SCHOOL AVOIDANCE

Who should attend?

Professionals and volunteers across Northern Ireland and the six border counties of Ireland working directly with young people.

What we'll cover:

- ✓ Understanding anxiety in young people
- ✓ Back-to-school anxiety
 - ✓ School avoidance
- ✓ Practical emotional regulation strategies
- ✓ Real-life tools and examples you can use immediately in your own setting



WHERE: ONLINE



DATE: 16/09/2025



TIME: 6-8PM

**Scan
here to
sign up!**



<https://www.eventbrite.co.uk/e/1399341140019?aff=oddtcreator>

Section 2: Youth Support Available Northern & Southern Sectors

<https://www.eventbrite.co.uk/e/1449797436159?aff=oddtcreator>



PEACEPLUS
Northern Ireland - Ireland

Co-funded by the



European Union



UK Government



co-operationireland
working for a future together

STRONGER MINDS:

SUPPORTING YOUTH THROUGH LIFE'S CHALLENGES

FREE 4-part training designed for youth-facing professionals who want to better understand and respond to the emotional and behavioural needs of children and young people

DATES

6:30 - 8:30 PM OVER 4 EVENINGS, TAKING PLACE VIRTUALLY



2ND SEPTEMBER

9TH SEPTEMBER

23RD SEPTEMBER

1ST OCTOBER

CLAIRE THOMPSON
**CREATIVE
THERAPIES**
GLENGORMLEY

[HTTPS://WWW.EVENTBRITE.CO.UK/E/1449797436159?AFF=ODDTDCREATOR](https://www.eventbrite.co.uk/e/1449797436159?aff=oddtcreator)

RESERVE YOUR SPOT



WHAT YOU'LL LEARN:

- Building Empathy in Children and Young People
- Neurodiversity: Inclusive Approaches to Support
- Adolescent Anxiety: Understanding, Identifying, and Responding
- Understanding Behaviour Through the Lens of Intergenerational Trauma



Section 2: Youth Support Available Northern Sector

GASYARD WILDFLOWER STUDIOS

RECONNECT PROGRAMME

A PROGRAMME TO DEVELOP SKILLS AND
CONNECT WITH THE OUTDOORS



COOKING &
LIFESKILLS



ARTS &
WELLBEING



SURVIVAL SKILLS
& BUSHCRAFT



ECO
QUEST

One week programmes
throughout the summer!

Monday - Friday

Time: 11.00am - 2.00pm

FREE
PROGRAMME
BOOKING
REQUIRED

Gasyard Centre, Derry

For more information contact louise@gasyardcentre.com



Section 2: Youth Support

Home - Sexual Health NI



Public Health Agency

f x y t v Language

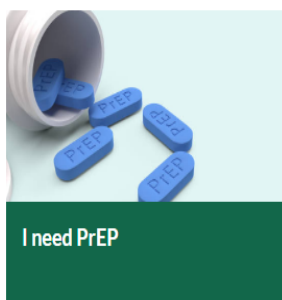
Enter your search here

[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.



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 Southern Sector

FREE

SWC
SOUTH WEST COLLEGE

Taster Days

Join Us for our

Unsure of your
Career Path?
Come & Try...

Barista
Motor Vehicle
Engineering
Construction
Arts & Crafts
Hairdressing
Beauty Therapy
Joinery/Woodwork

For more information register via link or
Email: jane.brogan@swc.ac.uk
Telephone: Jane 07734 281030
*For anyone not currently in fulltime
education or employment & 16+

When?
August 2025
Where?
Omagh Campus



Department for
Communities
www.communities-ni.gov.uk

An Roinn
Pobal

Department for
Communities

Section 2: Youth Support Southern Sector



BUDDY ASD PROGRAMME

Meet New People Improving Confidence
Arts and Crafts Trip away on 1st August Self-Care

Wed 2nd, 9th, 23rd and 30th July 7-9pm
Wed 6th and 13th Aug 7-9pm

For more Information Call 028 822 49349 or email
bronagh.mcelroy@eani.org.uk



OMAGH YOUTH CENTRE P5-P7 (9-11 YR OLDS) SUMMER SCHEME



Thurs 3rd, 10th, 24th and 31st July 6.30-9pm
Thurs 7th and 14th August 6.30-9pm

*Health and Well-Being Day
*Team Challenges
*Arts and Crafts
*Sports Day
*Trip away on Friday 25th July

ALL FREE OF CHARGE!

FOR MORE INFORMATION OR TO GET A REGISTRATION FORM EMAIL
BRONAGH.MCELROY@EANI.ORG.UK OR
CONTACT 028 822 49349



Made with PosterMyWall.com



Seniors Club (3rd Year and Above)

Team Games
Health and Well-Being
Trip to Brunswick 11th July

Tues 1st, 8th, 22nd and 29th July 6.30-9pm
Tues 5th and 12th Aug 6.30-9pm



Email-bronagh.mcelroy@eani.org.uk
Ring- 028 888 49349

Made with PosterMyWall.com

OMAGH YOUTH CENTRE INTERS CLUB 1st and 2nd Yrs



Mon 7th, 21st and 28th July 6.30-9pm

Mon 4th and 11th Aug 6.30-9pm

Team Building,
Arts and Crafts,
Sports Challenges,
Trip to Brunswick 4th July

ALL FREE OF CHARGE!

FOR MORE INFORMATION OR TO GET A REGISTRATION FORM EMAIL BRONAGH.MCELROY@EANI.ORG.UK OR
CONTACT 02882249349



Made with PosterMyWall.com

Section 2: Youth Support Southern Sector



ea Education Authority
Lakeland Youth Centre

Junior Youth Club Summer

Eligibility: P5, P6, P7

28th-31st JULY 2025
6.30pm-9.00pm
At Lakeland YC

1st Aug 2025
Trip
To Brunswick
Movie Bowl

Activities
Outdoor Sports, Games,
Treasure Hunts, Movie Night
Cooking And
So Much More!!

****LIMITED SPACES
AVAILABLE FOR
TRIP****

Contact Aine: 02866 326 932 OR
AINE.MCGAHEY@EANI.ORG.UK



ea Education Authority
Lakeland Youth Centre

Intermediate YC Summer

"DISH IT UP" COOKERY PROGRAMME

Eligibility: Year 8 & Year 9

4th, 5th, 6th & 7th August 2025 -
3.30pm-6.00pm at Lakeland
Youth Centre

**8th August 2025: Trip to Lagan
Valley Swimming Pool**

Contact Aine:
aine.megahey@eani.org.uk
T: 02866 326 932

Section 2: Youth Support

Available Northern & Southern Sectors

Social Action Youth (SAY) Project Northern Ireland

WE HAVE SOMETHING TO...



Relationships Personal Safety Topics Supporting Others Life Stories Stand Up About Us

GET HELP ? Q

Not all relationships are healthy.
You deserve one that is.

We are a diverse group of young people promoting healthy relationships with ourselves and others.

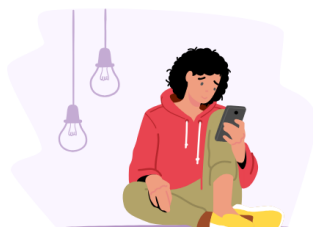
[FIND OUT MORE →](#)



Find the help you need today

Pick a topic below that you'd like to explore:

Anxiety Catfishing Coercive Control Consent Domestic Abuse Eating Disorders Emotional Abuse
Financial Abuse Gaslighting Grooming Misogyny Online Abuse & Cyberbullying Personal Safety Physical Abuse
Relationships Self-Care Sexting Sextortion & Revenge Porn Sexual Abuse Substance Abuse & Addiction



Need inspiration? Read stories from young people

Hearing how others overcame similar situations can help when going through a tough time.

[READ STORIES](#)



Worried you or someone you know is in an abusive relationship?

[TAKE THE QUIZ](#)



Stand Up Against Abuse

There are lots of things you can do to challenge behaviour and attitudes safely

[FIND OUT HOW](#)

Section 2: Youth Support Available Northern & Southern Sectors



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 Available Northern & Southern Sectors



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/>

CYPSP
Children & Young People's Strategic Partnership

Youth Wellness Web

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/

Call Childline on:
0800 1111

Call LIFELINE on:
0808 808 8000

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Youth Wellness Web

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

CYPSP
Children & Young People's Strategic Partnership

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 Available Northern & Southern Sectors



**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 Available Northern Sectors

Currently at night time the following EA Youth Centres operate with drop in facilities. However please note that some times may vary due to some educational visits. During the drop in sessions young people have the opportunity to take part in a wide range of games and activities as well as some non formal group work programmes focusing on topics relevant to them.

Monday, Tuesday and Thursdays 6.30pm- 9.30pm

St Eithnes YC - contact Martin.gallagher@eani.org.uk - for times for each individual age group

Rosemount YC - contact Martin.gallagher@eani.org.uk - for times for each individual age group

Tuesday - Friday - 6pm - 9pm

Shantallow Youth Centre - contact cara.martin-johnson@eani.org.uk - for times for each individual age group

Monday - Friday - 6pm - 9pm

Lenamore Youth Centre - contact rebecca.mccrystal@eani.org.uk - for times for each individual age group

Monday, Tuesday, Wednesday, Sunday - 6pm- 9pm

Pilots Row Youth Club - contact ryan.brown2@eani.org.uk for times for each individual age group

Friday 8th August annual youth music festival "LENAFEST" in the grounds of Lenamore Youth Centre. This event will incorporate a family fun day from 1pm 3pm and a night of live music, showcasing local bands from 5pm-10pm

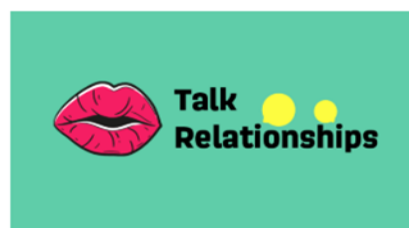
Section 2: Youth Support Available Northern & Southern Sectors

Talk Relationships: resources to deliver sex and relationships education | NSPCC Learning

Talk Relationships

Talk Relationships supports all UK secondary education settings to confidently deliver inclusive sex and relationships education.

We want all young people across the UK to understand healthy behaviours in relationships and recognise their right to be safe, heard and respected. And we want them to know how to get help from a safe adult if they need it.



Overview

Whole-school
approach

Elearning

Lesson plans



NSPCC
Learning

FAQs

Delivering sex and relationships education

Talk Relationships is a comprehensive service to ensure secondary school-aged young people across all four nations of the UK can learn about sex and relationships in a safe education environment that recognises, responds to and prevents abuse.

- elearning training for teachers and leaders
- lesson plans
- a helpline for advice and guidance.



Next : [Whole-school approach](#) ➔

Section 3: Cost of Living

Travel insurance if you have a pre-existing medical condition or disability | MoneyHelper

Available Northern & Southern Sectors



Cymraeg



Benefits

Everyday money

Family & care

Homes

Money troubles

Pensions & retirement

Savings

Work

Home > Everyday money > Insurance

Find a travel insurance provider if you have a serious medical condition or disability

[Register](#) or [Login](#) as a firm

Can firms on this directory help me?

- ✓ Yes, if you have been refused travel insurance because of a medical condition.
- ✓ Yes, if you have had insurance cancelled because of a medical condition.
- ✓ Yes, if you have been offered insurance but had a medical condition excluded.
- ✓ Yes, if you have been offered insurance with a high additional premium because of your medical condition.
- ✓ Yes, if you are undergoing treatment.
- ✗ No, if you are awaiting a diagnosis for a serious medical condition or a revised diagnosis of a pre-existing medical condition.

[View all firms](#)

About this directory

We can't provide quotes - but we can direct you to specialist firms that can. All firms are authorised and regulated by the Financial Conduct Authority (FCA) and have been through a rigorous selection process to prove their specialism

Section 3: Cost of Living

Available Northern & Southern Sectors

Becoming a parent | MoneyHelper

Becoming a parent

Having a baby can be an exciting and scary time all at once. We know you need to think about your finances and make sure you get the support you're entitled to.

Our guides cover all the money basics you need to know when you're having a baby – from how to budget for your new addition or paying for childcare, to what your rights are when it comes to maternity and paternity pay and when you return to work.

Baby money timeline

You're expecting or planning on having a baby, which is great! It's great you're planning as well – it'll make everything go much more smoothly. And when it comes to planning your finances, our baby money timeline can help. Just tell us your due date, and we'll tell you when you should:

- think about maternity and paternity applications
- claim your free NHS prescriptions and dental care
- be able to take paid time off
- start claiming allowances and grants.

And all the other important financial milestones you'll want to be ready for when it comes to preparing for your new baby.

You can even add the dates to your own calendar.


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

Available Northern & Southern Sectors



Family Fund
Helping you, helping others

Business
Services



Search

[Home](#)

[Our services](#)

[Who we help](#)

[Emergency Essentials](#)

[About us](#)

[News](#)

[Contact us](#)



**BBC CHILDREN IN NEED
EMERGENCY ESSENTIALS**



Family Fund
Helping you, helping others

Business
Services



**BBC
Children
in Need**

BBC Children in Need Emergency Essentials Programme

Together with our parent charity, we deliver the BBC Children in Need Emergency Essentials Programme which supports children and young people in crisis. The programme provides items that meet a child's most basic needs – from a bed to sleep in or a cooker to provide a hot meal, to other items and services critical to a child's wellbeing.

All applications must be made by a registered referrer and the programme has limited funding.

Programme status update – Temporarily closed

The current phase of the BBC Children in Need Emergency Essentials Programme is now closed. We are now temporarily unable to accept any new applications.

The programme will return on **Monday 2 June 2025**.

Thank you for your continued support, which makes a vital difference to beneficiaries.

If you have any questions about an application you have submitted, or about the Emergency Essentials Programme, please contact the Emergency Essentials team at emergencyessentials@familyfundservices.co.uk

Please note that the work of our audit team continues even when the programme is closed. It is important to continue to keep copies of receipts for any voucher/BACS awards and engage with wider audit requests as they arise.

**Register as a
referrer**

[Start here](#)

**Make an
application**

[Login](#)

Get in touch

[Send email](#)

**Having trouble
logging in?**

[Get help](#)

Section 3: Cost of Living

Cost of living help – Fermanagh & Omagh District Council

Available Southern Sector

[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 Available Southern Sector

Cost of living help – Fermanagh & Omagh District Council 95a515_d51a5d9f141b4c4e905692e2679d835f.pdf

Step 3: Where can I get help?

Each of these services offer free
and confidential advice

Omagh Independent Advice Service

Free, confidential & independent advice on
benefits, employment, housing, debt and more
028 8224 3252 | info@oias.co.uk | www.oias.co.uk

Help with options: **1 2 3 4 5 6**

Community Advice Fermanagh

Free, confidential & independent advice on
benefits, employment, housing, debt and more
028 6632 4334 | www.communityadvicefermanagh.com
browntree@communityadvicefermanagh.com

Help with options: **1 2 3 4 5 6**

Advice NI

Providing free, confidential & independent
advice on benefits, personal/business debt,
EU Settlement Scheme and more
0800 915 4604 | advice@adviceni.net
www.adviceni.net

Help with options: **1 2 3 4 5 6**

Christians Against Poverty

Debt counselling charity
0800 328 0006 | jonhayward@capuk.org
www.capuk.org

Help with option: **3**

Make the Call

Benefits advice line for Northern Ireland
0800 232 1271 | makethecall@dfcnl.gov.uk
Text ADVICE to 07984 405 248
www.nidirect.gov.uk/make-call-service

Department for Communities

Finance Support Service

Supports people who live in Northern
Ireland and need short-term financial help
0800 587 2750
www.nidirect.gov.uk/finance-support



Interactive version:
www.worryingaboutmoney.co.uk/
fermanagh-and-omagh

Other Support

Fermanagh and Omagh District Council – Cost of Living Support

Information and guidance about local and
regional services and supports
www.fermanaghomagh.com/costofliving
costoflivinghelp@fermanaghomagh.com

Northern Ireland Housing Executive

Information and support for housing,
homelessness, National Energy Action and the
NI Oil Savings Network
www.nihe.gov.uk

MoneyHelper

Support with debt, benefits, money
management and pensions
0800 138 7777 | www.moneyhelper.org.uk

Action for Children Family Support Hubs

Signpost families & professionals to early
intervention services within their community
ensuring access to the right help at the right time
Fermanagh: 028 6632 4181
Omagh: 028 8225 9495
www.familysupportni.gov.uk

South West Age Partnership (SWAP)

A network for older people's groups and
individual older people
aforbes@southwestagepartnership.co.uk
07955 787 456 | www.facebook.com/swapnetwork

Women's Aid

Information, support and accommodation for
women, children and young people affected by
domestic abuse
Fermanagh: 028 6632 8898
fermanagh.womensaid.com
Omagh: 028 8224 1414
www.omaghwomensaid.org

Mental Health and Money Advice
Helping you understand, manage and improve
your mental health and money issues
www.mentalhealthandmoneyadvice.org/ni

NI Consumer Council

Information on your consumer rights, ways to save
money, and guidance on debt support services
www.consumerCouncil.org.uk

Worrying About Money?

Financial advice
and support is available
if you're struggling
to make ends meet

Follow these steps to find out
where to get help in
Fermanagh and Omagh



Supported by



Updated on 08/05/25

Section 3: Cost of Living

Cost of living help – Fermanagh & Omagh District Council

[95a515_d51a5d9f141b4c4e905692e2679d835f.pdf](#)

Available Southern Sector

Step 1: What's the problem?

I suddenly have no money

- Lost job/reduced hours
- Lost money/unexpected expense
- Disaster (e.g. flood or fire)
- Relationship breakdown
- Money stopped (e.g. failed a medical)
- Sanctioned - see option 5

See options **1 2 5 6**

I am waiting on a benefit payment/decision

- Made a new claim for benefit
- Benefit payment is delayed
- Waiting for a benefit decision

See options **1 4**

My money doesn't stretch far enough

- Deciding between food/fuel/mobile credit
- Low income or zero hours contract
- Statutory Sick Pay too low to cover costs
- Facing redundancy
- Not sure if eligible for support
- Change of circumstance (e.g. new baby/ bereavement/illness/left partner)

See options **1 2**

I have debt

- Rent or rates arrears
- Gas or electricity
- Credit or store cards
- Personal loans and overdrafts
- Owe friends and family
- Benefit repayments

See option **3**

Step 2: What are some options?

1 Discretionary Support

You may be eligible for grants and loans including Discretionary Support, Universal Credit Contingency Fund Short-term Living Expenses Grant and Social Fund Budgeting Loan.

2 Maximise Your Income

Anyone who is struggling financially can get a benefit check and speak to an advisor for free and confidential advice.

A **benefit check** can ensure that you are receiving all the money you're entitled to, especially if your circumstances have changed recently. Speaking to an advisor could also help you manage your gas and electricity bills and **make sure you're not missing out** on things like school clothing grants or free school meals.

3 Debt Advice

Debt can happen to anyone. Free advice and support can help you find ways to manage your debts and reduce how much you pay each month.

4 Benefit Advance

If you have made a new claim for benefit and are in financial hardship while you wait for your first payment, you may be able to get an advance to afford things like rent or food. It's important to get advice before taking out an advance. Benefit advances must be paid back, and the money will be taken from your future benefit payments (a loan).

5 Hardship Payment

If you have been sanctioned, you may be able to request a hardship payment from the Jobs and Benefits Office. Hardship payments are not always paid immediately, and they're not available to everyone. Hardship payments of Universal Credit need to be paid back (a loan), but hardship payments of Jobseeker's Allowance or Employment Support Allowance do not (not a loan).

6 Challenge a Decision

You can challenge a benefit decision if your benefit has been stopped / sanctioned / reduced / refused or you have been overpaid. Most benefit decisions need to be challenged within one month.

Step 3: Where can I get help with these options?

Access 'Worrying About Money?' leaflets online at www.foodaidnetwork.org.uk/cash-first-leaflets
Feedback? Share your experience of using this guide by visiting www.bit.ly/moneyadvicefeedback

Section 4: Neurodiversity
Available Northern & Southern Sectors
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

Available Northern & Southern Sectors

<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



- [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

Available Northern & Southern Sectors

Tues 28 June Top Tips for Travelling on Long Haul Journey
s.pdf



Long journeys can be stressful for everyone.

Sitting still for long periods, coping with new environments and waiting are often additional stressors for autistic people.

These two resources from Middletown Centre from Autism are full of ideas to keep children and young people calm, regulated and entertained on long journeys.



Sensory_Entertainment Ideas for Long Journeys:

[https://www.middletownautism.com/files/shares/
Resources/Tues_28_June_Sensory_entertainm
ent ideas for long journeys.pdf](https://www.middletownautism.com/files/shares/Resources/Tues_28_June_Sensory_entertainm ent ideas for long journeys.pdf)



Top Tips for Travelling on Long Haul Journeys:

[https://www.middletownautism.com/files/share
s/Resources/Tues_28_June_Top_Tips_for_Tra
velling_on_Long_Haul_Journeys.pdf](https://www.middletownautism.com/files/share s/Resources/Tues_28_June_Top_Tips_for_Tra velling_on_Long_Haul_Journeys.pdf)

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

Available Northern & Southern Sectors

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

Parents and Carers Support Courses

[Home](#) > [Help and Support](#) > [Support for Parents and Carers](#) > [Parents and Carers Support Courses](#)

We offer a range of on demand, online and in person support courses for parents and carers, pre and post diagnosis.

Our free courses will enable families to increase knowledge and understanding and learn practical skills to support our autistic community to reach their full potential.

Our support courses are co-created with the autistic community and delivered by our Training and Development team who have years of experience in delivering courses on autism. We cover important topics such as exploring the fundamentals of autism, sleep, anxiety, sensory, behaviours, growing up, and supporting your teen.

Our available courses are listed below and you can choose from:

- On-demand webinars are pre-recorded videos that you can access at a time that suits you.
- Live, interactive courses on selected dates throughout the year, which include a Q+A to help you get the information you need.



The course was very helpful and informative. It has lots of ideas on how to help my child, including using visual aids.

Parent



Upcoming Courses

5 results

Search courses



On demand Parents & Carers

Understanding Autism Webinar (for parents and carers)

This course will explore the key characteristics of autism and various strategies to support your autistic child or family member.

[Book Course](#)

FULLY BOOKED

23 June 2025 Parents & Carers

Supporting Autistic Females

Explore the differences between 'stereotypical' male and female presentations of autism, and how you can support your female family member in a neuro-inclusive way.

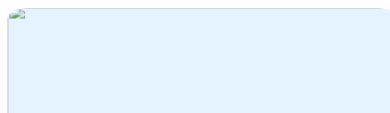
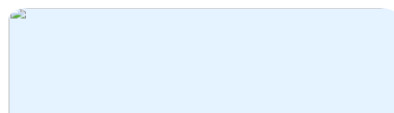
[View Course](#)

24 July 2025 Parents & Carers

Autism and Sensory Processing

Support your child with their sensory processing by understanding more about the differences that can be experienced for autistic people.

[Book Course](#)



Support your child to transition from the Summer break to starting back to school for the new academic year.

[Book Course](#)

conversations to
support autistic people

Understand the purpose of social stories and comic strips, and how to create and tailor these for an autistic individual.

[Book Course](#)

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



Our Services

Our Services

Early Intervention
Service
(Pre Assessment)

Early Intervention
Service (Pre
Assessment)

Assessment

Assessment

Post Diagnostic
(Confirmed Diagnosis of Autism)

Post Diagnostic
(Confirmed Diagnosis
of Autism)

Useful Links

Useful Links

Further Resources

Further Resources

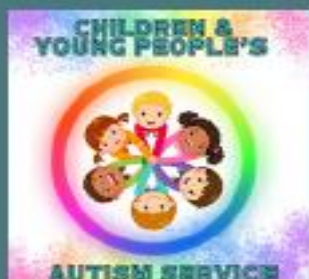
Service User
Feedback
CYPSP

Contact Us

What's On

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))



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 5: Infant Mental Health / Breastfeeding Available Northern & Southern Sectors

HSC Western Health
and Social Care Trust

HSC Public Health
Agency
Project supported by



'Bump, Birth Beyond' Events



Prioritise Breastfeeding
Create sustainable support systems
WABA | WORLD BREASTFEEDING WEEK 2025

BREASTFEEDING CELEBRATION EVENT
MUMS TO BE WELCOME !!
REFRESHMENTS AT ALL EVENTS

ANTENATAL INFANT FEEDING WORKSHOPS

(Partner, family or friend welcome to accompany)
Led by WHSCT Infant Feeding Leads/Lactation Consultant

**DERRY WELL WOMAN
INFANT FEEDING WORKSHOP**
22ND July
630-830pm

Contact 02871360777
to book



WHSCT Online Antenatal Infant Feeding Workshop

Microsoft Teams
Meeting ID: 350 263 704 835 **Friday 1st August**
Passcode: w88hGQ **1030-12md**

OMAGH HOSPITAL

Boardroom
7th August
7-9pm

Booking form:- Antenatal Infant
Feeding Class for parents- led by
WHSCT Infant Feeding Team

Booking form
via QR code



Booking form
via QR code

SWAH
Parentcraft room
14th August
7-9pm

Section 5: Infant Mental Health / Breastfeeding Available Northern & Southern Sectors

Fermanagh & Tyrone Events

BELLEEK

Friday 25th July
11.30-1.30

Belleek Surestart (Erne Gaels Belleek)

Walk to marina, Rhythm & Rhyme session

ENQUIRIES

028 816 7948

**LAST Surestart,
Gortin Road, Omagh**

Rhythm & Rhyme session

ENQUIRIES

kerry.ohanlon@westerntrust.hscni.net

OMAGH

Tuesday 5th August
10.30-12.30

ENNISKILLEN

Thursday 7th
August
10.30-12.30

Fermanagh House

Soft play by 'Toddle Sense', infant massage,
rhythm & rhyme, Information stands

ENQUIRIES

nicola.burchmore@westerntrust.hscni.net

Rainbow Surestart, Castlederg

Walk, Rhythm & Rhyme session

ENQUIRIES

028 8167 9483

CASTLEDERG

Monday 18th August
11.00-13.00

LOUGHMACRORY

Wednesday
10th September
1030-1230

**Loughmacrory
Youth & Community Centre**

Walk, Soft play by 'Toddle Sense', infant
massage, rhythm & rhyme, Information stands

ENQUIRIES:-

sandra.charters@westerntrust.hscni.net

HSC Western Health
and Social Care Trust

HSC Public Health
Agency

Project supported by the PFA

Dungiven-Limavady- Derry-Strabane

STRABANE

Wednesday 9th July
1030-12md

**Strabane breastfeeding group
family fun day**

Melvin Sports Complex

ENQUIRES

jenna.rutherford@westerntrust.hscni.net

Dungiven breastfeeding group

Gortnaghey Community Park

Buggy walk and picnic

ENQUIRES

maria.somers@westerntrust.hscni.net

DUNGIVEN

Tuesday 12th August
10-1130am

DERRY

Monday 4th August
1030-12md

**Waterside Shared Village
Baby reflexology, toy corner,
refreshments &
Information stands**

ENQUIRES

brona.mcsorley@westerntrust.hscni.net

**DRY ARCH Breastfeeding group in
partnership with WHSCT health visitors**

Drenagh Estate

Buggy Walk and Coffee morning

Booking required contact 02877742904

LIMAVADY

Wednesday 30th July
10-1130am

Section 5: Infant Mental Health / Breastfeeding Available Northern & Southern Sectors

Other Events

**Edenballymore
Sure Start**
6th August
11-1230

Coffee Morning
Gas yard
Open to families registered with
Edenballymore Sure Start only

A celebration of Breastfeeding
Foyle Arena 12-3pm
For Enquiries Email:
nwbaps@gmail.com

**North West
BAPS**
2nd August

**Strabane Sure
Start**
7th August

Breastfeeding brunch
Melmount road
For Enquiries Email:
alana.jack@barnrdos.org.uk

**Breastival in
the Park**
2025
2nd August
1030-3pm

A day of FREE fun, learning & connection to
celebrate World Breastfeeding Week
Ormeau Park
See Breastival Facebook page for further details

HSC Western Health
and Social Care Trust

HSC Public Health
Agency
Project supported by the PHA

Hospital Events

**ALTNAGELVIN
AREA HOSPITAL**
Tuesday 5th August
10.30am - 3pm

ALTNAGELVIN AREA HOSPITAL
FRONT HALL
INFORMATION STAND
ENQUIRES

Breastfeeding Awareness Stand
Main Foyer,
SWAH
Friday 1st-7th August

SWAH

OMAGH

Breastfeeding Awareness Stand
Main Foyer,
Omagh Hospital
Friday 1st-7th August

**NINICU Celebrations in the Neonatal
Units for Breastfeeding Mothers**

HSC Western Health
and Social Care Trust

HSC Public Health
Agency
Project supported by the PHA

Supporting Breastfeeding Mothers Returning to work

Breastfeeding mothers returning to work scan the
QR code to order a free 'Return to Work' pack.

This pack contains; a cool bag, ice block, reusable water
bottle and breastmilk storage bottles to assist in
continuing the breastfeeding journey. The pack also
contains additional information on safe storage of
breastmilk.



**Thank you for Celebrating
World Breastfeeding Week 2025**



**Strabane
Sure Start**
Delivering Sure Start Services



**SureStart
Edenballymore**
Supporting Families in the Edenballymore Area



**Contact your Community Midwife or
Health Visitor for support regarding
Breastfeeding.**

Infant Feeding | Western Health & Social Care Trust (hscni.net)



HSC Western Health
and Social Care Trust

HSC Public Health
Agency
Project supported by the PHA

Beyond Events

**BOOK ANTENATAL INFANT
FEEDING CLASS**

Booking form:- Antenatal Infant
Feeding Class for parents- led by
WHST Infant Feeding Team



Prioritise Breastfeeding
Create sustainable support systems
WABA | WORLD BREASTFEEDING WEEK 2025

**SCAN HERE
FOR EVENT DETAILS**



BREASTFEEDING CELEBRATION EVENTS

MUMS TO BE WELCOME !!

DEPRESEMENTS AT ALL EVENTS

Section 5: Infant Mental Health / Breastfeeding Available Northern & Southern Sectors

[Getting support when you breastfeed | Breastfed Babies](#)

Breastfeeding Support

.gov.uk

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 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 7: Addiction Available Northern & Southern Sectors

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

Available Northern & Southern Sector

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

Do you work with children & young people in **Northern Ireland**? Learn about the blurred lines between gaming and gambling harms and how you can help safeguard the young people you work with.

Scan or click the QR code to book your **FREE** place, or email us at training@ygam.org

Thursday.
17th July,
10.00 - 12.30



Weds. 17th
September,
10.00 - 12.30



DID YOU KNOW?

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

*Source: Gambling Commission 2023

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

*Source: Nominet 2023

Following your session you will receive:

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

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

Section 8: Emotional Wellbeing and Mental Health Support

Available Northern & Southern Sectors



Mindset is funded by the Public Health Agency and will run continuously throughout the year. Programmes will be delivered in all youth and community settings across Western, Northern, Belfast and South Eastern Trust areas for groups of 8 – 20 people.

Aims

- Raise awareness and increase knowledge and understanding of Mental and Emotional Health and Wellbeing
- Raise awareness of signs and symptoms of mental ill health
- Promote self-help/resilience techniques and how to maintain a safe level of positive mental and emotional health and wellbeing
- Promote self-care
- Information and/or resources on mental health support organisations available (locally and regionally)

Facilitators
AMH MensSana Project Workers

Duration
3 Hour Programme (can be delivered over 1-2 sessions)

Delivery Options
In person or online via Zoom

Course Content
AMH MensSana Project Workers will provide and deliver a high quality, evidence based programme which is responsive to the needs of groups in the four HSC Trust areas.
E: amhmenssanani@amh.org.uk
T: 028 9442 5356

Public Health Agency
Project supported by the PHA

www.amh.org.uk
@amhNI

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Section 8: Emotional Wellbeing and Mental Health Support Available Northern & Southern Sectors



New Service Announcement

Friday Night Crisis Helpline

(Please note: This is exclusively a telephone crisis service - not walk in.)

Starting Friday 27th June 2025

**Friday Night 9pm –
10am Saturday Morning**




028 9080 5850

Freephone 0800 088 6042

PIPS Suicide Prevention Charity is launching a Friday Night Crisis Helpline to provide support when other services are unavailable. This service ensures no one faces distress alone during challenging times. We offer compassionate listening and hope when it's needed most.

Section 8: Emotional Wellbeing and Mental Health Support

Available Northern & Southern Sectors



**action
mental
health**

**provoking
thought**

For key contacts

The 'Provoking Thought' course is for key contacts in a young person's life and aims to increase awareness and understanding of mental health issues, equipping them with the tools they need to support those within their care.

Key contacts include both teaching and non-teaching staff, as well as parents and carers.

The course will:

- Help you develop core skills to ensure best practice when working with young people and to better support their mental health and wellbeing.
- Provide guidance on how to access further help and information on mental health services.

Provoking Thought

Participants will:

- ✓ Gain knowledge and awareness about mental health.
- ✓ Acquire insight into the indicators of poor mental health and how to identify these.
- ✓ Develop a better understanding of what can cause anxiety in young people.
- ✓ Learn skills to support young people and improve their mental health, including how to help those experiencing emotional dysregulation.
- ✓ Discuss the importance of resilience and where this comes from.
- ✓ Explore the main stressors for school staff and learn about the importance of self-care and resilience, including tips for stress management.
- ✓ Become proficient in signposting others to sources of mental health support.

Learner requirements: None.




Time scale: Two hours – at a time convenient to you.

Group numbers: 8–30.

This course will involve a mixture of learning slides and audience participation, along with group work and exercises.

- Everything shared in this course is confidential.
- All participants will show respect to others.

Find out more about our programmes at amh.org.uk
Email: wellbeing@amh.org.uk

@amhNI

© 2024 AMH

**action
mental
health**

Section 8: Emotional Wellbeing and Mental Health Support Available Northern and Southern Sectors

[Navigating puberty | NSPCC Learning](#)



Research and resources ▼ Guidance ▼ Training ▼ Services ▼

Search 🔍

You are here: [Home](#) » [Research and resources](#) » Navigating puberty resources

Share



Navigating puberty

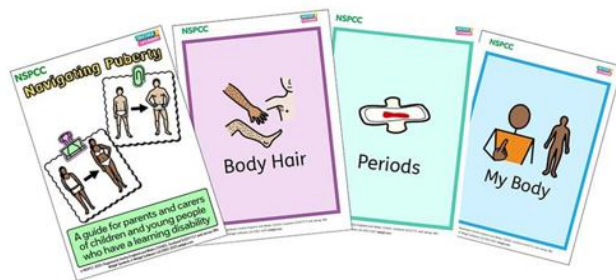
Resources for parents and carers of children and young people who have learning disabilities

Publication date July 2025

Children and young people who have a learning disability can experience increased challenges during puberty, from understanding the changes in their bodies to expressing their feelings and managing the difference between public and private behaviours.

To help them navigate this challenging time, we've produced a set of resources parents and carers can use to explore puberty with children and young people.

There is a guide sharing advice, guidance and practical tips and a series of symbolised books.



The symbolised books cover:



Navigating puberty resources

Download the resources (ZIP) ▼

These resources have been created by Together for Childhood Stoke in collaboration with key local partners.

The symbols and language used in these resources is intentionally simple. These resources are also accessible for anyone who requires a screen reader by using NVDA.

Section 8: Emotional Wellbeing and Mental Health Support Available Northern and Southern Sectors

AWARE
OVERCOMING DEPRESSION.
CHANGING LIVES.

The only thing more
exhausting than being
depressed is pretending
that you're not.

Let's Talk

ARE YOU EXPERIENCING LOW MOOD, DEPRESSION OR ANXIETY?

You are not alone. Things can get better.
Our weekly online support groups can help you manage
your feelings and meet other people who understand you.

ALL GROUPS MEET ONLINE VIA ZOOM:



**EVERY TUESDAY AT 2.30PM
EVERY WEDNESDAY AT 11AM
EVERY THURSDAY AT 7PM**

Please email info@aware-ni.org for more information



AWARE is the depression charity for Northern Ireland

T: 02890 357 820 (BELFAST) / 02871 260 602 (DERRY/LONDONDERRY)

Registered with the Charity Commission for Northern Ireland with NIC100561 Company No. NI. 30447

AWARE-NI.ORG



Section 8: Emotional Wellbeing and Mental Health Support

Available Northern Sector

AWARE
OVERCOMING DEPRESSION.
CHANGING LIVES.

The only thing more exhausting than being depressed is pretending that you're not.

ARE YOU EXPERIENCING LOW MOOD, DEPRESSION, ANXIETY OR BIPOLAR?

You are not alone. Things can get better.

**EVERY OTHER THURSDAY AT 7PM
ROE VALLEY THERAPY CENTRE
101A IRISH GREEN STREET, LIMA VADY BT49 9AA**

Our free-to-attend fortnightly mental health support group can help you manage your feelings and meet other people who understand you.

Please email info@aware-ni.org for more information



AWARE is the depression charity for Northern Ireland
T: 02890 357 820 (BELFAST) / 02871 240 402 (DERRY/LONDONDERRY)
Registered with the Charity Commission for Northern Ireland with NC1085541 Company No. NI1 30447

AWARE-NI.ORG
Facebook Twitter Instagram LinkedIn

AWARE
OVERCOMING DEPRESSION.
CHANGING LIVES.

The only thing more exhausting than being depressed is pretending that you're not.

ARE YOU EXPERIENCING LOW MOOD, DEPRESSION OR ANXIETY?

You are not alone. Things can get better.
Our weekly support groups can help you manage your feelings and meet other people who understand you.

BOTH GROUPS MEET AT:

**2 CRAWFORD SQUARE,
DERRY/ L'DERRY, BT48 7HR**

**EVERY TUESDAY AT 7PM
OR EVERY THURSDAY AT 11AM**

Please email info@aware-ni.org for more information



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T: 02890 357 820 (BELFAST) / 02871 240 402 (DERRY/LONDONDERRY)
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The only thing more exhausting than being depressed is pretending that you're not.

ARE YOU EXPERIENCING LOW MOOD, DEPRESSION, ANXIETY OR BIPOLAR?

You are not alone. Things can get better.

**EVERY OTHER WEDNESDAY AT 6.30PM
THE KORAM CENTRE, 12 RAILWAY ST,
STRABANE BT82 8BG**

Our free-to-attend fortnightly mental health support group can help you manage your feelings and meet other people who understand you.

Please email info@aware-ni.org for more information



AWARE is the depression charity for Northern Ireland
T: 02890 357 820 (BELFAST) / 02871 240 402 (DERRY/LONDONDERRY)
Registered with the Charity Commission for Northern Ireland with NC1085541 Company No. NI1 30447

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Facebook Twitter Instagram LinkedIn

Section 8: Emotional Wellbeing and Mental Health Support Available Southern Sector



The only thing more exhausting than being depressed is pretending that you're not.

ARE YOU EXPERIENCING LOW MOOD, DEPRESSION, ANXIETY OR BIPOLAR?

You are not alone. Things can get better.

EVERY TUESDAY AT 6:45PM
THE HUB
67D MARKET STREET OMAGH, BT79 0AA

Our free-to-attend weekly mental health support group can help you manage your feelings and meet other people who understand you.

Please email info@aware-ni.org for more information



AWARE is the depression charity for Northern Ireland
T: 02890 357 820 (BELFAST) / 02871 240 402 (DERRY/LONDONDERRY)
Registered with the Charity Commission for Northern Ireland with NC100541 Company No. N1. 30447

AWARE-NI.ORG
Facebook Twitter Instagram LinkedIn



The only thing more exhausting than being depressed is pretending that you're not.

ARE YOU EXPERIENCING LOW MOOD, DEPRESSION, ANXIETY OR BIPOLAR?

You are not alone. Things can get better.

EVERY TUESDAY AT 7PM
THE AISLING CENTRE
DARLING STREET, ENNISKILLEN BT74 7DP

Our free-to-attend fortnightly mental health support group can help you manage your feelings and meet other people who understand you.

Please email info@aware-ni.org for more information



AWARE is the depression charity for Northern Ireland
T: 02890 357 820 (BELFAST) / 02871 240 402 (DERRY/LONDONDERRY)
Registered with the Charity Commission for Northern Ireland with NC100541 Company No. N1. 30447

AWARE-NI.ORG
Facebook Twitter Instagram LinkedIn

Section 8: Emotional Wellbeing and Mental Health Support

Trauma Informed Toolkit



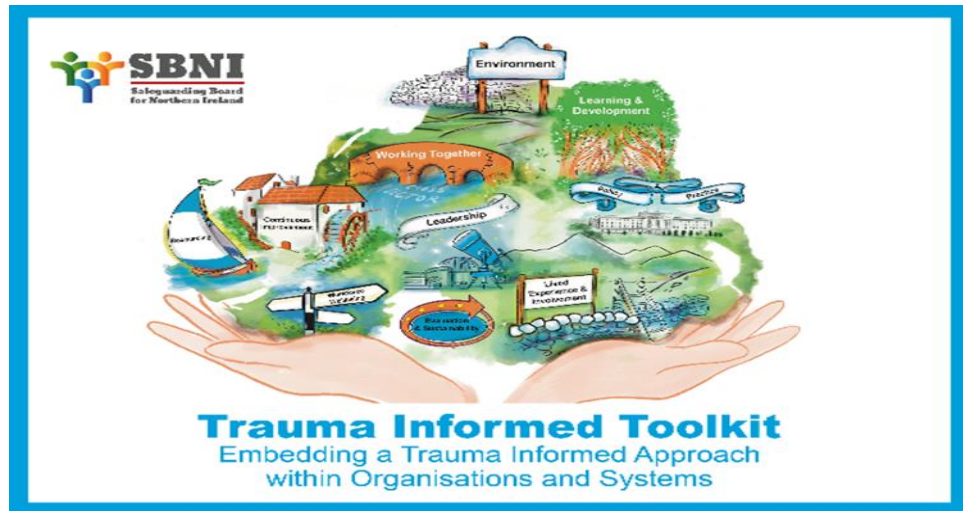
An implementation resource to embed a trauma-informed approach within organisations and systems.

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

UNDERSTANDING YOUR CHILD



SOLIHULL APPROACH

What is the Solihull Approach©?

The Solihull approach is an evidenced based and widely recognised treatment programme developed for practitioners who work with children and families. The Solihull approach uses already established evidenced based theories i.e., child development, psychoanalytic and behaviourism in a programme approach to develop understanding of children's brain development, interactions, and management.

The Solihull approach team have developed online mental health resources for families covering a vast area including understanding relationships, trauma and courses for teenagers.

There is no cost for these courses due to the PHA paying for the licence.

Please check these courses out and recommend to families you support



In addition to this we have new resources for schools including a new award system. This accreditation process showcases the excellent work that schools are doing to support the mental health and wellbeing of their pupils and staff

Solihull Approach accredited schools

Finally, any professional can access these advanced courses. scan QR code below and use access code **BETHECHANGENI**

FREE for practitioners across Northern Ireland

Online courses:

- **Understanding Trauma** - This course covers Type 1 and Type 2 trauma, the window of tolerance, going through a traumatic experience, neurology and trauma, recognising trauma, recovery from trauma, and more...
- **Understanding Attachment** - This course is for practitioners who want to understand more about attachment and shows how containment and reciprocity underpin the quality of an attachment.
- **Understanding Brain Development** - This course is for practitioners who want introduction to brain development from antenatal period to adolescence.

Each course will take approx 3.75 hrs CPD per course

To attain Solihull Approach Advanced Trained Practitioner status, just send a copy of your certificates for the 2 Day Foundation training and three Advanced Trainings (online or face to face) to solihullapproach@uhb.nhs.uk

For technical support contact:
solihullapproach@uhb.nhs.uk
or 0121 296 4448 Mon-Fri 9am-5pm

Step 1: Create (or convert to) a professional account
Scan QR or visit www.solihullapproachparenting.com/online-courses-for-professionals/
Select 'Create account' and complete the application
OR
Go to www.inourplace.co.uk
Sign in to existing account and click 'Unlock professional courses'

Step 2: Once signed in to your professional account, enter Access Code:
BETHECHANGENI

Step 3: To return to the course
Scan QR or visit www.solihullapproachparenting.com/online-courses-for-professionals/ and click 'Sign in'



Section 9: Training / Conferences

Free Online Training (Solihull) – Children and Young People's Strategic Partnership (CYPSP) (hscni.net)

UNDERSTANDING YOUR CHILD



S O L I H U L L A P P R O A C H

FOR SCHOOLS

Scan QR code for information on the Solihull Approach whole school training, accreditation process and online courses



FOR TEACHERS/PROFESSIONALS

Scan this QR code for FREE pre-paid online **advanced Solihull Approach courses**

- Understanding trauma
- Understanding attachment
- Understanding brain development

(access code BETHECHANGENI)



FOR PARENTS

Scan QR code to get free prepaid access to online Solihull Approach mental health courses (Access code NIFAMILIES)



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 – Natasha Burke, 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 – Seana Conor, 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 1: Family Support Available Northern & Southern Sectors

Talk Relationships: resources to deliver sex and relationships education | NSPCC Learning

**NSPCC
Learning**

Research and resources

Guidance

Training

Services

Accessibility tool

Sign in

Search

You are here: [Home](#) » [Research and resources](#) » PANTS resources for schools and teachers

Share



PANTS resources for schools and teachers

Lesson plans, classroom activities and more to help you talk PANTS

Download our free Talk PANTS resources, teaching children the Underwear Rule to help keep them safe from abuse.

We've developed:

- lesson plans
- slide presentations, and
- classroom activities

with the PSHE Association to help schools and nurseries talk PANTS with children, without ever using scary words or even mentioning sex.

The Quality Mark is awarded exclusively to resources that meet the PSHE Association's best practice principles for safe and effective PSHE education.

You will also find resources for children with SEND, early years settings, working with diverse groups and links to the relevant curriculum areas in each of the four nations.



Download teaching resources for your classroom

Teaching guidance

How to use our resources when teaching children about PANTS. This includes information about safeguarding, creating a safe learning environment, curriculum links, further support, and a template letter to parents and carers.

➤ [Download PANTS teaching guidance \(PDF\)](#)

Resources for early years – ages 3-5

Age-appropriate Talk PANTS presentation and learning plans for children in childcare settings and reception or foundation stage.

➤ [Download Activities plan for children aged 3-4 \(PDF\)](#)

➤ [Download Activities plan for children aged 4-5 \(PDF\)](#)

➤ [Download Presentation for children aged 3-5 \(PDF\)](#)

Lesson plans for children aged 5-11

Age-appropriate lesson plans, slides, and resources to teach primary school children about PANTS and help keep them safe.

➤ [Download Lessons and resources for children aged 5-7 \(ZIP\)](#)

➤ [Download Lesson and resources for children aged 7-9 \(ZIP\)](#)

➤ [Download Lesson and resources for children aged 9-11 \(ZIP\)](#)

Lesson plan for children with SEND

Lesson plan, slides, and resources for children with special educational needs and disabilities (SEND) aged 4-11 to help them understand Talk PANTS. The lesson is tailored for use with children who have SEND, moderate learning difficulties, additional learning needs and/or autism.

➤ [Download Lesson and resources for children with SEND \(ZIP\)](#)

School display pack and poster

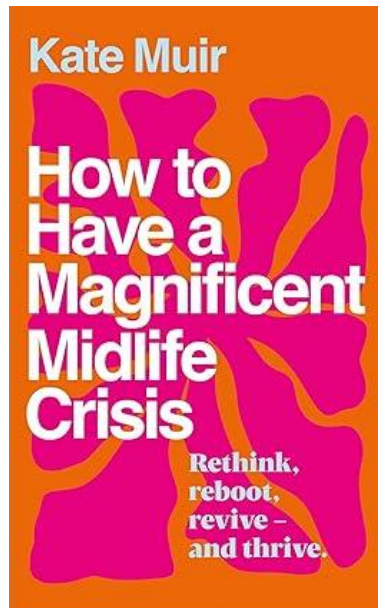
Easy-to-use display board materials and poster to help you create a Talk PANTS display.

➤ [Download PANTS school display pack \(PDF\)](#)

➤ [Download Talk PANTS poster \(PDF\)](#)

Section 11: Informative Media Resources

[How to Have a Magnificent Midlife Crisis: Amazon.co.uk: Muir, Kate: 9781398525504: Books](#)



Kate Muir: “We need to look at the Spaghetti Junction of midlife relationships”

The smart guide that every midlife woman needs to read ...

Forget everything you’ve been told about midlife. For millennia, women have been led to believe that it’s a time of decline. On the contrary, it is a time of transformation and re-formation; a turning point when we can move towards as bigger, better and more magnificent future. And who better to help you navigate this complex and wildly exciting time than women’s health campaigner and documentary maker Kate Muir.

In this essential and empowering guide, Kate draws upon scientific research, personal experience and the courageous and humorous stories of women to arm you with the knowledge you need to approach your second half with confidence, purpose and energy. She reveals how to:

- take advantage of brain rewiring in menopause
- upgrade your relationships and friendships
- change your job and find a creative renaissance

This is your time to reset, renew and refresh!

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 Ummavady areas. The numbers below are available 24hrs per day (except GP Out of Hours, Papyrus, and CCIS). The numbers on the opposite side can be accessed during the day Mon-Fri.

999 or 112

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

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

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

028 7126 2300

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

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

Childline: 08001111 for young people under 19

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.

