



Western Health
and Social Care Trust



For Your Information

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December 2025 : Issue 25

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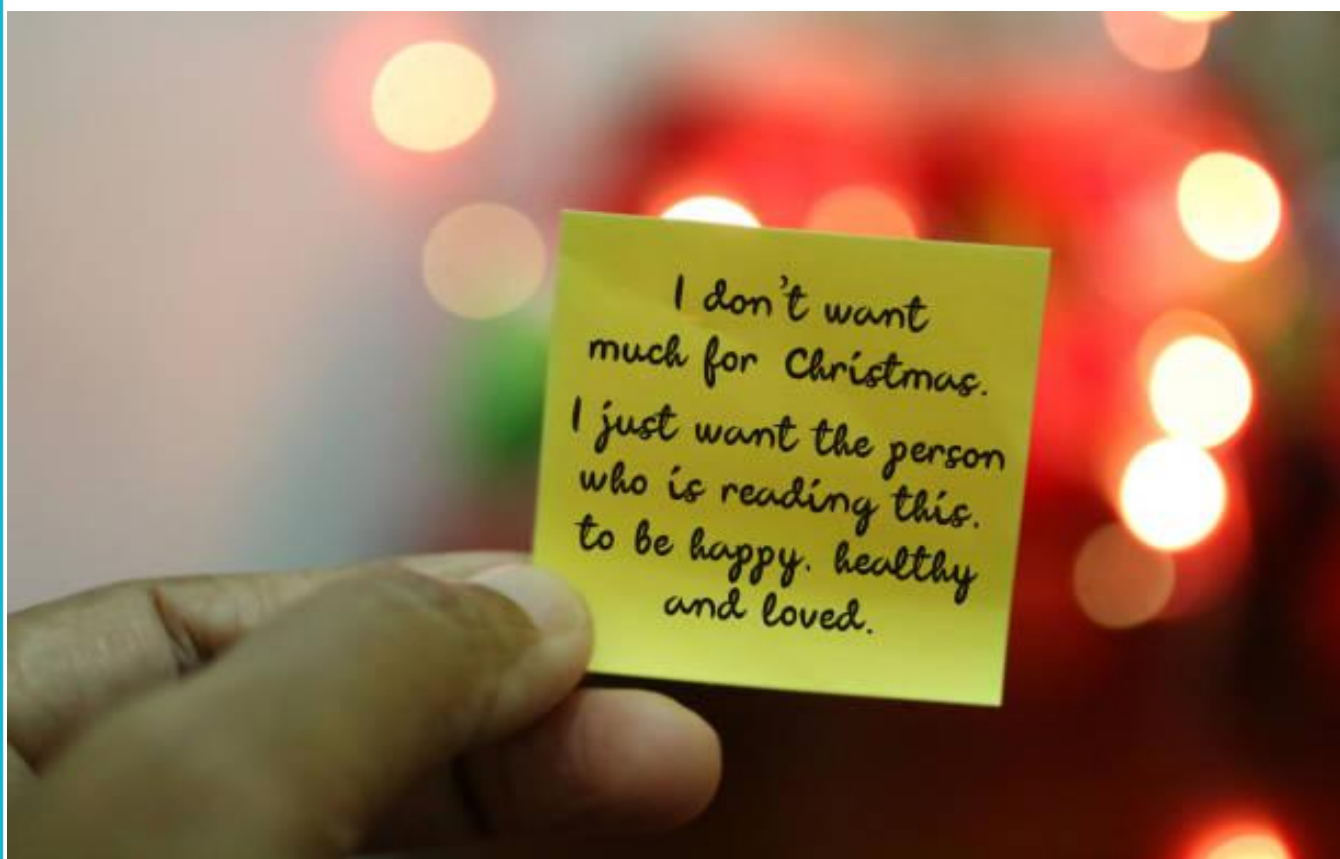
Section 12 :CRIS Leaflet

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

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:



Dr Priscilla Magee

LPG Meeting Schedule

Omagh LPG : 11.00 am-1.00pm –Tuesday 9th December, 2025, VTBC.

Fermanagh LPG : 11.00am -1.00pm – Thursday 11th December 2025, kindly hosted by The ARC HLC,116-122 Sallyswood, Irvinestown, BT94 1HQ .

Section 1: Family Support Available Northern Sector

mencap NI Family Support

Join us for the launch of our new
Parents and Tots group in Derry/Londonderry!
If you are a parent of a child aged 0-5 with
developmental delay come and join our group!

When:

Wednesday 19th November
10:00am - 12:30pm

Where:

St Columb's Park House
4 Limavady Road
Derry/Londonderry
BT47 6JY

To register your interest
contact us at
familysupport@mencap.org.uk



mencap NI Family Support

Join us for Parents and Tots in Derry!
If you are a parent of a child aged 0-5 with
developmental delay come and join our group!

When:

Tuesday 25th November and 16th December
10:00am - 12:00pm

Where:

Shantallow Community Centre
38 Drumleck Dr
Derry
BT48 8EN

To register your interest
contact us at
familysupport@mencap.org.uk



Section 1: Family Support

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

Available Northern & Southern Sectors

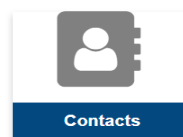
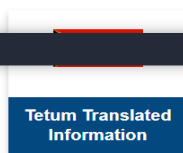
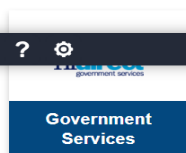
Welcome to the Translation Hub

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

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

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

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



Section 1: Family Support Available Southern Sector

EVAWG- News – Fermanagh & Omagh District Council EVAWG Toolkit

“Be The Change” Toolkit created by Fermanagh and Omagh Women’s Aid. The toolkit provides information on how to respond to inappropriate behaviours, policies and procedures and evidence based ways to support change. The Toolkit is designed to increase users’ awareness and understanding of primary prevention and to help readers develop their vital role in tackling gender inequality and VAWG.



Section 1: Family Support Available Northern & Southern Sectors

Labour Market Partnerships Childminding Academy

Are you interested in becoming a registered Childminder or approved home Childcarer?

This is an exciting opportunity to become a self-employed Childminder or an approved home Childcarer. The academy provides free access to the training, advice and support needed to enhance your qualifications whilst gaining the experience and resources required for a new career.

Why choose a career path in home based Childcare?

- The opportunity to earn a living by caring for other people's children
- The option to stay at home and care for your own children as well as caring for others
- Become self-employed
- Support the development of children up to 12 years of age
- Be eligible to benefit from the Tax Free Childcare scheme

What are the eligibility criteria?

- Must be over the age of 18
- Have the right to work in the UK
- Willing to commit and fully participate in all aspects of the academy



Ready to take the next step?

For more information or to apply, contact our delivery partner NICMA:

Email: enquiries@nicma.org

Tel: 028 9181 1015

Section 1: Family Support Available Northern & Southern Sectors



Talk to me before I'm born...

Think of the bond we will form



This will help me to:

- Learn new things
- Interact with others
- Be more confident
- Make friends at nursery and school
- Develop more independence

Talking & singing to babies in the womb develops the attachment between parent or caregiver and the child. Babies learn a lot before they are born. At 16-20 weeks they can hear your voice and other sounds from the womb. At 24-28 weeks their hearts beat faster when they hear music & they will remember the music they hear in the womb when they are born.

Helpful tips:

- Talk, sing and play music to your bump
- Encourage close friends & family to talk to your bump too
- Rub your tummy when your baby kicks - this can become a 'conversation'
- Visit CYPSP Pinterest Page and Hungry Little Minds website



For more information scan the QR code or contact the
Help Kids Talk Coordinator: 028 92670755 (option 6)

helpkidstalk@resurgamtrust.co.uk



Words by one make talking fun...

copy my actions, sounds and words



This will help me to:

- Learn new things
- Interact with others
- Be more confident
- Make friends at nursery and school
- Develop more independence

By responding to your child's actions, sounds and words you open communication & turn taking, and this will help develop back and forth 'conversations' right from the new-born baby stage. Early 'conversations' may consist of smiling or a baby waving their arms and legs in excitement.

Helpful tips:

- When your baby is making noises and different expressions, look and listen to show you are interested
- Copy noises and expressions your baby makes, smile and talk to them - this will encourage them to keep making 'conversation'
- When your child tells you about their day, listen and ask them questions.
- Visit CYPSP Pinterest and Hungry Little Minds website



For more information scan the QR code or contact the
Help Kids Talk Coordinator: 028 92670755 (option 6)

helpkidstalk@resurgamtrust.co.uk



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)

Section 1: Family Support Available Northern & Southern Sectors



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

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

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

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

www.senac.co.uk



Section 1: Family Support Available Northern & Southern Sectors

<http://www.nowgroup.org>



NOW Family Service

Key Benefits:

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



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

To secure your place you can WhatsApp: 078 2344 6122

Or register online at:

www.nowgroup.org/training-jobs

NOW

Section 1: Family Support Available Northern & Southern Sectors

Quotes from previous clients

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

"CMP gave me the ability to manage my health condition better"

"CMP helped me consider work options within my limitations"

"I looked forward to the weekly sessions and found staff very supportive"

"CMP helped me re-focus, gain confidence and a new perspective on work"

Contact Details

CONTACT THE CONDITION MANAGEMENT PROGRAMME WITHIN YOUR HEALTH AND SOCIAL CARE TRUST TO FIND OUT MORE;

Belfast H&SCT
028 9615 2688
cmpinfo@belfasttrust.hscni.net

Northern H&SCT
028 2563 5250
conditionmanagement.programme@northerntrust.hscni.net

Western H&SCT
028 7137 6911
condition.management@westerntrust.hscni.net

Southern H&SCT
028 3751 7173
conditionmanagement.programme@southerntrust.hscni.net

South Eastern H&SCT
028 9260 5494
conditionmanagement.programme@setrust.hscni.net

Or visit
www.nidirect.gov.uk/condition-management-programme.htm



Condition Management Programme

IMPROVING HEALTH, WORK
AND WELLBEING



What is CMP?

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

CMP is a voluntary programme facilitated by healthcare professionals, such as Occupational Therapists, Physiotherapists and Mental Health Nurses. Our aim is to help you to manage your health condition to enable you to stay in work, return to work or find employment.

Who is CMP for?

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

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

Off Work for up to 12 weeks

On Benefits and not working at present

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

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

How will CMP help me?

Working together with the CMP healthcare professionals you will:

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

What does it involve?

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

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

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

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

- Dealing with stress and anxiety
- Managing low mood and depression
- Coping with pain and fatigue
- Developing a healthier lifestyle
- Exploring potential options that will help support you to stay in work, return to work or help you find employment

How do I access CMP?

You can contact your local CMP office directly by phone or email.

You can ask to be referred by your Work Coach at the local Jobs and Benefits office.

You can also be referred by your GP or healthcare professional.

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

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.



Relate NI



C-CARD

Northern Ireland C-Card Scheme

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

Find your local
provider at:



Public Health
Agency

Project supported by the PHA

New CEOP Website Launched

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

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



The internet, relationships & you

Advice from CEOP Education at the National Crime Agency

Section 2: Youth Support Available Northern & 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

Vaping factsheet

What is vaping?

Vaping is the inhaling (breathing in) of vapour created by an electronic device that can be known as a vape, e-cigarette or electronic nicotine delivery system (ENDS).

Vapes work by heating a liquid (called an e-liquid/e-juice). The liquid typically contains nicotine, propylene glycol, vegetable glycerine and flavourings, some of which may be potentially harmful to the body. When heated, the nicotine changes into a vapour. The nicotine and other ingredients are inhaled into the body.

Vapes come in a variety of shapes, sizes and colours. Some can be disguised as items including pens and USB memory sticks.

While they are being used by some smokers as a quit aid or harm reduction product, there are an increasing number of young people vaping who are non-smokers. There has been a rapid increase in the use, availability and promotion of vaping devices.

The health advice is clear: young people and people who have never smoked should not vape.

What does the law say?

Vapes are an age restricted product. It is illegal to sell a vape to someone who is under 18 and to purchase a vape for someone who is under 18 years old.

For any nicotine containing e-liquid the maximum legal limit of nicotine is 20mg/ml. At this concentration 1ml of e-liquid is roughly equivalent to smoking **20 cigarettes**. A device containing 20mg/ml liquid may say 2% nicotine. For disposable vapes the tank size must not exceed 2ml, which roughly equates to **600 puffs**.

However, there are a variety of vapes being sold which are unregulated (illegal). These may contain higher levels of nicotine than the permitted 20mg/ml and disposable vapes are being sold which contain more than 600 puffs. The content of these unregulated vapes isn't known and they may have serious health implications.



Why do young people vape?

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

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

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



Why is there concern about vaping among young people?

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

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

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

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

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



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!

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

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

Call Childline on:
0800 1111

Call LIFELINE on:
0808 808 8000

Text Shout:
852558

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

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

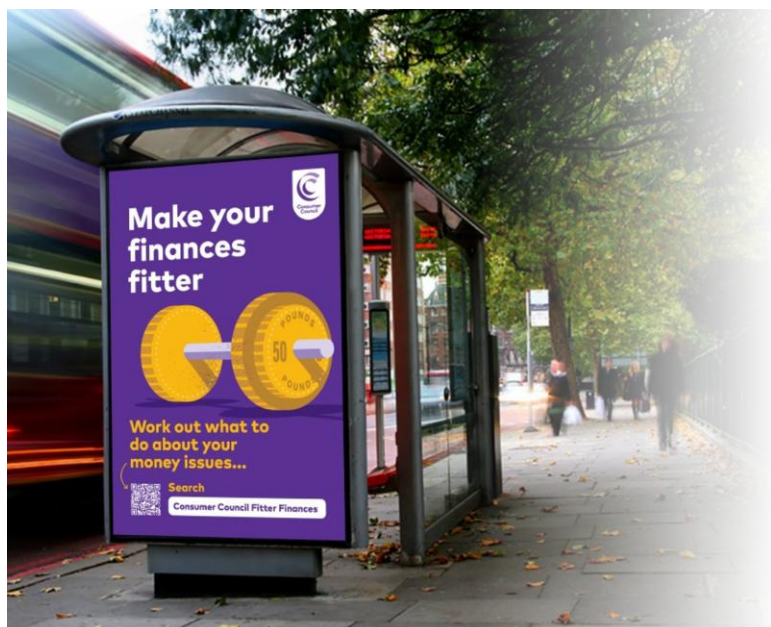
Available Northern & Southern Sectors

financialservices@consumercouncil.org.uk

Free Making your Finances Fitter session on how to maximise your money and get some financial first aid when you need it. **Thursday 6 November at 7pm**

All of us could do with giving our finances some extra care and attention to get them into better shape. We will share ways to help reduce your bills and details of schemes that may benefit you or someone you know. You will not be asked to share any confidential information during the session, and you don't have to have your camera or mic on during the session.

Anyone can attend, for details of how to join contact financialservices@consumercouncil.org.uk



**Make your
finances fitter**

**Consumer Council
Information Session**

Section 3: Cost of Living

Available Northern & Southern Sectors

Consumer Council for Northern Ireland

Consumer Council for Northern Ireland

We are the statutory consumer body for Northern Ireland. We provide advice and information, investigate and resolve complaints, and advocate on your behalf.

What can we help you with?

Search the Consumer Council site

Popular searches

- > Switching electricity or gas supplier
- > How we can help with your complaint
- > Appealing a Parking Charge Notice
- > Save energy and money
- > Draft 2025 - 2026 Forward Work Programme consultation

Save money with our interactive tools

- Electricity price checker**
Get the best deal
- Gas Price Checker**
Get the best deal
- Petrol and Diesel**
Check the prices in your area
- Home Heating Oil**
Check prices in your area
- Appliance cost checker**
How much do they cost to run?
- Free Water Bill Check**
Could your business save money on water bills?

Help for consumers

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

- How we can help with your complaint →**
 - > How we can help with your complaint
 - > Submit a complaint
 - > Our complaint handling process
 - > How we have helped
 - Show 3 more
- Electricity, oil and gas →**
 - > Switching electricity or gas supplier
 - > Support with high energy costs
 - > Energy efficiency
 - > Home heating oil
 - Show 4 more
- Travel and transport →**
 - > Public transport
 - > Air travel
 - > Ferry travel
 - > Electric vehicles
 - Show 4 more
- Financial Services →**
 - > Make your finances fitter
 - > Budgeting
 - > I am worried about illegal lending
 - > Buy Now Pay Later
 - Show 4 more
- EU Exit →**
 - > EU Exit and mobile roaming
 - > EU Exit and postal services
 - > EU Exit and shopping
 - > EU Exit and travel
- Water →**
 - > Ways to save water
 - > Flooding
 - > Customer Care Register
- Postal services →**
 - > Sending letters and parcels
 - > Complaints about postal services
 - > Online shopping and parcel delivery rights
 - > Royal Mail stamp swap out scheme
 - Show 4 more
- Food →**
 - > Support with food costs
 - > Ways to save money on food
 - > Save on energy costs in the kitchen
 - > Food Poverty

Section 3: Cost of Living

What is Move to Universal Credit | nidirect



Search nidirect



[Home](#) [News](#) [Contacts](#) [Help](#)



[Home](#) > [Benefits and money](#) > [Benefits and financial support](#) > [Support if you're employed or looking for work](#) > [Universal Credit](#)

What is Move to Universal Credit

The benefits system is changing. If you currently get a benefit that is ending, you will be asked to make a claim for Universal Credit instead. You will receive a letter when you need to Move to Universal Credit.

Contents

- [What is Universal Credit](#)
- [What is Move to Universal Credit](#)
- [Benefits that will end and move to Universal Credit](#)
- [Transitional Protection](#)
- [If you have not received a Migration Notice letter](#)

What is Universal Credit

Universal Credit is a payment for people under State Pension age who are on a low income or out of work. It includes support for the cost of housing, children and childcare, and financial support for people with disabilities, carers and people too ill to work. It is designed to help people both in work and out of work to get the financial support they need.

What is Move to Universal Credit

Universal Credit (UC) has been in place in Northern Ireland since 2017 and is replacing six older benefits including tax credits. It's now time to start asking people who are still getting these benefits and credits to move to Universal Credit. This is known as Move to Universal Credit or Move to UC. When you claim Universal Credit, any benefits it replaces will stop.

You will not be able to go back to your existing benefits once you have claimed Universal Credit.

Benefits that will end and move to Universal Credit

The following benefits are ending and being replaced by Universal Credit:

- Income Support
- Income - Based Jobseeker's Allowance
- Income - Related Employment and Support Allowance
- Housing Benefit if you are working age and rent a home, excluding payments for rates

Universal Credit

- [Agree your Universal Credit Commitment](#)
- [Business expenses you can report if you're self-employed](#)
- [Changes you need to report to Universal Credit](#)
- [Contact the Move to Universal Credit team](#)
- [Contact Universal Credit for help with your claim](#)
- [Extra help to make or maintain your Universal Credit claim](#)
- [Frontier and cross border workers claiming Universal Credit](#)
- [Help to find work on Universal Credit](#)
- [Help while waiting for a Universal Credit payment](#)
- [How much can be taken from your Universal Credit payments](#)
- [How much Universal Credit you get and how you're paid](#)
- [How you can get ready to Move to Universal Credit](#)

Show 23 more ▼

Section 3: Cost of Living Available Southern Sector

Cost of living help – Fermanagh & Omagh District Council

[Home](#) » [Services](#) » [Community](#) » [Community Help Support](#)

Cost of living help



Help with benefits, debt and
money management >

Help with fuel and energy
costs >

Help with increased food
costs >

Help with employment and
training >

Help with your physical
wellbeing >

Help with your emotional
wellbeing >

Help for families >

Help with transport >

Help with housing >



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

Section 3: Cost of Living 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 Available Southern Sector

[95a515_d51a5d9f141b4c4e905692e2679d835f.pdf](#)
Cost of living help – Fermanagh & Omagh District Council

Step 1: What's the problem?

I suddenly have no money

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

See options **1 2 5 6**

I am waiting on a benefit payment/decision

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

See options **1 4**

My money doesn't stretch far enough

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

See options **1 2**

I have debt

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

See option **3**

Step 2: What are some options?

1 Discretionary Support

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

2 Maximise Your Income

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

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

3 Debt Advice

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

4 Benefit Advance

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

5 Hardship Payment

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

6 Challenge a Decision

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

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

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

Section 3: Cost of Living Available Northern & Southern Sectors

<https://www.moneyhelper.org.uk/en/blog/scams-and-fraud/how-to-spot-and-report-fake-websites-and-pharming-scams>



Home > Blog home

How to spot and report fake websites and pharming scams



Last updated:
06 June 2021

There have always been scammers out to empty your pockets, but with the age of the internet, they've managed to get even more clever into tricking you out of your hard earned cash. Pharming and fake websites are a popular way to do this, so read on to know how you can spot them, and how you can report fake websites and pharming scams.

How to spot pharming and fake websites

Pharming is a scamming technique in which attackers redirect traffic of a legitimate website to another fraudulent website with the purpose of spreading malware or stealing sensitive data from victims.

It looks a bit like this. Let's say you type in Facebook in the URL bar. You think when you you're going to land on the official Facebook page, but in reality, scammers have found a techy way to send you to a fake website.

This fake website will look exactly the same as Facebook. Unless you're looking for it, spotting a fake website is incredibly hard.

The scammer will be able to see EVERYTHING you're doing on this fake website page. When you enter your email and password, they can see it and note it. They'll have that information on you. Now imagine how much damage they could do if they trick you into 'signing in' to your bank, using a fake page.

The scammer would have your name, and bank details. They could literally then just sign into your real account as you, and empty your account.

How they do this is quite technical and they use several techniques to make it possible, such as DNS Cache Poisoning or compromising a host to make it possible.

The best way to avoid getting pharmed is to always make sure you have a good antivirus or anti-malware installed and that it is updated regularly. These should be able to detect an edit to your computer's address cache file and alert you before any damage is done.

Even without antivirus (or if your antivirus doesn't spot it), you can stop a pharming attack by knowing what to look for.

When you go onto a popular website, in the URL, you should see a padlock in the address bar and 'HTTPS' at the start of the URL. This means the website has been validated by an authoritative third party to be what it claims to be. You should really avoid entering personal details, or buying anything on a website that doesn't have this lock.

If you have been redirected to a fake account, this lock shouldn't be there, and when logging into a popular site, make sure the HTTPS certificate is present. If you've noticed that the certificate has suddenly gone missing while you're browsing a website - run a mile!

There are also a couple of other things you can look out for. The URL might have an incorrect spelling, or have random letters or numbers before or after it. Also, while scammers do a good job at making a fake website look real, the graphics might not be hi-res and the layout might be slightly off.

How to report a pharming and fake website scam

If you have been a victim of a pharming scam, or have spotted a fake website, there are a few steps you should take. First off, you should let the company who the scammers are pretending to be know what they are doing. Whether it's a bank, government department or general popular website - if you let the company know, they can take steps to warn other people about the scam.

Often these companies will warn their customers of a pharming scam going around by updating their websites, or emailing their customers letting them know this scam is going around and how they can avoid it.

You should then report it to Action Fraud, which is the UK's national fraud and crime reporting centre. You can report a pharming and fake website scam to [Action Fraud, using their online fraud reporting tool](#) or, you can directly [talk to a fraud advisor by calling 0300 123 2040](#).

The 03 phone numbers cost the same as a call to local landline phone numbers, even from a mobile phone - so when you call action fraud you won't be paying over the odds. But of course, reporting online is completely free.

After reporting a scam, you'll get a police crime reference number and the case will be referred to the National Fraud Intelligence Bureau for analysis by the City of London Police.

Not every report results in an investigation, but every report of fraud helps the government build a bigger picture of these scams and how they work.

It's important to remember that you can report a pharming and fake website scam even if you have not lost any money or given personal details.

It's worth checking out our [beginner's guide to scams](#) in general, because even though we are becoming more savvy about the fraudsters, there are new types of scams being invented all the time. So protect yourself and your money!



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 3: Cost of Living Available Southern Sector



Financial Wellbeing Project

Are you struggling with your personal finances?

Would your staff like a Debt Awareness Session?

Would your group users benefit from a Financial Well Being Clinic?

Omagh Independent Advice Service is delighted to offer One to One Advice, Financial Well Being Clinics and Information Sessions to the general public and to all interested local voluntary and statutory groups. Our project will provide advice and representation on the following:

- **Benefit Entitlement Checks**
- **Better off Calculations**
- **Budgeting Advice**
- **Free, confidential Debt Advice**



If you would like to avail of our services and help us arrange a Financial Well Being Clinic in your area please contact us on: 028 82243252 or Email info@oias.co.uk

Section 4: Neurodiversity
Available Northern & Southern Sectors
Training - Middletown Centre For Autism
(middletownautism.com)

MIDDLETOWN CENTRE FOR AUTISM

UPCOMING TRAININGS

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

LEARN MORE

☎ 0044 (0) 28 3751 5750

📍 35 Church Street, Middletown, BT60 4HZ

✉ admin@middletownautism.com



Section 4: Neurodiversity

Middletown Early Years Resource

Available Northern & Southern Sectors

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

Supporting Early Years



Introduction

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



Sensory

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



Predictability

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



Acceptance

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



SUPPORTING EARLY YEARS /
FOUNDATION STAGE



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

Section 4: Neurodiversity Available Northern & Southern Sectors

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



Free parent/carer support courses available

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

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

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

[Book your place](#)

Parent/Carer Support Courses

School-related anxiety

Sleep

Understanding autism

Social stories and
comic strips

Understanding PDA



Evening sessions
delivered on Zoom

Book Online
www.autismni.org

Autism NI
Northern Ireland's Autism Charity

Section 4: Neurodiversity

Available Northern & Southern Sectors

[Autism Courses for Professionals: Autism NI Training | Autism NI](#)



NEW on-demand Autism Training Webinars:

Build your professional development at a time that suits you

Understanding autism is essential for creating inclusive, empowering environments - whether you're working with children, young people, or adults. Our new on-demand training webinars are designed to help professionals like you improve your knowledge and enhance your practice, all at your own pace.

What's included:

Expert-led webinars tailored to children and young people or adults.

Practical strategies for communication, sensory needs, and inclusive support.

How to build a neurodiversity-affirming approach in your role and service.

Plus: Special introductory discounted packages available to celebrate our launch!

Why on-demand?

We know your time is valuable. These pre-recorded sessions allow you to learn in your own time and space - whether that's during a quiet moment at work, at home, or on the go. No deadlines. No pressure. Just high-quality content when it suits you.

You can now choose between our range of live courses and now our on-demand options, so you can choose the learning style that works for you.

Launch offer: Save nearly 15%

To celebrate the launch of our new on-demand autism training webinars, we're offering a special discounted price - just £25 per course for a limited time (standard price: £29). Take advantage of this offer to invest in your professional development and support autistic people with confidence.

Browse webinars and start learning

Section 4: Neurodiversity

Available Northern & Southern Sectors



Autism NI Support Group Schedule – September 2025

**** Please note this schedule is subject to change. To ensure you get the most up to date information please contact the Family Support Team on 028 90 401729 (opt 1) or email us at supportgroups@autismni.org ****

Support Group	Venue	Date	Time
Antrim	Asda Superstore 150 Junction One, Antrim, BT41 4GY	05/09/25	10.30am - 11.30am
Ballymena	All Saints Parish Church, 2 Broughshane Road, Ballymena, BT43 7DX	01/09/25	7.00pm - 9.00pm
Bangor	Bangor Sure Start 14 Hamilton Road, Bangor, BT20 4LE	04/09/25	11.00am - 12.00am
East Belfast	Hollywood Arches Library 4-12 Hollywood Road, Belfast, BT4 1NT	11/09/25	10.30am - 12.00pm
Fermanagh	Toddler Sense 24 Tempo Road, Enniskillen, Fermanagh, BT74 6HR	24/09/25	11.00am - 12.00pm
Inner South Belfast	Shaftsbury Community and Recreational Centre (LORAG) 97 Balfour Avenue, Belfast, BT7 2EW	TBC	7.30pm - 9.00pm
Lisburn	www.autismni.org/support-groups	08/09/25	7.30pm - 9.00pm
Regional Zoom	www.autismni.org/support-groups	19/06/25	7.30pm - 8.30pm
South Belfast	Lisnasharragh Primary School Tudor Drive, Belfast, BT6 9LS	10/09/25	7.00pm - 8.30pm
Strabane/Castlederg	The Grassroots Wellness Café, John Wesley Street, Strabane, BT82 8AU	05/09/25	6.00pm - 8.00pm
West Belfast	Forthsprings Centre 373-375 Springfield Road, Belfast, BT12 7DG	30/09/25	6.30pm - 8.00pm

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

Outcome

Following assessment one of the following decisions will be agreed with you.

- If diagnostic criteria is not met, your child will be discharged from the Children & Young People's Autism Service. Onward referral to other agencies/services may be made as appropriate with consent.
- A period of time for a watchful wait is agreed to allow further time for a child to access intervention or further developmental maturation.
- A diagnosis is confirmed and you will be offered post diagnostic support.

Follow up supports may include:

- Information/Advice/Support
- Signposting
- Intervention Programmes
- Individual or Group intervention
- Social work assessment & Intervention



We all think differently

Who We Are

Your child was referred to this service as they were presenting with characteristics that may be associated with Autism.

The Autism Service is made up of a range of professionals who are here to help and support you and your family through this journey. The service has been developed to offer early intervention as a first step in the process.

Who you might meet in the service:

The multi-disciplinary team consists of a range of professionals including: Community Paediatricians, Speech & Language Therapists, Psychologists, Occupational Therapists, Autism Practitioners, Social workers and Family Support workers.

Support networks you can access now:

- Education Authority Autism Advisory & Intervention Service (AAIS)
- RISE NI
- Family Support Hubs
- Middletown Centre of Autism
- National Autistic Society (NAS)
- Autism NI
- Autism Initiatives

See enclosed directory for additional support

Contacts Details:

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



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



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



For further information go to:

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



Western Health
and Social Care Trust

Welcome to the



Your Journey Starts here ...

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

Early Intervention

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

What Now

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

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

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

What we can offer:

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

Assessment

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

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

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

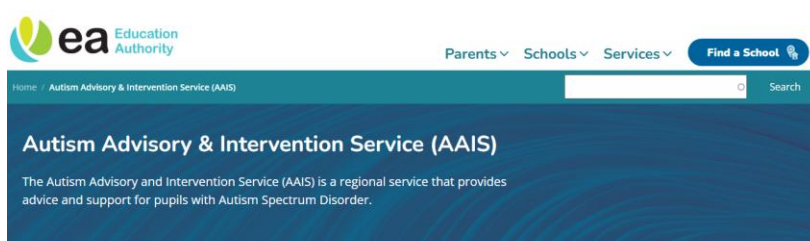


We all think differently

Section 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

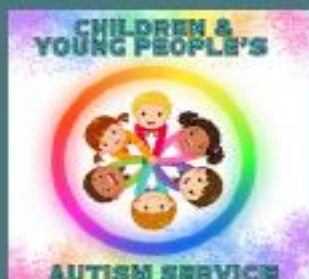
Guidance and Resources for Children with Autism

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



Western Health
and Social Care Trust

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

Post Diagnostic Interventions



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

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

Breastfeeding Support



There are breastfeeding support groups available right across NI.

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

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

Section 6: Digital Safeguarding

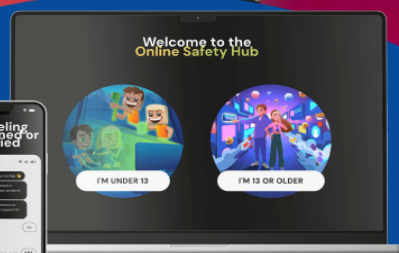
Online Safety Hub - Safeguarding Board for Northern

Welcome to the Online Safety Hub

*Education and support to
keep children safe online*



Scan this
code to visit
the site!



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



OnlineSafetyHub.SafeguardingNI.org

Section 6: Digital Safeguarding

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

Online Safety Hub - Safeguarding Board for Northern Ireland



Topics

Choose from a range of topics you would like to know more about with lots of helpful advice and resources to keep you and the young people in your care safer online.

 Artificial Intelligence and Emerging Technologies >	 Digital Wellbeing >
 Gaming >	 Harmful or Inappropriate Content >
 Healthy Relationships >	 Misinformation and Online Scams >
 Online Blackmail >	 Online Bullying >
 Online Grooming >	 Pornography >
 Privacy and Safety Settings >	 Screen Time >
 Setting Up A New Device >	 Sharing Nudes and Semi-Nudes >
 Social Media and Apps >	 Video and Livestreaming >

Section 6: Digital Safeguarding

A collective concern: parent and carer views on the online blackmail of children and young people | NSPCC Learning

A collective concern: parent and carer views on the online blackmail of children and young people

Publication date November 2025

Online blackmail is when someone threatens to share things online, like personal information or images, unless the person does what the blackmailer says. It is a growing problem for children and young people in the UK¹

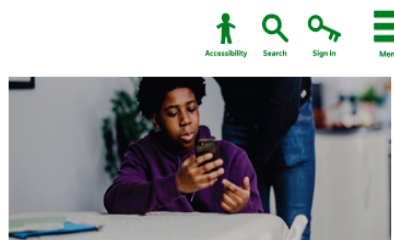
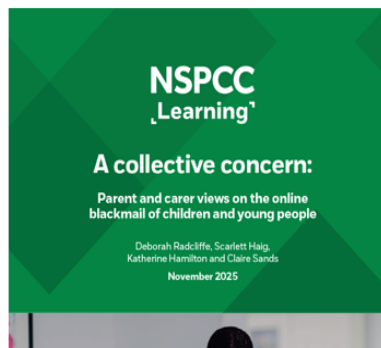
Many children will turn to a parent or carer for help to deal with the emotional, social and physical impact of blackmail but not all parents and carers have the knowledge and skills to support them.

We surveyed 2,558 UK parents and carers to learn:

NSPCC
Learning

- what they do to prevent it
- how they feel about supporting a child who has been blackmailed
- what information and support parents and carers need to do these things well.

Authors: Deborah Radcliffe, Scarlett Haig, Katherine Hamilton and Claire Sands

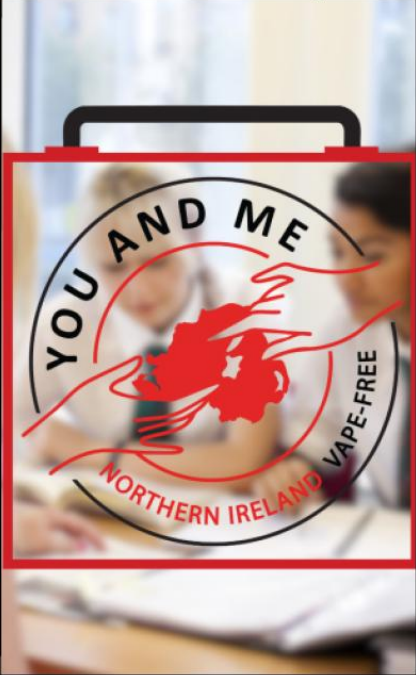


A collective concern: parent and carer views on the online blackmail of children and young people

[Download the report \(PDF\)](#) 

Section 7: Addiction

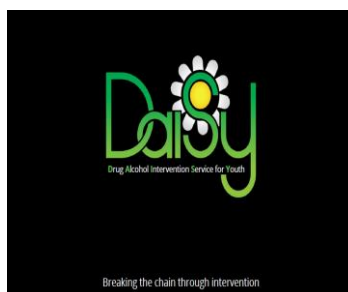
Available Northern & Southern Sectors

NI CHEST HEART AND STROKE 'YOU, ME AND NI VAPE FREE' TRAINING		
An in depth training session concerning vape use, how to talk to young people about it and accessing free resources from NI Vape Free OVERVIEW: • Learn how to communicate with young people regarding vape use • Learn vape marketing techniques • Access the N.I. Vape free resource 09.12.25 10-11:30 AM ONLINE		
MORE INFORMATION AT: HTTPS://NICHS.ORG.UK/PREVENTION-SERVICES/SCHOOLS-AND-COMMUNITIES/SCHOOLS/YA MNIVF		

Section 7: Addiction

Available Northern & Southern Sectors

www.start360.org



START360
Putting YOU at the centre

HSC Public Health
Agency

ASCERT

WHAT IS DAISY?

Drug Alcohol Intervention Service for Youth

- Youth Treatment Service delivered in partnership between ASCERT and Start360
- Funded by the Public Health Agency
- Provides person-centred programmes for young people and young adults to help reduce the harm caused by their substance use
- Offers direct work with the young person through therapeutic mentoring, individual counselling, therapeutic group work and therapeutic family interventions

CRITERIA FOR REFERRAL

- Young people and young adults aged 11-25 years
- Young people whose substance use is impacting them, their families and communities and who are willing to seek support
- The Service operates in the Belfast, South Eastern, Northern and Western Health and Social Care Trust areas
- We accept referrals from young people, their families or friends and a range of professionals
- Referral forms can be downloaded at www.ascert.biz or www.start360.org

Service Managers Belfast & South East

Colleen O'Hagan - ASCERT
 07596 328644
 23 Bridge Street, Lisburn BT28 1XZ
colleen@ascert.biz

 Claire McIntosh - Start360
 07814 641890
 6 - 10 William Street, Belfast BT1 1PR
daisy.east@start360.org

Service Managers North

Mary Maginn - ASCERT
 07867 752204
 23 Bridge Street, Lisburn BT28 1XZ
marym@ascert.biz

 Ruth Nelson - Start360
 07814 643659
 2 - 6 Wellington Street, Ballymena BT43 6AE
info@start360.org

Service Managers West

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 07867 752204
 23 Bridge Street, Lisburn BT28 1XZ
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 Carmel Burns - Start360
 07545 929284
 2 Castle Street, Derry/L'derry BT48 6HQ
info@start360.org

We work with children and young people (7yrs -18yrs) affected by parental drug and/or alcohol misuse. We work directly with the child or young person through therapeutic mentoring, individual counselling, creative play-work and family support. We also offer telephone and online support via ZOOM and WhatsApp. In addition we support the substance misusing adult with brief one-to-one sessions and support to engage with local addiction specialist services.

We are funded by the Public Health Agency to cover the Western Trust Area and have an office in Derry/Londonderry. We see children/young people in appropriate venues in Omagh, Strabane, Limavady, Dungiven and Enniskillen. Referrals can be received from all professionals, and from families with Social Service Involvement. Referral forms can be downloaded at www.start360.org

Section 7: Addiction Available Southern Sector

marketing@ascert.biz



EVERY WEDNESDAY



11AM - 12.30PM



***Omagh Library,
1 Spillars Place, Irishtown Road, Omagh BT78 1HL***

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

www.ascert.biz
www.smartrecovery.org.uk

Facilitated by



Section 7: Addiction Available Northern & Southern Sectors

marketing@ascert.biz



We are now
offering
FREE
Workplace
Alcohol
Awareness
Sessions



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

Section 7: Addiction
Available Northern & Southern Sectors
marketing@ascert.biz



The poster features the ASCERT logo at the top, followed by the title 'YOUTH SERVICES' and the subtitle 'STEPS 2 COPE'. The text describes the service's availability across Northern Ireland and its support for 11-25 year olds. It lists the types of referrals accepted and the services provided, which include 1 to 1 support, parent/carer support, self-guided tools, awareness sessions, and a participation group. The poster is decorated with orange and purple wavy borders and a dotted pattern on the left and right sides. A right-pointing arrow is located in the bottom right corner.

ASCERT

YOUTH SERVICES

STEPS 2 COPE

Steps to Cope is available
across Northern Ireland,

The service supports 11-25 year olds
living with parental alcohol, drug use
or mental health problems.

Anyone can make a referral. Young
people can also make a referral.

We provide:

- 1 to 1 support for young people
- Support for parents or carers
- Information and a self-guided self-help tool on our website
- Awareness sessions for schools and the community
- A participation group for young people with lived experience

Section 7: Addiction

Available Northern & Southern Sectors

FREE online specialist gaming and gambling harm workshops

Ygam are offering a fully funded CPD workshop delivered through the Young People's Gambling Harm Prevention Programme. This workshop is aimed at professionals who work with children or young people.

On completion you will receive a **CPD Certificate and Digital Credential**, and have access to **over 1000 resources**, including 1:1 and small group **work activities** which you can download and use in your setting.

Go online to book your **FREE** place, or email us at training@ygam.org

For more about our work, visit www.ygam.org



What are the similarities between gaming and gambling?

What is a Loot Box?

Could you spot the signs of harm?

Topics covered:

- Gaming and gambling harm
- Advertising
- Mental health and wellbeing
- Blurred lines between gaming and gambling
- How to spot the signs of harm
- Where to get help and support



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



**action
mental
health**



For key contacts

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

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

The course will:

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

Provoking Thought

Participants will:

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

Learner requirements: None.

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

Group numbers: 8–30.

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

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

Find out more about our programmes at amh.org.uk

Email: wellbeing@amh.org.uk




@amhNI

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mental
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Section 8: Emotional Wellbeing and Mental Health Support

Available Northern & Southern Sectors

Thriving Mind | ASCERT

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>

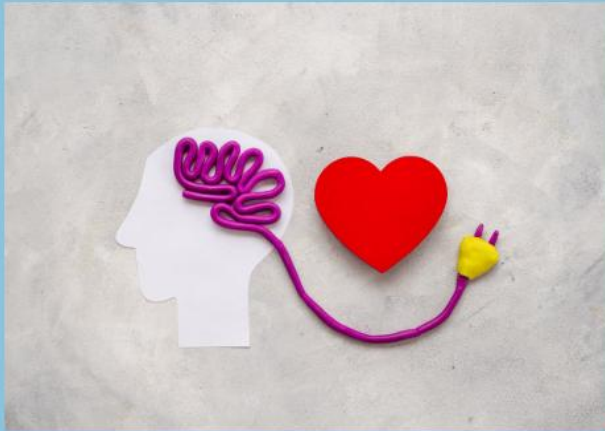
Led by Ed Sipler of South Eastern HSC Trust, the development of Thriving Mind tools has involved a range of partners and service users.



Section 8: Emotional Wellbeing and Mental Health Support

Available Northern & Southern Sectors

[Thriving Mind](#) | [ASCERT](#)



Making our nervous system work for us: Using the Polyvagal Theory to improve well-being.

Do you ever feel anxious, stressed or, find it hard to keep your emotions under control? We all do. Understanding how your brain works and techniques to regulate your emotions will help regulate your emotions and improve your well-being.

Here you will find self-help resources and video tutorials that you can use to support your wellbeing.

[Take me there](#)



Building our Children's Developing Brain

As rewarding being a parent is, its can also be stressful. How children behave and communicate is linked to how their brain is developing. Understanding how this works can be useful for parents of children of all ages.

Here there are a series of webinars you can watch and booklets for parents to use to support your child's development.

[Take me there](#)

Section 8: Emotional Wellbeing and Mental Health Support

Available Northern & Southern Sectors

[Handouts](#) | [Internet, Suicide and Self-harm](#)

SAMARITANS

Finding support, viewing and sharing suicide or self-harm content online

The internet can be a place to find support around suicide or self-harm. But there are some risks involved. Use this guide to help you check how you're feeling and find ways of using the internet that keep you and others safer.

We want you to feel like you can ask anyone for support with what you see and do online. No one needs to feel ashamed of their internet use around this topic.

“ I treat the internet like a relative – sometimes it's just what I need and sometimes it's toxic. ”

Person with lived experience of internet use relating to suicide and self-harm.

How do I check if my internet use is helping me or not?

You could try...

...thinking about how it makes you feel.

Are you finding what you're doing comforting, or does it make you anxious or distressed? If you aren't sure, making a diary or notes about how you feel can help.

...thinking about what you're looking for online.

Are you looking for shared experiences, or people who understand what you're going through? Are you looking for opportunities to support other people? Ask yourself if you're getting what you need from it.

...taking note of how your reactions to things online change.

Seeing self-harm and suicide content regularly can start to change the way you think of them. If you see a lot of graphic images or descriptions, you can become more used to them. Some of what you see might make it feel like self-harm and

suicide are effective ways of dealing with difficult feelings. These changes can happen without you noticing. But stopping to check how you feel can help you realise how you're being affected.

...double checking that you can easily

take a break. This could mean changing app or page, or moving away from the screen for an hour or two. It doesn't mean giving up your internet use. But if you find it hard to walk away when things get toxic or upsetting online, then you may want to create a plan to do things differently.

Using online tools to stay safer

Do you know the tools you can use to have more control of your online experience?

Here's a quick checklist of things you can do if something is upsetting you online. You can...

- make your account private
- unfollow or mute other accounts
- block a user from contacting you
- use keywords or #hashtags to hide certain content from your feeds
- find the community guidelines and decide if you agree with them
- report content or user behaviour that worries you

Section 8: Emotional Wellbeing and Mental Health Support

Available Northern & Southern Sectors

Handouts | Internet, Suicide and Self-harm

Finding support, viewing and sharing suicide or self-harm content online

SAMARITANS

Are you posting and sharing things about suicide or self-harm online? It's important for you to think about how it affects you and how it could affect other people.

It's helpful to...

...ask yourself why you're posting.

For example, you might want to raise awareness or you might be looking for support. If you know what you're aiming for, it can help you read what you've written and decide if it works.

...use a content warning. This helps people who want to avoid all mentions of a topic, even supportive or helpful ones. For example, you could write 'Content warning – this post discusses suicidal feelings.'

...think about the words you use.

Try to use phrases like 'ended their own life', rather than 'committed suicide', which can stigmatise suicide. Don't use language that suggests suicide is quick, painless, or a solution to a problem.

...share messages of hope and recovery.

Research shows that positive stories about overcoming a crisis can encourage other people to seek help.

...link to support services often. You could encourage people to reach out for help from one of the services below.

Try to avoid...

...sharing methods people can use for ending their own life, methods for self-harm or methods for hiding self-harm from other people. Research is starting to show that these things can lead to people copying what they see or read.

...sharing graphic descriptions or images of self-harm or suicide. Lots of people with similar experiences have told us that this can be very distressing.

...sharing things that use language that is unhelpful or insensitive, such as when an article makes suicide seem like the right choice. It can feel like you need to share problematic things to call out how bad they are – but try to resist.

Don't worry if you've shared things like this in the past. Think about whether they're still being viewed. If they are, you might consider whether you still want them on your feed, and delete or make them private.

Look after yourself

Practice being able to step away from upsetting or distressing content by changing to another app or going to make a drink. Spend time on the kinds of self-care that work best for you. Use the Samaritans App for ideas.

selfhelp.samaritans.org

Get support from other people

Health professionals, family and other people you can talk to might not understand the internet as well as you do. But talking to them about your internet use can still help. Samaritans have resources that you can share with them to help them have good conversations with you. **samaritans.org/internet-safety-practitioners**

Use safer support networks online

Many charities run online communities. Some people may find them safer places to share their experience and receive peer support.

- Side by Side (run by Mind)
- Mental Health Forum
- Togetherall
- Kooth (for 11–24 year olds)
- YoungMinds (for under 25s)
- The Mix (for under 25s)

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

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



PEACE of Mind
empowering young minds,
building resilience

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



For more information, please contact:

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



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

[Thriving Mind](#) | [ASCERT](#)



[About](#) ▾ [Services](#) ▾ [Training](#) [Help Us Create More New Normals](#) [Get Involved](#) ▾
[Resource Hub](#) ▾ [RETHINK YOUR DRINK](#) [Steps to Cope](#) [Login](#) [Register](#)



RESOURCE HUB: Thriving Mind



RESOURCES FOR WELLBEING

Welcome to Thriving Mind, your space for mental wellbeing. We have a collection of self-help tools designed to support you through life's challenges.

Whether you're managing anxiety, stress, low mood, or simply seeking ways to build emotional resilience, these resources are here to help—at your pace, in your own time. Every tool is evidence-informed and created with care to promote reflection, balance, and personal growth.

You're not alone, and support is always within reach. Explore, try what feels right, and take steps toward a healthier, more grounded you.



Practicing self compassion

We don't always show the same empathy to ourselves as we offer to others. Here we have a workbook and a series of video clips that will help you practice self compassion.

[Take me there](#)

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



HSC Public Health Agency
Project supported by the PHA

www.amh.org.uk
@amhNI   

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Section 8: Emotional Wellbeing and Mental Health Support

Available Northern & Southern Sectors



New Service Announcement

Friday Night Crisis Helpline

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

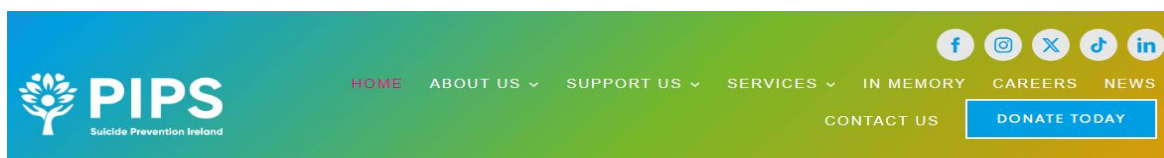
Starting Friday 27th June 2025

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

 **028 9080 5850**
Freephone 0800 088 6042

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

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



We help individuals, families and organisations who have been affected by suicide or mental unwellness


Crisis Walk-in
Service


Free Counselling
Services


One to One
Continuous Care


Family & Friends
Support

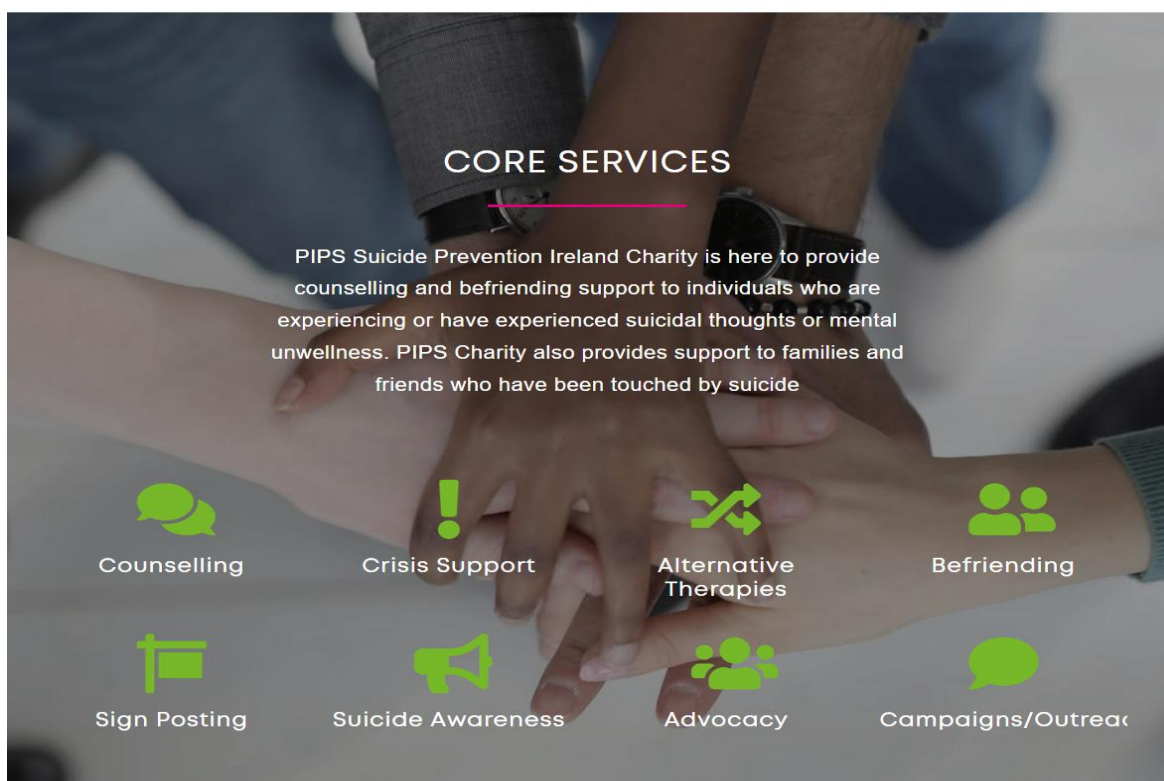

Home
Visits


Sign
Posting


Befriending
Service


Alternative
Therapies


Children & Young
People Services



Section 8: Emotional Wellbeing and Mental Health Support

Available Northern and Southern Sectors



Mood Matters Parent and Baby ©

This is delivered to expectant mothers and parents of babies under 3 years of age . It has similar content to the Mood Matters Adult programme but focuses very much on the issues affecting this particular target group. There is a strong emphasis on looking after the mental health of both the parent and the child.

The programme features videos of parents discussing their experience of depression during and after pregnancy, including the help they got and what they do now to look after their mental health.

It also features information from professionals about recognising the signs and symptoms of a mental health problem or mental illness, where to get help and simple

self-help strategies to maintain good mental health or recover from illness.

There is also a practical demonstration of how simple mindfulness meditation can help parents feel more relaxed and better equipped to enjoy parenthood.

Programme content includes:

What is Mental Health?	Things that affect mental health
Mental health problems and mental illness – during and after pregnancy	Signs and symptoms of stress
Signs and symptoms of depression including depression relating to pregnancy	Looking after your and your baby's Mental Health
Where to get help if you need it	How AWARE can help

How to Apply

To apply for a place on our next Mood Matters course, please click on the link below and fill in your details for the course which suits you best. If no location suits you or there are no locations listed, you can register your details and someone will be in touch with you.

APPLY NOW

[CLICK HERE TO READ THE MOOD MATTERS PARENT AND BABY INFORMATION SHEET](#)

[CLICK HERE TO READ OUR LOOKING AFTER THE MENTAL HEALTH OF YOU AND YOUR BABY BOOKLET](#)

[CLICK HERE TO READ MORE INFORMATION ABOUT POSTNATAL DEPRESSION](#)

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



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

You are not alone. Things can get better.

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

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

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



AWARE is the depression charity for Northern Ireland
T: 02890 357 820 (BELFAST) / 02871 260 602 (DERRY/LONDONDERRY)
Registered with the Charity Commission for Northern Ireland with NIC100561 Company No. N.I. 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](tel:08000684141)

Text: [88247](tel:88247)

Email: 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.

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

Thinking of suicide?

Fundraising



Donate

HOPELINK Safety Plan

0800 068 41 41

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.

Support Fundraising

Section 8: Emotional Wellbeing and Mental Health Support

Trauma Informed Toolkit



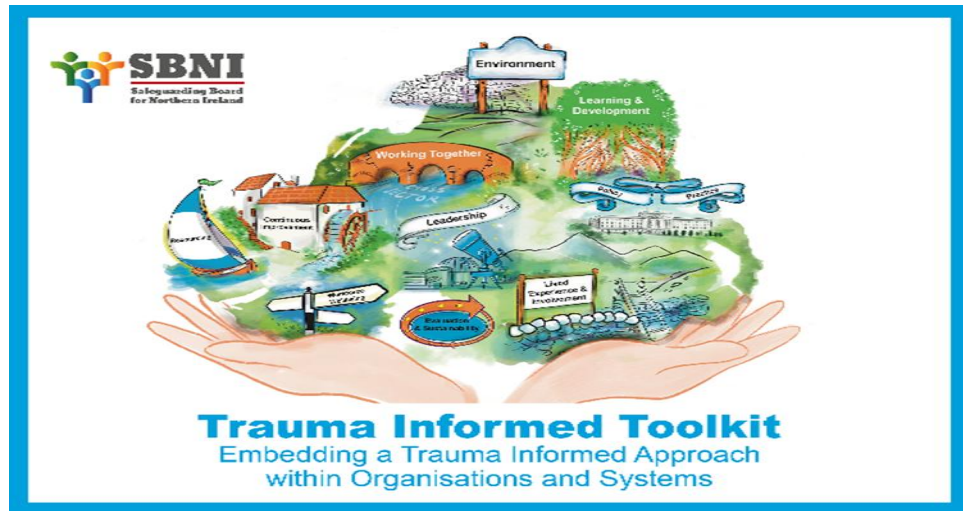
An implementation resource to embed a trauma-informed approach within organisations and systems.

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

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

Section 8: Emotional Wellbeing and Mental Health Support

Trauma Informed Toolkit



The online toolkit is divided into six sections

Section 1 – Setting the scene

An overview of the context and how to use the toolkit

Section 2 – Key concepts

A definition of trauma, trauma informed organisations and approaches

Section 3 – Six principles

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

Section 4 – Evidence & examples

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

Section 5 – Organisational checklist

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

Section 6 – Library

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

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

Section 8: Emotional Wellbeing and Mental Health Support

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



Emotional Wellbeing Teams in Schools (EWTS)



[Return to Main Menu](#)



The Emotional Wellbeing Teams in schools introduce their resources.

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

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

Section 9: Training / Conferences 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



**Health
Improvement,
Equality &
Involvement**

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

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

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
- 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 or dropping into our office at Lisnamallard, 5b Woodside Avenue, Omagh BT79 9BP

Section 9: Training / Conferences Northern & 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 OR +44 28 9080 3380
www.playboard.org/resources/our-generation
www.ourgeneration-cyp.com



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.

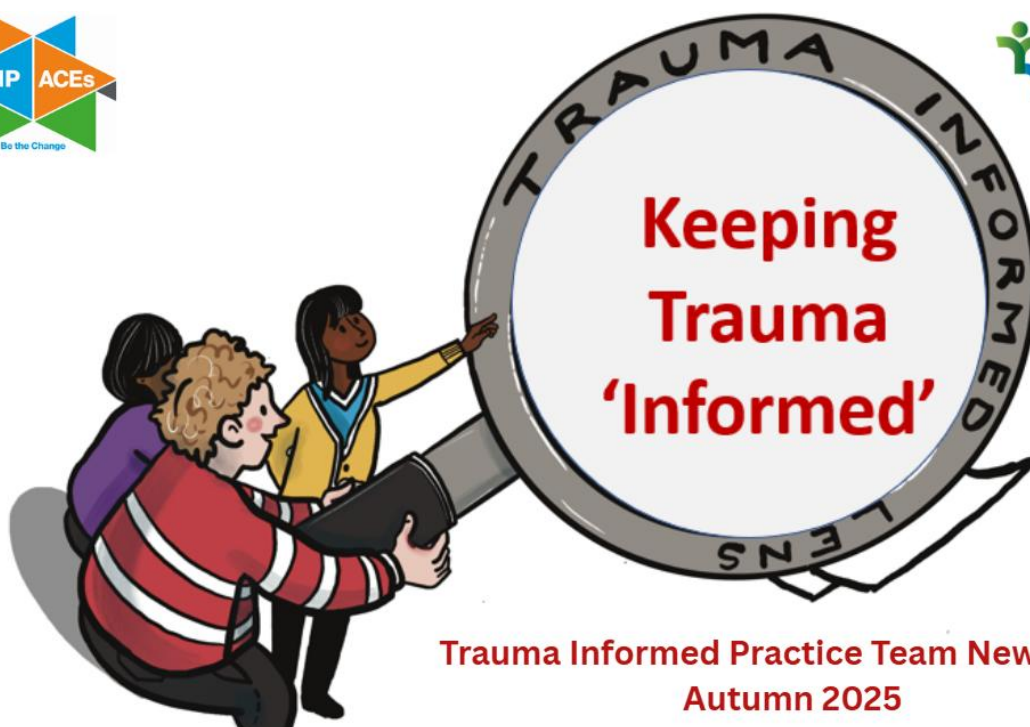
3 February 2026, 10.00am - 1.00pm

Online

[BOOK HERE](#)

Section 9: Training / Conferences Northern & Southern Sectors

Keeping Trauma 'Informed'



Organisational Toolkit Information Booklets

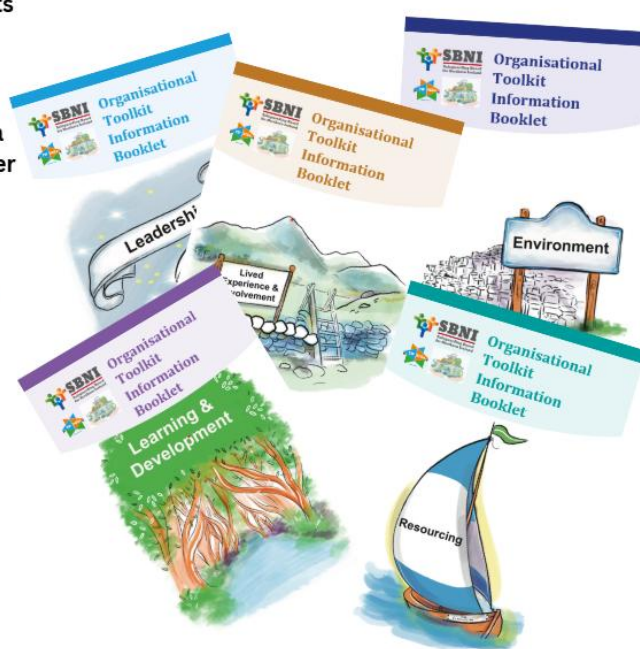
We're excited to share that a suite of information booklets will be available on the website in December to support organisations to embed a trauma informed approach.

Developed around the 10 focus areas of the SBNI Trauma Informed Organisational Toolkit, these resources will offer practical insights, reflective prompts, and examples to help deepen understanding and strengthen practice.

**Click on any image of the booklet covers on the right to register for our online session:
3 December 2025, 9.30-12.30**

In this session the TIP team will give an overview of the focus areas and the information booklets developed as an additional resource.

These booklets will be a valuable support for teams at every stage of their trauma informed journey.



Section 9: Training / Conferences Northern & Southern Sectors

Keeping Trauma 'Informed'

LEADING WITH A TRAUMA INFORMED LENS



A leadership development programme designed for leaders who want to deepen their understanding of trauma-informed principles and their impact on organisational culture

This fully funded programme supports leaders to build practical skills, reflect on their experiences, and connect with others

Participants will:

- ✓ Understand trauma-informed leadership and know how its principles influence organisational culture
- ✓ Recognise signs of organisational trauma and its effects on individuals and teams
- ✓ Understand how psychological safety can create safe team environments
- ✓ Reflect on their leadership journey to promote self awareness and regulation of self and others
- ✓ Leave with practical tools, strategies, and a clear action plan for implementation

In Person Dates & Locations

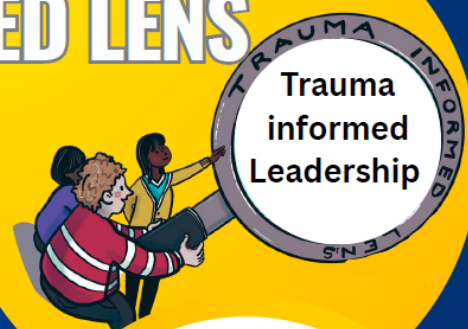
22nd Jan 2026 – Lisburn 9:30am 4:00pm
26th March 2026 – Omagh 9:30am 4:00pm
4th June 2026 – Antrim 9:30am–4:00pm

Online Reflective Learning Sessions

2hr session February
2hr session May

For cross sector middle to senior managers committed to embedding trauma-informed leadership in their organisation

To register your interest please [Click here](#)



Section 9: Training / Conferences Northern & Southern Sectors

Keeping Trauma 'Informed'

A Trauma Informed Approach: A Workforce Development Training Manual

The Trauma Informed Awareness Training Manual and online modules have now been revised and updated, reflecting our commitment to continuous improvement and ensuring that our resources remain current, relevant, and effective.

The updated materials include the integration of new research and statistics from Dr. Colm Walsh and his team's Adverse Childhood Experience prevalence study in Northern Ireland. It also reflects a shift in language and focus, placing greater emphasis on the role of positive childhood experiences and nurturing relationships in building resilience and supporting recovery. This strengths-based approach highlights healing and hope, aligning with emerging evidence in the field.

(Click on this image to access this research)

150 TIP trainers have now attended update sessions and received their new manual.

The updated online modules are now available on the Trauma Informed Approach section of the SBNI website or by clicking on the front cover image on this page.



TIP Alerts and Updates



Online Solihull Modules

The licence for the online Solihull modules on the SBNI website will expire on **31 October 2025**.

Please register before this date to enable **ongoing** access to content. The 'Understanding Your Own Trauma' module will still be available after this date.

Peer Learning Network

On 15 January 2026 we will be hosting a morning workshop, in a central location, aimed at facilitating organisations to establish a

'Trauma Informed Approach Peer Learning Network'

This session will bring together professionals from across sectors to connect and explore opportunities for collaboration. Through collective reflection and emerging insights, we aim to support organisations in laying the groundwork for an ongoing network dedicated to learning and TIA implementation.

To register your interest please click on the image of the bell!

!Attention TIP Trainers!

If you are an existing TIP trainer and have not yet been updated in the new and revised training manual, it is important that you attend an update session.

To register your interest please contact Sheina:
sheina.rigg@hscni.net

'Leading with a Trauma Informed Lens'

A new Trauma Informed Leadership course is currently being co-designed to develop the growth of trauma informed leaders across sectors.

Launching in early 2026, this course aims to empower leaders by providing a shared space for learning, cross sector networking and leadership development. The course will integrate reflective and relational approaches to support leaders to create safe, responsive, and inclusive environments.

Click on the image to register your interest.



Probation Board for Northern Ireland (PBNI) recorded an episode of their podcast, Probation Matters, on taking a trauma informed approach.

Head of Communications Gail McGreevy talks to PBNI's Trauma and Resilience Implementation Coordinator Kirsten McFarland and Safeguard Board NI's Trauma Informed Practice Implementation Manager Marian Molloy about Probation becoming a trauma informed organisation, how that can be implemented and how it is more natural to do than people think. Watch and listen to the episode by clicking on the picture!



Section 9: Training / Conferences

UNDERSTANDING YOUR CHILD



SOLIHULL APPROACH

What is the Solihull Approach©?

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

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

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

Please check these courses out and recommend to families you support



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

Solihull Approach accredited schools

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

FREE for practitioners across Northern Ireland

Online courses:

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

Each course will take approx 3.75 hrs CPD per course

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

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

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

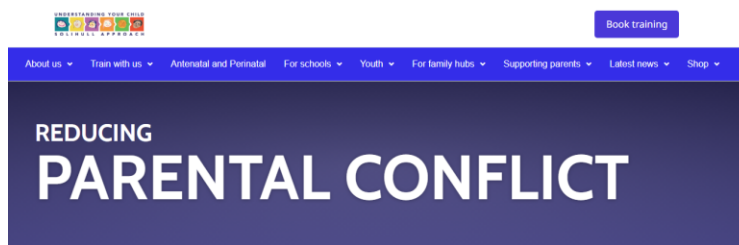
Step 2: Once signed in to your professional account, enter Access Code:
BETHECHANGENI

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



Section 9: Training / Conferences

solihullapproachparenting.com/reducing-parental-conflict/?mc_cid=8a4664c081&mc_eid=b18b28ff43



The Solihull Approach to reducing parental conflict

As evidence increases to show how frequent, poorly resolved inter-parental conflict can impact children's mental health and long-term chances, support for parents must be easily accessible and non-stigmatised.

Some level of arguing and conflict between parents is often a normal part of everyday life. Indeed, resolving disagreements is an important life lesson children often learn from parents and other significant relationships.

The Solihull Approach is about understanding relationships, a central theme to all our training, courses, and resources. Supporting parents and carers from as early as pregnancy and throughout their developing journey as parents, we help people to read behaviour as communication, to understand their own feelings and wellbeing, reflect on how they express these feelings, and to learn about rupture and repair. Furthermore, the Solihull Approach is grounded in psychoanalytic theory and evidence and, therefore, teaches about the impact of ongoing intense and poorly resolved relational stress on the developing brain, supporting self-reflection through a range of learning techniques to develop conflict resolution skills.

Supporting parents

Universal parent support and education

Training and resources for practitioners

Training practitioners working with families for over 25 years, the Solihull Approach transcends professional disciplines to introduce an understanding of brain development and the importance of relationships.

[2-Day Foundation Training](#) – for everyone who works with families

[Workshop delivery training](#) – to run face-to-face or online programmes for parents

www.inourplace.co.uk – parent portal for a range of online courses that can be used within 1:1 Early Help parent support work

Parent access

www.inourplace.co.uk is home to a range of resources available for all parents to help understand brain development and emotional health and wellbeing throughout their parenting journey.

Courses include:

- [Understanding your relationships](#)
- [Understanding your own trauma](#)
- [Understanding your child: from toddler to teenager](#)
- [Understanding your teenager's brain](#)

Tailored parental conflict resources

Understanding your relationships: online course

Designed to be accessible to all parents and adults to support an understanding of the mechanisms underpinning relationships, this course includes modules on a range of issues relating to inter-parental conflict resolution.

[Understanding your relationships](#) focuses on:

- Emotional intelligence and self-exploration: understanding your own needs and communication style while recognising others to build meaningful connections
- Communication and containment: understanding how to get what you need while also fostering active listening skills
- Conflict resolution: developing strategies to manage conflict and control anger or frustration and repairing when things go wrong
- Parenting and relationships: exploring parenting and childhood to understand how early experiences shape emotional health and resilience
- Practical support: ideas and approaches to help you get the best out of yourself and others

Additional supportive guidance and resources are signposted throughout to support those who may identify the need for more personalised or specialist support.

The online course is delivered through 11 modules broken down into manageable units and is designed to support a range of learning styles. Like all the courses on [inourplace](#), it is completely private, followed at the learner's own pace. It can also be used as a scaffold for 1:1 Early Help work with a practitioner or coordinated as a hybrid group that enables a small group to study privately and come together to discuss in a supportive environment.

Module titles

Measuring impact and outcomes

[Understanding your relationships](#) online course features embedded measures, available to sponsors of Multi-User Licences, to support impact monitoring as follows:

- Pre and post questionnaires (Relationship Satisfaction Scale)
- Additional conflict specific pre-post questionnaire item
- In-course satisfaction surveys
- NHS Family and Friends' recommendation
- Additional conflict in-course survey item
- Aggregated anonymised data reports available to sponsors of Multi-User Licences
- Pianta Child-Parent relationship scale with additional item relating to parental conflict

Section 9: Training / Conferences Available Northern & Southern Sectors

www.ci-ni.org.uk.training



Our funding restrictions are such that funded training is only available to those who work/volunteer for a **voluntary, charitable, faith or community-based organisation**

Upcoming Training Courses

Open to those in Community/Voluntary Sector:

Child Protection Practice (Half day, online) October - 21st, 28th November - 4th, 20th	Supervision for Supervisors (Two full days, in person) October - 21st - 22nd
Designated Officer Training (Half day, online) October - 28th November - 25th	Child Protection Case Conferences (Half day, online) November - 6th
Safeguarding in the Digital World (Half day, online) November - 11th	Designated Officer Training (in person) (Full day, in person) November - 13th
Understanding Emotions and Behaviours (Early Years) (Full day, in person) November - 18th	Understanding and Supporting those who Self-harm (Half day, online) November - 27th
Child Protection Practice (Half day, online) December - 2nd	



www.ci-ni.org.uk/training

Upcoming Training Courses

Paid Courses:

Baby Massage Instructor Training (Two full days, in person) October 17th & 20th	Understanding Autism (Full day, in person) October - 23rd
Trauma and the Helping Professional (Full day, in person) October - 24th December - 4th	Autistic Women and Girls (Full day, in person) November - 6th
Communicating Effectively with Children and Young People (Half day, in person) November - 12th	Counselling Skills for Everyday Practice (Full day, in person) November - 21st
Supporting School Based Anxiety (Half day, online) November - 25th	Baby Yoga Instructor Training (Two full days, in person) 28th November & 1st December

Book: ci-ni.org.uk/training



www.ci-ni.org.uk/training

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
Family First – Natasha Burke, Family Support Hub Coordinator	(028) 7137 3870	Email here
Dry Arch – Donna O'Kane Family Support Hub Coordinator	(028) 7774 2904	Email here
Fermanagh – Donna Gormley, Family Support Hub Coordinator	(028) 6632 4181	Email here
Omagh – Seana Conor, Family Support Hub Coordinator	(028) 8225 9495	Email here
ETHOS – Marty Daly Family Support Hub Coordinator	(028) 7135 8787	Email here
Outer West – Cathy Sweeney, Family Support Hub Coordinator	(028) 7126 9833	Email here
Strabane – Shauna Devine Family Support Hub Coordinator	(028) 7138 2658	Email here
Waterside – Meghan Leonard Family Support Hub Coordinator	(028) 7132 9444	Email here

Section 11: Useful Links and Informative Media Resources

Links

Cost of Living Resources Including Contact Details for Local Food Banks

Fermanagh and Omagh District Council

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

Strabane and Derry/ Londonderry District Council

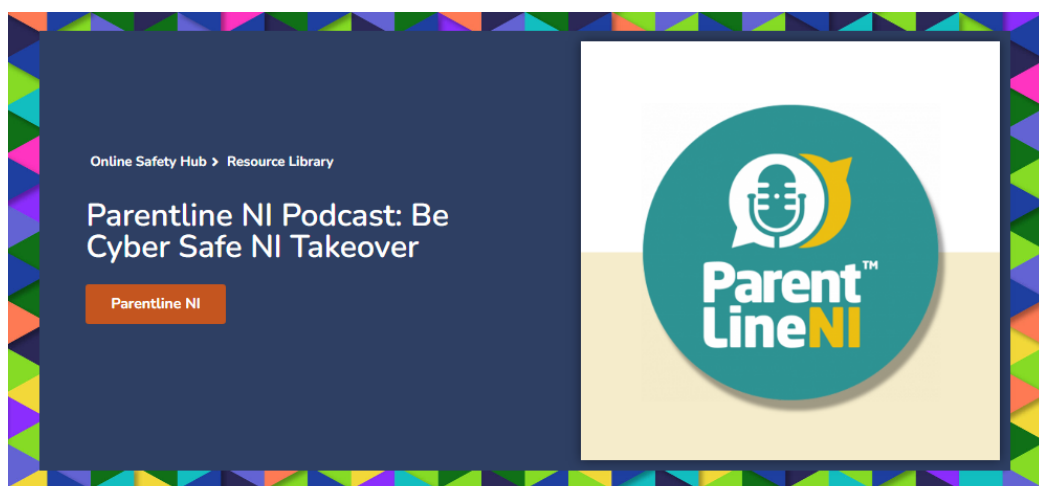
[Derry City & Strabane - Help with Cost of Living \(derrystrabane.com\)](http://derrystrabane.com)

Causeway Coast and Glens Council

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

Section 11: Useful Links and Informative Media Resources

<https://onlinesafetyhub.safeguardingni.org/parentline-ni-podcast-be-cyber-safe-ni-takeover/>



Type of Resource	Audio
Publication Date	November 5, 2025
Topic/s	Digital Wellbeing

Parentline NI has launched a special three-part youth-led mini-series produced by Children in Northern Ireland (CiNI) in partnership with the NSPCC.

Be Cyber Safe NI is a new advisory group of young people, aged 13–17, from across Northern Ireland. They explore issues like online privacy, harmful content, AI, and mental health, and share their views directly with parents, policymakers, and professionals. [Find out more here.](#)

Through this takeover series, the group takes over the Parentline NI Podcast feed to share what life online really looks like from their side of the screen – honest, personal, and sometimes challenging conversations designed to help parents understand the digital world through young people's eyes.

Episode 1 - "Speaking Up"

Hosts a conversation about why young people often find it difficult to tell parents when something goes wrong online. The episode explores fear, embarrassment, and trust – and practical advice about what actually helps when young people need support.

[Listen to Episode 1 >](#)

Also in this podcast series

Another episode looks at how families and schools are navigating smartphones and screen time, with expert advice from Smartphone Free Childhood NI, Lisneal College, and online safety specialist Wayne Denner.

Listen to the episode: Smartphones & Childhood – Striking the Balance

[Listen Here >](#)

Section 11: Useful Links and Informative Media Resources

Safer Internet Day 2026: Free Webinars for Educators in Northern Ireland - Safeguarding Board for Northern Ireland



Type of Resource	Webinar
Publication Date	November 6, 2025
Topic/s	Artificial Intelligence and Emerging Technologies

Safer Internet Day 2026 takes place on Tuesday 10 February with the theme:

"Smart tech, safe choices – Exploring the safe and responsible use of AI."

This UK-wide campaign is the biggest celebration of online safety. This year's focus is on how AI impacts our lives, exploring its benefits and providing advice to help everyone use AI safely and responsibly.

The [UK Safer Internet Centre](#) offers free resources in English and Irish for schools and youth groups, covering topics from voice assistants and chatbots to ethical considerations in AI use. There are also tips for parents, carers, and grandparents on talking about AI and encouraging safe, responsible use of technology.

In January 2026, the UK Safer Internet Centre, together with SBNI and the Education Authority, will host two free webinars for teachers and professionals.

These sessions will introduce the Safer Internet Day 2026 campaign and share practical ways to get involved in schools, colleges, and youth settings. Led by online safety experts from [Childnet](#) (part of the UK Safer Internet Centre), the webinars will highlight the role of preventative education in safeguarding young people and showcase official resources for ages 3–7, 7–11, 11–14, and 14–18, with guidance on adapting materials for children with SEN.

Webinar for Primary Educators

Tuesday 13 January 2026, 3:30 - 4:15pm

Explore resources for ages 3 to 7 and 7 to 11, and suggested adaptations for using these resources with children with SEN.

[Register Now >](#)

Webinar for Post-Primary Educators

Thursday 15 January 2026, 3:30 - 4:15pm

Explore resources for ages 11 to 14 and 14 to 18, and suggested adaptations for using these resources with children with SEN.

[Register Now >](#)

Who should attend?

Suitable for all education professionals including class teachers, school leadership, subject leads, designated child protection leads, and staff members with a responsibility for online safety provision.

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

For a listening ear 365 days a year.

116 123

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 Ummavally 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 may 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

For a listening ear 365 days a year.

116 123

Childline: 08001111 for young people under 19

24hr Domestic and Sexual Abuse Helpline
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Mon-Thurs 9am-5pm, Fri 9am-2pm

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ASCERT

Addressing alcohol and drug-related issues

0800 254 5123 • www.ascert.biz • Mon-Thurs 9am-5pm, Fri 9am-4pm

MAN Men's Action Network

For Male Victims of Domestic, Sexual and Coercive Behaviour

028 7122 6530 • 028 7137 7777 • Mon-Thurs 9am-4pm & Fri 9am-1pm

Korom Centre

Strabane, Counselling and Psychosocial Support

028 7188 6181 • Mon, Tues, Fri 9am-5pm, Wed & Thurs 9am-9pm

Phone lines closed for lunch 1pm-2pm every day.

Derry Well Women

Health and Social Care Services to Women of All Ages

028 7134 0777 • www.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.

