



**For Your Information**

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**October 2025 : Issue 23**

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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 7<sup>th</sup> October, 2025, Youth Sports Omagh. Killyclogher, Omagh BT797NZ.

**Fermanagh LPG** : 11.00am -1.00pm – Thursday 9<sup>th</sup> October 2025, FODC County Buildings, 15 East Bridge Street, Enniskillen, BT747BW.

## Northern Sector LPG Meeting Schedule

**Strabane LPG**: 11.00 am-1.00pm, 30<sup>th</sup> September 2025, Strahans Road, Strabane.

**Derry** : 11.00 am-1.00pm, 9<sup>th</sup> October 2025, GSAP.

**Waterside** : 11.00 am-1.00pm, 14<sup>th</sup> October, 2025, Waterside Neighbourhood Partnership

**Limavady** : 11.00 am-1.00pm, 20<sup>th</sup> October 2025, Dry Arch, Limavady.

## Section 1: Family Support Available Northern & Southern Sectors

Children in Northern Ireland

**CYPSP**  
Children & Young People's Strategic Partnership

**HSC**

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

**Venue: Online\***  
**Date: Tuesday 14<sup>th</sup> October**  
**Time: 7 - 8pm**

Supported by The Parent  
Participation Service

**Emotionally Based  
School Avoidance**

**PARENT  
GROUP**

**For Parents /  
Carers in  
Fermanagh &  
Omagh area**

\*Email [ppinbox@ci-ni.org.uk](mailto:ppinbox@ci-ni.org.uk) for zoom link



## Section 1: Family Support Available Northern Sector



### Health Visiting Community Groups in Derry Federation Area



#### Derry/Londonderry

Monday	9:30AM - 11:00AM	Baby Massage	Irish Street Community Centre Booking Required - 028 7131 8357
Wednesday	10:30AM - 12:30PM	Health Visitor Group	Shantallow Community Association
Friday	11:00AM - 12:30PM	Health Visitor Group	Skeoge Community Hub, Skeoge
Friday	10:30AM - 12:00PM	Health Visitor Group	Mullabouy Community Centre
Friday	11:00AM - 1:00PM	Health Visitor Group	North West Migrants Forum

#### Dungiven/Claudy

Monday	9:45AM - 11:30AM	Health Visitor Buggy/Walking Group	Burnfoot Community Building
Tuesday	10:30AM - 12:30PM	Breastfeeding Group	Nora and Katie's Cafe, Main St. Dungiven
Thursday	9:30AM - 11:00AM	Health Visitor Group	The Diamond, Claudy

#### Strabane

Tuesday	10:30AM - 12:00PM	Health Visitor Group	Clady Hall Community Centre, Clady
Wednesday	10:30AM - 12:00PM	Breastfeeding Support Group	Melvin Sports Complex, Melvin Road



**For more information contact:**

**Cheryl McElhinney Multi-Disciplinary Team - Health Visiting Lead**  
**075 2589 6861**



## Section 1: Family Support Available Northern Sector



THE HEALTH VISITING TEAM INVITES  
YOU TO OUR

# INTRODUCTION TO SOLIDS WORKSHOP



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

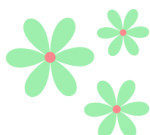
WHEN: MONDAY 6<sup>TH</sup>  
OCTOBER  
WHERE: CENTRAL LIBRARY  
TIME: 10AM

BOOKING NOT REQUIRED



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

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



## Section 1: Family Support

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

## Available Northern & Southern Sectors

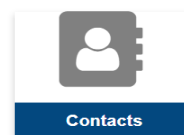
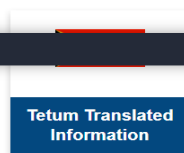
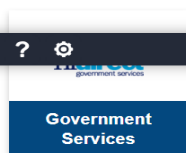
### Welcome to the Translation Hub

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](mailto:cypsp@hscni.net)



## Section 1: Family Support Available Northern & Southern Sectors

You can register directly for one of the programmes or contact the Psychosocial team professionals who will either signpost, refer onwards for support or carry out a piece of individual work with individuals and families / significant others.

Scan this QR code for further information



### Get In Touch

Contact the Macmillan Psychosocial Team NI

E-Mail: [Macmillan@mindwisenv.org](mailto:Macmillan@mindwisenv.org)

Tel: 02890-402323



## Macmillan Psychosocial Service NI



This programme of work has been funded by Macmillan for 3 years, until August 2027. We are delivering the service in partnership with MindWise mental health charity as part of Macmillan's Psychological Care Programme across the UK.

The new Psychosocial Service will provide support for people living with cancer and mental health issues as part of their recovery journey. We recognise the emotional impact a cancer diagnosis can have on everyone close to you. We will be there for you when you need us, to talk things through and provide support to you and your family members.

#### The team will provide:

- initial consultation for you, and for professionals, to discuss your need for support
- signposting to a suitable support service
- direct service from the team to talk to you individually
- direct service from the team to talk to you and your family members together

The service is available across Northern Ireland and delivered locally in the community.

### Lived Experience Support Groups

We have a Lived Experience Development Lead who will provide a variety of peer support groups for people living with cancer and mental health issues and their family members. The groups will give you opportunities to get together, to connect with others, and to socialise. We want to hear what you have to say and what is important to you, as a person / a family member living with cancer and mental health issues.

As part of this service, our partners can offer the following support programmes for you and your family members:



#### Living Life to the Full

A 6 week CBT/life skills programme for people living with cancer and beyond (18+)

#### Mood Matters Adults

A 2hr mental health awareness workshop for people living with cancer and beyond, alongside their family, friends and carers. (18+)



MindWise offers the following coaching programmes to support people's mental health and well-being.

#### Individual Coaching

8 one-to-one sessions with a coach to help you move forward.

#### Peer/Group Coaching

For groups of people diagnosed with cancer. These will be one-off sessions of 2hrs.

#### Family Coaching

For family groups, friends, and colleagues to avail of support together. Up to six people for 6 x 90 minute sessions.



#### Training on the Family Model

CINI will deliver a bespoke one day or half-day (virtual or in person) awareness training on The Family Model <https://thefamilymodel.com/>

This training is for cancer and mental health practitioners and those who run support groups in the community. The Family Model will help you to appreciate the impact mental health can have upon a person with a cancer diagnosis and their family. It will allow early identification of their support needs and the development of family support plans.



## Section 1: Family Support Available Southern Sector

**HSC** Western Health and Social Care Trust

**Autumn 2025 Programme**



**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 Booking 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 taking place across the Trust!  
Scan QR Code for details of all events.



**Local events:-**

- **Omagh Tuesday 5<sup>th</sup> August**
- **Castlederg Monday 18<sup>th</sup> August**
- **Loughmacrory Wednesday 10<sup>th</sup> September**

### Henry Programme

**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?

The HENRY programme aims to:

- 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 <sup>nd</sup> & 4 <sup>th</sup> Monday's	11:00 - 12:00	Surestart, Castlederg
Every Tuesday	10:30 - 12:00	LA5T Surestart, Gortin Road, Omagh
Every Thursday	10:30 - 12:00	Fernanagh House, Enniskillen

### Drop in Baby Clinics

Growth monitoring/weight reviews & non-medical support		
2 <sup>nd</sup> & 4 <sup>th</sup> Monday	9:30 - 11:30	Children's Centre, OHPCC
3 <sup>rd</sup> Thursday	9:30 - 11:30	Upstairs Castlederg Health Centre
1 <sup>st</sup> Wednesday	9:30 - 11:30	Carrickmore 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 3<sup>rd</sup> 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 7<sup>th</sup> 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 5<sup>th</sup> 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 <sup>rd</sup> September 2025 10am - 11:30am	Recovery College Woodside Avenue Omagh
Omagh Buggy Walk (4 Weeks)	Thursday 4 <sup>th</sup> - 26 <sup>th</sup> September 9:30am	Omagh Hospital Front Foyer
Infant Massage (4 Weeks)	Tuesday 9 <sup>th</sup> - 30 <sup>th</sup> September 10am - 11am	Recovery College Woodside Avenue Omagh
Breastfeeding Awareness Week 'Bump, Birth & Beyond' Event	Wednesday 10 <sup>th</sup> September 2025 10:30am - 12:30am	Loughmacrory Youth & Community Centre

#### October 2025

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

#### November 2025

Activity	Dates & Times	Venue
Infant Massage (4 Weeks)	Tuesday 4 <sup>th</sup> - 26 <sup>th</sup> November 10am - 11am	Recovery College Woodside Avenue Omagh
Baby Café Sleep Workshop	Wednesday 5 <sup>th</sup> 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



### Home-Start Omagh Outreach Project (HOOP)



**Register now for the new Home-Start Omagh Outreach Project (HOOP) Family Group starting Autumn 2025, for families in the following areas:**

- **Coolnagard:** Omagh Leisure Centre – Mondays, 10am–12pm
- **Beragh/Sixmilecross:** Cornerstone Beragh – Wednesdays, 10am–12pm
- **Dromore/Trillick:** Dromore Sports Complex – Thursdays, 10am–12pm

*Sessions run during term-time and are for children aged 0–4 and their parent/carer.*

To register to attend please click: [www.docs.google.com/forms/d/1ipH0GiJvKZhRofch3k8WSrzC3VMWAz1u9w5QrDNCY18](https://www.docs.google.com/forms/d/1ipH0GiJvKZhRofch3k8WSrzC3VMWAz1u9w5QrDNCY18) or scan the QR Code.

Contact us today to find out more:  
[info@homestartomaghdistrict.org.uk](mailto:info@homestartomaghdistrict.org.uk)  
02882 240902



## Section 1: Family Support Available Southern Sector



*“Can you give just 2% of your time  
to help my family and me?  
And, I’ll give you the satisfaction  
and reward of knowing you are  
helping us in a real way.”*

Using your wealth of parenting experience  
you can, with just 2-3 hours per week,  
provide support and friendship for a family with  
young children who are going through difficult times.

Home-Start Lakeland will give you full training,  
support and expenses.



For further information, please contact

**Diane on 028 6634 6818 or**  
[info@homestartlakeland.org.uk](mailto:info@homestartlakeland.org.uk)  
[www.homestartlakeland.org.uk](http://www.homestartlakeland.org.uk)

## Section 1: Family Support Available Southern Sector



**PHOENIX CHILD YOUTH WELL BEING  
GROW ZONE**


Join our bespoke 6 week evidence based creative arts programme of arts, craft and mindfulness integrating the Take 5 steps to wellbeing for age 4-10yrs!

<b>DATES:</b> SEPT 15 <sup>TH</sup> , 22 <sup>ND</sup> , 29 <sup>TH</sup> , OCT 6 <sup>TH</sup> , 13 <sup>TH</sup> , 20 <sup>TH</sup>	<b>TIME:</b> 5:00-7:00PM	<b>VENUE:</b> TRAINING ROOM 3 <sup>RD</sup> FLOOR COMMUNITY HOUSE , OMAGH
	<b>COST:</b> £35 PER CHILD	

**CONTACT US 07437956616 PHOENIXCHILDTHERAPY@GMAIL.COM**

developing healthy communities | **Clear** | **HSC** Public Health Agency  
Project supported by the PHA

Supported by the Public Health Agency through the Clear Project



**PHOENIX CHILD YOUTH WELL BEING  
GROW ZONE**

Join our bespoke 6 week evidence based creative arts programme of arts, craft and mindfulness integrating the Take 5 steps to wellbeing for age 11-16yrs

<b>DATES:</b> NOV 3 <sup>RD</sup> , 10 <sup>TH</sup> , 17 <sup>TH</sup> , 24 <sup>TH</sup> , DEC 1 <sup>ST</sup> , 8 <sup>TH</sup>	<b>TIME:</b> 5:00-7:00PM	<b>VENUE:</b> TRAINING ROOM 3 <sup>RD</sup> FLOOR COMMUNITY HOUSE , OMAGH
	<b>COST:</b> £35 PER CHILD	

**CONTACT US 07437956616 PHOENIXCHILDTHERAPY@GMAIL.COM**

developing healthy communities | **Clear** | **HSC** Public Health Agency  
Project supported by the PHA

SUPPORTED BY THE PUBLIC HEALTH AGENCY THROUGH THE CLEAR PROJECT



## **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





**Which option do I select?**

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

**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



### 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](https://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](mailto: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](http://www.senac.co.uk)**



## Section 1: Family Support Available Southern Sector


**Western Health  
and Social Care Trust**


**Derry Federation  
of Family Practices**

### Carers Hub

**JOIN OUR WORKSHOP AND SUPPORT GROUP**

**Omagh Hub**

The last Tuesday of the month  
Omagh Fire Station, 10.30am - 12pm

30th September - Coffee Morning to  
launch the new hub  
28th October - Chair Yoga  
25th November - Christmas Card Making

Drop in - No booking required

**OUR SERVICES**



Talk & learn



Try new activities



Referral Services

**CONTACT US FOR MORE INFORMATION**

Gabrielle McAloon - Carers Development Worker  
 ✉ Carers.Support1@westerntrust.hscni.net ☎ (028)66344163




**Western Health  
and Social Care Trust**


**Derry Federation  
of Family Practices**

### Carers Hub

**JOIN OUR WORKSHOP AND SUPPORT GROUP**

**Fermanagh Hub**

The last Thursday of the month  
Fermanagh House Enniskillen  
11am - 12.30pm

25th September - Chair Yoga  
30th October - Digital Skills Support &  
Training  
27th November - Christmas Card Making  
Drop in - No booking required

**OUR SERVICES**



Talk & learn



Try new activities



Referral Services

**CONTACT US FOR MORE INFORMATION**

Gabrielle McAloon - Carers Development Worker  
 ✉ Carers.Support1@westerntrust.hscni.net ☎ (028)66344163



**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



**Children  
in Northern  
Ireland**



## Section 1: Family Support Available Southern Sector

Please see details of **fully funded workshops for parents** below,  
being delivered by Shannon Hollywood

**Thursday 9<sup>th</sup> October Ukiyo Holistic Omagh 7-9pm**

**Tuesday 4<sup>th</sup> November Fermanagh House Enniskillen 7-9pm**



**SHANNON HOLLYWOOD**  
BEHAVIOUR CONSULTANT

**FREE WORKSHOP FOR PARENTS**  
Raising Emotionally Resilient Children

**PREVENTING VIOLENCE FROM THE START**

**WHAT YOU'LL LEARN:**

- Why big emotions lead to big behaviour
- How the brain reacts under stress (fight/flight)
- The hidden messages we give boys & girls
- How to calm chaos with connection
- Tools for discipline without shouting, punishment or shame
- Raising kids who express themselves with confidence

**LET'S RAISE THE NEXT GENERATION WITH  
STRENGTH, KINDNESS AND EMOTIONAL CONFIDENCE.**








## 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](http://www.nowgroup.org/training-jobs)

**NOW**



## Section 1: Family Support Available Northern & Southern Sectors

<http://www.nowgroup.org>

### Your Skills. Your Way.

Do you have additional support needs, such as a neurodivergent condition like ADHD, Autism or Dyslexia?



If you've got your GCSE results and are wondering what's next, **Skills for Life and Work** could be for you.

For ages 16-21  
living in:

Belfast, Enniskillen,  
and Derry/L'derry



### With NOW Group you can:

- Train in Hospitality, Retail, Creative Media or ICT
- Gain qualifications that employers value
- Earn £40 a week while you train
- Receive support from an organisation with over 25 years' experience providing training and job support for young people with additional needs.

Over the last 3 years we have supported

4,384

Qualifications achieved

813

People into paid jobs



Scan the QR code or visit our  
website to start your journey

[www.nowgroup.org](http://www.nowgroup.org)

Registration subject to eligibility.



### Your Skills. Your Way.

Do you have additional support needs, such as a neurodivergent condition like ADHD, Autism or Dyslexia?



If you've got your GCSE results and are wondering what's next, **Skills for Life and Work** could be for you.

For ages 16-21  
living in:

Belfast, Enniskillen,  
and Derry/L'derry



## Section 2: Youth Support

### Home - Sexual Health NI



Public Health Agency

f x y t v Language

Enter your search here

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

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

## Explore Sexual Health NI

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



I need condoms



I need PrEP



I need to order a home STI test kit



I need emergency contraception

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

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

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



## Section 2: Youth Support

### Relate- Ed | Relate NI Relationships and Sexuality Education NI



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

*Relate- Ed 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

**For more information on booking the workshops, contact:**

**Office@relateni.org**

**028 9032 3454**

**Relate NI**



**Northern Ireland  
Executive**

[www.northernireland.gov.uk](http://www.northernireland.gov.uk)

**END**  
VIOLENCE  
AGAINST  
WOMEN  
& GIRLS



## 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](mailto: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](http://thinkuknow.co.uk/11_18)



# The internet, relationships & you

Advice from CEOP Education at the National Crime Agency

## Section 2: Youth Support Available Southern Sector

**LAKELAND YOUTH CENTRE**

**SENIOR  
YOUTH CLUB**

**TUESDAYS**  
**6:30PM - 9:00PM**

Eligibility: Year 10+  
(3rd Year +)

**SOCIALISE • ARTS & CRAFTS • SPORTS**

**AND SO MUCH MORE!!**

Contact Aine For Further Info & To Register:

**T: 02866 326 932**  
**E: aine.mcgahey@eani.org.uk**

Made with PosterMyWall.com

**LAKELAND YOUTH CENTRE**

**JUNIOR  
YOUTH CLUB**

**THURSDAYS | 6.30PM-9.00PM**

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

**Eligibility: Primary 5, 6 & 7**

**NO CHARGE**

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

Made with PosterMyWall.com

**LAKELAND YOUTH CENTRE**

**LAKELAND LOUNGE**

**FRIDAYS**  
**3.30PM-6.00PM**

**CHILL OUT SPACE**  
**FREE WIFI**  
**FREE TEA/COFFEE/JUICE/HOT CHOCOLATE**  
**GAME CONSOLES**  
**POOL TABLE**  
**MAC SUITE**  
**MUSIC ROOM**  
**AND SO MUCH MORE!!!**

**Year 8 + (1st Year +) Are Welcome to Register  
for FREE**

**CONTACT AINE TO REGISTER:**

**T: 02866 326 932 OR E: AINE.MCGAHEY@EANI.ORG.UK**

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## Section 2: Youth Support Available Southern Sector




# Carrickmore Youth Centre Weekly Programme

Starting Monday 15th September

### Monday

<b>SENIOR CLUB</b> 6.30pm – 9.00pm Year 10+	<b>JUNIOR PINK LADIES</b> 6.30pm – 8.00pm P7 & Year 8
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### Tuesday

<b>INTER CLUB</b> 7.00pm – 9.30pm Year 8 & Year 9	<b>PINK LADIES</b> 8.00pm – 9.30pm Year 9+
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### Wednesday

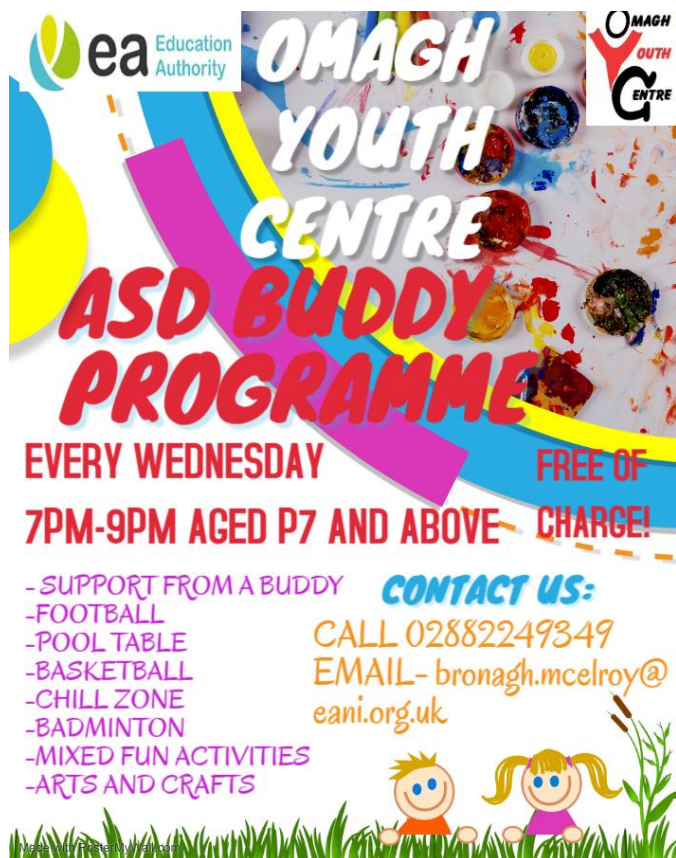
<b>CLUB ÓIGE</b> 5.00pm – 7.00pm Rang 1+	<b>WEDNESDAY NIGHT CLUB</b> 7.00pm – 8.30pm All abilities group	<b>ARTS &amp; CRAFTS</b> 7.00pm – 8.15pm P6+	<b>MIXED SOCCER</b> 7.00pm – 8.15pm    P6 & P7 8.15pm – 9.30pm    Y8 & Y9
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### Friday

<b>PRIMARY CLUB</b> 5.00pm – 6.30pm P1 & P2	<b>JUNIOR CLUB</b> 6.30pm – 8.00pm P3, P4 & P5
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This programme will run until the end of December will then be reviewed.  
 Any queries get in touch during programme hours on 028 80761310

## Section 2: Youth Support Available Southern Sector



**ea** Education Authority

**OMAGH YOUTH CENTRE**

**ASD BUDDY PROGRAMME**

**EVERY WEDNESDAY** **FREE OF CHARGE!**

**7PM-9PM AGED P7 AND ABOVE**

- SUPPORT FROM A BUDDY  
- FOOTBALL  
- POOL TABLE  
- BASKETBALL  
- CHILL ZONE  
- BADMINTON  
- MIXED FUN ACTIVITIES  
- ARTS AND CRAFTS

**CONTACT US:**  
CALL 02882249349  
EMAIL - [bronagh.mcelroy@eani.org.uk](mailto:bronagh.mcelroy@eani.org.uk)

Made with PosterMyWish.com



**ea** Education Authority

**MEET NEW FRIENDS**

TEAM BUILDING FOOTBALL  
GAMES TABLE TENNIS

**OMAGH YOUTH CENTRE**  
**INTERMEDIATE**  
**DROP IN**  
Every Monday  
6.30-9pm  
1st & 2nd Year

**SNOOKER** **BADMINTON**  
**DUKE BOX** **DODGEBALL**

For More Information, contact  
Bronagh on 02882249349 or  
[bronagh.mcelroy@eani.org.uk](mailto:bronagh.mcelroy@eani.org.uk)

Made with PosterMyWish.com

## Section 2: Youth Support Available Southern Sector





## 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/>

**Youth Wellness Web**

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

**SCHOOL BULLYING WELLBEING BEREAVEMENT MENTAL HEALTH**

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

Visit [cypsp.hscni.net/youth-wellness-web/](https://cypsp.hscni.net/youth-wellness-web/)

Call Childline on: 0800 1111

Call LIFELINE on: 0808 808 8000

Text Shout: 852558

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

Scan QR code

**Youth Wellness Web**

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

**SCHOOL BULLYING WELLBEING BEREAVEMENT MENTAL HEALTH**



**Visitors to Youth  
Wellness Web**  
Feb 2024 - Feb 2025



### Top 10 most visited sections on Youth Wellness Web



## Section 3: Cost of Living



[About us](#) [Our work](#) [Work with us](#) [Media centre](#) [Publications](#)



### Financial wellbeing in Northern Ireland

Our partnership manager for Northern Ireland, Margaret McCloskey takes a look at the financial wellbeing challenges facing communities across the nation and outlines how the Money and Pensions Service can help your organisation to make a positive difference.

#### Also see

- [What is financial wellbeing?](#)
- [UK Strategy for Financial Wellbeing](#)
- [MoneyHelper](#)

Financial wellness figures in Northern Ireland	↓
The impact of coronavirus and EU exit on Northern Ireland	↓
Why financial wellbeing is important for your organisation	↓
How MaPS can help your organisation	↓
Contact Margaret	↓

#### About Margaret

Margaret builds relationships with a wide range of private, public and third-party stakeholders, to help employers to help improve the way employees manage their money, debt and pensions.



[Contact Margaret](#)

[Back to top](#)

#### What is financial wellbeing?

For us at the Money and Pensions Service (MaPS), financial wellbeing is about feeling secure and in control. It's about making the most of your money from day to day, dealing with the unexpected, and being on track for a healthy financial future. In short: financially resilient, confident and empowered.

[Back to top](#)

#### Financial wellness figures in Northern Ireland

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

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

## Section 3: Cost of Living

### Available Northern & Southern Sectors

[Benefits calculator](#) | [MoneyHelper](#)



Cymraeg

[Benefits](#) [Everyday money](#) [Family & care](#) [Homes](#) [Money troubles](#) [Pensions & retirement](#) [Savings](#) [Work](#)

[Home](#) > [Benefits](#)

## Benefits calculator

5 minutes to complete

See the benefits and extra money you can claim. Our benefits calculator is free, quick and confidential.

### Why you should use this calculator

- Quickly see if you could claim extra regular payments, like Universal Credit and Child Benefit.
- See if you qualify for other help and grants, like free school meals and money towards your heating bills.
- Check what support you can get if your circumstances have changed.

### How our benefits calculator works

- Answer simple questions for a quick estimate of how much you could get.
- Enter more details to see a full list of the benefits, payments or vouchers you could qualify for and how to claim them.
- Your information is confidential. We don't store or share it with anyone else.
- The calculator should be used as a guide and might show you benefits you're already claiming. [For a full benefits check from a specialist near you, visit Advice Local](#)

[Start benefits calculator](#)

We are running a benefits calculator pilot with Inbest. [For benefit calculators from other providers, see GOV.UK](#)

Powered by [Inbest](#)





## Section 3: Cost of Living

### Available Northern & Southern Sectors

[Talk Learn Do | Money and Pensions Service](#)

[View this email in your browser](#)



### Talk Money Week 2025:

#### Toolkit for schools now live!

**#TalkMoney** Week returns this 3-7 November and we're calling on schools, colleges and educators across the UK to help **#StartTheConversation**.

Our online Talk Money Week 2025 toolkit for schools is designed to make things easy and contains:

- practical ideas to deliver a money session in the classroom
- resources to help you host a Talk Money themed assembly
- tailored resources for Scotland, Wales and Northern Ireland
- ways to help engage parents and carers at home
- ... plus so much more!

All our resources are free to view and download in both English and Welsh.

[View the toolkit for schools](#)

[Gweld y pecyn cymorth ar gyfer ysgolion](#)

## 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

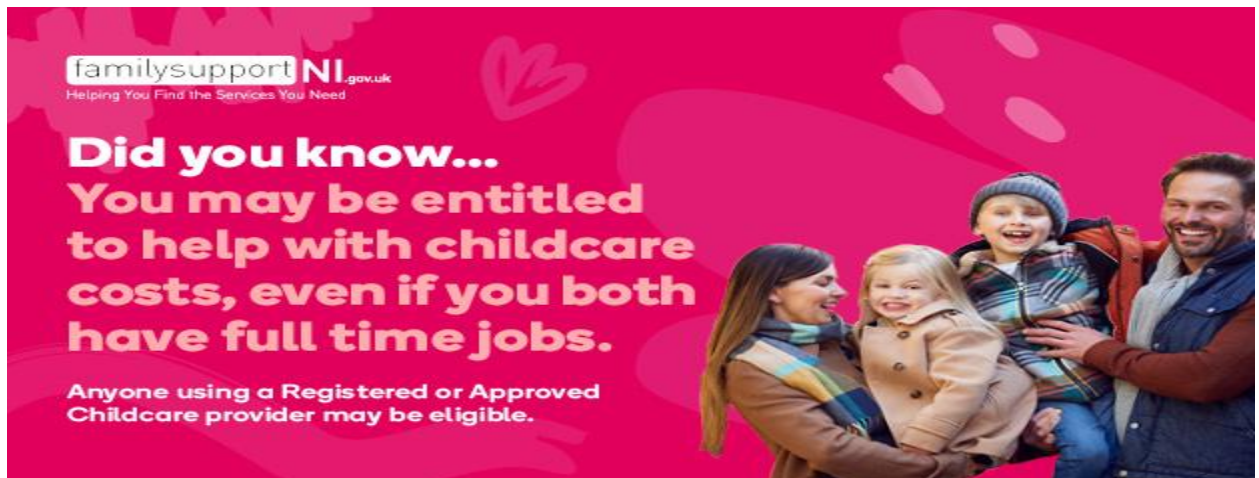
You can challenge a benefit decision if your benefit has been stopped / sanctioned / reduced / refused or you have been overpaid. Most benefit decisions need to be challenged within one month.

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

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

## Section 3: Cost of Living

### Available Northern & Southern Sectors



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

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

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

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

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

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

## Section 3: Cost of Living

### Available Northern & Southern Sectors

#### Budgeting and money advice - Community Wellbeing NI

[Mental Health Information](#)
[Self Help Toolkit](#)
[Take 5 Steps to Wellbeing](#)
[community wellbeing .info](#)
[Infolines](#)
[Services & Support](#)
[Our Partners](#)

#### Budgeting and money advice

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

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

#### Balancing financial worries and mental health

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

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

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

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

#### Budgeting first steps

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

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

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

#### Dealing with debts

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

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

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

#### Organisations who can help

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

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

#### Getting the right advice

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

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

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

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

#### Money and mental health

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

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

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

#### More resources

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



**Section 4: Neurodiversity**  
**Available Northern & Southern Sectors**  
Training - Middletown Centre For Autism  
([middletownautism.com](http://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](mailto: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

[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](http://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.

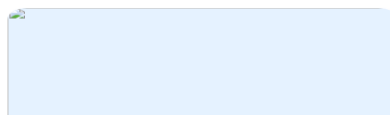
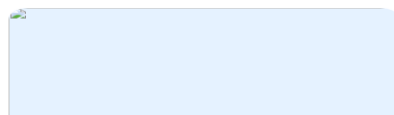
[View Course](#)

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](#)

## Section 4: Neurodiversity

### Available Northern & Southern Sectors

### Children and Young People's Autism Service | Western Health & Social Care Trust

#### Children and Young People's Autism Service



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

Service User Feedback

Contact Us

Contact Us

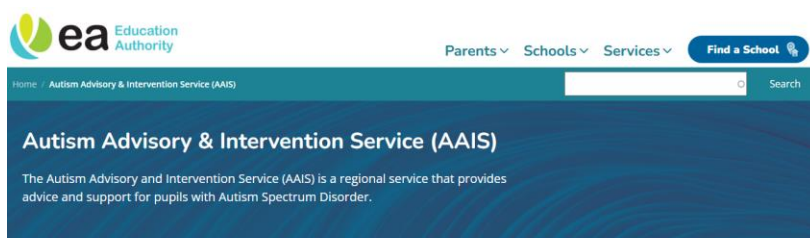
What's On

What's On

## Section 4: Neurodiversity

### Available Northern & Southern Sectors

[Autism Advisory & Intervention Service \(AAIS\) | Education Authority Northern Ireland \(eani.org.uk\)](#)



Referrals to AAIS are made by the school's Educational Psychologist.

#### Contact Us


AAIS can be contacted Monday - Friday, 9am - 4:30pm using the telephone number below.

Tel: 028 9031 7777 and select option 3.

#### Celebrating Me Series

Supporting a Pupil's Understanding and Acceptance of an Autistic Spectrum Disorder Diagnosis.



- ☐ Celebrating Me Videos
-  Celebrating Me - Adult Guidance Booklet  
PDF 371.74 KB
-  Celebrating Me - Pupil Booklet  
PDF 2.24 MB

#### Guidance and Resources for Children with Autism

##### Sensory Bytes Series

- ☐ AAIS The Nervous System
- ☐ AAIS Quick Fixes
- ☐ AAIS Dots and Squeezes
- ☐ AAIS Exercise Bounce
- ☐ AAIS Time Out
- ☐ AAIS Chewies
- ☐ AAIS Fidgets
- ☐ AAIS Essential Oils



## Section 4: Neurodiversity

### PD Support Sessions Brochure 2025 FV



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

### **Post Diagnostic Interventions**



**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 5833



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



### For further information go to:

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

**HSC** Western Health  
and Social Care Trust

Welcome to the



*Your Journey Starts here ...*

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

### Early Intervention

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

### What Now

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

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

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

### What we can offer:

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

### Assessment

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

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

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



We all think differently



## Section 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](https://OnlineSafetyHub.SafeguardingNI.org)

## Section 6: Digital Safeguarding



### Welcome to the SBNI Online Safety Hub Highlights

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

[Promote the hub](#)[Watch the promo video](#)[Visit the young person's hub](#)[Submit content](#)[Contact the hub](#)[About the hub](#)

### Concerned about a child or young person?

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

### Tell us what you think:

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

### The ReachDeck Toolbar

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



## Section 6: Digital Safeguarding

### Promote the Hub - Safeguarding Board for Northern Ireland



#### Poster

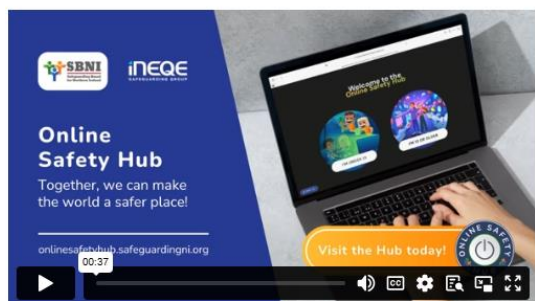
Print these off and pin them on your noticeboard to share the Online Safety Hub with your Community

[Click here to download the A4 Poster \(PDF\)](#)

[Click here to download the A3 Poster \(PDF\)](#)

[Click here to download the A4 Poster in Irish \(PDF\)](#)

[Click here to download the A3 Poster in Irish \(PDF\)](#)



#### Promotional Video

[Click here to download the Landscape video, Thumbnail and Captions file](#)

[Click here to download the Square video, Thumbnail and Captions file](#)



#### Find out how to use the Hub (Adult Site)

[Click here to download the Landscape video and Thumbnail \(Adults Site\)](#)



#### Find out how to use the Hub (Children and Young People Site)

[Click here to download the Landscape video and Thumbnail \(Children and Young Peoples Site\)](#)

## Section 6: Digital Safeguarding

### Trust Trap | PSNI

Trust Trap: You're not to blame

 **Police Service**  
of Northern Ireland

 **SBNI**  
Safeguarding Board  
for Northern Ireland

**BLACKMAIL & FAKE PROFILES  
CAN HAPPEN TO ANYONE.**

**IT IS NEVER YOUR FAULT.**

**YOU ARE NOT ALONE.**

**YOU ARE NOT IN TROUBLE.**

**SPEAK UP & TELL SOMEONE.**

Help is Available

Call us on 101 or make a report at [psni.police.uk/report](https://psni.police.uk/report)  
or visit [onlinesafetyhub.safeguardingni.org](https://onlinesafetyhub.safeguardingni.org)

### Further Support and Advice

Developed by the Safeguarding Board for Northern Ireland (SBNI), the Online Safety Hub is a dedicated website for young people and adults, focusing on Online Safety.

Whether it's information about sharing images, social media, screen time or knowing where to turn to when something doesn't feel right - the Hub has free and accessible advice to help young people and families feel more safe, secure and supported online.

[VISIT THE ONLINE SAFETY HUB WEBSITE](https://onlinesafetyhub.safeguardingni.org)



## Section 7: Addiction Available Southern Sector



**SMART Recovery**  
Life beyond addiction

**Beginning  
7th August 2024**

**ASCERT FACILITATE FREE WEEKLY  
SMART RECOVERY MEETINGS**  
ALL OVER 18'S ARE WELCOME TO COME ALONG

**EVERY WEDNESDAY**  
**11AM - 12.30PM**  
**Omagh Public Library,  
1 Spillars Place Irishtown Road, Omagh BT78 1HL**

**FIND OUT MORE**  
[www.ascert.biz](http://www.ascert.biz)  
[www.smartrecovery.org.uk](http://www.smartrecovery.org.uk)

**Facilitated by**  
**ASCERT**



### What is SMART Recovery?

SMART Recovery is an evidence informed recovery method grounded in Rational Emotive Behavioural Therapy (REBT) and Cognitive Behavioural Therapy (CBT), that supports people with substance dependencies or problem behaviours to:

- Build and maintain motivation
- Cope with urges and cravings
- Manage thoughts, feelings and behaviours
- Live a balanced life

### Beginning 7th August 2024

Our weekly group meetings create a safe and non-judgemental space open to all adults, following a number of guiding principles to ensure everyone gets the best out of the time available:

- Respect
- Inclusivity
- Confidentiality
- Non judgemental





## Section 7: Addiction Available Northern & Southern Sectors

[marketing@ascert.biz](mailto: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





## MAKE THE MOST OF IT

Helping people make the most use of advice, self-help material and other written resources

How often do we meet people in our work that have two conflicting views about what they should do? That's ambivalence. With the best intentions the practitioner may state the reasons for making a change and the client comes back with the reasons not to. As Bill Miller says author of Motivational Interviewing says, "...the ambivalent person is moved to the opposite side of the ambivalence by the very act of defending it."

Giving advice, or giving something written that is unwanted is likely to elicit pushback from clients that works against change (Miller & Rollnick, 2013).

We need a way to share information with our clients to help them change harmful behaviours while respecting their right to choose if, when, and how they will change.

Is there a more effective way to have these conversations to share information or give advice? Yes, A guiding style of communication (exploring alongside, supporting, encouraging) rather than a directing style (telling, prescribing) will be more helpful.

**Explore - Offer - Explore** is a way to give information or advice more effectively and is consistent with the spirit of Motivational Interviewing.

The principals of Explore, Offer, Explore (E.O.E.) involves:

- first evoking first the person's existing knowledge, they want it and are able for it
- give new information with permission
- explore their thoughts about the information.

This helps practitioners honour their client's expertise, and is a respectful way to ask permission to share material or advice.

(Miller & Rollnick, 2013).

The way in which you talk with people about their health can substantially influence their personal motivation for behaviour change.



Giving advice and using written leaflets or workbooks is a common practice in working with people in helping them change. What can we do that increases the possibility that they will use that advice?

### S.C.R.A.P.P.Y. O.L.D. B.I.T.S.

Less effective: A directing style:

- S** Suggestions: Maybe you could try...
- C** Closed Questions: Did you go to the gym?
- R** Reassurance: It'll be fine. You'll be grand.
- A** Advice & Opinion: You really need to... I think you should
- P** Pushy: We need to talk about x.
- P** Pep & Praise: Stay positive. Look forward. You are so clever. Well done!
- Y** Yes, but at least: At least it is only keyhole surgery.
- O** Opinion: (uninvited) I think x. My view is x.
- L** Like / loathe: Oh, I LOVE that idea. No, I hate that option
- D** Dive on solutions: Oh that's brilliant! You should definitely do that! Get started, let's do this!
- B** But - that's good but....
- I** Inquire into failure - Why did you fail?
- T** Telling off - I am disappointed
- S** Spoilers: How was your week? was it ok? (spoiler is closed question after an open question)

## Examples of exploring types of questions include:

"What do you already know about \_\_\_\_\_?"

"What would you like to know about \_\_\_\_\_?"

"May I share some information with you about \_\_\_\_\_?"

"We have a booklet people find help helpful. Would you be interested?"

The final step of E.O.E. involves exploring the client's thoughts and reflecting their reactions giving them time to consider how the information applies to their specific situation.

### EXPLORE

- Existing knowledge
- Interest
- Permission

What do you know about. I have a leaflet people find helpful. What would you think about that?

### OFFER

- Acknowledge strengths
- Affirmation
- Information one piece at a time
- Autonomy support

That's strength that you are open to new ideas. What you do with this is up to you.

### EXPLORE

- Reactions
- Additional questions
- Next steps

What do you think about what was in it? How do you feel about what it said?

## Conversation skills: The guiding Style of O.C.E.A.N.I.C.

- O** **Open Questions:**  
What are your thoughts on...? How do you feel about...?
- C** **Consent:** Is it ok if I ask about x? We have a leaflet about x people find helpful. I would like you to see it. Is that ok?
- E** **Empathy through really listening:**
- A** **Acknowledge strengths:** Notice the qualities and characteristics that the person brings to the situation  
You've been working hard on this.....That was a courageous thing to do...
- N** **Nuggets:** A little advice or information – given with permission. Some people try a daily walk to reduce blood pressure, what are your thoughts about that?
- I** **Individualized:** How it affects them?
- C** **Chain:** link it to something in the next session

Developed by Ed Sipler, Health Development Specialist in Alcohol and Drugs and Dr. Rodger Graham Consultant clinical Psychologist South Eastern Trust

Alcohol and You is The South Eastern Trust, ASCERT, and Addiction NI working together to reduce alcohol related harm.

## W.E.D.G.E. Skills for reflecting

- W** **Words:** Say what you just heard in slightly different words.
- E** **Emotion:** Name the emotions, describe how it felt: "You seem frustrated about...."
- D** **Double:** Reflect on the ambivalence "You want x and on the other hand you really want Y"
- G** **Glue:** Comment on how stuck things seem. "You seem to have hit a brick wall"
- E** **Express:** Your own emotional state as you listen. "I'm wondering... I'm Curious ... I'm Confused..."

Explore, Offer,  
Explore presents an opportunity to present nuggets of information given with consent followed by checking out what they think. It is what they think that will guide what they do.

## Section 8: Emotional Wellbeing and Mental Health Support

Available Northern & Southern Sectors



**BACK BY POPULAR DEMAND**

**Parent LineNI**  
0808 8020 400

**PARENT WORKSHOP**

# Worry to Wonder

**TUESDAY 7<sup>TH</sup> OCTOBER 10AM-11.30AM**

**ONLINE VIA ZOOM**

A workshop for parents of primary school aged children exploring why our children worry and ways we can support them.

**CALL NOW TO BOOK  
YOUR PLACE**

**0808 8020 400**

**Parent LineNI**  
0808 8020 400



## 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](https://amh.org.uk)**

**Email: [wellbeing@amh.org.uk](mailto:wellbeing@amh.org.uk)**





@amhNI

© 2024 AMH

**action  
mental  
health**



## Section 8: Emotional Wellbeing and Mental Health Support

### Available Northern & Southern Sectors

#### Thriving Mind – resources for well being

There is no question, stress levels for our workforce, our communities, schools and families remains high for a lot of people.

What can bring practical tools and resources that have been shown be effective to support well-being?



The Thriving Mind Home Page is a page Tiger platform with links to well-being resources in one place to increase accessibility.

Some of the tools are written resources. Some are visual media clips. Some are on-line interventions that are free to use at the users pace.

There are short clips for relaxed breathing, an introduction to mindfulness, calming skills, the revised Dealing with Worry Booklet, four online interventions including Self-compassion and Bend Don't Break and more.

It is not a one size fits all. Have a look and decide what would be helpful for you, your work or your own well-being. If you do find something useful, please let us know.

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

Led by Ed Sipler of South Eastern HSC Trust, the development of Thriving Mind tools has involved a range of partners and service users.



# Section 8: Emotional Wellbeing and Mental Health Support

## Available Northern & Southern Sectors

### Additional Opportunities

For those who complete the programme there will be an opportunity to access training to become a peer mentor. This training will empower them to:

- Deliver elements of the programme to their peers
- Gain leadership skills and experience to support and enhance their opportunities for further education and employment.

### How to get started?

We would love to discuss the programme further and explore how it can benefit those who use your services. Please reach out to us to arrange a meeting so that we can discuss this further.

You can contact us on [peaceofmind@inspirewellbeing.org](mailto:peaceofmind@inspirewellbeing.org)

Let's work together to support the emotional wellbeing and resilience of our young people!



A project supported by PEACEPLUS, a programme managed by the Special EU Programmes Body (SEUPB)



For more information, please contact:

[peaceofmind@inspirewellbeing.org](mailto:peaceofmind@inspirewellbeing.org)



### PEACE of Mind

empowering young minds,  
building resilience

The PEACE of Mind is a regional personal development programme delivered across a six-week period and is designed to enhance the emotional resilience and wellbeing of young people aged 9-25.



The PEACE of Mind is a regional personal development programme delivered across a six-week period and is designed to enhance the emotional resilience and wellbeing of young people.

Inspire's delivery of the programme will be open to 14-25 year olds considered marginalised or at risk.

The programme is delivered over 6 sessions, each focusing on a key area of personal development:

- Getting to know you
- Building Relationships
- Coping Skills
- Social Media
- Building Resilience
- Moving Forward

For more information, please contact:

[peaceofmind@inspirewellbeing.org](mailto:peaceofmind@inspirewellbeing.org)



A project supported by PEACEPLUS, a programme managed by the Special EU Programmes Body (SEUPB)

### What is the PEACE of Mind programme?

The PEACE of Mind Programme is an interactive, fully funded personal development initiative designed to enhance emotional resilience, coping skills, and overall mental wellbeing in young people.

Delivered by Inspire Wellbeing Youth Facilitators, the programme is tailored for individuals aged 14 to 25 years who would be considered marginalised or at risk. Young people can engage in the programme through self-referral and existing community engagement or they can be referred by CAMHS, MHAC, CMHT and/or GP Federation.



### Why Choose PEACE of Mind?

- No cost to you—the programme is fully funded.
- Supports your commitment to nurturing young people's wellbeing and personal development.
- Provides young people with practical tools to take ownership of managing their emotional wellbeing.

### Programme Overview

- Age Groups: Post-Primary (ages 14-17), & Young Adults (ages 18-25)
- Session Duration: 1 to 2 hours, adaptable to fit your sessions.
- Delivery Format: Delivered in person by experienced Youth Facilitators, using interactive groupwork and discussion based activities to engage participants.

### Key Focus Areas:

The programme is delivered over 6 sessions, each focusing on a key area of personal development:

- Getting to Know You: Exploring identity, who we are and celebrating ourselves.
- Coping Skills: Learning practical strategies to manage life's challenges and protect our mental wellbeing.
- Building Resilience: Adapting to change, recognising our purpose and improving self esteem.
- Building Relationships: Importance of connection, building meaningful and safe relationships, exploring our circle of influence and support.
- Social Media: how to create a safe space for online presence, influence and activity. Exploring harm reduction and informed choice to manage risk.
- Moving Forward: How do we take our learning forward to maintain ownership of our emotional wellbeing beyond the programme. What is there after this?

## 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

**action mental health**

**HSC** Public Health Agency  
Project supported by the PHA

[www.amh.org.uk](http://www.amh.org.uk)  
@amhNI

Copyright © 2019 Action Mental Health. All rights reserved.

## **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



# safeTALK

suicide alertness for everyone



## Join our **FREE** safeTALK training



**Central Library, Derry/L'derry**



**Thurs 20<sup>th</sup> November  
10am-1.30pm**

[Click here to register](#)



**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](http://www.northernireland.gov.uk)

## Section 8: Emotional Wellbeing and Mental Health Support

### Available Northern and Southern Sectors

FREE mental health & well-being programme for children aged 9-11 years

#### OUR Generation: Spaces to Be

PlayBoard NI, the lead organisation for the development and promotion of play is delivering *Spaces to Be* – an innovative, cross-community and cross-border personal development programme supporting peacebuilding for children and young people.

*Spaces to Be* is a unique and interactive initiative designed to enhance the mental health and well-being of children aged 9 to 11. Rooted in the advocacy of the *Child's Right to Play*, the programme aims to:

- Increase mental health literacy
- Enhance emotional resilience
- Develop self-help and coping skills
- Encourage inclusivity and acceptance of difference
- Increase knowledge of community

#### Programme overview:

- A free, fully facilitated programme delivered by PlayBoard's experienced staff team
- Interactive staff training
- 5 dynamic play-based sessions for children

#### Play sessions themes:

1. ME (Mind & Emotions) - Exploring emotions, promoting positive physical and mental health, well-being and resilience, through play.
2. ME and My Connections - Exploring problem solving, empathy and intrapersonal skills.
3. ME, My Connections and My Community - Supporting children to consider the multiple social groups they are part of, and how they contribute to building peaceful communities.
4. Better Together - Supporting children to consider a range of perspectives and have positive attitudes towards other communities.
5. Better Together Celebration - Celebrating the power of play and how it can promote peacebuilding on a cross-community basis.



**PEACEPLUS**  
Northern Ireland - Ireland  
Co-funded by the  
European Union | UK Government



A project supported by PEACEPLUS, a programme managed by the Special EU Programmes Body (SEUPB).

**GET IN TOUCH:** [OurGeneration@playboard.co.uk](mailto:OurGeneration@playboard.co.uk) OR +44 28 9080 3380  
[www.playboard.org/resources/our-generation](http://www.playboard.org/resources/our-generation)  
[www.ourgeneration-cyp.com](http://www.ourgeneration-cyp.com)



## Section 8: Emotional Wellbeing and Mental Health Support

### Available Northern & Southern Sectors

*Join us for...*



**MOOD MATTERS**  
WORKPLACE

**AHEAD OF WORLD MENTAL HEALTH DAY  
FOR A MENTAL HEALTH EDUCATION &  
AWARENESS SESSION WITH AWARE NI**



 **TUESDAY 7<sup>TH</sup> OCTOBER**

 **11AM - 12PM**

 **ONLINE VIA TEAMS**

**SIGN UP FOR FREE!**  
**AWARE-NI.ORG** 

**AWARE**  
OVERCOMING DEPRESSION.  
CHANGING LIVES.

## Section 8: Emotional Wellbeing and Mental Health Support

### Available Northern and Southern Sectors

#### [Aware NI - Upcoming Mindfulness Courses](#)



[INFORMATION](#) [HOW WE CAN HELP YOU](#) [WELLBEING PROGRAMMES](#) [FUNDRAISING](#) [INVESTORS IN MENTAL HEALTH AWARDS](#) [SHOP](#) [Q](#)

### Upcoming Mindfulness Courses

If you'd like to join one of our upcoming [Mindfulness](#) courses, please select the option below that suits you best.

#### ET 4863 Mindful Parenting Course

Delivered online via Zoom

This free six-week course is designed for **parents and guardians of young children and teens**. It explores how mindfulness can support you in your parenting role - helping you manage stress, build emotional resilience, and nurture stronger connections with your children.

By learning simple, practical mindfulness techniques, you'll not only improve your own wellbeing, but also help create a more positive and calm environment at home.

**Dates:** Monday 8th September - 13th October

**Time:** 10am - 12pm

[Click HERE to apply](#)

[For more information click HERE](#)

#### ET 4868 Mindfulness Course for Teachers & Classroom Assistants

Delivered online via Zoom

This free six-week course is designed for **teachers and classroom assistants**.

This course will introduce you to the meaning of mindfulness, how it can support you in everyday life and how you can use it in your role as a teacher or classroom assistant. Each session will introduce a different practice and touch lightly on various aspects of mindfulness.

**Dates:** Monday 6th October - 10th November

**Time:** 7pm - 9pm

[Click HERE to apply](#)

[For more information click HERE](#)

#### ET 4961 Mindfulness-based Cognitive Therapy for Primary Teachers & Classroom Assistants

Delivered online via Zoom

This free eight-week course is designed for **primary teachers and classroom assistants**.

This in-depth 8-week course offers a comprehensive introduction to **Mindfulness-Based Cognitive Therapy (MBCT)**—a powerful approach designed to help you develop a steady, supportive, and nourishing meditation practice to use in your personal life and within the classroom.

Across **8 weekly sessions** and a **one-day mindfulness retreat**, you'll explore practical techniques.

**Weekly sessions:** Tuesday 7th October - 2nd December, 4.30 – 6.30pm

**Mandatory Mindfulness Day:** Sunday 23rd November 10.30am – 3pm

[Click HERE to apply](#)

[For more information click HERE](#)

#### ET 4865 Mindful Parenting Course

Delivered online via Zoom

This free six-week course is designed for **parents and guardians of young children and teens**. It explores how mindfulness can support you in your parenting role - helping you manage stress, build emotional resilience, and nurture stronger connections with your children.

By learning simple, practical mindfulness techniques, you'll not only improve your own wellbeing, but also help create a more positive and calm environment at home.

**Dates:** Friday 17 October - 21st November

**Time:** 10am - 12pm

[Click HERE to apply](#)

[For more information click HERE](#)



## 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](mailto: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 Southern Sector

HOPELINE247 | Papyrus

**Contact HOPELINE247**

If you are having thoughts of suicide or are concerned for a young person who might be you can contact HOPELINE247 for confidential support and practical advice.

Call: 0800 068 4141

Text: 88247

Email: [pat@papyrus-uk.org](mailto:pat@papyrus-uk.org)


Opening hours:

Lines are open 24 hours every day of the year (Weekends and Bank Holidays included)

Our suicide prevention advisers are ready to support you.

LINE247

# HOPELINE247



HOPELINE247 advisers want to work with you to understand why thoughts of suicide might be present. They also want to provide you with a safe space to talk through anything happening in your life that could be impacting on your or anyone else's ability to stay safe.

- [For children](#) and young people under the age of 35 who are experiencing thoughts of suicide
- [For anyone](#) concerned that a young person could be thinking about suicide

## Young people

Our advisers are all trained to help you focus on staying safe from suicide. Their training enables them to provide advice and support that may help you to move forward and stay alive.

## Concerned others

If you are concerned that a young person is feeling suicidal, advisers can support you to start a conversation about suicide and explore options of how best to support them.

## Contact HOPELINE247

If you are having thoughts of suicide or are concerned for a young person who might be you can contact HOPELINE247 for confidential support and practical advice.

### Head Office


Bankside 2, Crosfield Street,  
Warrington, Cheshire, WA1 1UP

Tel: 01925 572 444

Email: [admin@papyrus-uk.org](mailto:admin@papyrus-uk.org)

Thinking of suicide?

Fundraising



Donate

HOPELINK Safety Plan

0800 068 41 41

Vivid

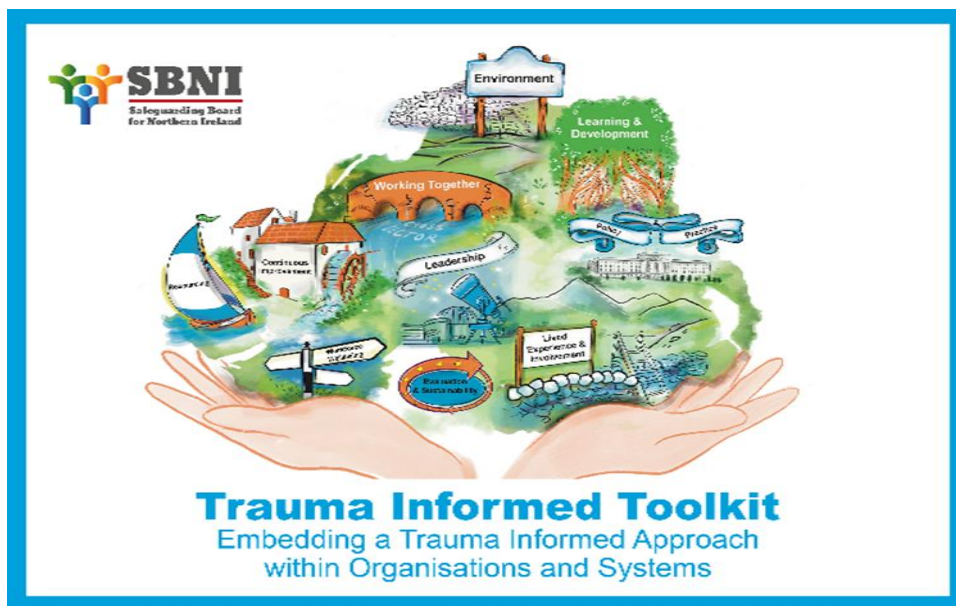
Accessibility and Language Tools

[Home](#) [About](#) [Help and advice](#) [Fundraising](#) [Education and training](#) [News and campaigns](#) [Get involved](#) [Contact us](#) [Shop](#)

Suicide prevention advisers are ready to support you.

## Section 8: Emotional Wellbeing and Mental Health Support

### Trauma Informed Toolkit



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

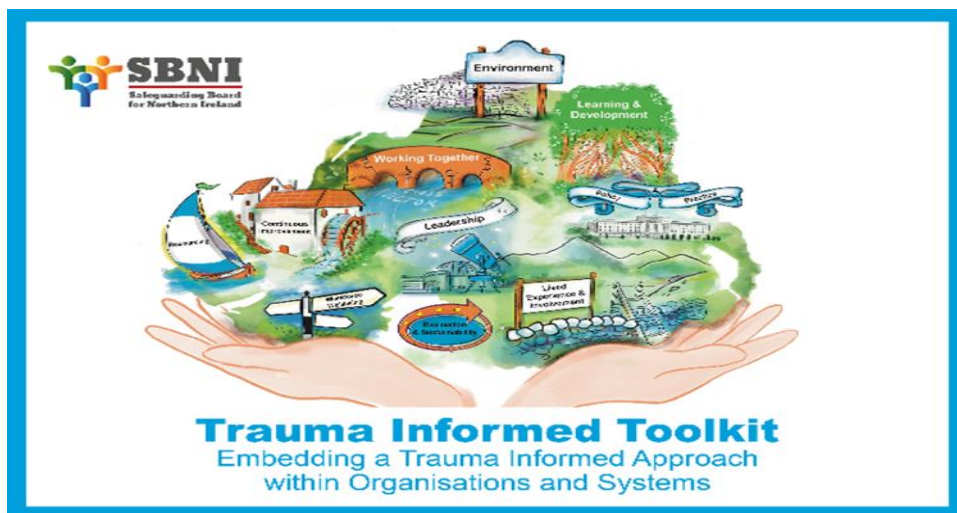
To register for an in person toolkit implementation workshop in your area or to access the dates and venue options please [click here](#).

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!

	<b>What is EWTS (Emotional Wellbeing Teams in Schools)</b> 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.
	<b>EWTS A4 Poster for Schools</b> Poster for Schools providing information about teams, getting involved and emotional wellbeing champions
	<b>EWTS Information Leaflet</b> 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.
<b>EWTS RESOURCES</b>	
	<b>Understanding Anxious Feelings</b> Leaflet available in a number of languages for Parents and Carers for understanding Anxious feelings, what happens to the body and what might help
	<b>Emotional Based School Non-attendance (EBSNA) and School Based Anxiety</b> 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
	<b>Building Healthy Relationships - Your Relationship with You</b> 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.
	<b>Building Healthy Relationships - Friends</b> 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...
	<b>Building Healthy Relationships - Healthy Vs Unhealthy</b> 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.
	<b>Building Healthy Relationships - Social Media (English)</b> Poster provides information on the pros and cons of social media, questions to consider before posting and tips and advice about your emotional wellbeing
	<b>Building Healthy Relationships - Social Media (Translated)</b> Poster provides information on the pros and cons of social media, questions to consider before posting and tips and advice about your emotional wellbeing
	<b>Calm Cards</b> 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.
	<b>Exam Stress</b> E-Posters for Students providing tips for exam prep and lots of tips for self care, Posters available in 9 languages
	<b>Dealing with Feelings - Staff Resource</b> 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.
	<b>CAMHS Referral Process Poster</b> 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
	<b>Discussing Self Harm</b> 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 Northern & Southern Sectors

<https://westerntrust.pagetiger.com/hiei-training-brochure-september-2025-april-2026/training-brochure-sept-2025-march-2026>

The WHSCT Health Improvement Equality & Involvement (HIEI) Department has released their latest Second Edition Training Brochure which is offering free training courses taking place across the Trust from **1st September 2025 to 31st March 2026**.



In this second edition, the training courses are found under the headings of Children & Families, Emotional Health & Wellbeing, Nutrition, Physical Activity, Sexual Health, Smoking Cessation and the Traveller Health and Wellbeing Programme.

The Department is delighted to introduce two brand new courses; 'Stay Strong, Stay Steady: A Movement Course' and 'LGBTQIA+ Awareness Training'.

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-september-2025-april-2026/training-brochure-sept-2025-march-2026>

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



## Section 9: Training / Conferences

### Available Northern & Southern Sectors

[health.improvement@westerntrust.hscni.net](mailto:health.improvement@westerntrust.hscni.net)



The Health Improvement, Equality and Involvement Department aims to improve the health and wellbeing of all people in the Western Trust area. We provide a range of services, including training, project development and a wide variety of health information and resources.

For all our services please click on the tiles below.

#### Contact Details

Phone us on: 028 7186 5127

[health.improvement@westerntrust.hscni.net](mailto:health.improvement@westerntrust.hscni.net)

Or write to us at:

Health Improvement Department  
Maple Villa B  
Gransha Park  
Derry/Londonderry  
BT47 6WJ



#### Training Brochure

Health Improvement training courses available across the Western Trust area



#### Leaflet and Resources

View and order leaflets and resources available from the HIEI Department



#### Action E-zine

Read the HIEI Department's latest Newsletter



#### Children and Families

Early years and child development interventions



#### Community Development

Information on Neighbourhood Renewal, Involvement and Traveller Health



#### Digital Safeguarding

Information on staying safe online



#### Emotional Health and Wellbeing

Information on Mental Health and Wellbeing, Suicide Prevention and Lifeline



#### Equality

Information on equal access to health and social care services



#### Healthy Lifestyles

Information on Alcohol and Drugs, Cancer Prevention, Diabetes Prevention Programme, Men's Health (coming soon), Nutrition, Physical Activity, Sexual Health, Smoking Cessation and Sleep



#### Later Years

Information on Older People and Falls Prevention



#### Personal and Public Involvement (PPI)

Involvement of service users, carers and the public in health and social services




#### Staff Wellbeing

Information on Western Trust staff wellbeing initiatives

## Section 9: Training / Conferences

Health Improvement Leaflet Catalogue | Western Health & Social Care Trust

## Available Northern & Southern Sectors



Western Health

and Social Care Trust

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 [Health and Wellbeing](#) | 
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 [Working for Us](#) | 
 [Contact Us](#) | 
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[Home](#) > 
 [Health and Wellbeing](#) > 
 [Health Improvement Leaflet Catalogue](#)

## Health Improvement Leaflet Catalogue

If you would like to order leaflets, please complete the leaflet order form and submit to [health.improvement@westerntrust.hscni.net](mailto:health.improvement@westerntrust.hscni.net)

### Health Improvement Leaflet Order Form

**Name \***

First

Last

**Date**

mm/dd/yyyy

**Phone \***

**Email \***

**Organisation**

**Address \***

Street Address

Address Line 2

City

State / Province / Region

ZIP / Postal Code

Country

**Leaflet Title \***

Please write the title of the leaflet you wish to order

**Number of Leaflets Required \***

Please indicate the number of copies you require

Submit

Nutrition	+
Physical Activity	+
Mental Health	+
Sexual Health	+
Pregnancy and Childbirth	+
Immunisation	+
Infant Feeding	+
Cancer	+
Alcohol	+
Smoking	+
Drugs	+
Antibiotics	+
Stroke	+

## Section 9: Training / Conferences Northern & Southern Sectors

<https://westerntrust.hscni.net/service/recovery-college/>



### **Western Health and Social Care Trust Recovery College Autumn/Winter 2025 Prospectus.**

We have some exciting workshops coming this term across our 5 locations. If you are interested in attending any workshops please enrol by either;

- completing our enrolment form in the back of the prospectus
- emailing us on [recoverycollege@westerntrust.hscni.net](mailto:recoverycollege@westerntrust.hscni.net)
- phoning us on 028 8225 2079 or
- completing our online enrolment form which can be found in the prospectus or at the following link <https://forms.office.com/e/RKy3i6khzX>

We are looking forward to seeing you this term. If you have any queries please do not hesitate to contact us by phone on 028 8225 2079, email [recoverycollege@westerntrust.hscni.net](mailto:recoverycollege@westerntrust.hscni.net) or dropping into our office at Lisnamallard, 5b Woodside Avenue, Omagh BT79 9BP

## Section 9: Training / Conferences Northern & Southern Sectors

**FREE**

### Keeping Adults Safe Training

**WESTERN TRUST AREA**

**Safeguarding  
is everyone's  
business!**

For community, voluntary, faith and independent sector organisations and groups

#### Keeping Adults Safe: Creating a Safe Environment

This one day programme covers risk of harm in adulthood; the legal context of adult safeguarding; categories of abuse; dealing with a disclosure of abuse and an allegation against a staff member/volunteer; safe planning of services/activities, safe recruitment and selection, effective management, and a code of behaviour for staff/volunteers.

7 October 2025, 10.00am - 3.30pm

Online

**BOOK HERE**

29 January 2026, 10.00am - 3.30pm

Online

**BOOK HERE**

#### Keeping Adults Safe: Implementing Standards for Good Practice

This half day programme will help organisations implement the required standards of practice for adult safeguarding, as outlined in *Keeping Adults Safe: A Shared Responsibility*. This training looks at each of the standards individually and considers the procedures and guidelines that need developed within your organisation in order to implement the standards, allowing organisations to identify areas for improvement and action required.

28 November 2025, 10.00am - 1.00pm

Omagh

**BOOK HERE**

31 March 2026, 10.00am - 1.00pm

L'Derry

**BOOK HERE**

#### Keeping Adults Safe: Recognising, Responding and Reporting

This half day programme covers risk of harm in adulthood; the legal and policy context of adult safeguarding; categories of abuse and possible indicators; and procedures for reporting concerns.

3 February 2026, 10.00am - 1.00pm

Online

**BOOK HERE**



## 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](mailto:solihullapproach@uhb.nhs.uk)

For technical support contact:  
[solihullapproach@uhb.nhs.uk](mailto: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/](http://www.solihullapproachparenting.com/online-courses-for-professionals/)  
Select 'Create account' and complete the application  
OR  
Go to [www.inourplace.co.uk](http://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/](http://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

October IMH Lunchtime Learning Tickets, Wed, Oct 29, 2025 at  
12:00 PM | Eventbrite



### IMH Lunchtime Learning

#### Embedding Solihull Training Through a Systemic Approach

hosted by Averil Bassett, Tracey Ripley-  
McElvogue, and Grainne McHugh.

**Wednesday 29th October**  
**12:00PM - 1:00PM, online**

**HSC** Public Health  
Agency  
Project supported by the PHA

 **NATIONAL  
CHILDREN'S  
BUREAU**





## WHERE ARE WE BASED?

### Trust Family Centres

Shantallow Family Centre, Derry  
Creggan Family Centre, Derry  
Riverside Family Centre, Omagh  
Erne Family Centre, Enniskillen


### Community Family Centres

Barnardo's, Strabane Family Centre  
Dry Arch Children's Centre, Dungiven  
Action for Children, Waterside Family Centre,  
Derry

**Family Centres can help in many ways, offering support to parents and children through a range of services.**







# Parenting work

- Protective Parenting/Parenting Education
- Trauma Recovery
- Co-parenting/Family Relationship work
- Practical parenting skills
- Advocacy
- Systemic Family Work
- Reunification Support
- High Conflict parenting work
- Reflection on Relationships programme
- Play and Stimulation
- Behaviour Management/Positive Parenting
- Internet Safety



## Group work and formal programmes

- Parenting Your Teen
- Nurturing programme
- Incredible Years
- Incredible Years - ASD
- Solihull
- Behaviour management
- Mindfulness
- Circle of Security
- Anxiety Management
- Parents' Forum



**Additional services available at some centres:**

Early Years provision (Sure Start/crèche services).

Pre-school/after-school groups.

Summer provision (Summer schemes) and family days.

Welcome to the World antenatal programme.

Anxiety management and mindfulness.

**Each centre has their own specialisms - please contact your local Family Centre for a full list of services.**

**FAMILY CENTRES CAN PROVIDE SUPPORT TO CHILDREN THROUGH THERAPEUTIC WORK IN RELATION TO ABUSE, NEGLECT, LOSS & CHANGE.**

**The family centre teams can also help children with:**

self-protection skills

keep safe work

trauma recovery

hidden harm

emotional regulation & anxiety management

coping strategies

life story work

youth mentoring

reunification support



## Assessments

Capacity and Ability to Supervise and Protect (CASP-R)

Ability to Protect assessments

CASP-R Specialist Risk Assessment (\*Shantallow FC only)

Insight, Motivation & Capacity to Change assessment

Specific-focus Parenting Capacity assessments

PAMS & Parent Assess - assessments for parents with a learning disability or other vulnerabilities

DARAC (Domestic Abuse Risk Assessment for Children)



## Section 10: Western Area Sure Start Projects, Family Support Hubs and Childcare Partnerships

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

Contact Information	Telephone	Email
<b>Family First</b> – Natasha Burke, Family Support Hub Coordinator	(028) 7137 3870	<a href="#">Email here</a>
<b>Dry Arch</b> – Donna O’Kane Family Support Hub Coordinator	(028) 7774 2904	<a href="#">Email here</a>
<b>Fermanagh</b> – Donna Gormley, Family Support Hub Coordinator	(028) 6632 4181	<a href="#">Email here</a>
<b>Omagh</b> – Seana Conor, Family Support Hub Coordinator	(028) 8225 9495	<a href="#">Email here</a>
<b>ETHOS</b> – Marty Daly Family Support Hub Coordinator	(028) 7135 8787	<a href="#">Email here</a>
<b>Outer West</b> – Cathy Sweeney, Family Support Hub Coordinator	(028) 7126 9833	<a href="#">Email here</a>
<b>Strabane</b> – Shauna Devine Family Support Hub Coordinator	(028) 7138 2658	<a href="#">Email here</a>
<b>Waterside</b> – Meghan Leonard Family Support Hub Coordinator	(028) 7132 9444	<a href="#">Email here</a>

## **Section 11: Useful Links and Informative Media Resources**

### **Links**

#### **Cost of Living Resources Including Contact Details for Local Food Banks**

Fermanagh and Omagh District Council

[Cost of living help – Fermanagh & Omagh District Council \(fermanaghomagh.com\)](http://fermanaghomagh.com)

Strabane and Derry/ Londonderry District Council

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

Causeway Coast and Glens Council

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



## Section 11: Useful Links and Informative Media Resources



Are you looking for ways to support overwhelm, focus, motivation, nutrition, sleep, RSD, or emotional dysregulation?

Whether you're newly diagnosed, ADHD-curious, or looking for further support, the ADHD Women's Wellbeing Podcast is your space to explore expert advice and empowering insights.

[ADHD Women's Wellbeing Podcast with Kate Moryoussef — ADHD Women's Wellbeing | by Kate Moryoussef](#)

## 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

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### VOYPIC

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

### Aware NI

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

### NEXUS NI

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

### ASCERT

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

### MAN Men's Action Network

For Male Victims of Domestic, Sexual and Coercive Behaviour  
028 7122 6530 • 028 7137 7777 • Mon-Thurs 9am-4pm & Fri 9am-1pm

### Koram Centre

Strabane, Counselling and Psychosocial Support  
028 7188 6181 • Mon, Tues, Fri 9am-5pm, Wed & Thurs 9am-9pm  
Phone lines closed for lunch 1pm-2pm every day.

### Derry Well Women

Health and Social Care Services to Women of All Ages  
028 7134 0777 • www.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.

