



Western Health
and Social Care Trust



For Your Information

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January 2026 : Issue 26

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

If you would like to contribute upcoming consultations, training, articles, or events that practitioners from the community, voluntary or statutory sectors within the Western Trust will find useful please contact:

Dr Priscilla Magee – Mobile 07880723076
priscilla.magee@westerntrust.hscni.net

Message of the Month

I HOPE THIS NEW YEAR
BRINGS YOU...

Courage to try again

Passion for doing what you love

Ambition to aim higher

Resilience in overcoming obstacles

Humility to learn from others

Kindness for yourself and others

OurMindfullife.com



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

Cityside LPG : 11.30 am -1.30pm – 21st January, 2026, VTBC.

Waterside LPG : 11.00am – 1.00pm – 27th January, 2026, VTBC.

Limavady LPG : 11am-1.00pm – 3rd February, 2026, VTBC.

Strabane LPG: 11am-1.00pm – 9th February, 2026, VTBC.

Omagh LPG : 11.00am - 1.00pm – Wednesday 11th February, 2026, Online.

Fermanagh LPG : 11.00am - 1.00pm – Friday 13th February, 2026. Online.



Section 1: Family Support Available Northern Sector

Women Centre Derry

Since 1985, Women Centre Derry has provided a safe, supportive, and empowering environment where women can learn, grow, and access the services they need to reach their full potential.

We work collaboratively with individuals, communities, and partner organisations to promote women's empowerment, equality, education, and wellbeing.

Our Programmes:



RECOVER, REBUILD, RENEW. (RRR)

Supporting families with young children impacted by COVID-19. RRR offers play-based activities, parental support, and wellbeing services designed to boost child development and strengthen confidence at home.

MAS

Mental health and advocacy support for expectant and new mothers with children aged 0-3. MAS provides a space for women to share their healthcare experiences and works to improve maternity services across Northern Ireland.



SUCCESS NORTH WEST

Delivered in partnership with community hubs across the Derry & Strabane area, this programme improves employability, skills, and confidence for women furthest from the labour market, particularly those affected by long-term unemployment or poverty.

CONNECT

A community-led project celebrating cultural diversity across the city. CONNECT brings women from different ethnic and religious backgrounds together through shared activities, dialogue, and community events, building understanding, peace, and stronger neighbourhoods.



YODA

Advocacy, integration support, and activities for children and young people from ethnic minority communities.



English Speakers of other languages (ESOL)

Accredited language classes helping women build confidence in English, improve communication skills, and access further education and employment opportunities.



Womens Regional Consortium

Representing the voices of disadvantaged and rurally isolated women across Northern Ireland. The Consortium responds to government consultations, carries out research, and influences policy to ensure women's needs are heard.

Support Services

Free Onsite Crèche (8 weeks, 4 years)
Our crèche enables women to participate fully in learning, training, and support programmes by providing free, high-quality childcare on site.

Wrap-Around Support

Women Centre Derry provides one-to-one counselling, advocacy, guidance, and referrals to ensure every woman receives holistic, person-centred support.





Section 1: Family Support Available Northern Sector



What's On In January 2026

Libraries in Causeway Coast & Glens



23 January
Burns Night 'Blether with Burns' Conversation Event
Portstewart Library invites you to come along and join us in our 'Burns Night' celebration, as we host a morning event steeped with poetry, shared memories and opportunities to celebrate our local words, sayings, turns of phrase and a 'drop of tea' on offer. Everyone Welcome. 11:00am - 12:00 Noon. Telephone 028 7083 2712 for more details.

23 - 31 January
Causeway Coast and Glens Council Holocaust Memorial Day Exhibition
Come and view the Holocaust Memorial Day exhibition, hosted this year by Coleraine Library. Holocaust Memorial Day takes place on the 27th of January each year, coinciding with the anniversary of the liberation of Auschwitz-Birkenau, the largest Nazi death camp. Everyone Welcome. Available to View During Opening Hours.

24 January
'It's the Loch Ness Monster!' Children's Craft Session
Ballymoney Library invites children aged 4-8 years to come along and join in the Bum's Night joy by creating your own Loch Ness monster, using our selection of craft resources available. We can't wait to see what designs you'll create for the famous Scottish Monster. 2:30pm - 3:00pm. Telephone 028 2766 3589 for more details.

27 January
Holocaust Memorial Day - 'Moments of Reflection' Coffee Afternoon
Kilrea Library invites you to our coffee afternoon, as we take time to reflect and remember on Holocaust Memorial Day. Over a cuppa, be sure to view our 'Moments of Reflection' book display as we join to remember this moment in time. Everyone Welcome. 2:00pm - 3:00pm. Telephone 028 2954 0630 for more details.

31 January
Magic Show with Parky the Magician
Roll up Roll up, the Magician is here! For children aged 4+ years, Portrush Library invites you to come along and enjoy all the magical fun as we welcome Parky the Magician to host a spectacular Magic Show. You'll not want to miss this fun filled event. Booking Essential. 11:00am - 12:00 Noon. Telephone 028 7082 3718 for more details and to book your place.

31 January
Magic Show with Parky the Magician
Roll up Roll up, the Magician is here! For children aged 4+ years, Portstewart Library invites you to come along and enjoy all the magical fun as we welcome Parky the Magician to host a spectacular Magic Show. You'll not want to miss this fun filled event. Booking Essential. 2:30pm - 3:30pm. Telephone 028 7083 2712 for more details and to book your place.

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



www.librariesni.org.uk

Free



Limavady Library presents

Music and Movement Workshop

Families are invited to join Squiggles & Giggles for a brilliant session of music and movement!

Enjoy singing, parachute play, musical instruments, puppets and sensory props in an inclusive, energetic and exciting workshop suitable for babies - preschool age and their adults!



Saturday 17 January
10:30am – 11:00am
11:30am – 12:00 Noon

Booking Essential – Limited Spaces

Ask staff for details

t: 028 7776 2540

e: limavady.library@librariesni.org.uk



Connect with us
www.librariesni.org.uk



Section 1: Family Support Available Northern & Southern Sectors

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

>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



Health



Family Support



SureStart



Carers



Cost of Living Crisis



Education



Housing



Employment



Safety / Community



Youth Justice Agency



Police/Crime



Money/Grant Advice



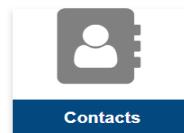
Sign Language



How to remain in the UK after Brexit
EU Settlement/ Migration



Youth Wellness Web



Contacts



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.



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



Northern Ireland
Executive



VIOLENCE
AGAINST
WOMEN
& GIRLS

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



Labour Market Partnership
Working Together



* Places are limited and applications may need to be prioritised. Whilst every effort will be taken to accommodate all enquiries, submitting an application does not guarantee a placement on the academy.



Section 1: Family Support Available Northern & Southern Sectors



Parent Well

A source of inspiration



Staying Safer & Smarter Online

*Content *Contact *Conduct *Consequences
Supporting children 11yrs & over to stay safer online



Small group information
session for parents

Thursday 8th January 2026

10-11.30am on Zoom



To book your place call
0808 8020 400





Section 1: Family Support Available Northern Sector



Welcome to the Dry Arch Children's Centre Winter newsletter.

The festive season is often a time when people reflect on the past year and make resolutions for the one ahead; they open their hearts, share what they have, and offer kindness and support to others-whether through gifts, time, or simple acts of care.

Here at the Dry Arch Children's Centres we are dedicated to supporting families all year round through a wide range of services, including Childcare Provision , SureStart programmes, educational and development initiatives for children, parenting support, youth support, and comprehensive family support.

We work in collaboration with a network of statutory, community, and voluntary partners and are renowned throughout the community for providing high-quality services, a warm atmosphere, and unwavering commitment to the children and families we serve. As we look back over the last couple of months we see only a glimpse of the services provided here at the Dry Arch Childrens Centres.



The Dry Arch Centre bid a fond farewell to its Catherine Street premises and we are delighted to announce our move to the historic Old Roe Valley Hospital in the heart of Limavady. Our dedicated staff have been busy settling into the new location and creating a family-friendly environment. We have already welcomed many families to attend our fabulous programmes. We look forward to the future in our new premises continuing to serve our community.

Podcast Updates

The Dry Arch Children's Centres Podcast "It Takes a Whole Village to Raise a Child" welcomed our Emotional Wellbeing Champion to explore the importance of the term 'Emotional Intelligence'. We explored what emotional intelligence really means, why it can matter more than IQ, and how nurturing it from an early age is one of the greatest gifts we can give our children.

In October in honour of ADHD Awareness Month we introduced the first segment to the 'It Takes a Village to Raise a Child- the Neurodiversity Series'. Our Neurodiversity Champion guided us through what neurodiversity means, why it matters, and how each of us can help create more inclusive environments for children and adults alike. We look forward to more episodes in the series. If you haven't heard our Podcast you can find a link to our Spotify or YouTube on our social media pages!

Section 1: Family Support Available Northern Sector



Welcoming Your New Baby with Dry Arch Children's Centre

Welcoming a new baby is one of life's most exciting journeys, but it also brings many changes and challenges. At Dry Arch Children's Centre, we're here to walk alongside you every step of the way.

Support Every Step of the Journey

Our highly trained staff work closely with the Western Trust Health Visiting team to provide guidance and reassurance for both expectant and new parents.

Programmes Designed for Families

We offer a wide range of antenatal and postnatal programmes, each carefully designed to nurture families from pregnancy through to parenthood:

Hypnobirthing – empowering techniques for a calm birth experience

Blossom and Bond – strengthening the parent-baby connection

Breastfeeding Support – practical help and encouragement for feeding journeys

Infant Massage – gentle touch to soothe and bond with your baby

Solid Start – guidance for introducing your baby to solid foods

Our Promise to Parents

Whether it's your first child or you've welcomed several, our aim is simple: to ensure you feel confident, cared for, and connected as you embark on this new chapter of life

Child Only Programmes

Both our Limavady and Dungiven Centres have been buzzing with excitement as they welcome this year's class of children into: Sure Start Developmental Programme for 2-3 Year Olds and our Ready, Steady Preschool Programme

Learning Through Play

Our dedicated staff create a warm, inviting environment where play is at the heart of learning. Through carefully designed activities, children develop: self-regulation, language skills, cognitive growth and social confidence. These foundations prepare them for a smooth and joyful transition into preschool.

Supporting Our Rural Community

We are delighted to provide more families in our rural community with the opportunity to benefit from these programmes. Together, we're helping children thrive while giving parents peace of mind that their little ones are cared for, nurtured, and ready for the next stage of their journey.

For Baby Loss Awareness week

The Dry Arch team and the White Butterfly Foundation invited local parents to a morning to remember all their babies that touched our hearts but could not stay with us.



Supporting Parents, Strengthening Families

Parenting programmes are vital because they equip caregivers with practical skills, emotional support, and confidence to raise happy, healthy children. They also strengthen family bonds and improve communication, helping parents feel empowered in their role.

The Family Support Team delivered a range of programmes, including: Building Better Boundaries, Surviving and Thriving in the Toddler Years, Fathers and Families and Neurodiversity Information Sessions

Making Parenting More Accessible

We understand that attending programmes can be challenging for busy parents. That's why we offer: creche services (where possible) to support attendance and parenting programmes online, allowing parents to join from the comfort of their own homes

Parent & Child Programmes: Building Bonds, Building Brains

Our Parent and Child programmes provide a unique opportunity for parents to actively engage with their children, fostering deeper bonds while supporting their developmental journey.

Community Connection Programmes

Our Play Development Team has delivered a vibrant range of programmes designed to nurture families: Stay and Play with Me: Building Bonds – Building Brains, Mini Movers Programme, Power of Play – Pop Up & Stay & Sing with me.

Learning through play is essential—it helps children naturally develop cognitive skills, social confidence, emotional resilience & physical coordination

Play also builds creativity, problem-solving, language, and confidence, while strengthening relationships and overall wellbeing.

Supporting Children's Communication

Our in-house Speech and Language Therapist has delivered a range of workshops and information sessions designed to help parents support their children's speech and language development.

What Parents Gained

- Learn practical strategies to encourage early communication
- Understand key stages of speech and language development
- Build confidence in supporting their child's learning at home
- Strengthen bonds through everyday interactions

Empowering Families

By equipping parents with knowledge and tools, these workshops ensure children have the best possible start in developing communication skills that are vital for learning, relationships, and wellbeing.



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. 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 CYPST 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 talking, 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 CYPST 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?



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.



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



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

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



Special Educational Needs (SEN) Helpdesk

SEND Central

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

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

✓ Which option do I select?

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

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

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

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

our website [👉 https://send.eani.org.uk/contact-us \(at eani.org.uk\)](https://send.eani.org.uk/contact-us)



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

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

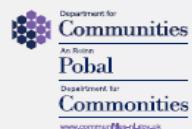
Or visit

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



Condition Management Programme

IMPROVING HEALTH, WORK AND WELLBEING



AW 2727 - CMP Leaflet updates.indd 1-3

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](#) [o](#) [v](#) Language



Enter your search here



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

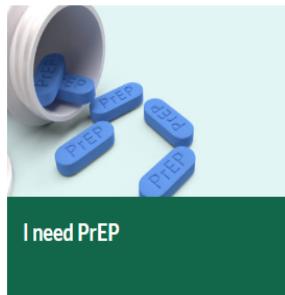
Emergency Hormonal Contraception (EHC) is no longer available from SH:24. EHC is free to women and girls in Northern Ireland via the Pharmacy First service, Common Youth clinic (Belfast / Coleraine) for under 25-year olds, local Trust Sexual and Reproductive Health clinics and some GP practices.

Explore Sexual Health NI

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



I need condoms



I need PrEP



I need to order a home STI test kit

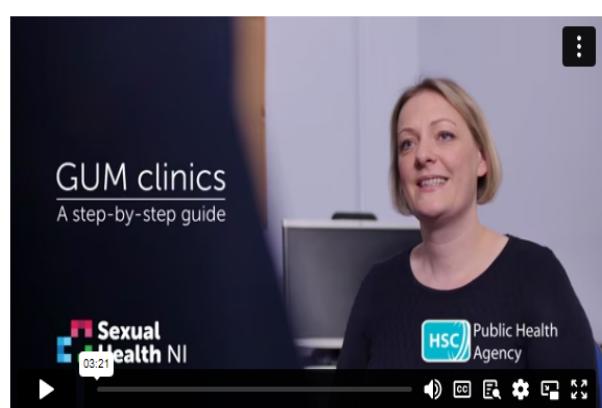


I need emergency contraception

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

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

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





Section 2: Youth Support

Relate- Ed | Relate NI Relationships and Sexuality Education NI



Relate- 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





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: www.hscni.net/c-card



HSC 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



This #childrensmentalhealthweek2025 Visit NI's 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 textphone users: 18001 0808 808 8000

Scan QR code

Youth Wellness Web

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

SCHOOL
BULLYING
WELLBEING
BEREAVEMENT
MENTAL HEALTH

16,245
Youth Wellness
Webpage Views

Visitors to Youth
Wellness Web
Feb 2024 - Feb 2025



Top 10 most visited sections on Youth Wellness Web





Section 2: Youth Support Available Northern & Southern Sectors

**Your Skills.
Your Way.**

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

Skills for Life and Work supports individuals living in Enniskillen and Derry/L'derry aged 16-21

You can register at:
www.nowgroup.org





Section 2: Youth Support Available Northern & Southern Sectors

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

Just Added



Building Resilience in Children and Young People

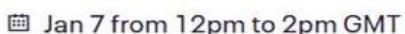


By Our Generation Co-operation Ireland Team

Follow



Online event



Jan 7 from 12pm to 2pm GMT

Overview

Delivered by Change Talks, this free training session will impart key information regarding how to increase resilience in children.

Resilience is an important skill that helps children cope with challenges and setbacks.

In this session, youth-facing staff will explore the key components of resilience, such as emotional regulation, problem-solving, and adaptability.

We will discuss strategies to support young people in building their resilience, including fostering a growth mindset, encouraging independence, and providing a supportive environment for them to express their emotions.

By empowering children with resilience, staff can help them navigate life's ups and downs with greater confidence.

Who is eligible?

Adults 18+ working with children and young people aged 9-25 in a professional or volunteer capacity. Includes youth workers, community workers, and practitioners.

About Change Talks

The Change Talks journey began in 2017, when Sam, then a staff nurse, witnessed the impact of mental health struggles first-hand. This experience fuelled his passion to make a meaningful difference.

Sam was motivated by a desire to prevent mental health issues and improve the



Section 3: Cost of Living Available Northern & Southern Sector

money.guiders.ni@maps.org.uk



As we approach the end of the year, we want to express our gratitude for being a valued member of our ever-growing and supportive Money Guiders Community. This year, we were thrilled to welcome **350+ new members** and **60+ new organisations** to the NI Network!

Thank you for being a part of our journey. We look forward to achieving even more together in the coming year! We wish you a happy and healthy holiday season! 🎅

Upcoming events



Insight to Impact: Money View 2025

Monday 19 January, 11:00 – 12:00

Connect, learn, and share with peers as we dive into financial wellbeing trends and resources to strengthen your money conversations.



Pensions 101: A Guide to MoneyHelper Pension Tools and Resources

Tuesday 27 January, 13:30 – 14:30

Join MoneyHelper to explore tools that help clients cut through the complexity of pensions.



Understanding Fuel Poverty: Impacts on Health and how to help [CPD]

Wednesday 28 January, 10:00am – 12:30

This is a fully funded CPD-accredited webinar on fuel poverty and its impact on physical and mental wellbeing in Northern Ireland

Network Events

Women, Domestic Abuse and Gambling Related Harms CPD Accredited Training: Jan 27th 1pm

Join [GamCare](#) online for an eye-opening session on how to support conversations around domestic abuse and gambling harms. This is a great chance to learn, share, and connect with other professionals. Don't miss out on this important conversation! [Click here](#) to book your place.

Economic abuse training – Belfast – Surviving Economic Abuse Jan 15th 9:30am

16% of women in Northern Ireland experienced economic abuse in the past year, that's almost one in six. For a limited time, you can secure free expert training from [Surviving Economic Abuse](#) to help you recognise this form of control and respond effectively. Book [here](#).

Talk Money Week Feedback

We were delighted to welcome over **500 participants** to our Talk Money Week 2025 events. Attendees told us the sessions were invaluable and sparked insightful conversations around money, saying

- ➡ "The opportunity to engage and learn from a wide range of people in the space."
- ➡ "Listening to someone who has lived experience makes it so real and has so much impact."
- ➡ "Learned lots about activity that is going on across the network."

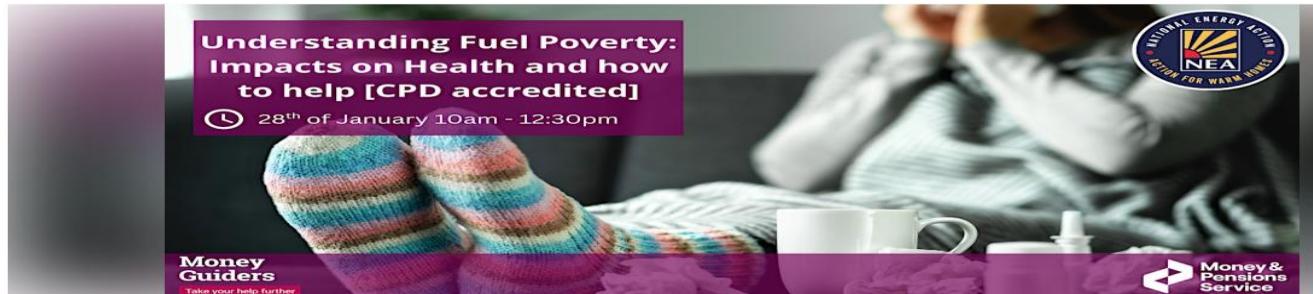
Don't worry if you couldn't attend the events – all the presentations, recordings and resources are available on our [Community Hub](#) for you to view at your convenience. If you've not used the Community Hub before and would like a tour, reach out to us at money.guiders.ni@maps.org.uk



Section 3: Cost of Living Available Northern & Southern Sectors

Understanding Fuel Poverty: Impacts on Health and how to help

[CPD] Tickets, Wed, Jan 28, 2026 at 10:00 AM | Eventbrite



Understanding Fuel Poverty: Impacts on Health and how to help [CPD]

By Money Guiders Community Network

Follow

Online event

Jan 28 from 10am to 12:30pm GMT

Overview

Join us for a practical, CPD-accredited webinar on fuel poverty and its impact on physical and mental wellbeing in Northern Ireland.

Join us and [National Energy Action \(NEA NI\)](#) for a practical, CPD-accredited webinar exploring how fuel poverty and cold homes affect physical and mental health and you can do to help. Discover simple steps and resources to help households struggling with energy costs and cold homes.

This is the first of three CPD-accredited sessions that the Money Guiders NI Network will deliver in 2026 - helping you to build confidence and skills to support those most affected by financial and energy challenges.

Who is this session for?

- Money guidance practitioners in the third, community, and public benefit sectors—if you're a volunteer or member of staff and talk to people about money in your role, this session is for people like you!
- Frontline staff and volunteers who talk to people about money, energy use, and wellbeing.
- Teams in advice, housing, health & social care, community development, and local government.

What to expect

- Understand fuel poverty: key definitions, risk factors, and who is most affected.
- Recognise health impacts: how cold, damp homes influence physical and mental health.
- Apply practical support: simple steps, resources and referrals to improve outcomes.
- Strengthen conversations: sensitive, confident money/energy chats that lead to action.
- Q&A with NEA NI plus resources to use with customers right away.

Money Guiders Competency Framework

Foundation Skills

Personal Qualities – Empathy, sensitivity, and confidence when discussing fuel poverty and health impacts.

Signposting Customers Directing people to energy support schemes, grants, and health resources

Technical Domains

4) Welfare and Benefits

Linking to benefits and grants that help with energy costs

5) Budgeting and Cashflow

Helping households manage energy bills within their budget.

10) Households

Understanding household costs, energy-saving measures, and grants for home improvements.

Speaker Organisations

National Energy Action (NEA NI) has provided domestic energy and fuel poverty training for over 30 years, helping frontline workers deliver accurate, practical advice to households across the UK. Learn more: www.nea.org.uk

Accessibility

We are committed to making this event accessible to everyone. If you have any accessibility requirements, please let us know using the form fields when registering or email us at: money.guiders.ni@maps.org.uk

About Money Guiders

Money Guiders is a free self-development programme designed to help money guidance practitioners improve their knowledge, skills, and confidence. Provided by the Money and Pensions Service, it's aimed at staff and volunteers working in the third, community and public sectors. Become part of a UK-wide community of practice. As a member, you'll receive priority access to learning events, workshops, newsletters, and networking opportunities. Register for the [Money Guiders Community](#) today!

Free
Jan 28 - 10:00 AM GMT

Reserve

Section 3: Cost of Living Available Northern & Southern Sectors

[Women , Domestic Abuse and Gambling Related Harms CPD Accredited Training](#)
Tickets, Tue, Jan 27, 2026 at 1:00 PM | Eventbrite



Women , Domestic Abuse and Gambling Related Harms CPD Accredited Training

By GamCare [Follow](#)

Online event
Multiple dates

Free
Multiple dates

[Check availability](#)

Overview

Free online training on Women, Domestic Abuse and Gambling Related harms, open to all who work directly with women.

Economic abuse training – Belfast

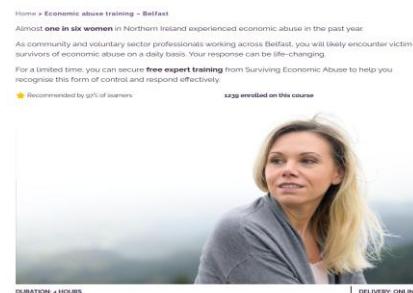
Home > Economic abuse training – Belfast

Almost **one in six women** in Northern Ireland experienced economic abuse in the past year. As community and voluntary sector professionals working across Belfast, you will likely encounter victim-survivors of economic abuse on a daily basis. Your response can be life-changing.

For a limited time, you can secure **free expert training** from Surviving Economic Abuse to help you recognise this form of control and respond effectively.

Recommended by 97% of learners

2239 enrolled on this course



Who is this course suitable for?

Our Recognising and responding to economic abuse course is aimed at a wide audience and is suitable for anyone who may encounter or support victim-survivors in their role. The course aims to equip professionals with the knowledge and skills to effectively identify and respond to this form of control.



16% of women in Northern Ireland experienced economic abuse in the past year, that's almost one in six.

What is the course format?

Developed and delivered by industry experts, this training course is an engaging, interactive learning experience informed by victim-survivors' lived experience and based on current regulations and guidelines.

Through group discussions and exercises based on relevant case studies, this course will increase learners' understanding of economic abuse and boost their confidence in responding to victim-survivors in real-life situations.

What will the course cover?

By the end of the course you will...

- Understand the impact, legal definition, and post-separation dynamics of economic abuse
- Identify & respond to signs of economic abuse, survivor disclosures, and abuser tactics
- Recognise the unique challenges faced by victim-survivors of economic abuse
- Gain practical tools, resources and signposting information to help you support survivors

Economic abuse training – Belfast

Delivered by industry specialists
Online booking
Book your place
Register for free

[Book your place](#)

Eventbrite | [View details](#)



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



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
brownree@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@dfcni.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
forbes@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

fermanaghwomensaid.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





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/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.

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).

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.

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).

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.

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

Budgeting and money advice - Community Wellbeing NI

Mental Health Information Self Help Toolkit Take 5 Steps to Wellbeing **communitywellbeing.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



CENTRE FOR AUTISM



Section 4: Neurodiversity

Middletown Early Years Resource

Available Northern & Southern Sectors

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

Supporting Early Years

Search...



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](#)



- [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

New dates: Free Parent/Carer Support Courses



Free parent/carer support courses available

Autism NI has released new parent/carer support courses, with topics including:

- Sleep
- Supporting your young child with a learning disability
- School-related anxiety

These courses are supported by the Public Health Agency through the CLEAR project. There are dates available in each Health Trust area across NI - please select the course date that matches your location.

Courses are 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.

We also have our on-demand 'Understanding Autism' webinar that is available for you to access whenever suits your schedule.

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

[Book your place](#)

Parent/Carer Support Courses

Live and On-Demand options available





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 Training <training@autismni.org>

Free Parent/Carer Support Courses

We still have some places available on our upcoming FREE parent/carer support courses. These courses are supported by the Public Health Agency through the CLEAR project.

There are dates available in each Health Trust area across NI - all dates and times can be found on our website using the links below.

Courses include:

Supporting your autistic child to sleep

Explore what differences or challenges can be experienced by autistic children regarding sleep, and a range of intervention strategies that can be used to promote positive sleep hygiene and routines.



Autism and learning disability: Supporting your young child

Explore the key characteristics of autism for young children, who may also have developmental delays or a learning disability. It will explore practical ways to build communication and connection for your child and how you can tailor visual supports to meet the cognitive level of your child.

Supporting your autistic child with school-related anxiety

Explore contributing factors to school-related anxiety and minimise anxiety triggers for a young person experiencing school 'anxiety'. Explore strategies to help increase emotional understanding, emotional regulation and coping strategies.



Courses are 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. We also have our on-demand 'Understanding Autism' webinar that is available for you to access whenever suits your schedule!

Find out more about the sessions by clicking the course names above, or view all our available courses below.

[View all upcoming parent/carer courses](#)



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	Holywood Arches Library 4-12 Holywood 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



Early Intervention Service
(Pre Assessment)



Assessment



Post Diagnostic
(Confirmed Diagnosis of Autism)



Useful Links



Further Resources



Service User Feedback



Contact Us



What's On

Section 4: Neurodiversity

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. Further 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



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

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



Welcome to the



Your Journey Starts here ...

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

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.





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](#)

[\[\] Celebrating Me - Pupil Booklet](#)

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

WHSCT
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 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

The Safeguarding Board for Northern Ireland (SBN) has partnered with iNEQE Safeguarding Group to create a new digital library hub for online safety information and support.

ONLINE SAFETY HUB

SBNI Safeguarding Board for Northern Ireland

iNEQE SAFEGUARDING GROUP

Section 6: Digital Safeguarding

Promote the Hub - Safeguarding Board for Northern Ireland



Poster

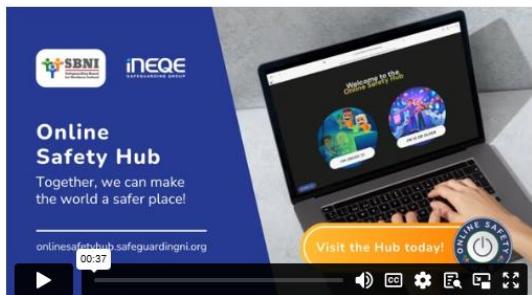
Print these off and pin them on your noticeboard to share the Online Safety Hub with your Community

 [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 \(Adults Site\)](#)



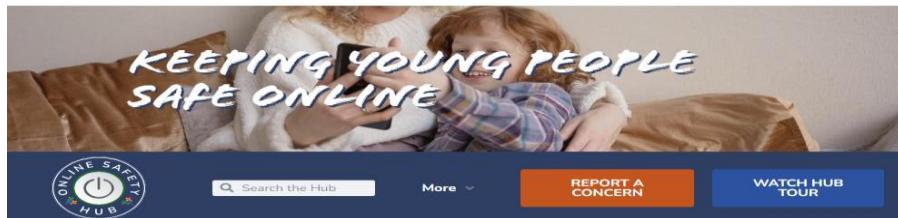
Find out how to use the Hub (Children and Young People Site)

 [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

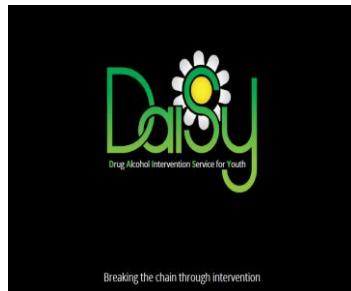
Choose from a range of topics you would like to know more about with lots of helpful advice and resources to keep you and the young people in your care safer online.

 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 7: Addiction Available Northern & Southern Sectors

www.start360.org



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

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

Vaping and Illicit Substances (Including Spice) Tickets, Tue 27 Jan 2026 at 14:00 | Eventbrite



🔥 Few tickets left

❤️

Vaping and Illicit Substances (Including Spice)

💡 By ASCERT Training

[Follow](#)

📍 Online event

📅 Jan 27 from 2pm to 4pm GMT

Overview

Learn more about vaping as a route of administration for illicit drugs.

This webinar is for the wider substance use workforce.

By the end of this session, you will be able to:

- Explain what vaping is, including motivations for use and possible harms
- Describe the types of substances that can be vaping
- Explain the “pros and cons” (from the individual’s perspective) of vaping illicit substances
- Describe Synthetic Cannabinoid Receptor Agonists (“Spice”), including effects and risks
- Identify harm reduction strategies for people vaping and/or using spice
- Identify sources of support (signposting)

Free

Jan 27 · 14:00 GMT

[Reserve a spot](#)

The training opportunity is available to build capacity across the workforce in Northern Ireland to have a better understanding of vaping of illicit substances in Northern Ireland. This training will also include reference to the vaping of spice as well alongside other potential substances.

This training is **FREE** to attend but registration is essential.



Section 7: Addiction

Available Northern & Southern Sectors

marketing@ascert.biz



We are now
offering
FREE
Workplace
Alcohol
Awareness
Sessions

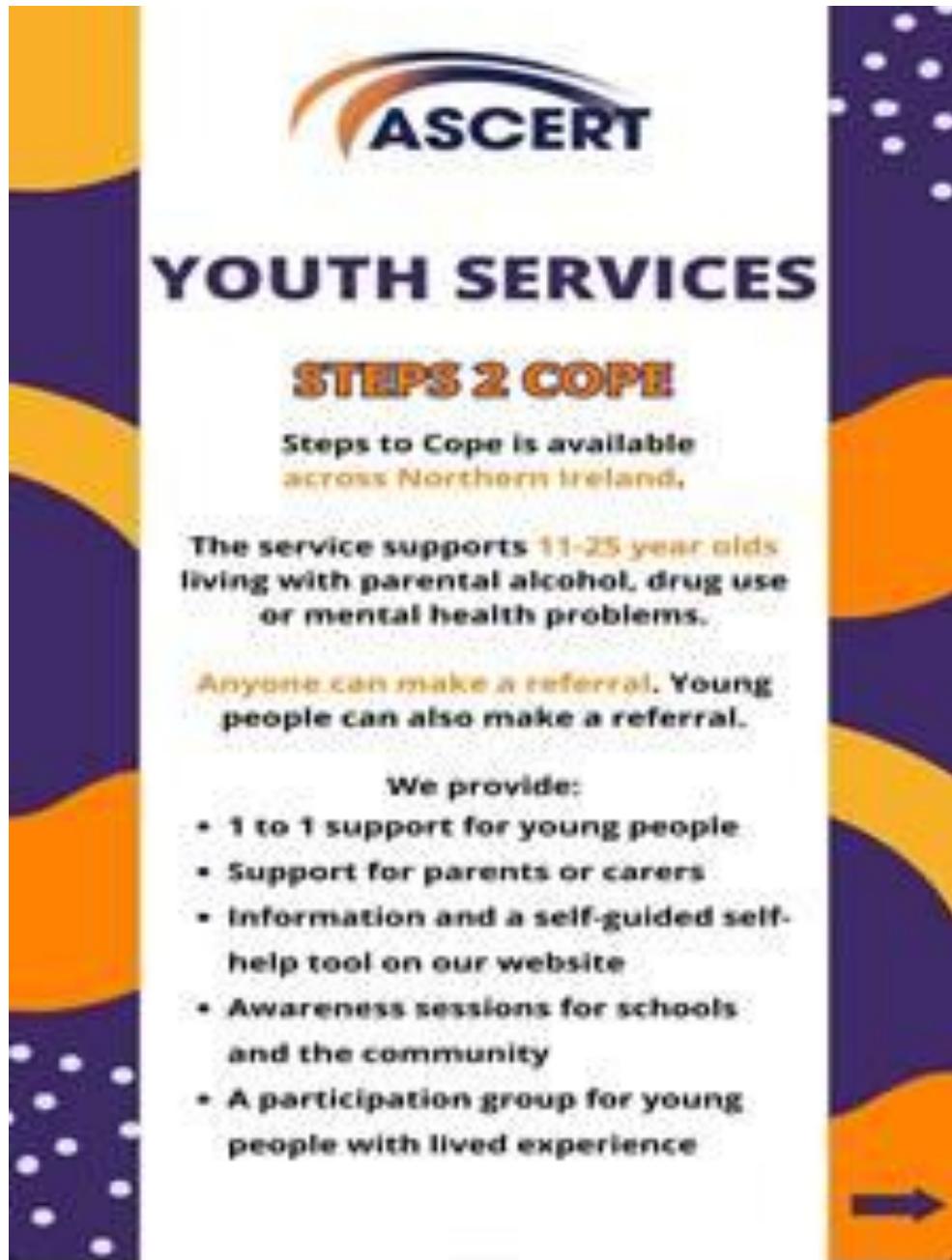


These hour long information sessions are designed to compliment your corporate Health & Wellbeing initiatives and can be delivered on your premises in person or online. Interested? Email us for further information



Section 7: Addiction Available Northern & Southern Sectors

marketing@ascert.biz



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

Section 8: Emotional Wellbeing and Mental Health Support

Available Northern & Southern Sectors



**action
mental
health**

provoking thought
For key contacts

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

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

The course will:

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

Provoking Thought

Participants will:

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

Learner requirements: None.

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

Group numbers: 8-30.

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

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

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

   @amhNI

© 2024 AMH

**action
mental
health**



Section 8: Emotional Wellbeing and Mental Health Support

Available Northern & 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 to be effective to support well-being?

The Thriving Mind Home Page is a page on the 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 user's 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.

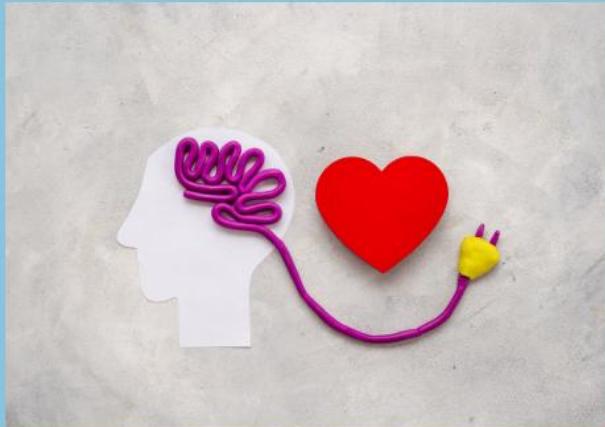




Section 8: Emotional Wellbeing and Mental Health Support

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

Some ideas for parents and carers

Building our Children's Developing Brain

As rewarding being a parent is, it 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

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.

SAMARITANS

...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 Sectors



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 is now open to applications for 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 - starting in Sept 2025

Building Relationships

Social Media

Moving Forward

Building Resilience

Coping Skills

Getting to know you

Individuals can apply using the QR code, those looking to register their youth group should contact the email address below

peaceofmind@inspirewellbeing.org

Please scan here to see our privacy notice

For more information, please contact:

Your GP surgery and ask to speak to the Mental Health Practitioner



PEACE of Mind

empowering young minds, building resilience



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)

PEACE of Mind
empowering young minds, building resilience

MENTAL HEALTH AWARENESS TRAINING

Wednesday 7th January

1pm - 4pm

Strabane Library

This session provides participants with an opportunity to consider what we really mean by 'mental health' and how we can look after our mental health and strengthen our overall wellbeing*

Learning outcomes:

- Define mental health
- Discuss what impacts mental health
- Develop awareness of certain conditions
- Increase awareness in how to identify poor mental health
- Explore emotional resilience and how to protect your mental health



PEACE of Mind

empowering young minds, building resilience



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)



Section 8: Emotional Wellbeing and Mental Health Support

Available Northern & Southern Sectors



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



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!

PEACEPLUS
Northern Ireland - Ireland

Co-funded by the European Union, UK Government, Northern Ireland Executive, Northern Ireland Assembly, Northern Ireland Department of Social Development, and the National Health and Safety Executive.

PEACE of Mind
empowering young minds, building resilience

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

Verbal **Inspire** **The Open University** **Cedar**

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.

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.

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

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

The screenshot shows the homepage of the Thriving Mind website. At the top, there is a navigation bar with links: About, Services, Training, Help Us Create More New Normals, Get Involved, Resource Hub, RETHINK YOUR DRINK, Steps to Cope, Login, and Register. Below the navigation is a search icon. The main banner features the text "RESOURCE HUB: Thriving Mind".



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

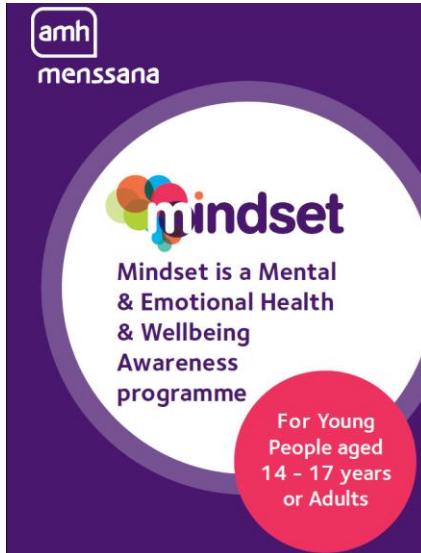
We don't always show the same empathy to ourselves as we offer to others. Here we have a workbook and a series of video clips that will help you practice self compassion.

[Take me there](#)



Section 8: Emotional Wellbeing and Mental Health Support

Available Northern & Southern Sectors

A diagram illustrating the Mindset programme. The central logo is 'mindset' with a colorful circular graphic. Surrounding the logo are several colored circles containing programme details.

- Aims**
 - Raise awareness and increase knowledge and understanding of Mental and Emotional Health and Wellbeing
 - Raise awareness of signs and symptoms of mental ill health
 - Promote self-help/resilience techniques and how to maintain a safe level of positive mental and emotional health and wellbeing
 - Promote self-care
 - Information and/or resources on mental health support organisations available (locally and regionally)
- Facilitators**
AMH MensSana Project Workers
- Duration**
3 Hour Programme (can be delivered over 1-2 sessions)
- Delivery Options**
In person or online via Zoom
- Course Content**
AMH MensSana Project Workers will provide and deliver a high quality, evidence based programme which is responsive to the needs of groups in the four HSC Trust areas.
E: amhmenssanani@amh.org.uk
T: 028 9442 5356

action mental health

HSC Public Health Agency

Project supported by the PHA

www.amh.org.uk
@amhNI



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**



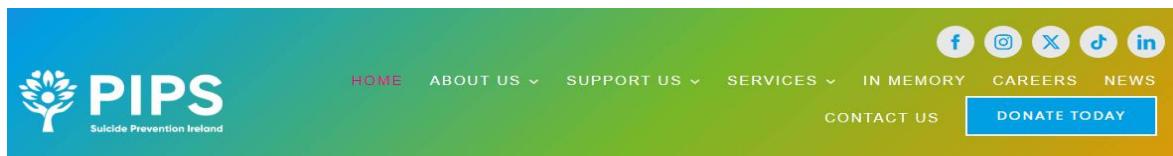
028 9080 5850

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



CORE SERVICES

PIPS Suicide Prevention Ireland Charity is here to provide counselling and befriending support to individuals who are experiencing or have experienced suicidal thoughts or mental unwellness. PIPS Charity also provides support to families and friends who have been touched by suicide





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.

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

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

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



AWARE
OVERCOMING DEPRESSION.
CHANGING LIVES.

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

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. NI. 30447

AWARE-NI.ORG





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

[HOPELINE247 | Papyrus](#)

Contact HOPELINE247

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

Call: [0800 068 4141](#)

Text: [88247](#)

Email: pat@papyrus-uk.org

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

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

Tel: 01925 572 444

Email: admin@papyrus-uk.org

Thinking of suicide?

Fundraising

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 you 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.



[Donate](#) [HOPELINK Safety Plan](#) [0800 068 4141](#) [Shop](#)



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

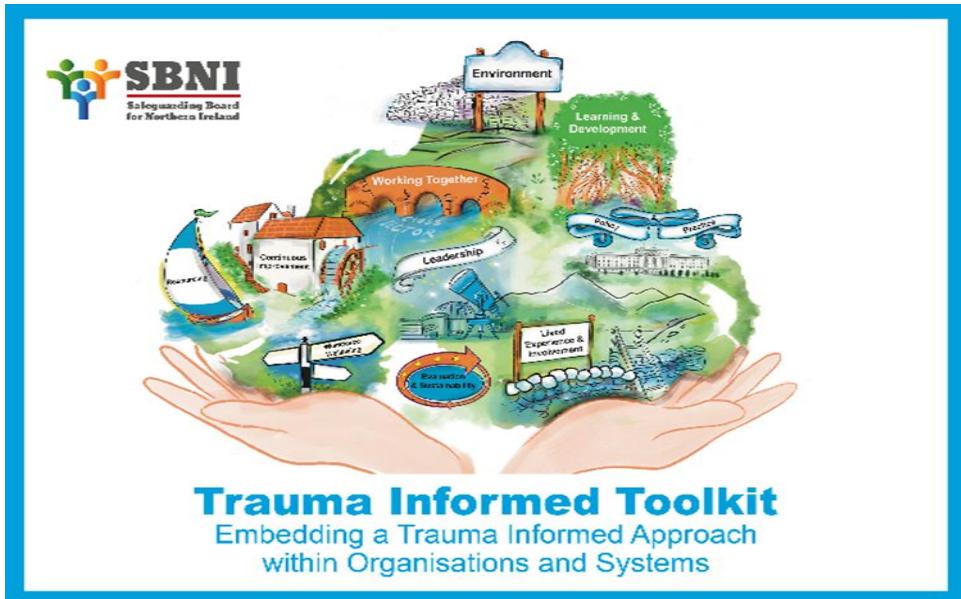
HOPELINE247 advisers are ready to support you.

[Support](#)

[Feedback](#)

Section 8: Emotional Wellbeing and Mental Health Support

Trauma Informed Toolkit



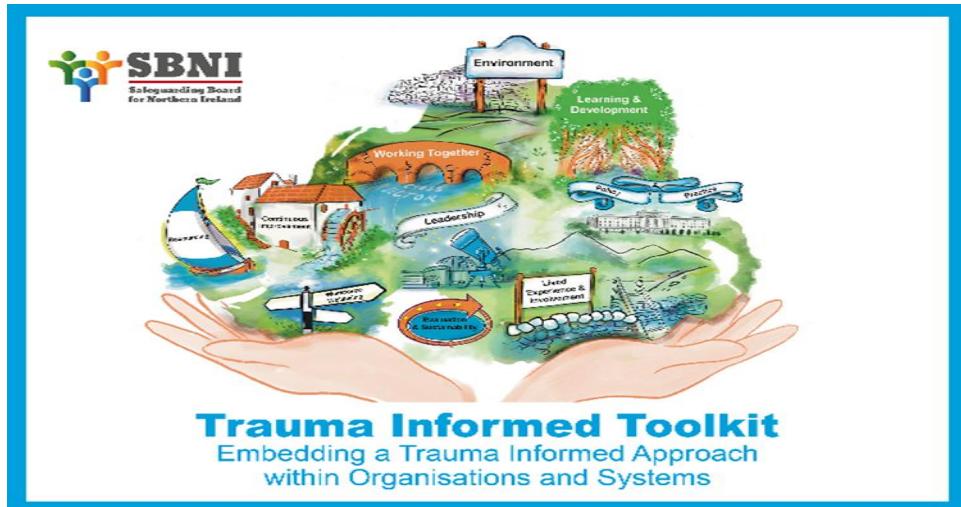
An implementation resource to embed a trauma-informed approach within organisations and systems.

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



Trauma Informed Organisations Workshop



The link between policy and practice needs to be consolidated as part of the development of a trauma informed organisation or system.

Policy makers/reviewers should be:

- knowledgeable regarding the prevalence of adversities and trauma in our population
- informed regarding how policies contribute to healing and recovery, and by avoiding retraumatisation, support resilience
- ensure that those who implement policies and those who are impacted by policies, are meaningfully involved in their development / review

Who should attend: those with a role in creating/reviewing policies and strategies.

What is involved: a practical approach to reviewing and writing policies and strategies using a trauma informed lens.

Where is it: Bishop Street Community Centre, Derry. BT48 6XQ

When is it: Thursday 26 February 2026, 9.30am to 4pm

To register please RSVP Sheina.Rigg@hscni.net



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](#)

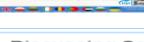


Emotional Wellbeing Teams in Schools (EWTS)
A programme of Support for Post Primary Schools



The Emotional Wellbeing Teams in schools introduce their resources.

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

 What is EWTS (Emotional Wellbeing Teams in Schools) EWTS is a programme of support for post primary schools. The main focus of the Framework is to provide overarching guidelines to support those working in educational settings to help them promote emotional wellbeing and strengthen self-esteem and resilience in children and young people.	
 EWT A4 Poster for Schools Poster for Schools providing information about teams, getting involved and emotional wellbeing champions.	
 EWTS Information Leaflet The Emotional Wellbeing Teams in Schools (EWTS) programme is part of the implementation of the Children and Young People's Emotional Health and Wellbeing in Education Framework.	
EWTS RESOURCES	
 Understanding Anxious Feelings Leaflet available in a number of languages for Parents and Carers for understanding Anxious feelings, what happens to the body and what might help.	
 Emotional Based School Non-attendance (EBSNA) and School Based Anxiety Parental Guidance and support on what is EBSNA, reasons for non-attendance, signs to look out for, caring and coping strategies and support. Rather than using terms like 'school refusal', or thinking of nonattendance 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 A poster 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

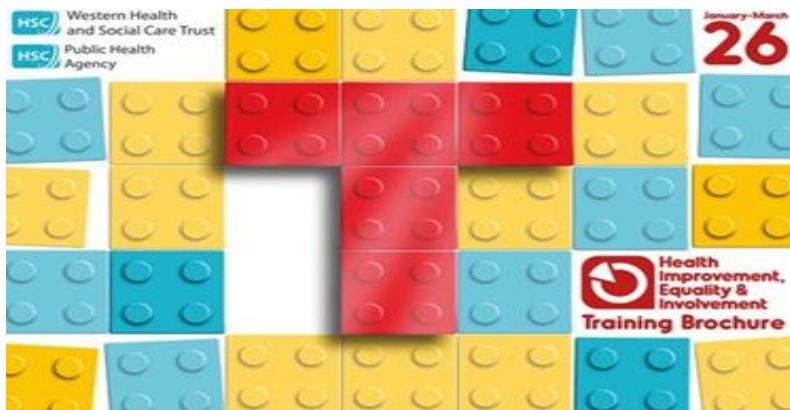
Training Brochure January - March 2026 - HIEIE Training

Brochure January to March 2026

Health Improvement Equality & Involvement Department

UPDATE Training Brochure January to March 2026

The WHSCT Health Improvement Equality & Involvement (HIEI) Department has released the Update Training Brochure which is offering free training courses taking place across the Trust from 1st January to 31st March 2026.



The training courses, in this Update edition, 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 a brand new Children & Families event; Our Neuro Network – Professional Networking Event and a new Emotional Health & Wellbeing session – 'Sexual Abuse, Sextortion and Sexual Exploitation in a Digital World'. Returning for this edition is Digital Safeguarding Core Awareness also found in the Emotional Health & Wellbeing section.

The courses in the brochure 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 – ... [Training Brochure January - March 2026 - HIEIE Training Brochure January to 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.

For further information and any queries in relation to the Training Brochure or if you would like to be added to the HIEI mailing list, please contact the department on the details below:

Health Improvement, Equality and Involvement(HIEI)
Maple Villa B, Gransha Park



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



Section 9: Training / Conferences

Health Improvement Leaflet Catalogue | Western Health & Social Care Trust

Available Northern & Southern Sectors

Western Health and Social Care Trust

Enter your search here

Home | Services | Hospitals | Community | Health and Wellbeing | About the Trust | Working for Us | Contact Us | [Viewing Times](#)

Home > Health and Wellbeing > Health Improvement Leaflet Catalogue

Health Improvement Leaflet Catalogue

If you would like to order leaflets, please complete the leaflet order form and submit to health.improvement@westerntrust.hscni.net

Health Improvement Leaflet Order Form

Name *
First Last

Date

Phone *

Email *

Organisation

Address *
Street Address
Address Line 2
City State / Province / Region
ZIP / Postal Code Country

Leaflet Title *

Please write the title of the leaflet you wish to order

Number of Leaflets Required *

Please indicate the number of copies you require

Submit

Nutrition +

Physical Activity +

Mental Health +

Sexual Health +

Pregnancy and Childbirth +

Immunisation +

Infant Feeding +

Cancer +

Alcohol +

Smoking +

Drugs +

Antibiotics +

Stroke +



Section 9: Training / Conferences Northern & Southern Sectors

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



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

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

- completing our enrolment form in the back of the prospectus
- emailing us on recoverycollege@westerntrust.hscni.net
- 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



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

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.

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

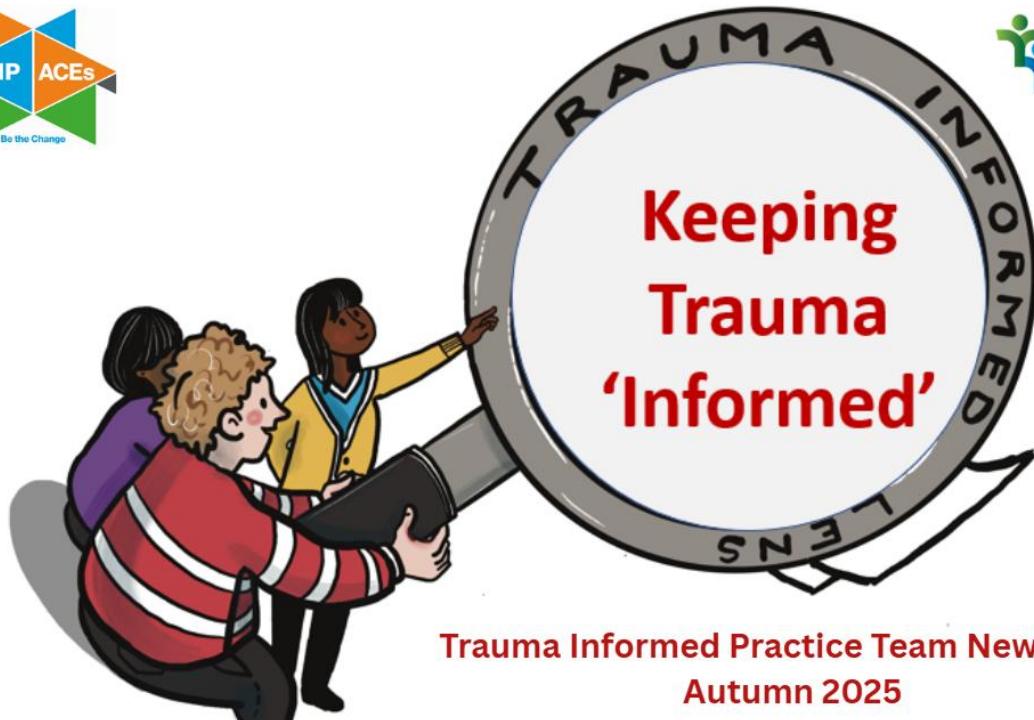
Online

[BOOK HERE](#)



Section 9: Training / Conferences Northern & Southern Sectors

Keeping Trauma 'Informed'



Trauma Informed Practice Team Newsletter
Autumn 2025

Organisational Toolkit Information Booklets

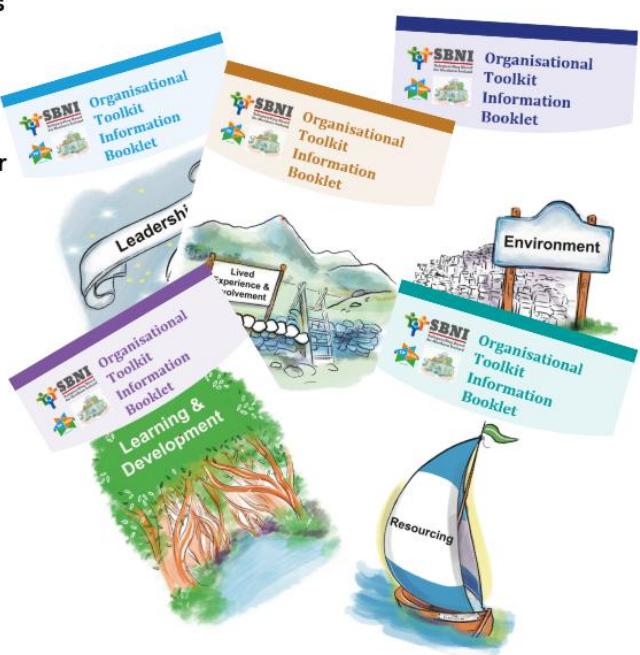
We're excited to share that a suite of information booklets will be available on the website in December to support organisations to embed a trauma informed approach.

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 a 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

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



Trauma
informed
Leadership



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





Section 9: Training / Conferences Northern & Southern Sectors

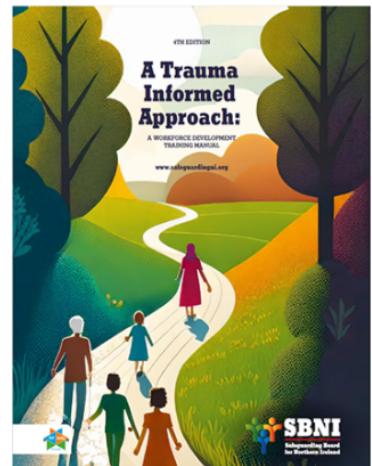
Keeping Trauma 'Informed'

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.



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.

TIP Alerts and Updates

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!

'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.](#)



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

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



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

UNDERSTANDING YOUR CHILD
SOLIHULL APPROACH

HSC

SBNI Supporting Board for Northern Ireland

NHS

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@hshhs.uk

For technical support contact: solihull.approach@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 Available Southern Sector

Funding Fair

- 📅 Mon 19th January 2026
- 🕒 4pm - 7pm
- 📍 The Bawnacre, Irvinestown





Section 9: Training / Conferences Available Southern Sectors



TRAINING PROGRAMME



PEACEPLUS
Northern Ireland - Ireland
Co-founded by the
European Union | UK Government
Northern Ireland Executive | Northern Ireland
Department of Social Development | Department of Health

The Investing in Community Volunteers programme offers a wide range of free courses designed to support volunteers, committee members and staff across the community and voluntary sector.

From understanding Committee functions and roles, improving your fundraising skills, recruiting new volunteers, safeguarding, promoting inclusion, improving your digital skills and use of AI, this programme will have something for everyone.

The 'Investing in Community Volunteers' Programme is one of 13 programmes as detailed in the Fermanagh and Omagh PEACEPLUS Local Action Plan, a project supported by PEACEPLUS and managed by the Special EU Programmes Body (SEUPB).

Each course is being delivered in seven locations across the district with various dates and times available to suit your schedule. To find out more or to register, simply click the link beside each course, select your preferred date and location and let us know of any accessibility requirements.

This programme is delivered in partnership with Fermanagh Trust, Youth Action NI, Rural Community Network, Omagh Forum for Rural Associations, Omagh Volunteer Centre, and Volunteer Now.

JANUARY 2026 - JUNE 2026

Committees: Roles Functions and Responsibilities

This session will look at how to set up a group from scratch including getting people of a similar interest together, calling a public meeting, looking at different types of groups, what's expected of being in a group and the different roles and responsibilities of office bearers.

Anticipated Learning Outcomes for Participants:

- Identify the key steps involved in forming a new community or interest group, including how to attract and engage people with shared interests.
- Gain an understanding of different group structures and types, and select an appropriate model based on the group's purpose and goals.
- Understand the roles and responsibilities of office bearers and group members and what is expected from individuals participating in a group setting.

Wed 21 Jan
ARC HLC,
Irvinestown
10am-1pm

Tue 27 Jan
Owenkillew
Centre,
Gortin
6pm-9pm

Tue 3 Feb
Lisnaskea
Youth
Centre
6pm-9pm

Tue 17 Feb
Drumquin
Community
& Youth
Centre
10am-1pm

Tue 14 Apr
Cleenish
Millennium
Hall, Arney
10am-1pm

Mon 11 May
Tara Centre,
Omagh
6pm-9pm

Wed 3 June
Fermanagh
House,
Enniskillen
10am-1pm
(Hybrid)

[**To register CLICK HERE**](#)





Section 9: Training / Conferences

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

The screenshot shows the Solihull Approach website with a blue header bar containing navigation links: About us, Train with us, Antenatal and Perinatal, For schools, Youth, For family hubs, Supporting parents, Latest news, and Shop. A 'Book training' button is located in the top right corner. The main content area has a dark blue background with the text 'REDUCING PARENTAL CONFLICT' in large white capital letters. Below this, a sub-section titled 'The Solihull Approach to reducing parental conflict' is described, followed by a detailed paragraph about the approach's focus on relationships and communication.

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	Parent access
<p>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.</p> <p>2-Day Foundation Training – for everyone who works with families</p> <p>Workshop delivery training – to run face-to-face or online programmes for parents</p> <p>www.inourplace.co.uk – parent portal for a range of online courses that can be used within 1:1 Early Help parent support work</p>	<p>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.</p> <p>Courses include:</p> <ul style="list-style-type: none"> • 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 Children in Northern Ireland

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 - 20th 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 Children in Northern Ireland

Paid Courses:

Baby Massage (Full day, in person) October - 23rd	Understanding Autism (Full day, in person) October - 23rd
Instructor Training (Two full days, in person) October 17th & 20th	
Trauma and the Helping Professional (Full day, in person) October - 24th	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: www.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

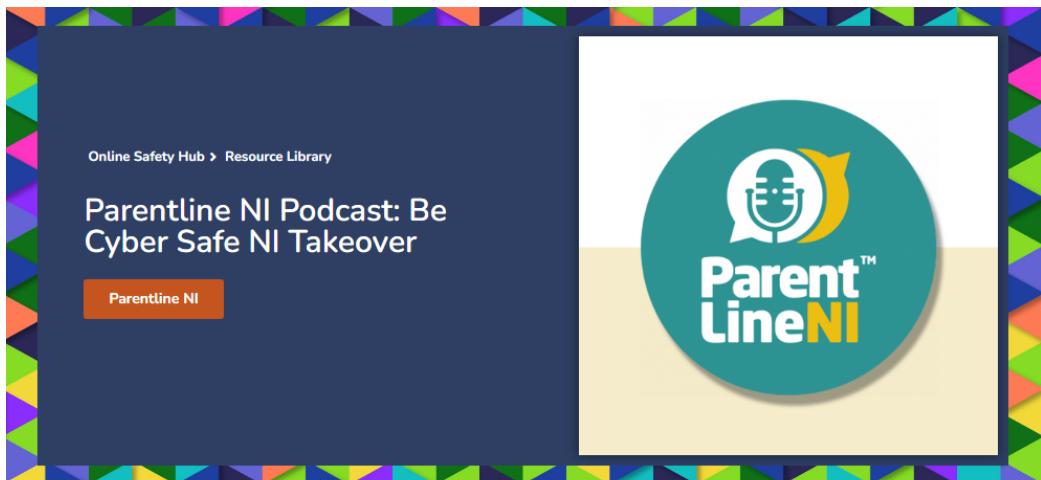
[Derry City & Strabane - Help with Cost of Living \(derrystrabane.com\)](http://derrystrabane.com)

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 screentime, 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 11: Useful Links and Informative Media Resources

Spotify – Web Player



Best for general mental health: We Can Do Hard Things

For this show, Glennon Doyle (author of the bestseller *Untamed*) joins her wife (soccer star Abby Wambach) and her sister Amanda Doyle to talk candidly about how we overcome hardships every day. **They cover everything from addiction and career trouble to taking care of parents and maintaining friendships, but in a way that is both honest and hopeful at the same time.** The idea is that by discussing these things out in the open it might empower someone else to push through difficult times. The tone is friendly, relatable and endearing so even when they're having tough conversations, the trio of hosts helps listeners feel at ease.

Apple Podcast Score: 4.9 stars (30K ratings)

Paid or Free: Free





Section 12: CRIS: Crisis Resources Information & Support



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

999 or 112

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

Lifeline
0808 808 8000

24 hour support if you are in distress or despair.

SAMARITANS

116 123

For a listening ear 365 days a year.

Childline: 08001111 for young people under 19

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

PAPYRUS: Dedicated to preventing young suicide (under 35yo) 9am-midnight every day

Call free: 08000684141 / Free text 07860039967
email pat@papyrus-uk.org / chat: <http://www.papyrus-uk.org>

These services can be contacted during the day Mon-Fri

VOYPIC

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

Aisling Centre

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

The Tara Centre

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

Aware NI

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

NEXUS NI

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

ASCERT

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

For further information on drug and alcohol support services in your area, please go to

<https://drugsandalcoholni.info/self-help-resources/> or scan this QR code and click on Western Area.



If you are worried about your mental health, this card provides details of supports you can access in the L'Derry, Strabane and Omagh 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 8pm-3am • Sat 8pm-3am • Sun 4pm-10pm

SAMARITANS

116 123

For a listening ear 365 days a year.

Childline: 08001111 for young people under 19

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

PAPYRUS: Dedicated to preventing young suicide (under 35yo) 9am-midnight every day

Call free: 08000684141 / Free text 07860039967
email pat@papyrus-uk.org / chat: <http://www.papyrus-uk.org>

These services can be contacted during the day Mon-Fri

VOYPIC

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

Aware NI

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

NEXUS NI

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

ASCERT

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

MAN Men's Action Network

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

Koram Centre

Strabane, Counselling and Psychosocial Support
028 7188 6181 • Mon, Tues, Fri 9am-5pm, Wed & Thurs 9am-8pm
Phone lines closed for lunch 1pm-2pm every day.

Derry Well Women

Health and Social Care Services to Women of All Ages
028 7136 0777 • www.derrywellwoman.org
Mon-Thurs 9am-5pm, 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.

