



Western Health
and Social Care Trust



For Your Information

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

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

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

Message of the Month



“Whatever you do, always
give 100% – unless you’re
donating blood.”

- Bill Murray

BOREDPANDA.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

Waterside LPG : 11.00am – 1.00pm – 13th March, 2026, VTBC.

Limavady LPG : 11am-1.00pm – 26th March, 2026, VTBC.

Strabane LPG: 11am-1.00pm – 30th March, 2026, VTBC.

City side LPG : 11.00 am -1.00pm – 2nd April, 2026, VTBC.

Fermanagh LPG : 11.00am - 1.00pm – 17th April, 2026. VTBC.

Omagh LPG : 2.00pm - 4.00pm –18th April, 2026, VTBC.



Section 1: Family Support Available Southern Sector

parentline@ci-ni.org.uk



**PARENT
WORKSHOP**

**Parent
LineNI™**
0808 8020 400

Worry to Wonder

Monday 2nd February, 10am-11.30am
Online via ZOOM

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

CALL NOW TO BOOK
YOUR PLACE
0808 8020 400



**Parent
LineNI™**
0808 8020 400



Section 1: Family Support 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

Children in Northern Ireland

February training Open to those in community/voluntary sector

Tuesday 10 February	Designated Officer 9:30am - 12:30pm, Online
Tuesday 17 February	Understanding Emotions and Behaviours in Middle Childhood Years (4-12) 10:00am - 4:00pm, In-person
Tuesday 24 February	Good Practice in Recording and Reporting (9:30am - 12:30pm, Online)
Tuesday 24 February	Gaming and Gambling Harm Prevention 10:00am - 1pm, Online
Tuesday 24 February	Designated Officer 10:00am - 4:00pm, In-person

Children in Northern Ireland

March training Open to those in community/voluntary sector

Tuesday 3 March	Child Protection Practice 09:30am - 12:30pm, Online
Tuesday 3 March	Risk Assessment and Risk Management 09:30am - 12:30pm, Online
Wednesday 04 March	Mental Health Awareness 09:30am - 12:30pm, Online
Tuesday 10 March	Life Story 10:00am - 4:00pm, In-person
Wednesday 11 March	Designated Officer 09:30am - 12:30pm, Online
Monday 23 March	Child Protection Practice 6:00pm - 9:00pm, Online

Book CiNI Training



www.ci-ni.org.uk/training



Section 1: Family Support Available Northern & Southern Sectors

www.ci-ni.org.uk/training

Children in Northern Ireland



February / March training	Paid courses
Tuesday 3 February	Trauma and the Helping Professional 10:00am - 4:00pm, In-person
Friday 20 February	Understanding ADHD: A Strengths Biased, Neuroaffirming Approach 10:00am - 1:00pm, Online
Thursday 26 February	Understanding Autism 10:00am - 4:00pm, In-person
Tuesday 3 March	Communicating Effectively with Children and Young People 10:00am - 1:00pm, Online
Thurs-Fri 5-6 March	Baby Yoga Instructor Training 10:00am - 4:00pm, In-person
Friday 13 March	Counselling Skills for Everyday Practice 10:00am - 4:00pm, In-person
Thursday 19 March	Autistic Women and Girls 10:00am - 4:00pm, In-person
Tuesday 24 March	Supporting School-Based Anxiety 09:30am - 12:30pm, Online



www.ci-ni.org.uk/training



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 & 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



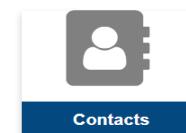
Sign Language



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



The banner features the Encompass logo (a sunburst icon with the word 'encompass' and 'DELIVERING CARE TOGETHER') in the top left, and the HSC Health and Social Care logo (a green square with 'HSC' and 'Health and Social Care') in the top right. The central text reads 'MSK Self Referral Live on My Care' in large white letters. Below the text is a description: 'The Self-Referral for Musculoskeletal (MSK) Physiotherapy is Live on My Care. This is a new feature on My Care available for adults over 16 who need support and advice to manage symptoms related to muscle strains, joint sprains or back and neck pain.' To the right of the text is an illustration of a woman in a purple top and black pants using parallel bars, with a male healthcare worker in green scrubs assisting her. A 'My Care' logo is in the top right corner of the banner area.

The Self Referral for Musculoskeletal (MSK) Physiotherapy is Live on My Care.

This is a new feature on My Care available for adults over 16 who need support and advice to manage symptoms related to muscle strains, joint sprains or back and neck pain.

To view more about how to manage My Care MSK self-referrals on encompass:

[Click here to download the information leaflet for clinicians](#)

[Watch the video - Visit the My Care information page on the Western Trust encompass Hub](#)

encompass Team





Section 1: Family Support Available Northern Sector



What's On In February 2026

Libraries in Causeway Coast & Glens



05 February Give It A Go Week Watercolour Session
This 'Give It A Go Week', Garvagh Library invites adults to join us in giving watercolour painting a go. Our lovely library staff will guide you through creating a picturesque landscape in soft watercolour. Booking Advisable. 3:00pm – 4:00pm. Telephone 028 2955 8500 for more details and to book a place.

07 February Squiggles and Giggles Music and Movement Workshop
Ballymoney Library welcomes Squiggles & Giggles for a session of music and movement with singing, parachute play, musical instruments, puppets and much more in this workshop suitable for babies - preschool age and their adults! Booking Essential. 1:30pm – 2:00pm and 2:30pm – 3:00pm. Telephone 028 2766 3589 to book a place.

10 February 'Cast off to Success' Knitting and Crocheting Demonstration
Portrush Library invites adults to join us and give knitting and crocheting a go! Come along and join the wonderful members from our Knit and Natter Group, who will be on hand to deliver an evening of demonstration and guidance in this amazing skillset! Everyone Welcome. 5:45pm – 6:45pm. Telephone 028 7082 3718 for more details.

11 February 'My Mum has ADHD' Book Reading and Group Discussion
Coleraine Library is delighted to welcome local author, Jordan Campbell to deliver a sensational reading of her new publication 'My Mum has ADHD'. We invite families to attend this event, where there will also be an opportunity to engage in a group discussion. Everyone Welcome 6:00pm – 7:00pm. Telephone 028 7034 2561 for more details.

14 February RNID Hearing Check and Information Session
Ballymoney Library is delighted to welcome the team from RNID Near You, who will be hosting a free hearing check and information session on hearing loss session for adults aged 18+ years, who have not been diagnosed with hearing loss. Everyone Welcome. 11:00am – 3:00pm. Telephone 028 2766 3589 for more details.

14 February Roses and Hearts Children's Valentine's Stories and Crafts
Dungiven Library invites children aged 4-10 years to get into the Valentine's Day spirit and join our friendly Library Staff, who will be reading a selection of heart warming stories, then join as for a selection of Valentine's Day themed crafts. 11:00am - 12:30 Noon. Telephone 028 7774 1475 for more details.

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



www.librariesni.org.uk



What's On In February 2026

Libraries in Causeway Coast & Glens



17 February Stars and Planets Storytime with Orbit Colouring Activities
Kilrea Library invites children aged 4-8 years to come along on a journey of discovery as we travel through the stars and planets with fun filled stories. Then we invite you all to jump aboard and have fun with our Orbit Colouring Activities. 12:15 Noon - 1:15pm. Telephone 028 2954 0630 for more details and to book a place.

20 February NI Science Festival 'Science of Goo' Workshop
Things are about to get messy at Portstewart Library, as we invite children aged 6-11 years to come along to our Slime Making Workshop. Under the guidance of our staff, get ready to embrace a 'goey' experiment of the slimiest science around. Booking Essential. 3:00pm – 4:00pm. Telephone 028 7083 2712 to book a place.

21 February Dungiven Library's Family Fun Day
Dungiven Library invites all the family along to join in all the fun with our Family Fun Day with a multi-sensory music and movement session delivered by the fantastic Coochie Coo, themed Storytime, free facepainting by the talented 'Anna's Cheeky Face's' and a magical treat - 'Park's Magic Show'. Everyone Welcome. 10:00am – 4:00pm. Telephone 028 7774 1475 for more details.

21 February Paper Plane Making Craft and 'Highflyers Challenge'
Limavady Library invites children aged 4-11 years to come along and enjoy our high flying 'Paper Plane Making' craft. Use our craft resources to make your very own paper plane before getting ready for take off and see how far your plane can fly in our 'Highflyers Challenge'. 1:00pm – 2:00pm. Telephone 028 7776 2540 for more details.

21 February 'Chromatography Flowers' Craft
Cushendall Library invites children aged 4-8 years to take part in our 'Chromatography Flower Making' craft. Guided by our Library Staff, you will work together, as we separate an ink solution and make rainbow coloured floral patterns using pens and water. Booking Advisable. 2:30pm – 3:30pm. Telephone 028 2177 1297 for more details and to book a place.

28 February Coleraine Library's Family Fun Day
Coleraine Library invites all the family along to join in all the fun with our Family Fun Day with a multi-sensory music and movement session delivered by the fantastic Coochie Coo, themed Storytime, free facepainting by the talented 'Anna's Cheeky Face's' and a magical treat - 'Park's Magic Show'. Everyone Welcome. 10:00am – 4:00pm. Telephone 028 7034 2561 for more details.

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



www.librariesni.org.uk





Section 1: Family Support Available Northern Sector

libraries ni

Dungiven Library presents

Family Fun Day

Coochie Coo Music and Movement
10:15am – 11:00am
For babies to pre-school age, a fun multi-sensory music and movement session. **Booking Essential**

Children's Storytime Special
11:00am
Libraries NI led Storytime special

Anna's Cheeky Faces
11:30am – 3:30pm
Children's free facepainting by Anna's Cheeky Faces

Parky the Magician's 'Magic Show'
1:00pm
Children's Magic Show by Parky the Magician

Children's Games Activities
2:30pm – 3:30pm
A selection of fun children's games activities for everyone to enjoy

Saturday 21 February
Everyone Welcome
Ask staff for details
t: 028 7774 1475
e: dungiven.library@librariesni.org.uk

Free

Connect with us
www.librariesni.org.uk

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 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.

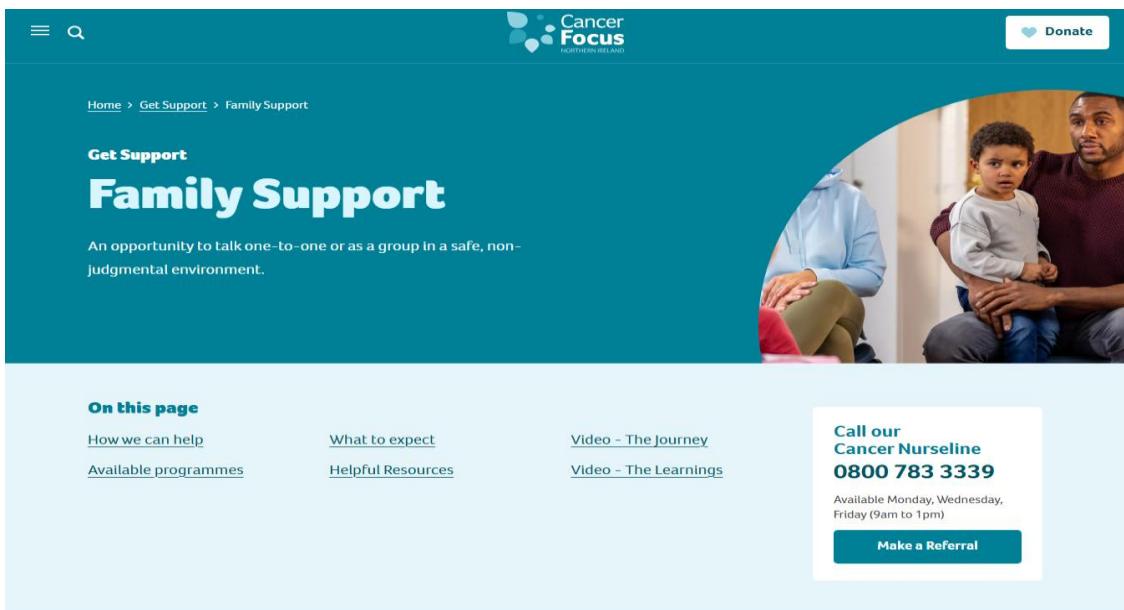
Podcast Updates

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 Southern Sector

Support for Families Facing Cancer | Cancer Focus NI



On this page

[How we can help](#) [What to expect](#) [Video - The Journey](#)
[Available programmes](#) [Helpful Resources](#) [Video - The Learnings](#)

Call our Cancer Nurseline
0800 783 3339
 Available Monday, Wednesday, Friday (9am to 1pm)

[Make a Referral](#)

How we can help

When an adult is diagnosed with cancer it affects the entire family. It can be a distressing, isolating and frightening time. Sometimes, it can be hard for an individual or whole family to openly talk about exactly how it feels to go through a cancer journey.

For children and young people, it can bring unwanted and dramatic changes to their lives and can affect their experience of school, relationships, and ongoing development. Family Support is one way for children, parents, and guardians to express their emotions. An opportunity to talk one-to-one or as a group in a safe, non-judgmental environment.



[Make a Referral](#)

 [Watch Video](#)

Available programmes

The service is for children/young people and their families when a significant adult has been diagnosed with cancer. The adult might be a parent, grandparent, or carer. Sometimes an individual member of the family might benefit from one-to-one support or the entire family can have a space to be together and share their feelings.

This service is delivered across Northern Ireland and is run by experienced Family Support Workers.

- Family Bereavement
- Writing for the Future and Memory Work
- One to One Support for a Child/Young Person
- Dads Bereavement Socials
- Parents Sessions
- Teenage Support
- Children's Group Work
- Individual Family Support

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.



We Launched our Dry Arch Childrens Centre WhatsApp broadcast channel! Parents/carers and families can now get the latest updates straight to their phones!

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?

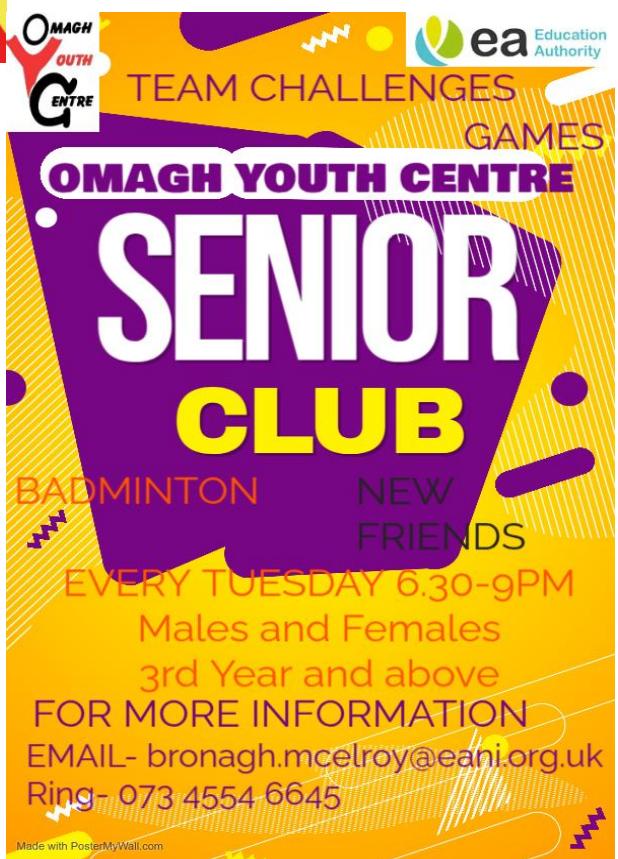
You can contact your local CMP office directly by phone or email.

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 Available Southern Sector





Section 2: Youth Support Available Southern Sector

ea Education Authority

OMAGH YOUTH CENTRE

ASD BUDDY PROGRAMME

EVERY WEDNESDAY **FREE OF CHARGE!**
7PM-9PM AGED P7 AND ABOVE **FREE OF CHARGE!**

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

CONTACT US:
CALL 073 4554 6645
EMAIL- bronagh.mcelroy@eani.org.uk



OMAGH YOUTH CENTRE

INTERMEDIATE
DROP IN
Every Monday 6.30-9pm
1st & 2nd Year

MEET NEW FRIENDS
TEAM BUILDING **FOOTBALL**
GAMES **TABLE TENNIS**
SNOOKER **BADMINTON**
DUKE BOX **DODGEBALL**

For More Information, contact Bronagh on 073 4554 6645 or bronagh.mcelroy@eani.org.uk

EPIC AWARD

ea Education Authority

VOLUNTEER TRAINING (14yrs+)

Learn valuable skills
Great for CV and UCAS
Make new friends
Gain volunteer hours

Information night in OMAGH YOUTH CENTRE on Fri 16th Jan 2026 @ 7pm

Contact Julie Donaghy on 07395 372 827 or email julie.donaghy@eani.org.uk to book your space



Section 2: Youth Support

Home - Sexual Health NI



Public Health Agency

[f](#) [x](#) [y](#) [t](#) [v](#) Language



Enter your search here



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

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

Explore Sexual Health NI

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



I need condoms



I need PrEP



I need to order a home STI test kit



I need emergency contraception

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

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

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





Section 2: Youth Support

Relate- Ed | Relate NI Relationships and Sexuality Education NI



Relate- 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



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!

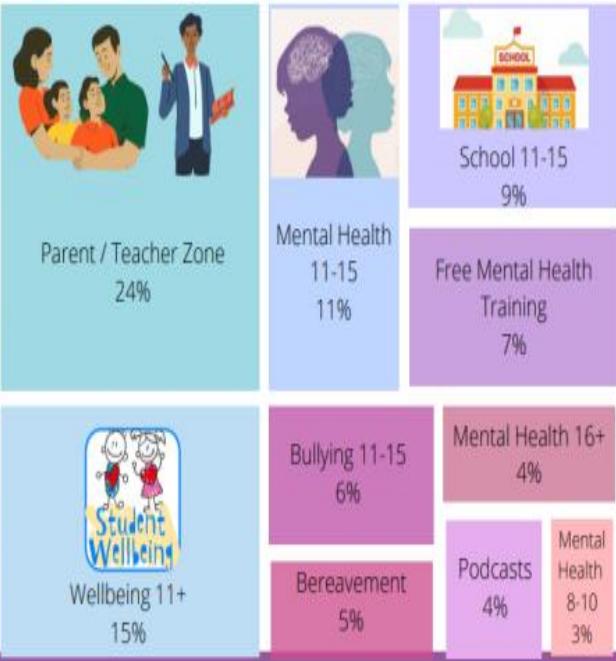
SCHOOL
BULLYING
WELLBEING
BEREAVEMENT
MENTAL HEALTH

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

[Youth Panel Scoping Flyer - Pdf](#)

action
mental
health



Your voice matters!

The Action Mental Health Regional Youth Panel are carrying out a youth-led scoping exercise to better understand the emotional and mental health challenges young people face across Northern Ireland. You can help us by taking part in this survey.

Choose the survey based on your age and click on the link below to have YOUR say!



We want to hear
from YOU!



Ages 14-17



Ages 18-25





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 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?



Section 3: Cost of Living Available Southern Sector

Money Guiders NI January Newsletter



Happy New Year and a warm welcome to our first edition of 2026! As we step into another busy and exciting year, the [Money Guiders NI Network](#) continues to grow in strength, collaboration, and confidence. Whether you're supporting households with energy costs, helping people navigate life transitions such as pensions, or dealing with difficult conversations around illegal money lending we're here to equip you with knowledge and connection for the year ahead.

Upcoming events



[Understanding Fuel Poverty: Impacts on Health and how to help \[CPD\]](#) Wednesday 28 Jan, 10:00am – 12:30pm FINAL TICKETS - 95% SOLD OUT

This is a fully funded CPD-accredited webinar on fuel poverty and its impact on physical and mental wellbeing in NI with [National Energy Action NI](#).



[\[UK WIDE\] Flood Recovery & Insurance: Equipping Money Guiders](#) Wednesday 11 Feb, 11:00am – 12:00pm Join [Flood Re](#) for a webinar designed to help practitioners to how to confidently signpost due to recent flooding and how you can integrate flood resilience into conversations.



[\[UK WIDE\] A Guide to State Pensions](#) Tuesday 24 Feb, 1:30pm – 2:30pm Join experts from the government-backed [MoneyHelper](#) for an interactive session to cut through the complexity of state pensions.



[Spotting the Signs: Combating Illegal Lending in NI](#) Wednesday 25 Feb 11:00am – 12:00pm Illegal money lending is a growing threat to financial wellbeing in our communities. This interactive session will uncover the realities of illegal lending, how it impacts vulnerable individuals, and what you can do to help.

ANNOUNCEMENT: In Person Event for NI - Menopause and Pensions



[Understanding Menopause and Pensions: Money Guidance for Practitioners](#) Thursday 5 March 10:00am – 2:00pm in the Ulster Museum

We're delighted to announce that bookings have opened for our **in-person celebration on the 5th of March ahead of International Women's Day (8th of March)**. This event will explore the impact of the menopause and offer pensions guidance so you can feel confident discussing challenges experienced by women across our communities.

Section 3: Cost of Living Available Southern Sector



Financial Wellbeing Project

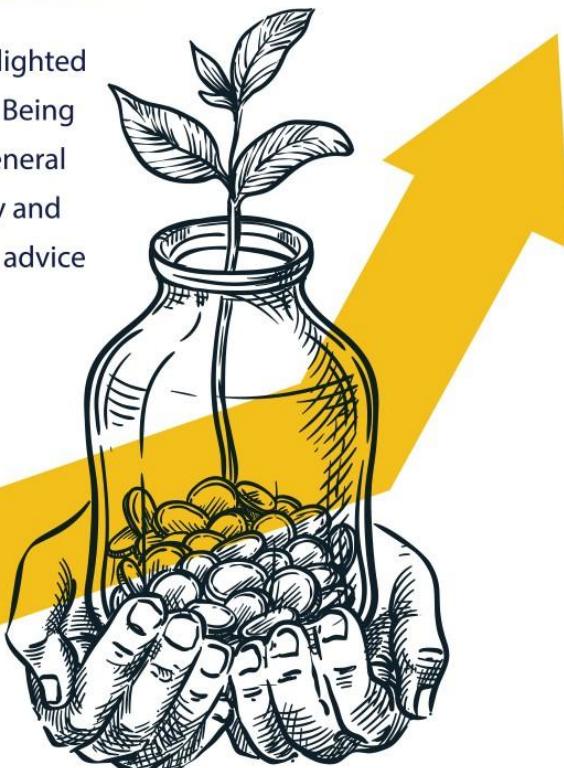
Are you struggling with your personal finances?

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

Professional Networking Event

Our Neuro Network

Our Neuro Network, a dynamic professional networking event designed for practitioners and services supporting children, young people, and families with neurodiversity.

Providing opportunities to:

- Connect with colleagues across a wide range of disciplines and services
- Raise awareness of local supports available to support neurodiverse children, young people and their families
- Strengthen partnerships and foster meaningful collaboration

For professionals across **statutory, community, and voluntary sectors** who support children, young people, and families with neurodiversity.

Events:

Thursday 22nd January 2026, 10am – 1pm, Fermanagh House, Fermanagh

Thursday 19th February, 10am – 1pm, The Mellon Country Inn, Omagh

Wednesday 18th March 10am – 1pm, St Columb's Park House, Derry / Londonderry

Click on the link to register -

[Eventbrite](#)

For further information contact: danielle.kelly3@westerntrust.hscni.net



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](#)



SUPPORTING EARLY YEARS /
FOUNDATION STAGE



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



Section 4: Neurodiversity Available Northern & Southern Sectors

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



[Book Here](#)



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

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

Children and Young People's Autism Service



Our Services

Our Services

Early Intervention Service
(Pre Assessment)

Early Intervention Service (Pre Assessment)

Assessment

Assessment

Post Diagnostic
(Confirmed Diagnosis of Autism)

Post Diagnostic
(Confirmed Diagnosis of Autism)

Useful Links

Useful Links

Further Resources

Further Resources

Service User Feedback

Service User Feedback

Contact Us

Contact Us

What's On

What's On

Section 4: Neurodiversity

Outcome

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

- If diagnostic criteria is not met, your child will be discharged from the Children & Young People's Autism Service. 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 Donaghshan 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



IMH Lunchtime Learning

PHA's Breastfeeding Support Services
hosted by Community Infant Feeding lead,
Naomie Farrell

Wednesday 25th February
12:00PM - 1:00PM, online



Project supported by the PHA



February IMH Lunchtime Learning

By IMH Lunchtime Learning

Follow

Online event

Feb 25 from 12pm to 1pm GMT

Overview

Lunchtime Learning webinar on the PHA's Breastfeeding and Breastfeeding Support scheme.

Hosted by Naomie Farrell, a Community Infant Feeding lead in the BHSCT, this hour long session will detail the work the PHA's Breastfeeding team are doing to ensure mothers in Northern Ireland are aware of the maternal and infant mental health benefits of breastfeeding.

Details about breastfeeding services, the work practitioners do, and how the service can be accessed will be included.

Free

Feb 25 · 12:00 PM GMT

Reserve a spot

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

Available Northern Sector

★ Proud moment! Two young people from Dry Arch represented the North West at the Stormont Cyber Café, discussing online safety with NSPCC & Ofcom ❤ #BeCybersafeNI #YouthVoice #OnlineSafety



Representatives from Limavady visit Stormont for special event

Young people from Dry Arch call for stronger protections online

FOR most young people, being online is an integral part of their life: they increasingly work, play, learn and explore interests via smartphones, iPads and laptops.

However, the sad reality is that the risks they face when online are also on the rise.

At a unique event called the 'Stormont Cyber Café', a group of young people from across Northern Ireland met a range of key stakeholders, including the regulator Ofcom, to call for stronger protections online.

The group, called 'Be Cyber Safe NI' (BCSNI), was formed in partnership with NSPCC Northern Ireland and CINI, as part of the NSPCC's Child Safety Online strategy, to amplify young people's voices and experiences so they can be heard by decision-makers and those responsible

for online safety.

The group of 10 young people, aged between 12-17, comprised members from Blackmountain Action Group (BAG), Patrician Youth Centre (Downpatrick), Oasis Youth Club (Dungannon), and Dry Arch Children's Centre (Limavady).

Jamie and Iona from the Dry Arch Children's Centre have been meeting regularly with other young people to explore issues related to online safety and outline the key challenges they face.

They have also engaged with other young people in their local communities to gather insights from their peers.

BCSNI has identified three priority areas where they feel most focus is needed to improve online safety for young people in Northern Ireland:

- Harmful content and online grooming.
- Privacy and personal data.
- Rules for online companies and app controls.

NSPCC Northern Ireland and Children in Northern Ireland (CINI) believe it is of paramount importance that children and young people are directly involved in working to find ways to help them stay safe online.

Phyllis Stephenson, Project Development Manager at NSPCC Northern Ireland, said: "Our goal is for every child to be safe online and for this to happen, it's crucial that we hear from young people directly about their views of online safety and their experiences online so that we can identify the support needed to keep them safe."

"We were delighted to be at Stormont and by listening to the young people and championing their voices, we can support decision makers and those with responsibility for child safety online to keep them right at the heart of solutions to online harm."

Ernest Purvis, Head of Policy at CINI, said: "It's been a privilege to work with this incredible group of young people, and a reminder of how essential it is to place their voices at the heart of decision-making."

"Their experiences and insights are shaping conversations in a way that truly reflects the realities of growing up online."

"As we move forward with the programme, we'll continue to support them to lead, connect with more of their peers, and influence meaningful change — helping ensure policy and practice around online safety are grounded in what young people need."

The event was co-sponsored by representatives from all the main Northern Ireland political parties (Danny Baker MLA, Peter Martin MLA, Michelle Guy MLA, Robbie Butler MLA, and Cara Hunter MLA).



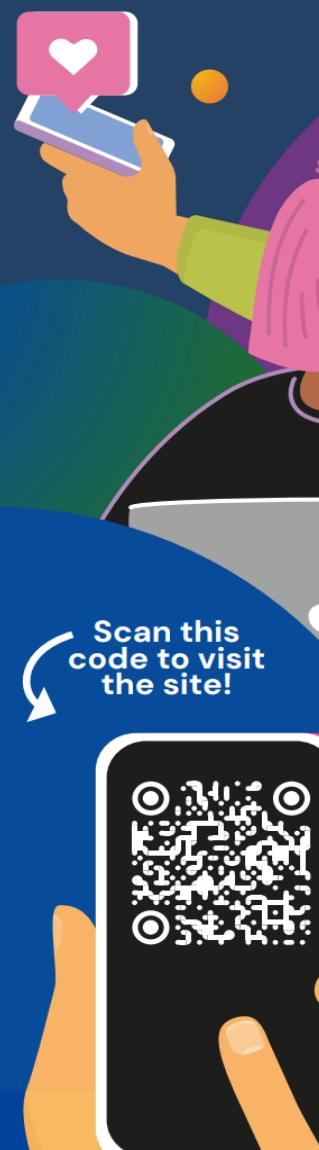
From left - Sarah Ratty, NSPCC, Sean Og, Ernest Purvis, CINI, Yvie, Natalie Whelehan, CINI, Claire Heaney, Dry Arch Children's Centre, Feargheall Mullan, Dry Arch Children's Centre, Phyllis Stephenson, NSPCC, Jamie and Iona.

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



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

OnlineSafetyHub.SafeguardingNI.org



Section 6: Digital Safeguarding

Promote the Hub - Safeguarding Board for Northern Ireland



Poster

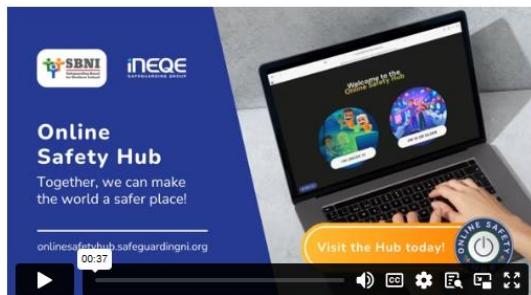
Print these off and pin them on your noticeboard to share the Online Safety Hub with your Community

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

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

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

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



Promotional Video

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

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



Find out how to use the Hub (Adult Site)

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



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

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

Section 6: Digital Safeguarding

Online Safety Hub - Safeguarding Board for Northern Ireland



Topics

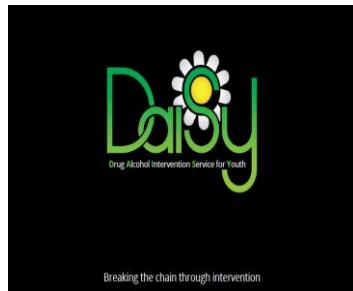
Choose from a range of topics you would like to know more about with lots of helpful advice and resources to keep you and the young people in your care safer online.

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



Section 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 Northern & Southern Sectors

marketing@ascert.biz



We are now
offering
FREE
Workplace
Alcohol
Awareness
Sessions

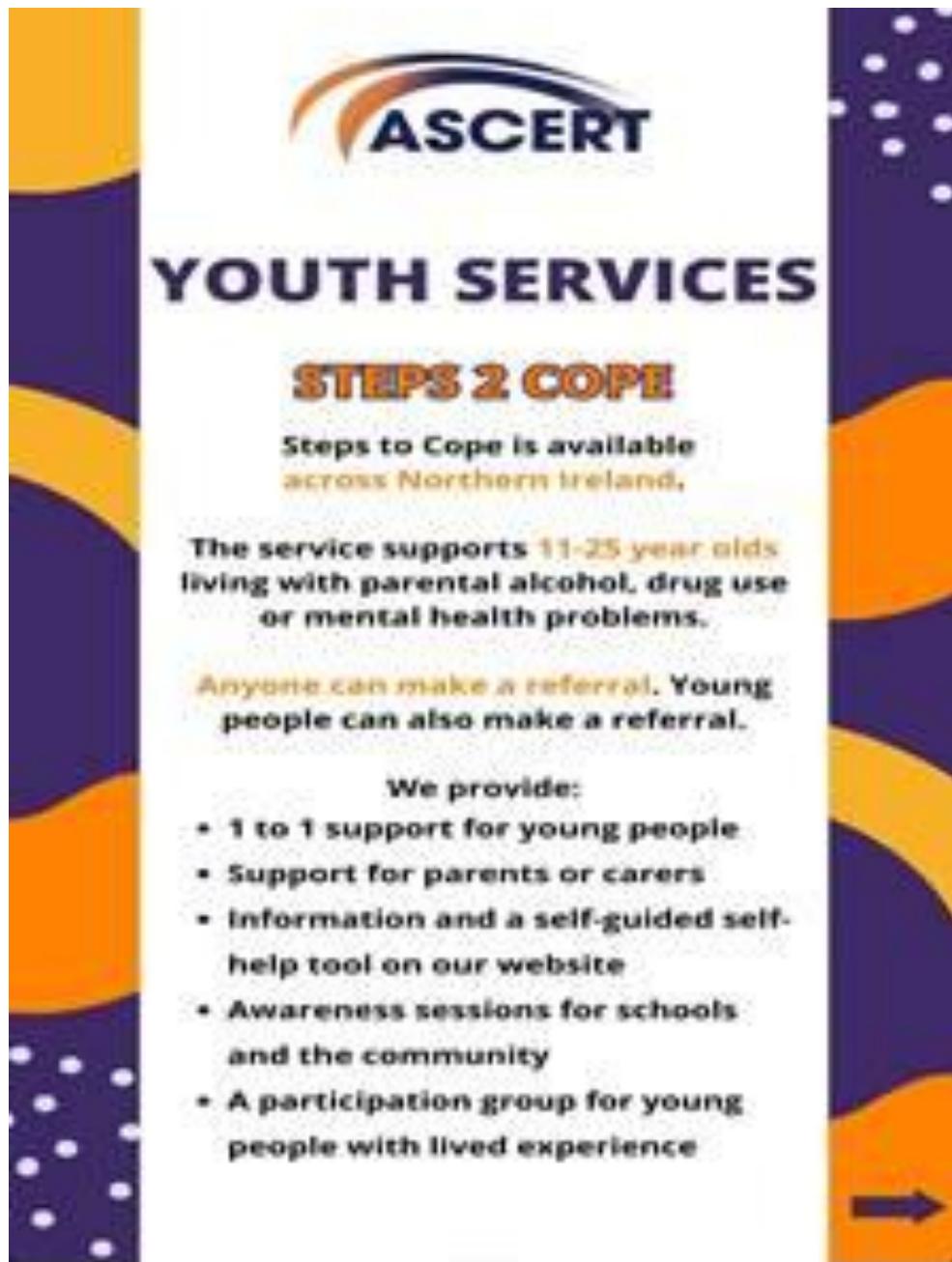


These hour long information sessions are designed to compliment your corporate Health & Wellbeing initiatives and can be delivered on your premises in person or online. Interested? Email us for further information



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.

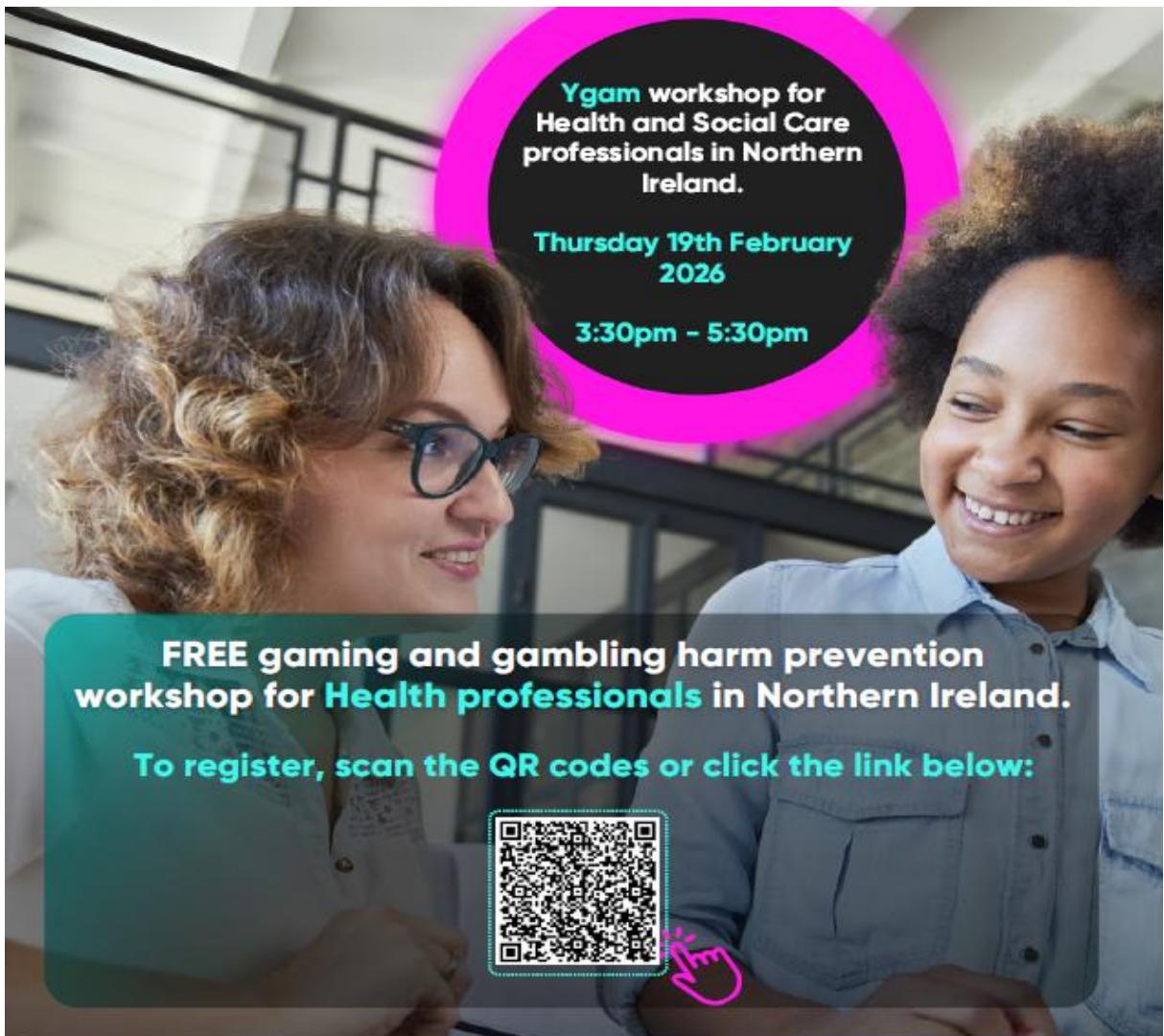
We provide:

- 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



Ygam workshop for Health and Social Care professionals in Northern Ireland.

Thursday 19th February 2026

3:30pm – 5:30pm

FREE gaming and gambling harm prevention workshop for Health professionals in Northern Ireland.

To register, scan the QR codes or click the link below:

Topics covered:

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



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





Section 7: Addiction Available Northern & Southern Sectors

**FREE online specialist
gaming and gambling
harm prevention
workshop for sports
clubs and volunteers**

**Wednesday
25th Feb.
10:00 – 12:00**
Online



**Monday
16th Mar.
13:00 – 16:00**
Online



Scan the QR code to book your place

**For more info email laurenbuckley@ygam.org
or visit our website www.ygam.org**

Ygam

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.

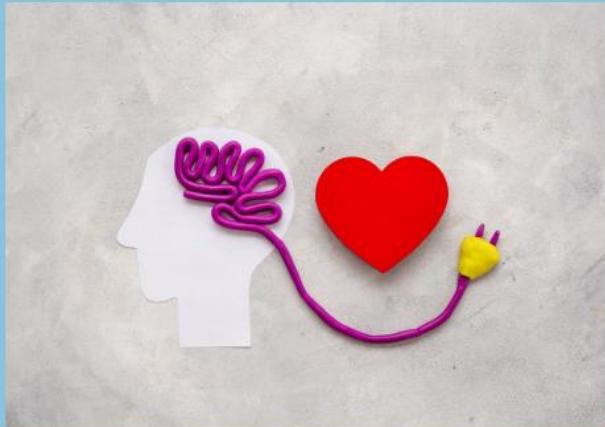




Section 8: Emotional Wellbeing and Mental Health Support

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

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

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

For more information, please contact:
Your GP surgery and ask to speak to the Mental Health Practitioner

Please scan here to see our privacy notice



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

PEACE of Mind
empowering young minds, building resilience

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.

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

What is the PEACE of Mind programme?

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

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

Why Choose PEACE of Mind?

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

Programme Overview

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

Key Focus Areas:

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

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



Section 8: Emotional Wellbeing and Mental Health Support

Available Northern & Southern Sectors

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.



Available Northern & Southern Sectors

training@pipshapeandsupport.org



PIPS HOPE AND SUPPORT

Training and Workshops for Your Organisation

Contact us for any enquiries on 028 30266195 or email training@pipshapeandsupport.org

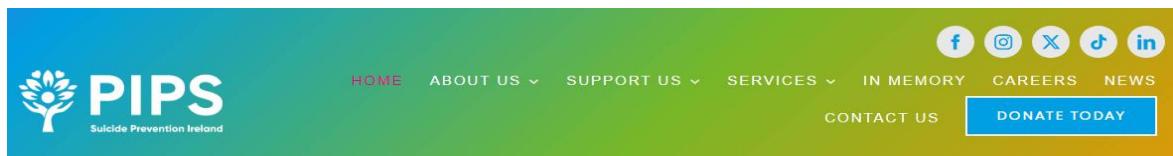
<p>Take5</p> <p>Duration: 1 - 1.5 Hrs Participant Number: up to 35</p> <p>Learn how to maintain and improve your mental wellbeing with five simple ways: Connect, Be Active, Take Notice, Keep Learning, Give.</p>	<p>Take5</p> <p>Duration: 1 - 1.5 Hrs Participant Number: up to 35</p>	<p>safeTALK</p> <p>Duration: 3-3.5 Hrs Participant Number: minimum of 10 /maximum of 30</p> <p>This workshop is designed to help build the skills and confidence necessary to recognise individuals with thoughts of suicide and direct them to someone who can keep them safe.</p> <p>Key Themes: Suicide alertness; Signposting. (Participants must be 16yrs and over)</p>
<p>GIMME 5 A fun filled activity based workshop designed for children.</p> <p>Duration: 1 - 1.5 Hrs Participant Number: up to 35</p> <p>Created by the SHSCT, this workshop introduces children to the concept of the 5 ways to wellbeing.</p> <p>Key Theme: introducing the concept of wellbeing.</p>	<p>GIMME 5</p> <p>Duration: 1 - 1.5 Hrs Participant Number: up to 35</p> <p>Created by the SHSCT, this workshop introduces children to the concept of the 5 ways to wellbeing.</p> <p>Key Theme: introducing the concept of wellbeing.</p>	<p>Shoulder to Shoulder</p> <p>Duration: Option 1 (condensed) 1.5 -2 Hrs Option 2: (OCN Level 2 certificate) 6-8 Hrs Participant Number: up to 30</p> <p>This is a suicide awareness workshop.</p> <p>Key Themes: Exploring attitudes; Suicide awareness; Signposting; Self-care. (Participants must be 16yrs and over)</p>
<p>Be ALERT</p> <p>MENTAL HEALTH AWARENESS</p> <p>Duration: 1.5 – 2 hrs Participant Number: up to 35</p> <p>The aim of this course is to provide an understanding around mental health, versus mental ill health, and how to take steps towards helping yourself or someone else you are concerned about.</p> <p>Key Theme: Recognition, Awareness, Signposting, Self-care</p>	<p>Be ALERT</p> <p>MENTAL HEALTH AWARENESS</p> <p>Duration: 1.5 – 2 hrs Participant Number: up to 35</p> <p>The aim of this course is to provide an understanding around mental health, versus mental ill health, and how to take steps towards helping yourself or someone else you are concerned about.</p> <p>Key Theme: Recognition, Awareness, Signposting, Self-care</p>	<p>ASIST</p> <p>Duration: 16 Hrs (delivered over 2 days) Participant Number: minimum of 10 /maximum of 34</p> <p>A workshop designed to increase a person's willingness, confidence, and capacity to provide suicide first aid.</p> <p>Key Themes: Personal and community attitudes towards suicide; Suicide awareness and intervention skills; Developing a safety plan with the person to connect them to further support. (Participants must be 18yrs and over)</p> <p>Mental Health First Aid</p> <p>Duration: 16 Hrs (delivered over 2 days) Participant Number: minimum of 10 /maximum of 24</p> <p>This course is designed to increase a person's willingness, confidence, and capacity to provide help to a person who is developing a mental health problem or who is currently in a mental health crisis, until professional help is available or until the crisis resolves.</p> <p>Key Themes: Recognising the symptoms of mental health problems; Providing initial help; Guiding a person towards appropriate professional help. (Participants must be 18 yrs and over)</p> <p>B+POSITIVE</p> <p>Duration: 2.5 - 3 Hrs Participants Number: up to 35</p> <p>This workshop helps to provide an understanding of the issues affecting our mental health and promoting positive mental health through group discussion and activity.</p> <p>Key Themes: Developing self-care plans; Breaking the stigma cycle. (Participants should be 11 yrs and over)</p>



training@pipshapeandsupport.org



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

LEARN MORE ABOUT DEPRESSION HOW WE CAN HELP YOU WELLBEING PROGRAMMES FUNDRAISING INVESTORS IN MENTAL HEALTH AWARDS SHOP



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.



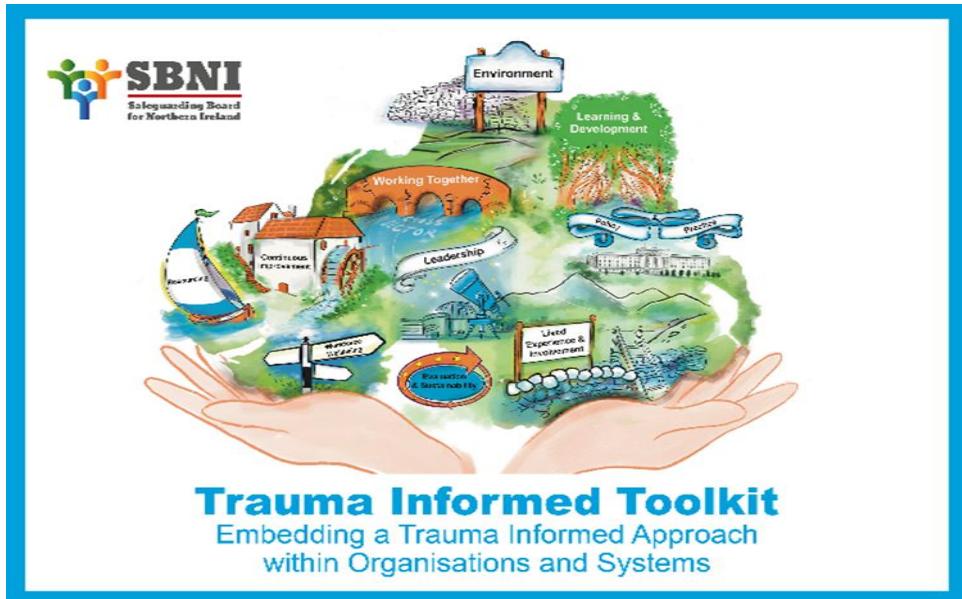
[Home](#) [About](#) [Help and advice](#) [Fundraising](#) [Education and training](#) [News and campaigns](#) [Get involved](#) [Contact us](#) [Shop](#)

HOPELINE247 advisers are ready to support you.



Section 8: Emotional Wellbeing and Mental Health Support

Trauma Informed Toolkit



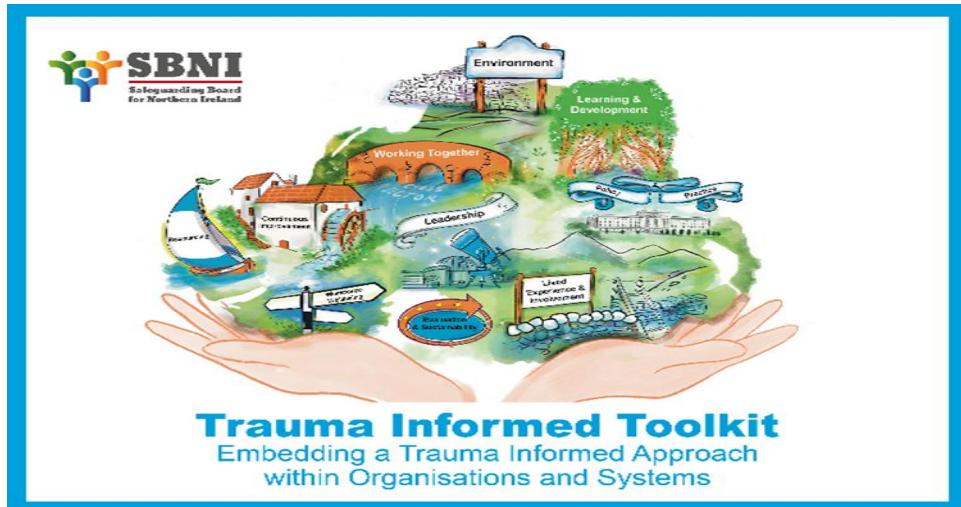
An implementation resource to embed a trauma-informed approach within organisations and systems.

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

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

Section 8: Emotional Wellbeing and Mental Health Support

Trauma Informed Toolkit



The online toolkit is divided into six sections

Section 1 – Setting the scene

An overview of the context and how to use the toolkit

Section 2 – Key concepts

A definition of trauma, trauma informed organisations and approaches

Section 3 – Six principles

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

Section 4 – Evidence & examples

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

Section 5 – Organisational checklist

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

Section 6 – Library

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

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



Section 8: Emotional Wellbeing and Mental Health Support



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

TIP Winter Newsletter



TIP alerts and updates

New Research: Follow-Up to NI Adverse Childhood Experiences (ACEs) Prevalence Study

Earlier this year, 'The Prevalence and Impact of Adverse Childhood Experiences in Northern Ireland' study was published. A new BMJ Public Health study builds on that work, using the same representative dataset to explore the impact of ACEs alongside extrafamilial violence (EFV), such as bullying and community violence, on adult health.

Key insights:

60% of adults reported at least one ACE; 176% reported four or more.

Including Efv significantly strengthens predictions of poor mental health:

EFV also linked to substance use, chronic pain, and higher health service use.

Why it matters: This follow-up analysis shows that expanding the ACE framework to include Efv provides a fuller picture of childhood adversity and its long-term impact, reinforcing the need for a trauma-informed approach, that recognises the harmful effects of violence in the community as well as in the home, across sectors, across sectors.



Scan the QR code to access the study.

Organisational Toolkit Information Booklets



The information booklets developed around the 10 focus areas of the trauma-informed organisational toolkit are now available to download on the website. Scan the QR code to download the booklets.



Childhood Adversity and Homelessness Research

Simon Community NI launched its landmark report 'Childhood Adversity and Homelessness in Northern Ireland: Breaking the Cycle' at Stormont in October. The study, by Karen McAlister, reveals that 66% of people living in homeless hostels had four or more Adverse Childhood Experiences (ACEs), compared to 18% in the general population. Common ACEs included parental separation, emotional neglect, and domestic violence. The report calls for trauma-informed approaches and better support for those leaving care, prison, or hospital to break the cycle of adversity and homelessness.

[Read the full research here.](#)

Childhood Adversity and Homelessness in Northern Ireland





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 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 Southern Sector

safeTALK (Belcoo) | Action Mental Health



safeTALK

suicide alertness for everyone

action
mental
health

**Join our FREE
safeTALK training**



Belcoo Healthy Living Centre



**Saturday 28th February,
10am-1:30pm**

[Click here to register](#)

A bit about SafeTALK:

- SafeTALK is a suicide alertness training programme.
- It helps people recognise when someone may be having thoughts of suicide.
- Participants learn how to approach, support, and connect someone to safety.
- No previous training or experience is needed.
- It builds confidence in having supportive, potentially life saving conversations.



Section 9: Training / Conferences Northern & Southern Sectors

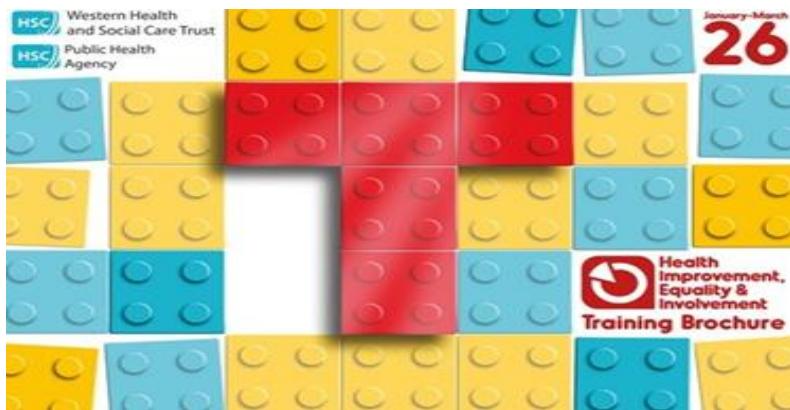
Training Brochure January - March 2026 - HIEIE Training

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 Northern & Southern Sectors

Emotional Health and Wellbeing Jan - March 26 - Emotional Health and Wellbeing January to March 2026

January-March 26

TIER 2 Sexual Abuse, Sextortion and Sexual Exploitation in a Digital World **NEW**

10

Date: Tuesday 10th February 2026

Times: 10am - 1pm

Location: TBC

Facilitator: Nexus NI

This three-hour training session will equip healthcare professionals with the knowledge and confidence to recognise, respond to, and appropriately signpost concerns related to online sexual abuse and exploitation.

Participants will explore key topics including; sexual abuse types, sexploitation and sextortion, grooming and catfishing behaviours, consent and compliance, the impact of emerging technologies such as AI, and recent legislative changes in Northern Ireland.

Through providing information, practical examples and discussing real scenarios, staff will develop the skills needed to support vulnerable individuals, uphold safeguarding responsibilities, and promote safer online environments.

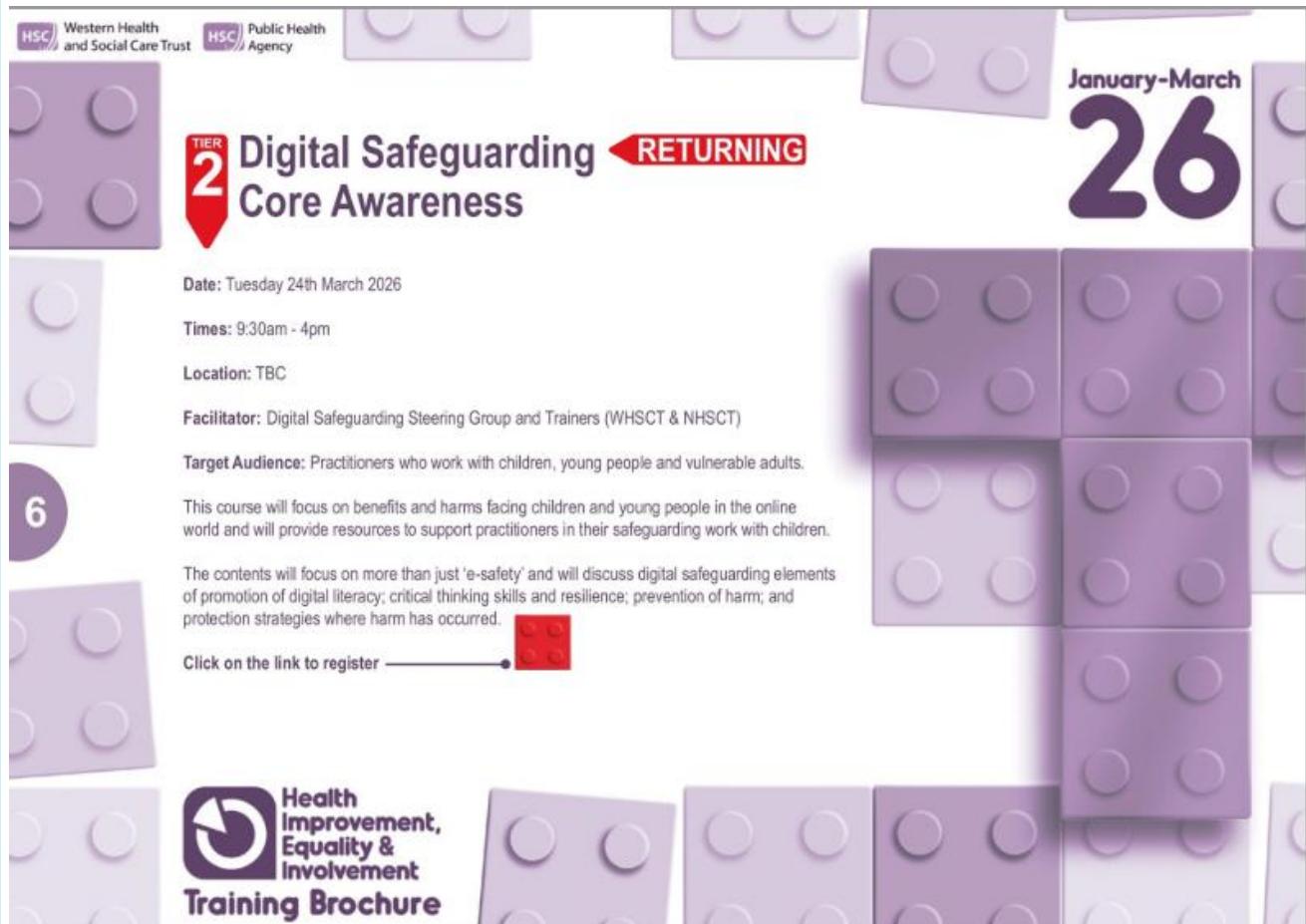
Click on the link to register

Health Improvement, Equality & Involvement Training Brochure



Section 9: Training / Conferences Northern & Southern Sectors

Emotional Health and Wellbeing Jan - March 26 - Emotional Health and Wellbeing January to March 2026



6

January-March 26

TIER 2 Digital Safeguarding **RETURNING**

Core Awareness

Date: Tuesday 24th March 2026

Times: 9:30am - 4pm

Location: TBC

Facilitator: Digital Safeguarding Steering Group and Trainers (WHSCT & NHSCT)

Target Audience: Practitioners who work with children, young people and vulnerable adults.

This course will focus on benefits and harms facing children and young people in the online world and will provide resources to support practitioners in their safeguarding work with children.

The contents will focus on more than just 'e-safety' and will discuss digital safeguarding elements of promotion of digital literacy; critical thinking skills and resilience; prevention of harm; and protection strategies where harm has occurred.

Click on the link to register →

Health Improvement, Equality & Involvement Training Brochure



Section 9: Training / Conferences Southern Sector

<https://www.eventbrite.co.uk/e/manifest-connecting-men-with-mind-fitness-tickets-1539995681539?aff=oddtdtcreator>



MANifest: Connecting Men with Mind Fitness

By Western Health and Social Care Trust

[Follow](#)

Westend Community Centre

Mar 11 from 9:30am to 4pm GMT

Overview

Facilitator: Health Improvement, Equality & Involvement Department

Target Audience: Practitioners / service providers (male and female) who work with men in any setting.

Aim: To explore the key issues that impact on men and their mental wellbeing and understand what works in order to be able to effectively engage with men and signpost them to a range of services.

Learning Objectives:

- Explore why we need to work with men as a specific group
- Understand the broad determinants of men's mental wellbeing
- Explore the barriers that men experience when accessing health and social care services and how to create opportunities to engage with them
- Increase the confidence of participants in relation to working with men.

Content:

- The need to create a 'Safe Space' for men
- Understanding men through their eyes and life experiences
- Personal strengths and qualities that practitioners bring to working with men
- Why focus on men and their mental health?
- Barriers to men seeking help and support
- Opportunities to create the conditions for engagement
- Signposting to sources of information, help and support
- Top tips for engaging with men.

[Show less](#)

Category: Health, Mental health

Good to know

Highlights

- 6 hours 30 minutes
- In person

Location

Westend Community Centre
53 Rossory Church Road
Enniskillen BT74 7FA



Free
Mar 11 - 9:30 AM GMT

[Reserve a spot](#)



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

[Home](#) | [Services](#) | [Hospitals](#) | [Community](#) | [Health and Wellbeing](#) | [About the Trust](#) | [Working for Us](#) | [Contact Us](#) | [Waiting 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
 mm/dd/yyyy

Phone *

Email *

Organisation

Address *

 Street Address

 Address Line 2

 City
 State / Province / Region
 ZIP / Postal Code
 Country

Leaflet Title *

 Please write the title of the leaflet you wish to order

Number of Leaflets Required *

 Please indicate the number of copies you require

Submit

Nutrition +

Physical Activity +

Mental Health +

Sexual Health +

Pregnancy and Childbirth +

Immunisation +

Infant Feeding +

Cancer +

Alcohol +

Smoking +

Drugs +

Antibiotics +

Stroke +



Section 9: Training / Conferences Northern & Southern Sectors

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



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

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

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

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

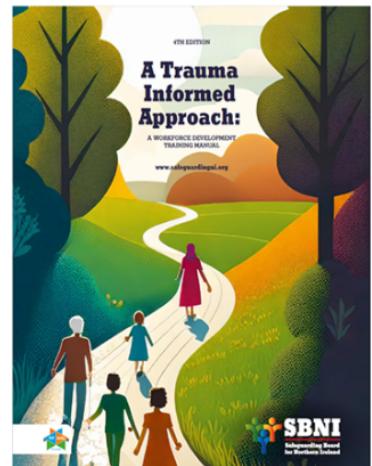
Keeping Trauma 'Informed'

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 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 Available Northern and Southern Sectors



* JANUARY 2020

OUR GENERATION LEARNING LAB



06/02 10-1130AM	Engagement Event TEACHERS/TEACHING STAFF
11/02 10AM	Sexual Health in the Community ONLINE
25/02 10AM	TRAINING NAME LOCATION
27/02 10-1130AM	Engagement Event HOLYWELL TRUST GARDY
DATE TIME	TRAINING NAME LOCATION



**What trainings would benefit your
work with children & young
people?**

**Let us know via this short survey.
Follow the link or scan the QR
code below!**
<https://forms.gle/mfMMx4PPH1k61p4b9>





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 paragraph of text and a list of training resources.

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



 www.ci-ni.org.uk.training

Upcoming Training Courses Children in Northern Ireland

Paid Courses:

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



Book: www.ci-ni.org.uk.training

 www.ci-ni.org.uk.training



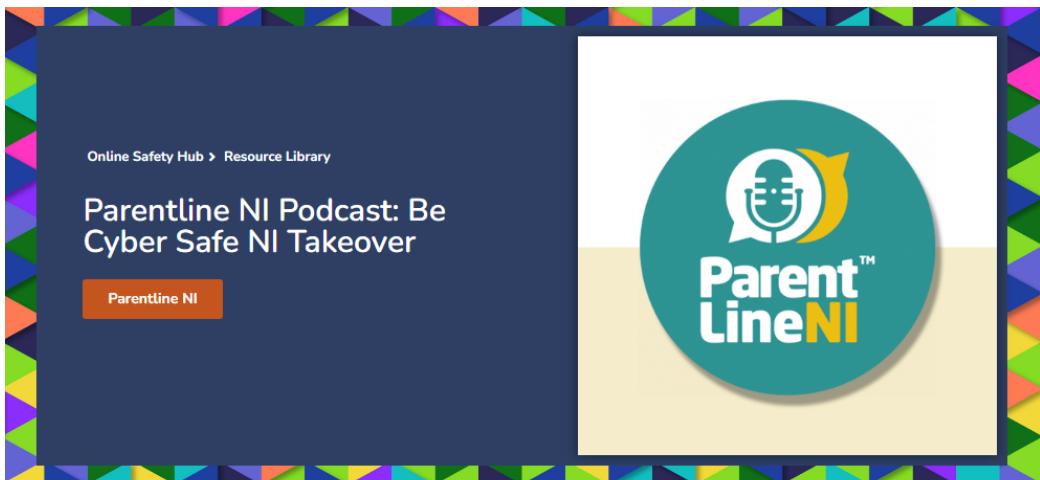
Section 10: Western Area Sure Start Projects, Family Support Hubs and Childcare Partnerships

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

<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

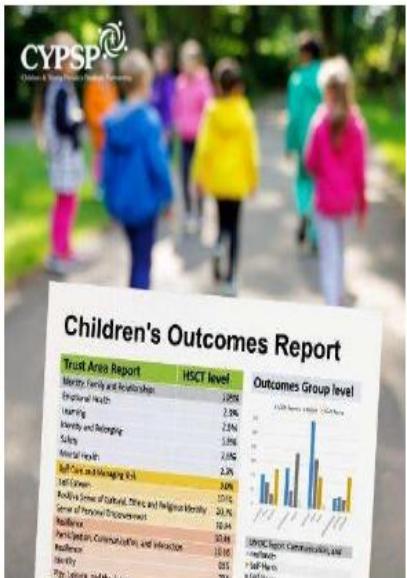
 Listen Here >



Section 11: Useful Links and Informative Media Resources

Available Northern & Southern Sector

Children and Young People's Strategic Partnership (CYPSP)



Essential reading for anyone supporting young people in NI!

The CYPSP Children's Services Planning Team has recently published updated interactive statistical reports on the CYPSP maps platform

These reports provide valuable, high-level data on children's wellbeing, drawn from the CYPSP outcomes framework

They allow for easy comparisons at regional, trust, and local levels – perfect for planning, service development, advocacy, and understanding local needs

All reports are interactive and accessible [HERE](#)

These tools can offer timely evidence to inform your day-to-day work, whether in schools, health services, youth provision, social care, or community initiatives

The reports will be updated as and when new data becomes available

Please share widely with your teams and across your networks

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

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

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 11: Useful Links and Informative Media Resources

Dry Arch Children's Centres – YouTube

<https://open.spotify.com/show/7rhSvHeUM7Js2e0cNFn75i?si=75c805e073014a91>

 **Dry Arch Children's Centres**

@DryArchChildrensCentres · 8 subscribers · 4 videos

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Neurodiversity Series - Introduction to Neurodiversity · 36 views · 3 months ago

The Power of Feelings: Raising Emotionally Intelligent Children. · 60 views · 3 months ago

Introduction to the Emotional School Non Attendance Support... · 88 views · 5 months ago

It Takes A Whole Village to Raise a Child - Hypnobirthing & Infant... · 122 views · 7 months ago



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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.

