



Western Health
and Social Care Trust



For Your Information

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March 2026 : Issue 28

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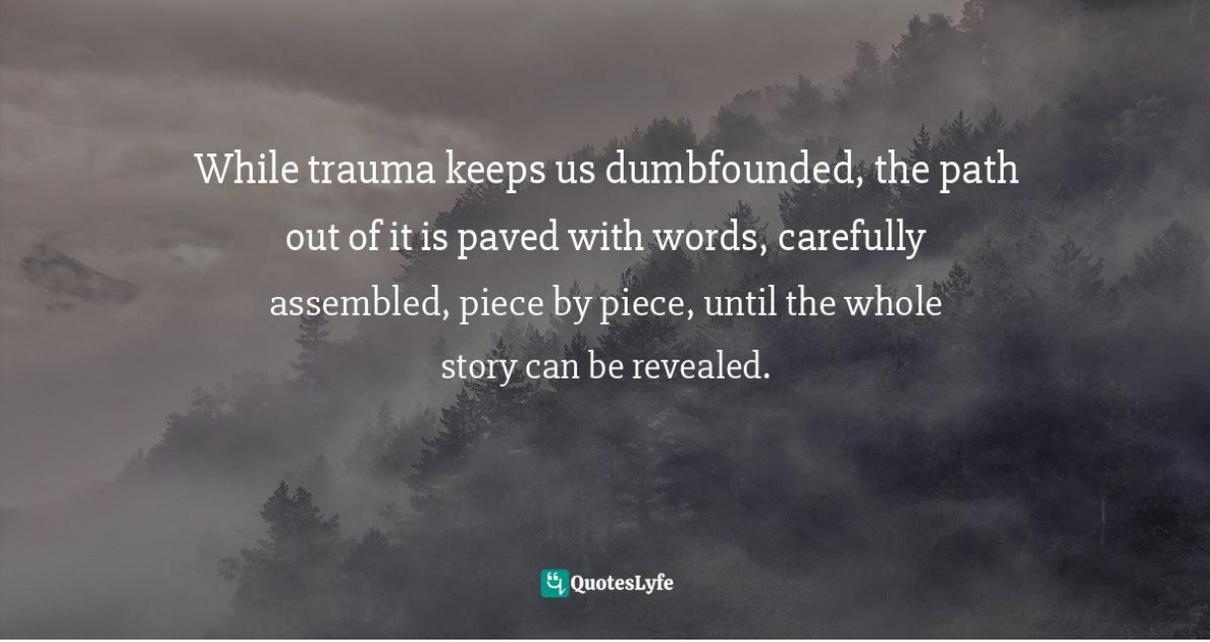
Section 12 : CRIS Leaflet

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

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

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

Message of the Month



While trauma keeps us dumbfounded, the path
out of it is paved with words, carefully
assembled, piece by piece, until the whole
story can be revealed.

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 April, 2026, VTBC.

Limavady LPG : 11am-1.00pm – 26th March, 2026, Compassionate, Connected Community Event, Bethany Hall, Limavady.

Strabane LPG: 10am-1.00pm – 31st March, 2026, Understanding Me: Making Sense of Children's Feelings & Behaviour.

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.

COMPASSIONATE CONNECTED COMMUNITIES

EARLY INTERVENTION
FAMILY SUPPORT HUB



It takes a whole village.

YOU ARE INVITED TO OUR UPCOMING SHOWCASE EVENT

The Early Intervention Family Support HUB & Locality Planning Group, supported by The Western Area Outcomes Group, warmly invite you to our upcoming showcase event.

📅 Date: Thursday 26th March

🕒 Time: 10am – 12pm

📍 Venue: Bethany Hall, Irish Green Street
Limavady

☕ Refreshments: YES

We look forward to celebrating the incredible support offered across our community.

Section 1: Family Support Available Northern & Southern Sectors



Booking your place is essential:

To book a place please follow the link below:

<https://www.eventbrite.com/e/best-start-in-life-relaunch-conference-tickets-1983612149336?aff=oddtcreator>

To host an information stand:

If your organisation would like to host an information stand at this event please provide details in the link below:

[Best Start in Life Relaunch Conference >Book to host an information stand – Fill out form](#)

Section 1: Family Support Available Northern Sector

[Monthly Programmes Newsletter Early 2026.pdf](#)

🌟 **Nurturing Courage** 🌟

Supporting parents with children experiencing anxiety

Join our 4-week parent programme designed to help you:

- ♥ **Understand** what anxiety is and **why** it happens
- ♥ Recognise the **signs** and **symptoms** in children
- ♥ Map your child's **comfort, learning & panic zones**
- ♥ Build **positive lifestyle habits** that support **emotional wellbeing**



This supportive and practical course will give you **tools**, confidence, and space to reflect – alongside other parents who understand.

📍 **Delivered by The Dry Arch Children's Centres**

✉ **Contact us on 028 777 42904 or email**
Cathy.Okane@dryarchcentre.co.uk
to book your place or find out more.



#NurturingCourage #ParentSupport
#ChildhoodAnxiety #TheDryArch
#ItTakesAVillage #EmotionalWellbeing
#ParentingSupport

Section 1: Family Support Available Northern & Southern Sectors Judith@early-years.org



early years
the organisation for young children
toybox project



**Working in Northern Ireland to
reduce social and educational
inequalities experienced by
Traveller and Roma Children.**



Toybox Aims to:

- Strengthen the capacity of Traveller and Roma parents to support their children's well-being and eagerness to learn through home visits.
- Enhance the social, emotional, physical, language and cognitive development of Traveller and Roma Children from pre-birth to four years.
- Empower Traveller and Roma parents to become involved in the education process for their children and themselves.
- Maximize the participation of Traveller and Roma children in early learning and development opportunities and in at least one year's pre-school/nursery provision, and to close the gap in enrolment levels between Traveller, Roma and settled children.
- Encourage Traveller and Roma families to engage in local community groups including parent and toddler groups and Sure Start services.
- Ensure that community and statutory early childhood services develop inclusive practices to ensure the full participation of traveller and Roma children and families.
- Strengthen effective partnership working between parents, traveller and Roma support groups, NGO's health and education professionals to support the social and educational development of young traveller and Roma children, at home and in school.
- Work progressively to ensure that traveller and Roma values and perspectives are reflected in development and practice.
- Contribute effectively to the development of wider policy and practice that challenges discrimination and inequalities experienced by young traveller and Roma children.

For further information on the Toybox Programme, please contact:

Judith Thompson – Toybox Manager
Juditht@early-years.org
07968874414



Section 1: Family Support Available Northern Sector

<https://www.dryarchcentre.org/referral-for-family-support/>



DART
Domestic Abuse Recovering Together

A supportive programme for mothers and one child (age 7 - 14 years) affected by domestic abuse.



Confidential and Caring
Contact with us will be treated with the utmost confidentiality and care. Take the first step today to help recover and heal together.

— Delivered in partnership with —



THE DRY ARCH
CHILDREN'S CENTRES
'it takes a whole village to raise a child'

NSPCC
Contact 028 777 42904 or
email Nicola.Spence@dryarchcentre.co.uk

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.



Women's Centre Derry
ACCESS & EMPOWERMENT

Section 1: Family Support Available Northern & Southern Sectors



*Twinkle twinkle little star
A new home for me feels so far;
A bed of my own and someone to care,
To keep me safe and just be there.
Twinkle twinkle little star
Until then, I'll wish from afar.*

Joe*, 6

**Register now for our 'Children Waiting'
virtual information event on 12 March 2026**

0800 0720 137
adoptionandfostercare.hscni.net

*Names changed and stock images used to protect children's identity.

Section 1: Family Support Available Northern & Southern Sectors

<https://youtu.be/XEQFs-JFmNI>

HSC Health and Social Care

henry

Healthy Start, Brighter Future

A GREAT START FOR BABIES AND YOUNG CHILDREN

Everyone wants the best for their children but it can be hard to know what to do as a parent in the early years.

Would you like to feel more confident as a parent?

That's where HENRY comes in. HENRY is a **FREE** programme for parents and carers of children between 0 and 5 years.

Interested in some ideas to get your children away from the TV?

Would you like to enjoy being active together as a family?

Would you like support to give your child a healthy start?

Would you like to reduce mealtime stress? Want your children to eat more healthy food?

Section 1: Family Support Available Northern & Southern Sectors

<https://youtu.be/XEQFs-JFmNI>



A great start for babies and young children

Everyone wants the best for their children, but it can be hard to know what to do as a parent in the early years. That's where HENRY comes in.

The HENRY programme is free to join and helps you give your child the best possible start in life.



"This programme changed my life"

www.henry.org.uk

About the programme

The programme is for parents or carers of children aged 0 to 5 years old. It is free to join.

Everyone wants the best for their children, but with so much conflicting advice it can be hard to know what to do for the best as a parent, especially in the early years.



The HENRY Healthy Families: Right from the Start programme is running locally. Join the thousands of families across the country who have benefited from the support and tips it provides for young families.

Research shows that the key ingredients to ensuring babies and young children have a healthy start in life are:

- Parenting confidence
- Physical activity for little ones
- What children and families eat
- Family lifestyle habits
- Enjoying life as a family

The programme covers these 5 themes across 8 weeks and provides everything you need to help get your little one off to a great start.

Weekly sessions

Each week helps you provide a healthy, happy, supportive environment for the whole family.

Week 1 - Decide what changes you want to make and set your own goals

Week 2 - How to juggle life with young children so you all get what you need

Week 3 - How to respond to children's needs without giving in to all their demands

Week 4 - Positive mealtime tips for a happy family - reducing mealtime stress for everyone

Week 5 - Ideas for active play to help children learn, develop and stay happy

Week 6 - Food groups, food labels, portion sizes for under 5s, first foods, and snack swaps

Week 7 - Understanding and managing your child's behaviour for a happier home

Week 8 - Celebrate your success as a parent and plan the future for your family

"I highly recommend it, it was brilliant"



Is the HENRY programme for me?

The HENRY programme can help everyone with a baby or young child. Every parent who joins learns something new and useful.



If you have at least one child under 5 years old and can answer 'yes' to any of the questions below then HENRY is for you:

- Would you like to feel more confident as a parent?
- Would you like some support to give your child a healthy start?
- Do you wish your child would eat more fruit and vegetables?
- Would you like to reduce mealtime stress?
- Would you like to enjoy being active together as a family more often?
- Are you interested in some ideas to get children away from the TV?

What is HENRY?

HENRY is a UK charity working to give babies and young children a healthy start in life.

What do other parents say about it?

- 97% of parents would recommend it
- 89% feel more confident as a parent

"I'm so glad I did this programme. Do it!"
"This was the best thing I could possibly have done to help me be a better mum."

What do I get on a HENRY programme?

Every parent joining a HENRY programme receives a HENRY toolkit which includes everything you'll need during the programme and helpful resources to use in your family.

The HENRY toolkit will help you give your child a great start in life, get the whole family involved, and keep track of how well you're doing.



The HENRY Parent Toolkit - free to everyone joining a HENRY programme

How can I join a programme?

HENRY programmes are running locally. Talk to your local children's centre to find out more, help you decide if you would enjoy it, or to join a programme.

Please contact Sinead McDaid on 07500263121

to book your place on a programme or email

Henry@westerntrust.hscni.net

For more information about HENRY go online:

www.henry.org.uk

[@HENRYHealthy](https://twitter.com/HENRYHealthy)

facebook.com/HENRY.HealthyFamilies

01865 302973



Charity number 1132581 | Company number 6952404

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

SureStart



Carers



Cost of Living Crisis



Education



Housing



Employment



Safety / Community



Youth Justice Agency



Police/Crime



Money/Grant Advice




COVID-19



Government Services



Tetum Translated Information



Ukraine 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.



Section 1: Family Support Available Northern Sector

libraries ni

What's On In March 2026



Libraries in Causeway Coast & Glens

09 - 14 March
Ballycastle Library Heritage Festival
Ballycastle Library invites you to come along and join us for a week of amazing events as part of our 'Ballycastle Library Heritage Festival'. With events including Storytelling with Stephen O'Hara, a talk by Margaret Ward and events delivered by Causeway Museum Services, there is sure to be something Heritage for all the family to enjoy. Telephone 028 2076 2566 for more details.

10 March
Heritage Week 'Local Heritage Heroes' Tea Party Event
Cushendall Library invites you to come along for a special 'Local Heritage Heroes' Tea Party. Join our friendly Library Staff over tea and cake, as we browse through old photographs and newspapers and reminiscence about some of Cushendall local heroes. Everyone Welcome. 6:00pm - 7:30pm. Telephone 028 2177 1297 for more details.

13 March
Seachtain Na Gaeilge "Cúpla Focal & Cupán Tae"
As part of the festival of Irish language "Seachtain na Gaeilge", join our Irish Conversation group at Portstewart Library for cúpla focal and share memories of Irish songs from school and beyond! Everyone Welcome. 10:30am - 11:30am. Telephone 028 7083 2712 for more details.

14 March
Heritage Week 'Kilrea's Reminiscence Scrapbook Afternoon'
To celebrate Heritage Week, Kilrea Library would like to welcome all adults to our Reminiscence Scrapbook Afternoon. Enjoy a cuppa and a biscuit as you explore memory lane with our collection of scrap books comprised of Kilrea's local history. Everyone Welcome. 2:30pm - 4:00pm. Telephone 028 2954 0630 for more details.

21 March
Seachtain na Gaeilge 'Irish Myths and Legends' Storytime and Crafts
As part of our Seachtain na Gaeilge and St Patrick's Day celebrations, Dungiven Library invites children aged 4-11 years to come along and join us for a morning of 'Irish Myths and Legends' Storytime and fun themed crafts, using our selection of craft resources available. 11:00am - 12:30 Noon. Telephone 028 7774 1475 for more details.

28 March
'Youth Art Month' Picture This: Self Portrait
To celebrate Youth Art Month, Garvagh Library invites all budding Picassos aged 4-10 to join us for this picture-perfect Self Portrait craft. Using our array of craft resources, we encourage you to get creative with how you represent yourself in portraiture. 11:30am - 12:30 Noon. Telephone 028 2955 8500 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

libraries ni

What's On In March 2026



Libraries in Causeway Coast & Glens

03 March
'Seachtain na Gaeilge' Introduction to Irish Language Workshop
As part of 'Seachtain na Gaeilge', Kilrea Library invites you to come along and enjoy a fun filled Beginner's Introduction to Irish Language Workshop, where you will be Taught beginner words and phrases in Irish by our Library Staff member. Booking Essential. 7:15pm - 7:45pm. Telephone 028 2954 0630 for more details and to book a place.

04 March
International Women's Day 'Coffee and Authors' Discussion Event
Ballymoney Library invites you to celebrate International Women's Day with a 'Coffee and Authors' Discussion Event. Let's come together and chat with each other about the many extraordinary female authors that inspire us, all enjoyed over a nice cuppa. Everyone Welcome. 3:00pm - 4:00pm. Telephone 028 2766 3589 for more details.

05 March
World Book Day 'Themed Storytime and DIY Bookmark Making Craft'
Coleraine Library invites children aged 4 - 8 years to come and join us for a World Book Day themed Storytime, read by our library staff. Then enjoy all the fun with our DIY Bookmark Craft, using our selection of craft resources, get ready to celebrate this special day. 3:30pm - 4:30pm. Telephone 028 7034 2561 for more details.

05 March
World Book Day 'My Favourite Book' Craft
This World Book Day, Garvagh Library invites bookworms aged 4-10 to join us for our 'My Favourite Book' Craft. Lead by our lovely library staff, in this bookish craft you will create a mini version of yourself reading your favourite book! Fancy dress strongly encouraged. 3:00pm - 4:00pm. Telephone 028 2955 8500 for more details.

06 March
World Book Day 'Illustrator for a Day' Guided Children's Workshop
To celebrate World Book Day, Portrush Library invites children aged 6-11 years to come along and meet local artist and illustrator, Alice Rohdich, who will guide them on a journey of book illustrations. From start to finish, let your imagination go in this interactive experience. 3:15pm - 4:15pm. Telephone 028 7082 3718 for more details.

07 March
Limavady Library's Family Fun Day
Limavady 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 7776 2540 for more details.

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

Section 1: Family Support Available Northern & Southern Sectors



MSK Self Referral Live on My Care

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.

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



Traveller Living History Exhibition

**Presented by Meath Travellers
Workshop**

*Funded by the Department of Foreign
Affairs and Trade
Reconciliation Fund*

Community Space, outside North Side Shopping Centre

Derry City

11th March 2026

11:00am – 3:00pm

Step into the rich living history of the Traveller community through an **interactive and immersive exhibition** suitable for schools, colleges, families and the wider community.

What to Expect

Experience the powerful visual impact of: A traditional Traveller barrel-top wagon Shelter tent and fireside scene A photographic exhibition capturing Traveller life and Heritage

Live Demonstrations & Culture Throughout the day, visitors can engage with:

Tin smithing demonstrations

Traditional craftwork

Storytelling and Songs

This exhibition celebrates Traveller culture, heritage and living traditions, offering a meaningful and engaging learning experience for all ages.

All welcome | Free event



An Roinn Gnóthaí
Eachtracha agus Trádála
Department of
Foreign Affairs and Trade
RECONCILIATION FUND



Section 1: Family Support Available Northern & Southern Sectors

Labour Market Partnerships Childminding Academy

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

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

Why choose a career path in home based Childcare?

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

What are the eligibility criteria?

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



Ready to take the next step?

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

Email: enquiries@nicma.org

Tel: 028 9181 1015



Section 1: Family Support

Available Northern & Southern Sectors

[MANifest: Connecting Men with Mind Fitness Tickets, Wed, Mar 11, 2026 at 9:30 AM | Eventbrite](#)



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 Rossorry Church Road
Enniskillen BT74 7FA



Free
Mar 11 - 9:30 AM GMT

[Reserve a spot](#)

Section 1: Family Support Available Southern Sector

Support for Families Facing Cancer | Cancer Focus NI

☰ 🔍



Cancer Focus
Northern Ireland

Donate

[Home](#) > [Get Support](#) > [Family Support](#)

Get Support

Family Support

An opportunity to talk one-to-one or as a group in a safe, non-judgmental environment.



On this page

[How we can help](#)

[Available programmes](#)

[What to expect](#)

[Helpful Resources](#)

[Video - The Journey](#)

[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 & Southern Sectors



Talk to me before I'm born...



Think of the bond we will form



This will help me to:

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

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

Helpful tips:

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



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

helpkidstalk@resurgamtrust.co.uk



Words by one make talking fun...



copy my actions, sounds and words



This will help me to:

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

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

Helpful tips:

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



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

helpkidstalk@resurgamtrust.co.uk



Section 1: Family Support Available Northern & Southern Sectors

ea Education Authority

SEND CENTRAL

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

Which option do I select?

PRESS 1 If you need advice specific to a child or young person who is currently undergoing Stage 3 statutory assessment or already has a Statement of SEN.

PRESS 2 If you need wider advice about Special Educational Needs in general (i.e. not specific to a particular child).

PRESS 3 If you need to speak to one of our specific SEND Support Services:

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

SEND Central
028 9031 7777

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](https://send.eani.org.uk/contact-us) (at eani.org.uk)

Section 1: Family Support Available Northern & Southern Sectors



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

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

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

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

www.senac.co.uk



Section 2: Youth Support Available Southern Sector



OMAGH YOUTH CENTRE

ea Education Authority

Junior CLUB

Every Friday
6.30-9pm
P5-P7

PHONE- 073 4554 6645
Email- bronagh.mcelroy@eani.org.uk

Made with PosterMyWall.com

A colorful poster for Junior Club. It features a bright sun in the center with rays extending outwards. The text 'Junior CLUB' is prominently displayed in a large, green, bubbly font. Below it, the schedule 'Every Friday 6.30-9pm' and age group 'P5-P7' are written in pink and purple. At the bottom, there are illustrations of four diverse children running happily on a green field. The background is a vibrant blue with white clouds and stars. Logos for Omagh Youth Centre and Education Authority are in the top corners. Contact information is at the bottom.



OMAGH YOUTH CENTRE

ea Education Authority

TEAM CHALLENGES
GAMES

OMAGH YOUTH CENTRE SENIOR CLUB

BADMINTON NEW FRIENDS

EVERY TUESDAY 6.30-9PM
Males and Females
3rd Year and above

FOR MORE INFORMATION
EMAIL- bronagh.mcelroy@eani.org.uk
Ring- 073 4554 6645

Made with PosterMyWall.com

A poster for Senior Club with a yellow and purple color scheme. The text 'SENIOR CLUB' is written in large, bold, white and yellow letters. Above it, 'OMAGH YOUTH CENTRE' is written in white on a purple background. Below the main title, activities 'BADMINTON' and 'NEW FRIENDS' are listed. The schedule 'EVERY TUESDAY 6.30-9PM' and target audience 'Males and Females 3rd Year and above' are also included. Contact information is at the bottom. The background has a pattern of diagonal lines and decorative shapes. Logos for Omagh Youth Centre and Education Authority are in the top corners.

Section 2: Youth Support Available Southern Sector



ea Education Authority

OMAGH YOUTH CENTRE

ASD BUDDY PROGRAMME

EVERY WEDNESDAY 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

Made with PosterMyWall.com



ea Education Authority

MEET NEW FRIENDS

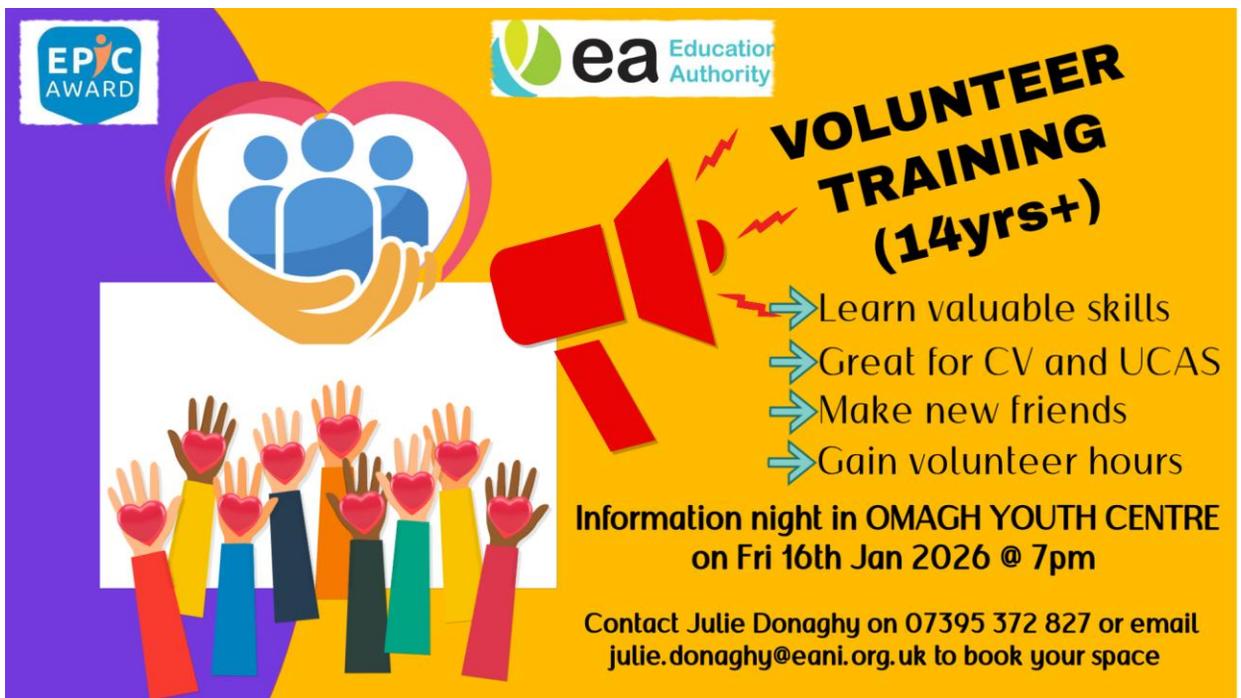
OMAGH YOUTH CENTRE INTERMEDIATE DROP IN
Every Monday 6.30-9pm
1st & 2nd Year

TEAM BUILDING GAMES
FOOTBALL TABLE TENNIS

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

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

Made with PosterMyWall.com



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

Made with PosterMyWall.com

Section 2: Youth Support Available Northern Sector

updates@digital.kingstrust.org.uk



GET READY FOR CAREERS IN HORTICULTURE

Get a taste of the exciting careers available in this growing and evolving field and start building in-demand skills. You'll get relevant experience through practical activities and fun group challenges.

ON THIS COURSE YOU'LL:

- Receive practical training in gardening and horticulture at Brooke Park Leisure Centre.
- Build teamwork and problem-solving skills, whilst learning key technical skills from experts in the field.
- Receive 6 months of follow-on support from The King's Trust.
- Travel and childcare costs covered for every day on programme (subject to application).

DATES FOR YOUR DIARY:

Taster day: 24 Feb
Course dates: 02-06 Mar
Location: Derry/Londonderry
Eligibility criteria: Ages 16-30, not in full-time education or employment.

Find out more via webchat at:
kingstrust.org.uk
or email us at:
outreachni@kingstrust.org.uk



GET STARTED WITH MAKEUP

Everyone starts somewhere. Learn from industry experts, get invaluable experience and a taste of what it is like to work in the makeup industry

ON THIS COURSE YOU'LL:

- Gain practical experience in a range of makeup techniques including skin care, concealing, eyes, brows, lips, and special effects makeup
- Get tips and techniques from a professional makeup artist
- Learn what it's like to work in the makeup industry
- Have the opportunity to gain a Beauty Guilds qualification
- Travel and childcare costs covered for every day on programme (subject to application)

DATES FOR YOUR DIARY:

Taster day: 10 Feb
Course dates: 16 - 20 Feb
Location: Derry/Londonderry
Eligibility: Ages 16-30, not in full time education or employment

Find out more via webchat at:
kingstrust.org.uk
or email us at:
outreachni@kingstrust.org.uk



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DSN 6411 © The King's Trust 2024 - all rights reserved. The King's Trust is a registered charity incorporated by Royal Charter in England. Registered number: RC000772. Registered office: The King's Trust, The King's Trust South London Centre 8 Glade Path London SE1 8EG. Registered charity number in England and Wales: 1079676 and Scotland: SC044198.

Section 2: Youth Support Available Northern and Southern Sectors

<https://www.eventbrite.com/e/1982440380544?aff=oddtcreator>



Project supported by the PHA

HIV STIs & Contraception
OCN Level 2 Course
COURSE DATES:

Monday 2nd, Tuesday 3rd, Monday 9th and Tuesday 10th March 2026 from
10.00-11.30am each day

APPLY HERE:

<https://www.eventbrite.com/e/1975587170408?aff=oddtcreator>

The course will be delivered online via 4 live Zoom sessions and will cover:

- Sexually Transmitted Infections
- Blood-borne viruses : HIV and Hepatitis B/C
- Contraception
- Prevention
- Condom Use
- Local Sexual Health Services

It will be suitable for anyone working or volunteering with either young people or adults in Northern Ireland who would like to improve their understanding of sexual health.

If interested, register using the link above or contact Nigel@acet-ni.com

Section 2: Youth Support

Home - Sexual Health NI



f x y t v Language ▾

Enter your search here 🔍

Home | Sex and wellbeing | Contraception | Sexually transmitted infections (STIs) | Urgent information and care | Events and campaigns

From 1 August 2025, Meningococcal B vaccine to protect against the risk of gonorrhoea infection will be available and administered by local Health and Social Care (HSC) trusts in Northern Ireland through GUM clinics as part of a world-first gonorrhoea vaccination programme.

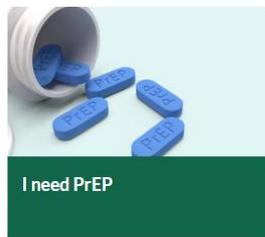


Sexual health – who do you listen to?

#WhoDoYouListenTo
#SexualHealthWeekNI2026



sexualhealthni.info



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

Sexual and Reproductive Health Services | Western Health & Social Care Trust

Sexual and Reproductive Health Clinics

Clinic	Location	Day(s)	Time	Booking
Brae Clinic	Waterside Health Centre	Monday - Friday	9.00am-1.00pm and 2.00pm-5.00pm	Appointment only
Omagh	Omagh Hospital and Primary Care Complex	Monday and Thursday	9.00am-1.00pm and 2.00pm-5.00pm	Appointment only
		Tuesday	9.00am - 1.00pm	Telephone enquires
Enniskillen	South West Acute Hospital	Wednesday	2.00pm - 5.00pm	Appointment only
South West College	Erne Campus	Wednesday	9.00am - 12.30pm	Mob: 07920154737
Limavady (Under 25s)	Limavady Health Centre	1st and 3rd Thursday of every month (starting 3rd October 2024)	2.00pm - 4.30pm	Appointment only
Strabane (Under 25s)	Strabane Health Centre	2nd and 4th Wednesday of every month (starting 25th September 2024)	2.30pm - 4.30pm	Appointment only

Showing 1 to 7 of 7 entries

Contacts

Brae Clinic

Waterside Health Centre Level 2
127-147 Spencer Road
BT47 6AH

 02871321758

South West College

1 Cornagrade Road
Enniskillen
BT74 6DU

 02866382693

Sexual Assault Referral Centre

 08003894424

Omagh Hospital and Primary Care Complex

7 Donaghane Road
Omagh
BT79 ONR

 02882835536

GUM Clinic and HIV Service

Altnagelvin Hospital

 02871611269

South West Acute Hospital

124 Irvinestown Road
Enniskillen
BT74 6DN

 02866382693

Abortion Service Northern Ireland

 03453650534

Section 2: Youth Support

Relate- Ed | Relate NI Relationships and Sexuality Education NI



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

Relate- Ed Workshops can Include:

Real Growth: Changes to body & mind in puberty.

Relatable relationships: Building strong, respectful, and loving relationships.

Real Talk: Making informed choices around healthy relationships and pornography
(Aged 13+)

Relatable choices: Sexual Health (Aged 13+)

Real Respect: Mutual respect and consent in every interaction.

Really creative: Positive relationships and boundaries through ART and Play.

Real support: Teacher tools & support

Really savvy: Staying safe online

For more information on booking the workshops, contact:

Office@relateni.org

028 9032 3454

Relate NI



**Northern Ireland
Executive**

www.northernireland.gov.uk

END
VIOLENCE
AGAINST
WOMEN
& GIRLS

Section 2: Youth Support Available Northern & Southern Sectors training@rainbow-project.org

Fully funded training opportunity with the Rainbow Project

📅 27 January, 2026 ✉️ jocelyn.horton@nicva.org Last updated: 27 January, 2026

Nuala Devenny from The Rainbow Project, and a member of our new [Equity, Diversity and Inclusion \(EDI\) Stakeholder Group](#), invites interest organisations to take advantage of their funded LGBTQIA+ Awareness Training.

LGBTQIA+ AWARENESS TRAINING

2.5-hour training providing a comprehensive overview of...

- LGBTQIA+ Identities
- Language & Terminology
- Health & Wellbeing Experiences
- Discrimination & Bias
- Allyship

In-person and virtual training options available across Northern Ireland.

HSC Public Health Agency

Funded by the PHA, these sessions are available for any HSCNI teams across Northern Ireland for 10-15 people.

To enquire about or book in training sessions please contact training@rainbow-project.org

Working for a better Northern Ireland for LGBTQIA+ people and their families.

Belfast 028 9033 3630 www.rainbowproject.org
 Foyle 028 7128 3630 www.rainbowproject.org
 info@rainbow-project.org www.rainbowproject.org

Registered with The Charity Commission for Northern Ireland (SC 25054). Company limited by guarantee No. NI05012. Rainbow Health Ltd.

LGBTQIA+ Awareness Training

Funded by the PHA, the 2.5-hour session is now open to any voluntary and community organisation in Northern Ireland and can be delivered in-person or virtually.

The interactive workshop gives an overview of:

- LGBTQIA+ identities to increase understanding
- Clarity on key language and terminology in regard to LGBTQIA+ people.
- The health and wellbeing needs for LGBTQIA+ people in Northern Ireland.
- The key barriers, bias, and discrimination impacting LGBTQIA+ people.
- How to grow in ability to become stronger allies to LGBTQIA+ friends, family, colleagues or loved ones.

Contact the team for more information and discuss any additional needs at training@rainbow-project.org

Section 2: Youth Support Available Northern & Southern Sectors



Special Focus – Children's Mental Health

This #childrensmentalhealthweek2025 Visit NIs central online emotional, mental health & wellbeing resource designed by young people for young people (Parents & Teachers too) updated regularly with loads of advice, info & signposting, videos & free MH training <https://cypsp.hscni.net/youth-wellness-web/>

CYPSP
Children & Young People's Strategic Partnership

Youth Wellness Web

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

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

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

Call Childline on:
0800 1111

Call LIFELINE on:
0808 808 8000

Text Shout:
852558

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

SCHOOL BULLYING WELLBEING BEREAVEMENT MENTAL HEALTH

Scan QR code

Youth Wellness Web

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

SCHOOL BULLYING WELLBEING BEREAVEMENT MENTAL HEALTH



Visitors to Youth
Wellness Web
Feb 2024 - Feb 2025



Top 10 most visited sections on Youth Wellness Web



Section 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



NOW



Section 3: Cost of Living Available Northern & Southern Sector Money Guiders NI <money.guiders.ni@maps.org.uk>



Money Guiders NI Network Event

Autism Awareness Month: Money Guidance That Fits the Pieces Together

 **Thurs 9 April**
11:00-12:00

 **Online**
MS Teams

Money Guiders NI Network 

in partnership with **Autism NI**
Northern Ireland's Autism Charity 

* JUST ADDED

Autism Awareness Month: Money Guidance That Fits the Pieces Together

 By Money Guiders Community Network

Follow

Free
Thu, Apr 9 • 11 am GMT+1

 Online event

 Thursday, Apr 9 from 11 am to 12 pm GMT+1

Overview

Learn practical ways to support neurodivergent people with money guidance. This is a must join session for practitioners.

During Autism Awareness Month, we're proud to partner with **Autism NI** to bring you an event rooted in real experiences, real barriers, and real solutions. Whether you support autistic adults, work in a financial wellbeing role, or simply want to deliver more accessible money guidance, this session will give you the understanding and tools to...

Section 3: Cost of Living Available Southern Sector

Cost of living help – Fermanagh & Omagh District Council

Home » Services » Community » Community Help Support

Cost of living help



Help with benefits, debt and money management >

Help with fuel and energy costs >

Help with increased food costs >

Help with employment and training >

Help with your physical wellbeing >

Help with your emotional wellbeing >

Help for families >

Help with transport >

Help with housing >



Section 3: Cost of Living Available Southern Sector

Cost of living help – Fermanagh & Omagh District Council

[95a515_d51a5d9f141b4c4e905692e2679d835f.pdf](#)

Step 3: Where can I get help?

Each of these services offer free and confidential advice

Omagh Independent Advice Service

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

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

Community Advice Fermanagh

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

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

Advice NI

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

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

Christians Against Poverty

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

Help with option: **3**

Make the Call

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

Department for Communities Finance Support Service

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



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

Other Support

Fermanagh and Omagh District Council – Cost of Living Support
Information and guidance about local and regional services and supports

www.fermanaghomagh.com/costofliving
costoflivinghelp@fermanaghomagh.com

Northern Ireland Housing Executive
Information and support for housing, homelessness, National Energy Action and the NI Oil Savings Network

www.nihe.gov.uk

MoneyHelper

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

Action for Children Family Support Hubs

Signpost families & professionals to early intervention services within their community ensuring access to the right help at the right time

Fermanagh: 028 6632 4181

Omagh: 028 8225 9495

www.familysupportni.gov.uk

South West Age Partnership (SWAP)

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

Women's Aid

Information, support and accommodation for women, children and young people affected by domestic abuse

Fermanagh: 028 6632 8898

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



Updated on 08/05/25

Section 3: Cost of Living Available Southern Sector

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

Step 1: What's the problem?

I suddenly have no money

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

See options **1 2 5 6**

I am waiting on a benefit payment/decision

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

See options **1 4**

My money doesn't stretch far enough

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

See options **1 2**

I have debt

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

See option **3**

Step 2: What are some options?

1 Discretionary Support

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

2 Maximise Your Income

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

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

3 Debt Advice

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

4 Benefit Advance

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

5 Hardship Payment

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

6 Challenge a Decision

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

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

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 3: Cost of Living

Available Northern & Southern Sectors

Money Guiders NI <money.guiders.ni@maps.org.uk>

Money Guiders Wales Network Event

Women, Domestic Abuse and Gambling Harms Training [CPD Accredited]

Fri 6 March 11:00-13:00 **Online MS Teams**

Arweinyr Arian Money Guiders Gwasanaeth Arian a Phensiynau Money & Pensions Service

in partnership with **GamCare**
Gambling Support Starts Here



Women, Domestic Abuse and Gambling Harms Training [CPD Accredited]

By Money Guiders Wales Network

Online event
Mar 6 from 11 am to 1 pm GMT

Featured in 2 collections

Overview

Understand how gambling harm and domestic abuse intersect for women and know how to identify and support those at risk.

Women are disproportionately impacted by the combined harms of gambling, domestic abuse and economic control, this [GamCare](#) training equips you to recognise these risks and respond safely. This CPD accredited, two hour session explores how gambling harm intersects with domestic and economic abuse, focusing on the experiences of women who gamble or who are affected by someone else's gambling. The session also includes the opportunity to review and discuss a Domestic Abuse Related Death Review (formerly a Domestic Homicide Review) offering real-world learning around risk, vulnerability and safeguarding. By strengthening your knowledge, skills and confidence, the training ensures you can identify gambling related harm early and guide individuals to the right support at the right time.

Who is this session for?

- Money guidance practitioners in the third, community, and public benefit sectors—if you're a volunteer or member of staff and talk to people about money in your role, this session is for people like you!
- Anyone supporting others with money-related conversations working directly with customers or in a role that shapes service delivery who want to confidently recognise individuals or families who may be vulnerable to domestic abuse or gambling related harm.

What to expect

This interactive online session will:

- Explore the connection between gambling harm and economic abuse, with a focus on women's experiences
- Review a Domestic Abuse Related Death Review to deepen understanding of risk and safeguarding implications
- Help you identify the signs, risk factors, and drivers of gambling harm
- Build confidence in discussing gambling harm safely and sensitively
- Increase awareness of impacts on women—both gamblers and affected others
- Provide clear guidance on referral pathways and specialist support services

Money Guiders Competency Framework

Technical Domain: Knowing Your Customer

Accessibility

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

About Money Guiders

Money Guiders is a free self-development programme designed to help money guidance practitioners improve their knowledge, skills, and confidence. Provided by the Money and Pensions Service, it's aimed at staff and volunteers working in the third, community and public sectors. With over 20 hours of e-learning, hundreds of events on offer and a community of practice at your side, this free programme will help you to help others.

Join the Money Guiders Community

Become part of a UK-wide community of practice. As a member, you'll receive priority access to learning events, workshops, newsletters, and networking opportunities—all in partnership with the Money and Pensions Service.

Register for the [Money Guiders Community](#) today!

Free
Mar 6 · 11:00 AM GMT

[Reserve a spot](#)

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



SAVE THE DATE:

**March 31st 2026
10am-12pm
Online via Zoom**

Register by clicking
here for the link, or
scanning the QR code



Who?

This event is for parent programme facilitators, peer coaches, managers, funders and anyone interested in finding out more about parent programmes.

What?

CDICs and key figures from four evidence-based parenting programmes currently active across NI will speak to their knowledge and experience, highlighting key information about each programme's work with neurodiversity.

Why?

Hear about the dynamic range of support available, along with what specific programmes work best to support parents and families with neurodiverse children in NI.

Any questions, contact:

cphillips@ncb.org.uk
smckeeper@ncb.org.uk

Section 4: Neurodiversity Available Northern & Southern Sectors

<https://www.dryarchcentre.org/referral-for-family-support/>

Neurodiversity Information Sessions

Morning AND Evening option available

Sensory Processing and Different Environments

Monday 23rd Feb
10am-12noon **OR** 6:30pm-8:30pm

**Executive Functioning Skills (including
Emotional Regulation)**

Monday 9th March
10am-12noon **OR** 6:30pm-8:30pm



Visuals and Transitions

Monday 23rd March
10am-12noon **OR** 6:30pm-8:30pm

Venue: Dry Arch Centre, Old Roe Valley Hospital, Limavady

Email: colleen.odonnell@dryarchcentre.co.uk (for morning slots) **or**
dawn.mckendry@dryarchcentre.co.uk (for evening slots)



Neurodiversity Information Sessions

Tips and Strategies for all age groups

Sensory Processing and Different Environments

Hyper and Hypo-sensitivity to Vision, Sound, Smell, Taste, Touch
Proprioception, Vestibular input and Interoception.

Executive Functioning Skills

including impulse control and emotional regulation

Flexible thinking, working memory, planning and prioritising, task
initiation and organisational skills

Visuals and Transitions

Various types of visual supports: Daily schedules, First & Then, Change
Alerts, Social stories, Transitioning from one task to the next

Booking is essential

Email: colleen.ohara@dryarchcentre.co.uk **OR**
dawn.mckendry@dryarchcentre.co.uk



Section 4: Neurodiversity Available Northern & Southern Sectors

Children's Law Centre

HYBRID TRAINING

PROTECTING THE RIGHTS OF AUTISTIC CHILDREN

[FIND OUT MORE](#)



childrenslawcentre.org.uk/training

Children's Law Centre

HYBRID TRAINING

PROTECTING THE RIGHTS OF AUTISTIC CHILDREN

[FIND OUT MORE](#)



DATE: WEDNESDAY 25 MARCH
TIME: 1:30 PM - 4:15 PM
CPD HOURS: 2 HOURS 45 MINS (GROUP STUDY)
FORMAT: HYBRID



[FIND OUT MORE](#)

Practical and accessible to everyone, this course will include discussion on the legal duties towards autistic children within education, health and social care, with a focus upon a robust children's rights-based approach. We'll examine recent case law and provide guidance on the SEN assessment, statementing and appeals processes as well as considering the current major policy directives and their impact on children and young people.

This course will be of benefit to parents and carers, health and social care practitioners, teachers, principals, SENCOs and teaching assistants in mainstream and special needs education, youth workers and youth advocates in the voluntary, statutory and community sector, Boards of Governors and anyone who works with or cares young people with autism.

Delivered by:

- Rachel Hogan, SEND Specialist Advisor, CLC
- Diane Hammond, Legal Advisor, CLC
- Liam Mackle, Advice Manager, CLC

If you are unable to book online and wish to raise an invoice or pay by another method, please contact paulhamilton@childrenslawcentre.org

This course carries CPD points for solicitors and barristers.

Get discounted training by becoming a CLC member at:
www.childrenslawcentre.org.uk/membership

Section 4: Neurodiversity Available Northern Sector

[Monthly Programmes Newsletter Early 2026.pdf](#)



MONTHLY PROGRAMMES JANUARY – MARCH 2026



YOUTH SUPPORT

DUNGEONS & DRAGONS

HEAR YE, BRAVE ADVENTURERS!
THE DICE ARE CALLING
AND THE REALM
AWAITS....

THE DRY ARCH'S DUNGEON MASTER REQUESTS
YOUR PRESENCE AT

DRY ARCH CHILDREN'S CENTRE,
ROE VALLEY HOSPITAL

WEDNESDAY 18TH FEBRUARY 2026 FOR 6 WEEKS
6.00PM TO 8.00PM

QUEST SEEKERS AGED 12 TO 18 YEARS
WELCOMED

THE DRY ARCH
CHILDREN'S CENTRES
"It takes a whole village to raise a child"
Sure Start

Digital Art Poster designed & created by local artist Charlotte McKendry



**CONTACT MANAGER@DRYARCHCENTRE.CO.UK FOR BOOKING INFORMATION OR
COMPLETE REFERRAL FOR SUPPORT VIA QR CODE**

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

MIDDLETOWN CENTRE FOR AUTISM

UPCOMING TRAININGS

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

LEARN MORE

☎ 0044 (0) 28 3751 5750

📍 35 Church Street, Middletown, BT60 4HZ

✉ admin@middletownautism.com



Section 4: Neurodiversity

Middletown Early Years Resource

Available Northern & Southern Sectors

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

Supporting Early Years



Introduction

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



Sensory

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



Predictability

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



Acceptance

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



- [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/carers support courses available

Autism NI has released new parent/carers 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](#)



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>](mailto:training@autismni.org)

Free Parent/Carer Support Courses

We still have some places available on our upcoming FREE parent/carers 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 'can't'. 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.

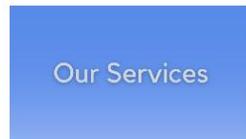
[View all upcoming parent/carers courses](#)

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



Early Intervention Service (Pre Assessment)



Assessment



Post Diagnostic (Confirmed Diagnosis of Autism)



Useful Links



Further Resources



Service User Feedback



Contact Us



What's On

Section 4: Neurodiversity

Outcome

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

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

Follow up supports may include:

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



We all think differently

Who We Are

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

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

Who you might meet in the service:

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

Support networks you can access now:

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

See enclosed directory for additional support

Contacts Details:

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



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



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



For further information go to:

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



Welcome to the



Your Journey Starts here ...

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

Early Intervention

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

What Now

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

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

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

What we can offer:

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

Assessment

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

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

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



We all think differently

Section 4: Neurodiversity

Available Northern & Southern Sectors

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



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

Contact Us

AAIS can be contacted Monday – Friday, 9am – 4:30pm using the telephone number below.
Tel: 028 9031 7777 and select option 3.

Celebrating Me Series

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



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

Guidance and Resources for Children with Autism

Sensory Bytes Series

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

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

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

Breastfeeding Support



There are breastfeeding support groups available right across NI.

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

Find Support Near You : Breastfedbabies.org website

Section 6: Digital Safeguarding

Online Safety Hub - Safeguarding Board for Northern

Welcome to the Online Safety Hub

*Education and support to
keep children safe online*



Scan this
code to visit
the site!



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



OnlineSafetyHub.SafeguardingNI.org

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



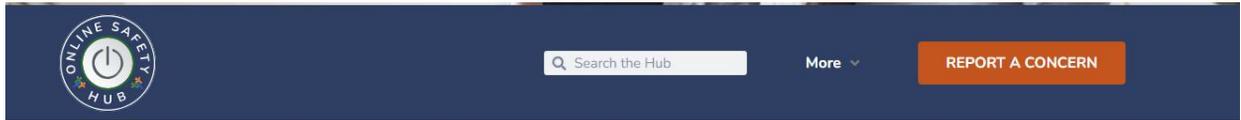
Topics

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.

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

Section 6: Digital Safeguarding

Setting Up A New Device - Safeguarding Board for Northern Ireland



Setting Up A New Device

What you need to know

When a child uses a device that can access the internet, they aren't just using the device itself: they have in their hands a portal to the entire online world. And while that includes all the fun bits, like chatting with friends and finding new favourite games, it also comes with a whole host of potential safeguarding risks. In the offline world, we teach children and young people how to be safe. We show them how to cross the road carefully, we talk to them about stranger danger, not to touch hot things and what to do in an emergency. When children and young people are introduced to new devices and given access to the online world, those same safeguarding principles should be applied – and prioritised. Just as you wouldn't drop your child off at the playground unsupervised on their first trip there, so too should first encounters with online spaces be accompanied and guided.



If you need guidance and support on issues affecting children you can contact the NSPCC helpline on 0808 800 500 or email help@nspcc.org.uk

How to set parental controls

Internet Matters have created simple and straightforward step by step parental controls guides to help you set up the right controls and privacy settings on the networks, gadgets, apps, and sites children use to give them a safer online experience. Setting up a device is an exciting moment, but it is important to consider practical help available such as broadband safety settings, discussing healthy device habits and staying informed of online safety issues. Here's what you need to know:

- **Learn about broadband providers:** The first step is to ensure that your home environment is secure and ready for your child to access the internet. Many major broadband providers offer age restriction settings that prevent children from accessing inappropriate online content.
- **Safety and privacy settings:** Use this Online Safety Hub to learn about implementing SafeSearch filters on search engines like Google and Yahoo, how to set up in app purchase restrictions to guarantee all spending is approved by you and how to use the device settings to set up agreed upon restrictions, like screen time and app limits.
- **Parent accounts:** Ensure that your personal account is designated as the Parent account, and you retain control over all permissions. Some children have been known to set up their accounts as the "parent account," granting themselves access to credit card details. Make sure your parental control PIN number is secure and random, avoiding anything that your child could easily guess to bypass seeking your permission.
- **Discuss and agree on healthy device habits:** Once the device has been set up, take the time to sit down with your child and agree on some healthy rules and boundaries for how they will use the device. We know – your child will want to use the device immediately. Use your time during device set up to talk about why healthy habits are important.
- **Check-in with your child:** Laying the foundation for safe device use is only the beginning. It's important to build on what you've established. Take opportunities to intentionally check-in with your child. It doesn't have to be a big sit-down conversation! Informal chats over the dinner table, in the car, or while watching television as a family can have the biggest impact.

Advice tailored just for you



Advice for Parents / Carers



Advice for Professionals

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.

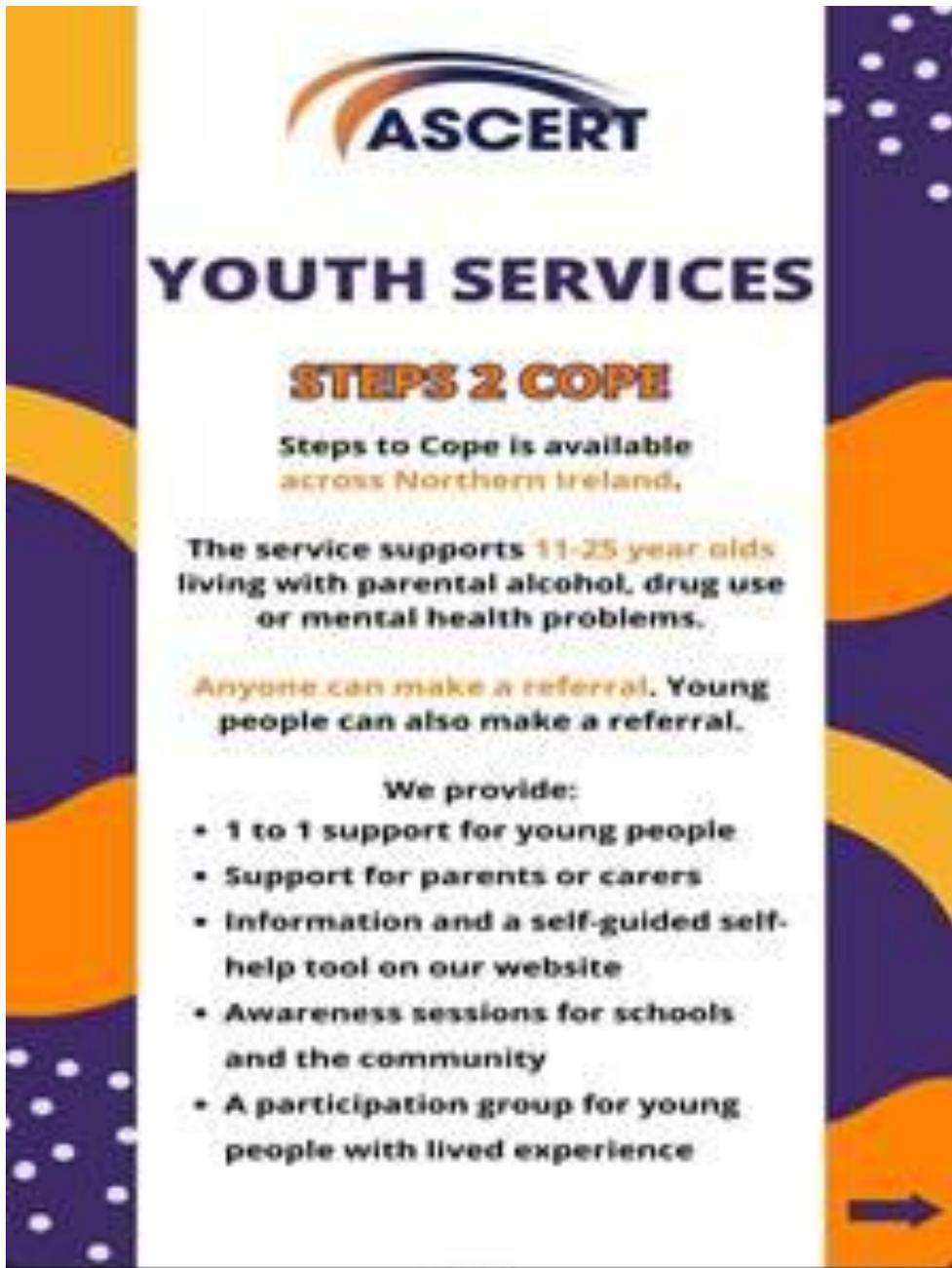
www.ascert.biz
www.smartrecovery.org.uk

Facilitated by



Section 7: Addiction Available Northern & Southern Sectors

marketing@ascert.biz



The image shows a poster for ASCERT Youth Services. The poster has a white background with a decorative border on the left and right sides. The border consists of vertical bands of yellow, purple, and orange with white polka dots. At the top center is the ASCERT logo, which features a stylized orange and blue swoosh above the word "ASCERT" in bold blue capital letters. Below the logo, the text "YOUTH SERVICES" is written in large, bold, dark blue capital letters. Underneath that, "STEPS 2 COPE" is written in bold, orange, slightly irregular capital letters. The main text of the poster is in a smaller, black, sans-serif font. It states that "Steps to Cope is available across Northern Ireland," and that "The service supports 11-25 year olds living with parental alcohol, drug use or mental health problems." It also notes that "Anyone can make a referral. Young people can also make a referral." A section titled "We provide:" is followed by a bulleted list of services: "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", and "A participation group for young people with lived experience". At the bottom right of the poster, there is a blue arrow pointing to the right.

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



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



Section 8: Emotional Wellbeing and Mental Health Support

Available Northern & Southern Sectors

Thriving Mind | ASCERT

Thriving Mind – resources for well being

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

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

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

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

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

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

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

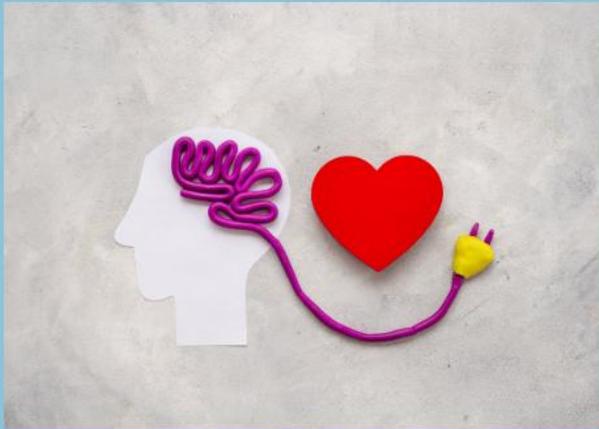
Led by Ed Sipler of South Eastern HSC Trust, the development of Thriving Mind tools has involved a range of partners and service users.



Section 8: Emotional Wellbeing and Mental Health Support

Available Northern & Southern Sectors

Thriving Mind | ASCERT

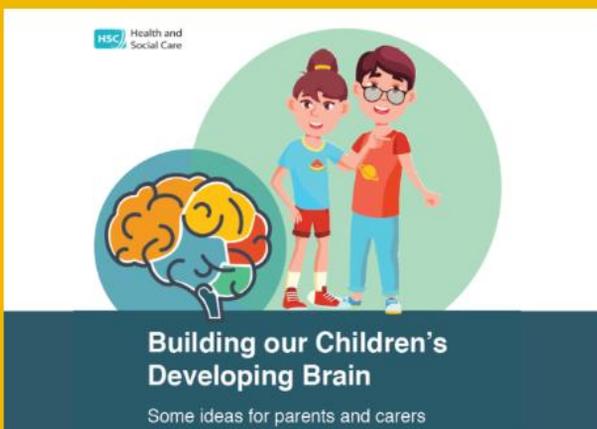


Making our nervous system work for us: Using the Polyvagal Theory to improve well-being.

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

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

[Take me there](#)



Building our Children's Developing Brain

As rewarding being a parent is, 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](#)



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



RESOURCE HUB: Thriving Mind



RESOURCES FOR WELLBEING

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

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

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



Practicing self compassion

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

[Take me there](#)

Section 8: Emotional Wellbeing and Mental Health Support

Available Northern 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



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



Please scan here to see our privacy notice

peaceofmind@inspirewellbeing.org

For more information, please contact:

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



PEACEPLUS
Northern Ireland - Ireland

Co-funded by the European Union and UK Government



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



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



PEACEPLUS
Northern Ireland - Ireland

Co-funded by the European Union and UK Government



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

Section 8: Emotional Wellbeing and Mental Health Support

Available Northern & Southern Sectors



mindset

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

Aims

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

Facilitators
AMH MensSana Project Workers

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

Delivery Options
In person or online via Zoom

Course Content
AMH MensSana Project Workers will provide and deliver a high quality, evidence based programme which is responsive to the needs of groups in the four HSC Trust areas.

E: amhmenssanani@amh.org.uk
T: 028 9442 5356

action mental health

HSC Public Health Agency
Project supported by the PHA

www.amh.org.uk
@amhNI

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Section 8: Emotional Wellbeing and Mental Health Support

Available Northern & Southern Sectors



New Service Announcement

Friday Night Crisis Helpline

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

Starting Friday 27th June 2025

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



028 9080 5850

Freephone 0800 088 6042

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

Available Northern & Southern Sectors
training@pipshopeandsupport.org



PIPS HOPE AND SUPPORT

Training and Workshops for Your Organisation

Contact us for any enquiries on 028 30266195 or email training@pipshopeandsupport.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>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 15yrs and over)</p>	<p>ASIST</p> <p>Duration: 16 Hrs (delivered over 2 days) Participant Number: minimum of 10 /maximum of 24</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>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; Selfcare. (Participants must be 15yrs 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 16 yrs 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>● BUILDING PERSONAL RESILIENCE or ● BUILDING PERSONAL RESILIENCE IN THE WORKPLACE or ● BUILDING THE RESILIENT STUDENT</p> <p>Duration: 1 - 1.5 Hrs Participant Number: up to 35</p> <p>Group and individual learning on how to develop the skills needed to cope, survive, and thrive in challenging circumstances. This course can be adapted to suit adults, students, or younger age groups.</p> <p>Key themes: what is resilience; resilient thinking and mindset; stress management; self-awareness; selfcare.</p>	<p>B+POSITIVE</p> <p>Duration: 2.5 - 3 Hrs Participant 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 activities.</p> <p>Key Themes: Developing self-care plans; Breaking the stigma cycle. (Participants should be 11 yrs and over)</p>



training@pipshopeandsupport.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

- Crisis Walk-in Service
- Free Counselling Services
- One to One Continuous Care
- Family & Friends Support
- Home Visits
- Sign Posting
- Befriending Service
- Alternative Therapies
- Children & Young People Services

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

- Counselling
- Crisis Support
- Alternative Therapies
- Befriending
- Sign Posting
- Suicide Awareness
- Advocacy
- Campaigns/Outreach

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



Mood Matters Parent and Baby ©

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

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

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

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

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

Programme content includes:

What is Mental Health?	Things that affect mental health
Mental health problems and mental illness – during and after pregnancy	Signs and symptoms of stress
Signs and symptoms of depression including depression relating to pregnancy	Looking after you 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

[HOPELINE247](#) | [Papyrus](#)

Contact HOPELINE247

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

Call: [0800 068 4141](tel:08000684141)

Text: [88247](sms: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.

The screenshot shows the HOPELINE247 website interface. At the top, the logo 'HOPELINE247' is displayed in white on a purple background. Below the logo is a search bar. To the right, there is a 'Head Office' contact box with the following details: Bankside 2, Crosfield Street, Warrington, Cheshire, WA1 1UP; Tel: 01925 572 444; Email: admin@papyrus-uk.org. Below this box are two buttons: 'Thinking of suicide?' (orange) and 'Fundraising' (teal). The main content area contains text about the service's purpose and target audience, followed by sections for 'Young people', 'Concerned others', and 'Contact HOPELINE247'. At the bottom, there is a navigation menu with links: Home, About, Help and advice, Fundraising, Education and training, News and campaigns, Get involved, Contact us, and Shop. A 'Donate' button and a 'HOPELINK Safety Plan' button are also visible. The footer includes a small icon and the text 'suicide prevention advisers are ready to support you.' and a 'Sign Up' button.

Section 8: Emotional Wellbeing and Mental Health Support

Trauma Informed Toolkit



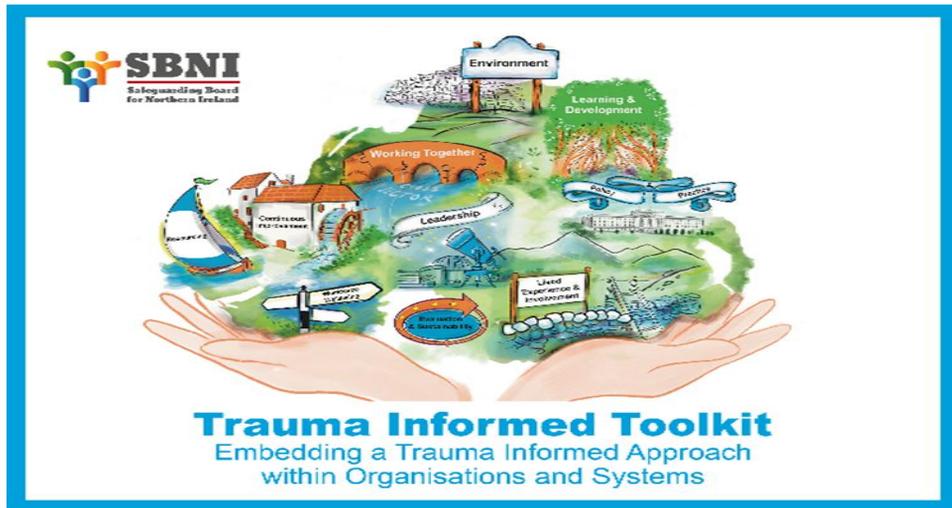
An implementation resource to embed a trauma-informed approach within organisations and systems.

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 9: Training / Conferences Northern & Southern Sectors

Keeping Trauma 'Informed'

LEADING WITH A TRAUMA INFORMED LENS



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

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

Participants will:

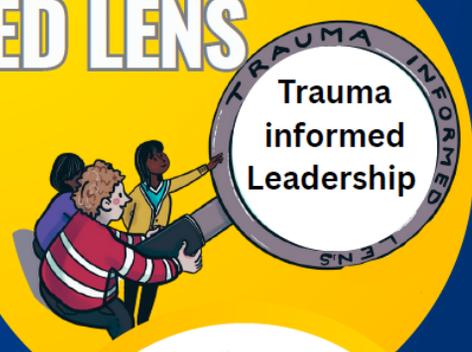
- ✓ Understand trauma-informed leadership and know how its principles influence organisational culture
- ✓ Recognise signs of organisational trauma and its effects on individuals and teams
- ✓ Understand how psychological safety can create safe team environments
- ✓ Reflect on their leadership journey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

In Person Dates & Locations

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

Online Reflective Learning Sessions

- 2hr session February
- 2hr session May



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



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

Section 8: Emotional Wellbeing and Mental Health Support

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



Emotional Wellbeing Teams in Schools (EWTS)



[Return to Main Menu](#)

The Emotional Wellbeing Teams in schools introduce their resources.

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

	<p>What is EWTS (Emotional Wellbeing Teams in Schools)</p> <p>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.</p>
	<p>EWTS A4 Poster for Schools</p> <p>Poster for Schools providing information about teams, getting involved and emotional wellbeing champions</p>
	<p>EWTS Information Leaflet</p> <p>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.</p>
EWTS RESOURCES	
	<p>Understanding Anxious Feelings</p> <p>Leaflet available in a number of languages for Parents and Carers for understanding Anxious feelings, what happens to the body and what might help.</p>
	<p>Emotional Based School Non-attendance (EBSNA) and School Based Anxiety</p> <p>Parental Guidance and support on what is EBSNA, reasons for non-attendance, signs to look out for, caring and coping strategies and support. Rather than using terms like 'school refusal', or thinking of non-attendance as a deliberate act of defiance, the term EBSNA recognises that this avoidance is a complex issue inseparably linked with emotional, mental health and wellbeing issues</p>
	<p>Building Healthy Relationships - Your Relationship with You</p> <p>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.</p>
	<p>Building Healthy Relationships - Friends</p> <p>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...</p>
	<p>Building Healthy Relationships - Healthy Vs Unhealthy</p> <p>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.</p>
	<p>Building Healthy Relationships - Social Media (English)</p> <p>Poster provides information on the pros and cons of social media, questions to consider before posting and tips and advice about your emotional wellbeing</p>
	<p>Building Healthy Relationships - Social Media (Translated)</p> <p>Poster provides information on the pros and cons of social media, questions to consider before posting and tips and advice about your emotional wellbeing</p>
	<p>Calm Cards</p> <p>This resource has been designed for those who work with young people in post primary schools. The proposed use is to print this document double sided onto card, making wallet sized visual prompts re: wellbeing strategies for both staff and pupils.</p>
	<p>Exam Stress</p> <p>E-Posters for Students providing tips for exam prep and lots of tips for self care, Posters available in 9 languages</p>
	<p>Dealing with Feelings - Staff Resource</p> <p>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.</p>
	<p>CAMHS Referral Process Poster</p> <p>The Emotional Wellbeing Teams in Schools (EWTS) is a Step 1 CAMHS service focused on health prevention & emotional: 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</p>
	<p>Discussing Self Harm</p> <p>A webinar for parents recorded by Emotional Wellbeing Teams in Schools to provide advice and support for parents whose children may be self harming.</p>

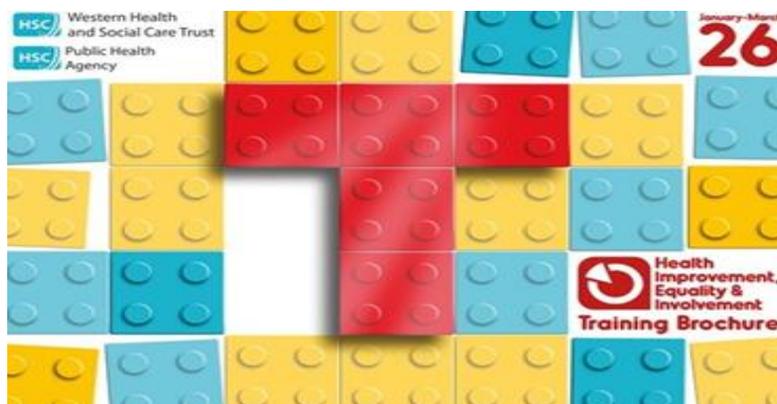
Section 9: Training / Conferences Northern & Southern Sectors

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

HSC Western Health and Social Care Trust **HSC** Public Health Agency

TIER 2 Digital Safeguarding Core Awareness **RETURNING**

January-March 26

6

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 Available Northern & Southern Sectors

health.improvement@westerntrust.hscni.net



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

For all our services please click on the tiles below.

Contact Details

Phone us on: 028 7186 5127

health.improvement@westerntrust.hscni.net

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

HSC Western Health and Social Care Trust

Enter your search here

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

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

Phone *

Email *

Organisation

Address *

Street Address

Address Line 2

City

ZIP / Postal Code

State / Province / Region

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

Keeping Trauma 'Informed'

A Trauma Informed Approach: A Workforce Development Training Manual

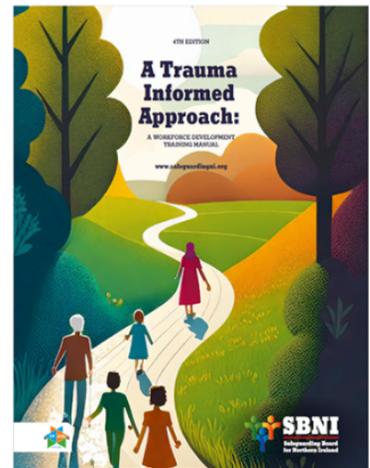
The Trauma Informed Awareness Training Manual and online modules have now been revised and updated, reflecting our commitment to continuous improvement and ensuring that our resources remain current, relevant, and effective.

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

(Click on this image to access this research)

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

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



TIP Alerts and Updates



Online Solihull Modules

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

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

Peer Learning Network

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

'Trauma Informed Approach Peer Learning Network'

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

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

!Attention TIP Trainers!

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

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

'Leading with a Trauma Informed Lens'

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

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

Click on the image to register your interest.



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

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



Section 9: Training / Conferences Northern & Southern Sectors

www.ci-ni.org.uk/training

March Training

Open to those in
voluntary/community sector

Children
in Northern
Ireland

Risk Assessment and Risk Management

Tuesday 3 March, 09:30am - 12:30pm, Online

Mental Health Awareness

Wednesday 4 March, 09:30am - 12:30pm, Online

Life Story

Tuesday 10 March, 10:00am - 4:00pm, In-person

Designated Officer

Wednesday 11 March, 09:30am - 12:30pm, Online

Designated Officer

Tuesday 24 March, 09:30am - 12:30pm, Online

Child Protection Practice

Tuesday 31 March, 09:30am - 12:30pm, Online

February / March

Training

Paid Courses

Children
in Northern
Ireland

Understanding Autism

Thursday 26 February, 10:00am - 4:00pm, In-person

Communicating Effectively with Children and Young People

Tuesday 3 March, 10am - 1pm, Online

Baby Yoga Instructor Training

Thursday 5 - Friday 6 March, 10am - 4pm, In-person

Counselling Skills for Everyday Practice

Friday 13 March, 10:00am - 4:00pm, In-person

Autistic Women and Girls

Thursday 19 March, 10:00am - 4:00pm, In-person

Supporting School Based Anxiety

Tuesday 24 March, 09:30am - 12:30pm, Online

Trauma and the Helping Professional

Friday 27 March, 10:00am - 4:00pm, In-person

Section 9: Training / Conferences Northern & Southern Sectors

www.ci-ni.org.uk/training




February / March training Paid courses

Tuesday	Trauma and the Helping Professional
3 February	10:00am - 4:00pm, In-person

Friday	Understanding ADHD:
20 February	A Strengths Based, Neuroaffirming Approach
	10:00am - 1:00pm, Online

Thursday	Understanding Autism
26 February	10:00am - 4:00pm, In-person

Tuesday	Communicating Effectively with
3 March	Children and Young People
	10:00am - 1:00pm, Online

Thurs-Fri	Baby Yoga Instructor Training
5-6 March	10:00am - 4:00pm, In-person

Friday	Counselling Skills for Everyday Practice
13 March	10:00am - 4:00pm, In-person

Thursday	Autistic Women and Girls
19 March	10:00am - 4:00pm, In-person

Tuesday	Supporting School Based Anxiety
24 March	09:30am - 12:30pm, Online



www.ci-ni.org.uk/training

Section 9: Training / Conferences
Available Northern & Southern Sectors

IMH Lunchtime Learning - March 2025 Tickets, Tue,
Mar 24, 2026 at 12:00 PM | Eventbrite



IMH Lunchtime Learning

**Launch of the refreshed NI IMH
Framework and Action Plan 2026-2029**
hosted by NCB and Maurice Meehan, the
PHA Strategic Lead for Health and Social
Wellbeing Improvement (Starting Well)

Tuesday 24th March
12:00PM - 1:00PM, online



To book please
scan the QR code



Project supported by the PHA



Section 9: Training / Conferences



Cruse
Bereavement
Support

We're looking for volunteers to support bereaved children and young people in the Western Trust area - can you help?

Cruse Bereavement Support volunteers provide support to children and young people affected by the death of someone close to them. We provide group and 1-1 support to children aged 7 – 17. If you have the skills listed below, want to make a difference to bereaved children and young people and meet new people we want to hear from you.

What we're looking for:

- Passionate about supporting children and young people
- Kind and inclusive
- Great communication skills with children, young people and families
- Able to work in a team
- Able to use a computer/IT skills
- Willing to take part in training and learn new skills
- Volunteer for 6-8 hours per month for at least 2 years

There is a training course running later this year -

Saturday, 18 April 2026

Saturday, 25 April 2026

Saturday, 2 May 2026

Saturday, 9 May 2026

Saturday, 16 May 2026

Saturday, 23 May 2026

The course is online and applicants must be able to attend all training sessions. If you would like to apply for a place on this course, please fill in an application form through our website - <https://www.cruse.org.uk/volunteer-application-form/>

For further information about this volunteering role, please contact eleanor.ellerslie@cruse.org.uk

Disclaimer: Cruse is committed to safeguarding the welfare of all children and young people. Volunteers must apply for a relevant disclosure check and attend regular Cruse safeguarding training.

Section 9: Training / Conferences

UNDERSTANDING YOUR CHILD



SOLIHULL APPROACH

What is the Solihull Approach©?

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

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

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

Please check these courses out and recommend to families you support



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

Solihull Approach accredited schools

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

UNDERSTANDING YOUR CHILD
SOLIHULL APPROACH

HSC

SBNI
Strategic Board
for Northern Ireland

ACES

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@uhb.nhs.uk

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

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.

<p>Wed 21 Jan ARC HLC, Irvinestown 10am-1pm</p>	<p>Tue 27 Jan Owenkillew Centre, Gortin 6pm-9pm</p>	<p>Tue 3 Feb Lisnaskea Youth Centre 6pm-9pm</p>	<p>Tue 17 Feb Drumquin Community & Youth Centre 10am-1pm</p>	<p>Tue 14 Apr Cleenish Millenium Hall, Arney 10am-1pm</p>	<p>Mon 11 May Tara Centre, Omagh 6pm-9pm</p>	<p>Wed 3 June Fermanagh House, Enniskillen 10am-1pm (Hybrid)</p>
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To register CLICK HERE



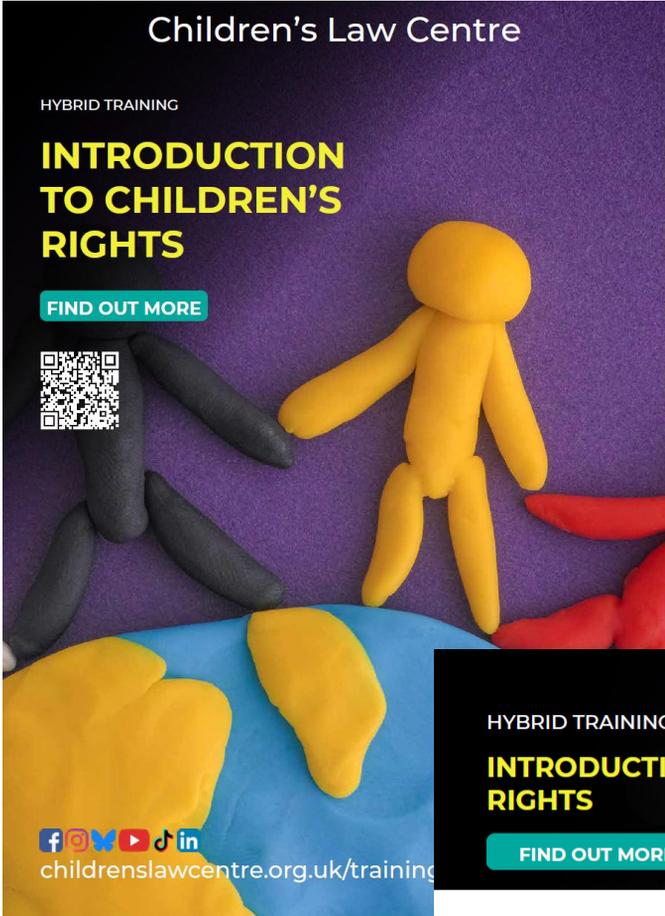
Section 9: Training / Conferences Available Northern & Southern Sectors

Children's Law Centre

HYBRID TRAINING

INTRODUCTION TO CHILDREN'S RIGHTS

[FIND OUT MORE](#)



[f](#) [@](#) [v](#) [d](#) [i](#)
childrenslawcentre.org.uk/training

Children's Law Centre

HYBRID TRAINING

INTRODUCTION TO CHILDREN'S RIGHTS

[FIND OUT MORE](#)



DATE: THURSDAY 19 MARCH
TIME: 6:30 PM - 8:30 PM
FORMAT: HYBRID

[FIND OUT MORE](#)



Join us for a practical introduction to children's rights — what they are, why they matter, and how small changes can make a real difference right now. Drawing on nearly 30 years of the Centre's experience in advocacy, participation, advice and legal representation across education, health and youth justice, we bring children's rights to life in an accessible, down-to-earth way.

We'll help you spot when something isn't right and build the confidence to speak up and support a child or young person more effectively. You'll leave with real examples you can use, a stronger understanding of what rights-respecting practice looks like, and clear ideas for improving how children and young people experience services — and themselves.

This introductory session is for anyone who works with or cares for children and young people: parents, carers, youth and support workers, and those in education or health. No legal background needed — just an interest in understanding children's rights in a clear, practical way.

Delivered by:

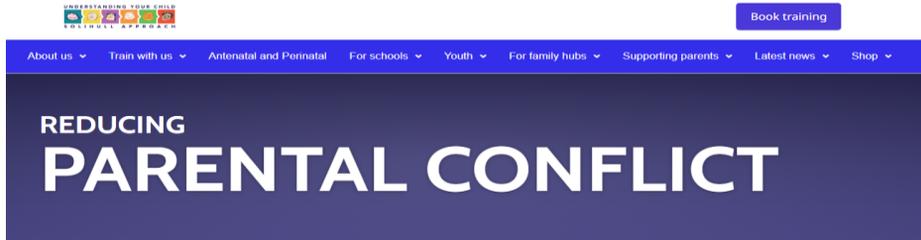
- Fergal McFerran, Policy Manager, CLC
- Emma Murray, Policy Officer, CLC
- Julie Graham, Youth and Participation Worker, CLC
- Paul Hamilton, Training and Engagement Co-ordinator, CLC.

If you are unable to book online and wish to raise an invoice or pay by another method, please contact paulhamilton@childrenslawcentre.org

Get discounted training by becoming a CLC member at:
www.childrenslawcentre.org.uk/membership

Section 9: Training / Conferences

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



The Solihull Approach to reducing parental conflict

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

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

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

Supporting parents

Universal parent support and education

Training and resources for practitioners	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](http://www.inourplace.co.uk), 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:

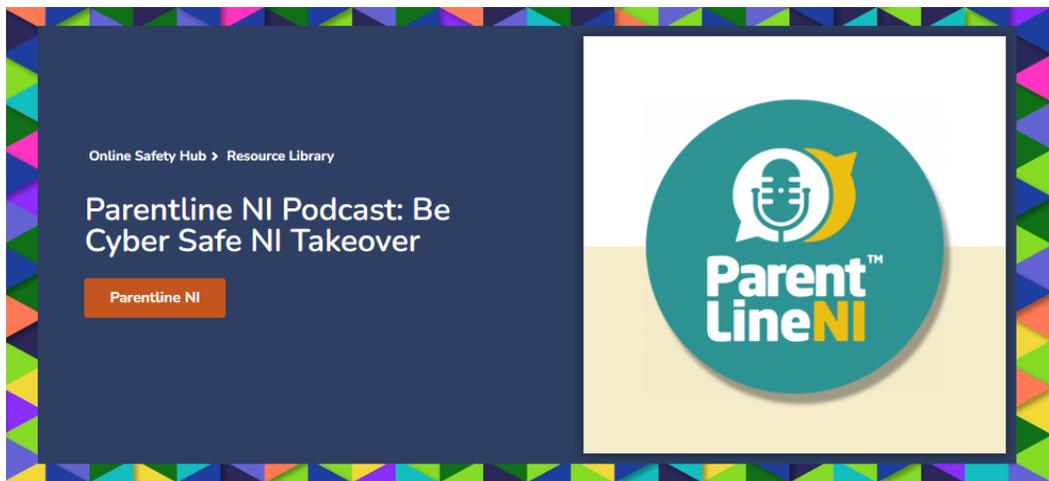
- Pre and post questionnaires (Relationship Satisfaction Scale)
- Additional conflict specific pre-post questionnaire item
- In-course satisfaction surveys
- NHS Family and Friends' recommendation
- Additional conflict in-course survey item
- Aggregated anonymised data reports available to sponsors of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

**Section 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.

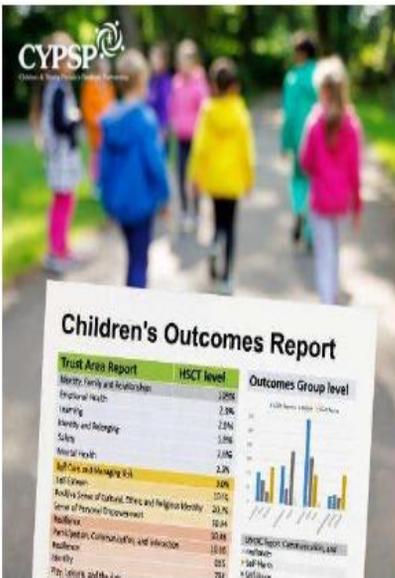
Listen to the episode: Smartphones & Childhood – Striking the Balance

[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

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

[To Be A Boy - Podcast - Apple Podcasts](#)

What does it mean To Be A Boy? Meet the new podcast tackling modern masculinity

Hosted by Joeli Brearley and Elliott Rae, To Be A Boy is the podcast exploring how we raise boys in today's world. Here's what to expect.



Ruairidh Pritchard

Published: February 19, 2025 at 6:10 PM

+ Save

made for mums

Reviews ▾ Pregnancy ▾ Baby ▾ Toddler ▾ Family ▾ Competitions Offe

How do we raise kind, confident boys in a world where traditional masculinity is under fire?

Why are so many young men embracing misogynistic figures like Andrew Tate? And is male privilege really a given for all boys? These are just some of the urgent questions tackled in [To Be A Boy](#), a new fortnightly podcast hosted by [Joeli Brearley](#) and [Elliott Rae](#).

Brearley, founder of the campaign group [Pregnant Then Screwed](#), and Rae, the force behind [Parenting Out Loud](#), are both well-known advocates for gender equality. Now, they're turning their attention to the challenges facing boys and young men today.

Section 12: CRIS: Crisis Resources Information & Support

HSC Western Health and Social Care Trust | **CRIS** Crisis Resources Information and Support

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

999 or 112

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

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

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

Childline: 08001111 for young people under 19

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

PAPYRUS: Dedicated to preventing young suicide (under 35yo) 9am-midnight every day
Call free: 08000684141 / Free text 07860039967
email pat@papyrus-uk.org / chat: http://www.papyrus-uk.org

These services can be contacted during the day Mon-Fri

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

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

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

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

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

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

For further information on drug and alcohol support services in your area, please go to <https://drugsandalcoholni.info/self-help-resources/> or scan this QR code and click on Western Area.



HSC Western Health and Social Care Trust | **CRIS** Crisis Resources Information and Support

If you are worried about your mental health, this card provides details of supports you can access in the L'Derry, Strabane and Umevally 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 this comes to significant harm through self-harm and suicidal behaviour please call:

028 7126 2300

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

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

Childline: 08001111 for young people under 19

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

PAPYRUS: Dedicated to preventing young suicide (under 35yo) 9am-midnight every day
Call free: 08000684141 / Free text 07860039967
email pat@papyrus-uk.org / chat: http://www.papyrus-uk.org

These services can be contacted during the day Mon-Fri

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

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

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

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

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

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

Derry Well Women
Health and Social Care Services to Women of All Ages
028 7134 0777 • www.derrywellwoman.org
Mon-Thurs 9am-9pm, Fri 9am-4pm. Drop-in daytime only.

For further information on drug and alcohol support services in your area, please go to <https://drugsandalcoholni.info/self-help-resources/> or scan this QR code and click on Western Area.

