



Western Health
and Social Care Trust



For Your Information

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April 2026 : Issue 29

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

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

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

Wishing Paul Sweeney Farewell

We bid Paul a fond farewell as he retires from his role as Locality Planning Coordinator. We all wish that the years ahead are filled with new endeavours and happy adventures.



What is Locality Planning?

The 25 Locality Planning Groups (LPG) at a geography that works best for planning of local services is an integral part of the Children and Young People's Strategic Partnership (CYPSP) infrastructure. Across Northern Ireland, there are approximately 1,532 members of LPG representing 600 different organisations. The strategic expectation is that these multi-agency groups of frontline leaders contribute to strategic planning through working closely with Outcomes Groups and Family Support Hubs.

If you wish to become a member of one of the Western LPGs, please contact:



Dr Priscilla Magee

LPG Meeting Schedule

Omagh LPG : 11.00pm - 1.00pm –15th April, 2026, Online.

City side LPG : 2.30 pm - 4.30pm – 16th April, 2026, Online.

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

Waterside LPG : 11.00am – 1.00pm – 22nd April, 2026, Online.

Limavady LPG : 11am -1.00pm – 29th May, 2026, Online.

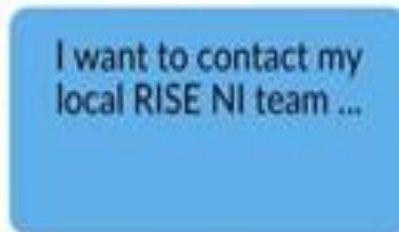
Strabane LPG: **2.00pm** - 4.00pm – 10th June, 2026, Online.

Section 1: Family Support Available Northern & Southern Sectors

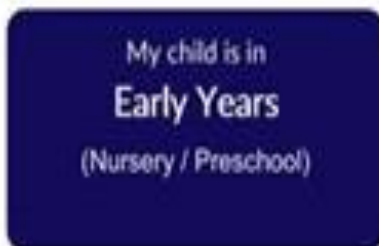
info.riseni@westerntrust.hscni.net



Welcome to RISE NI Parent Website Homepage



I'd like advice, training and ideas to help my child



RISE NI is a regional early intervention service which supports children in mainstream pre-school educational and mainstream Foundation Stage and Key Stage 1 primary school settings.

RISE NI team consists of occupational therapists, physiotherapists, speech and language therapists, social emotional and behavioural practitioners, and support workers.

Please find information of resources for parents and professionals on their website. It can be translated in 9 different languages.

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



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 & Southern Sectors

Judith@early-years.org



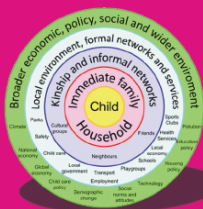
What is the Toybox programme?

Toybox, in partnership with children and parents, provides a rights-based outreach service which aims to significantly reduce social and educational inequalities experienced by Traveller and Roma children aged 0-4. A team of outreach Project Workers deliver the toybox programme across Northern Ireland.

Underpinning Concepts



Toybox draws on the conceptual framework of the child in the context of their family and community as informed and influenced by Urie Brofenbrenner's Ecological Systems Theory.



"Without family involvement, intervention is likely to be unsuccessful, and what few effects are achieved are likely to disappear once intervention is discontinued"

Urie Brofenbrenner (1974)

The Toybox Service Design Manual

The Toybox Service Design Manual has been developed to support and assist Toybox staff in the implementation of the Toybox programme approach and create effective partnerships with families and other agencies.

The Toybox programme consists of the following key components:

- 1** An outreach home visit service aimed at empowering parents to support their young children's optimal development.
- 2** An access programme aimed at supporting the inclusion of children and parents in Sure Start, pre-school and primary schools.
- 3** An advocacy programme including a partnership approach with a range of key stakeholders aimed at improving policies and services for children and families.



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

<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 to reduce mealtime stress? Want your children to eat more healthy food?

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

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



The **National Deaf Children's Society** and **Family Fund** have partnered to deliver a new UK-wide funding programme for families raising deaf children aged 0 to 11

The programme helps families access assistive technology, specialist equipment, and British Sign Language (BSL) learning, supporting children to communicate, learn and take part fully in everyday life

What Funding Is Available?

You can apply for funding towards:

- Assistive technology for hearing, communication or learning
- BSL learning for children and families
- Computers or tablets to support communication and learning

Who Can Apply?

You may be eligible if:

- You are the main carer of a deaf child aged 0–11 (or still in primary education)
- Your child has any level of hearing loss, including temporary or hearing loss in one ear
- You live anywhere in the UK

There is no income threshold

This programme has its own eligibility criteria, and you can apply even if you've had a Family Fund grant before

How To Apply

Apply directly through Family Fund - Check eligibility and apply online via the Family Fund Website [HERE](#)

Delivered by Family Fund in partnership with the National Deaf Children's Society

Section 1: Family Support Available Northern & Southern Sectors



Respectful Relationships

Free 4- week programme available to Community Groups across NI

The programme, for participants aged 16+, promotes respectful relationships and an understanding of the differences between challenging relationships and those rooted in harms. It reduces barriers by creating a supportive group where participants focus on developing self-worth and confidence building in relationships to ensure women & girls feel safe everywhere.

**To book the programme, email office@relateni.org
or call us on 028 9032 3454**

Relate NI  Northern Ireland Executive
www.northernireland.gov.uk



END VIOLENCE AGAINST WOMEN & GIRLS

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 Northern & Southern Sectors

RTÉ Toy Show Appeal 2026 - Addressing Essential Needs Grants - Community Foundation Northern Ireland

The RTÉ Toy Show Appeal 2026 is now open for applications!

The RTÉ Toy Show Appeal was established in 2020 to raise funds for Irish children's charities through the televised Late Late Toy Show. Since then, more than €30 million has been raised to support charities across the Island of Ireland.



Thanks to the continued generosity of the Irish public, this year the Appeal raised over €4,700,000, which will be distributed through the RTÉ Toy Show Appeal Grant Rounds in the Republic of Ireland and Northern Ireland.

The RTÉ Toy Show Appeal will ensure that children and young people across the Island of Ireland who need help can access high-quality services when they need them. With a focus on those who are most vulnerable and marginalised, these services will support, empower and build resilience so children and young people can tackle the challenges they face now and in the future.

Eligible organisations can apply under one of this year's three funding strands:

- ✦ [Addressing Essential Needs](#)
- ✦ [Improving Wellbeing](#)
- ✦ [Creativity and Play](#)

If you're thinking of applying and need a hand getting started, we've put together a helpful video to guide you through the process.

Pre Application Info Session

Section 1: Family Support Available Southern Sector

EVAWG- News – Fermanagh & Omagh District Council EVAWG Toolkit

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



Section 1: Family Support Available Northern & Southern Sectors

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 Sector



What's On In April 2026

Libraries in Causeway Coast & Glens



09 April

'Spring Plant Pot' Making Craft

Portstewart Library invites children aged 4-10 years old to celebrate the warmer days with our Spring Plant Pot craft. Using our array of craft resources, you can decorate your very own plant pot. There will also be seeds available to take home. Booking Essential. 3:00pm - 4:00pm Telephone 028 7083 2712 for more details and to book a place.

16 April

'Our Lost Souls and a Handprint on Our Hearts' by Dessie Smyth - Book Launch Event

As part of the 'Little Wings of Hope' Collection, Ballycastle Library invites you to join local author Dessie Smyth, for the launch of his new book 'Our Lost Souls and a Handprint on Our Hearts' – a book about love, loss and grief. Everyone Welcome. 6:30pm - 7:45pm. Telephone 028 2076 2566 for more details.

18 April

Earth Day 'Blooming Plant Pot' Craft

Garvagh Library invites all children aged 4-10 years old to come show their love for our Earth with our Blooming Plant Pot craft. Using our array of craft resources, you can decorate your very own plant pot. There will also be seeds available to take home so you can try your hand at growing something! 11:30am – 12:30 Noon. Telephone 028 2955 8500 for more details.

23 April

'Our Lost Souls and a Handprint on Our Hearts' by Dessie Smyth - Book Launch Event

As part of the 'Little Wings of Hope' Collection, Ballymoney Library invites you to join local author Dessie Smyth, for the launch of his new book 'Our Lost Souls and a Handprint on Our Hearts' – a book about love, loss and grief. Everyone Welcome. 2:00pm - 3:15pm. Telephone 028 2766 3589 for more details.

25 April

Earth Day 'Baby Spider Plant Pots' Craft

To celebrate Earth Day, children aged 5-11 years are invited to come along to Dungiven Library and join our friendly staff for a fun recycling and decorating containers craft and planting baby spider plants for the you to take home and grow. 11:30am - 12:30 Noon. Telephone 028 7774 1475 for more details.

25 April

London Marathon 'Wheels on the London Bus' Craft

All aboard! Garvagh Library invites all little runners aged 4-8 years old to join us for our London Bus craft. The wheels on the bus go round and round in this craft where you will make a recreation of London's iconic red double decker bus. 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

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

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



Project supported by the PHA



HIV STIs & Contraception OCN Level 2 Course

ACET have been funded by the PHA to provide the online
HIV STIs and Contraception OCN L2 Training course:
There are 2 course date options:

COURSE 1 DATES:

Tuesday 13th, Wednesday 14th, Tuesday 20th and Wednesday 21st **MAY** 2025 from 10.00-11.30am each day

Apply here: <https://www.eventbrite.co.uk/e/1043601559357?aff=oddtcreator>

COURSE 2 DATES:

Tuesday 3rd, Wednesday 4th, Tuesday 10th and Wednesday 11th **JUNE** 2025 from 10.00-11.30am each day

Apply here: <https://www.eventbrite.co.uk/e/1303975177859?aff=oddtcreator>

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

- Sexually Transmitted Infections
- Blood-borne viruses : HIV and Hepatitis 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 links above or contact Nigel@acet-ni.com

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

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

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

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 2: Youth Support Available Southern Sector

**INVESTING IN
COMMUNITY
VOLUNTEERS**

Interested? Complete
this short Registration
Form and we will be in
touch:

**CLICK
HERE**

or email:
sonya@fermanaghtrust.org

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

PEACEPLUS
Northern Ireland - Ireland
Co-funded by the
European Union, UK Government
Department of Communities
and Local Government
Fermanagh & Down
District Council
Comhairle Coimheirí
Fhear Managh agus na hOmbú

OCNNI EVENT MANAGEMENT

Age: 16-25 years

Location: Lisnaskea, Carrosyl Community Centre

**Facilitator: *YouthAction*
NORTHERN IRELAND**

This course will be run in 2 parts.

Phase 1 (Unit 1)

Wednesday 8th, Thursday 9th and Friday 10th of April

Time: 1.30pm-4.30pm (Hot food available on arrival)

Phase 2 (Units 2 & 3)

Further dates and times for the group to meet to complete the qualification will be agreed during Phase 1 to meet the needs and availability of all participants.

Get stuck into planning real events, try out new roles, and learn how to work as part of an events team.

You'll build confidence, pick up skills like budgeting, communication and problem-solving and get the chance to run an event from your own ideas.

Plus, you'll earn a recognised OCNNI qualification with Youth Action NI while having fun and meeting new people.

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 **Money & Pensions Service**

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

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 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

Search...



Introduction

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



Sensory

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



Predictability

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



Acceptance

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



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

Section 4: Neurodiversity

Available Northern & Southern Sectors

New dates: Free Parent/Carer Support Courses



Free parent/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/carer support courses. These courses are supported by the Public Health Agency through the CLEAR project. There are dates available in each Health Trust area across NI - all dates and times can be found on our website using the links below.

Courses include:

Supporting your autistic child to sleep

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



Autism and learning disability: Supporting your young child

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

Supporting your autistic child with school-related anxiety

Explore contributing factors to school-related anxiety and minimise anxiety triggers for a young person experiencing school '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.

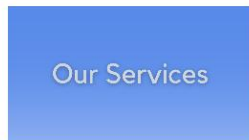
[View all upcoming parent/carer courses](#)

Section 4: Neurodiversity

Available Northern & Southern Sectors

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

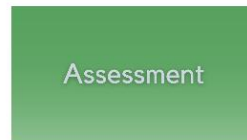
Children and Young People's Autism Service



Our Services



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://ChildrenandYoungPeoplesAutismService.WesternHealthandSocialCareTrust.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

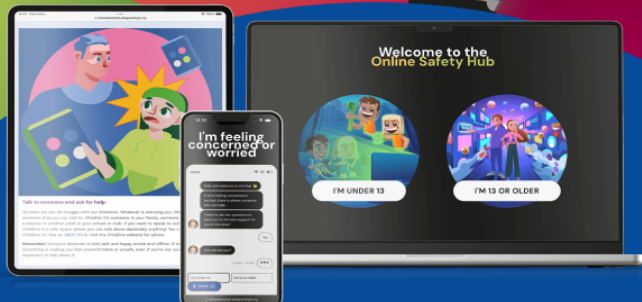
Online Safety Hub - Safeguarding Board for Northern

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

<https://ableframework.blob.core.windows.net/online-safety-hub/hub-highlights/the-online-safety-hub-highlights-march-2026.html>



Compiled by: Orla O'Hara

Welcome to the SBNI Online Safety Hub Highlights

The Online Safety Hub is a central place where young people, parents, carers, and professionals can find practical advice about child safety online, all in one easy-to-use site. It's updated regularly with resources from trusted organisations as part of the Northern Ireland Executive's [Keeping children and young people safe: an Online Safety Strategy for Northern Ireland](#).

Inside the Hub, you'll find an [adult section](#) with core messaging and signposting on key online safety topics, a library of [resources](#), [sample policy templates](#), and a [research and evidence bank](#) to keep you informed. There's also a [Young Person's Hub](#) offering supportive, non-judgemental guidance for under-13s and teens to help them manage their online lives safely and confidently. To make it even easier to explore, the Hub offers new video tours for [adults](#) and [young people](#) that guide you through its features.

The Hub is designed for sharing. Feel free to take, use, and share the resources widely within your networks. You can also help us grow by submitting your organisation's content using the details below.

[Submit Content to help us grow the Hub](#)

[Watch the Promo Video](#)

[Visit the Young Person's Hub](#)

[Promote the Hub](#)

[Contact the Hub](#)

[About the Hub](#)

Concerned about a child or young person?

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

Tell us what you think

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

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 \(Adults Site\)](#)

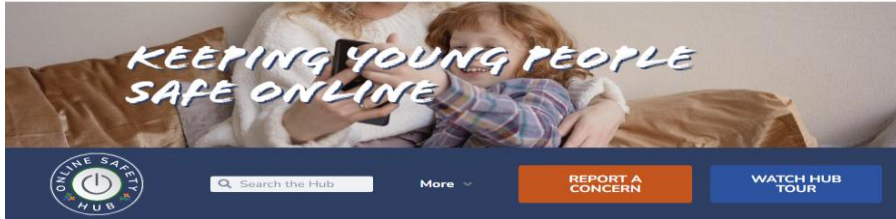


Find out how to use the Hub (Children and Young People Site)

[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 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.

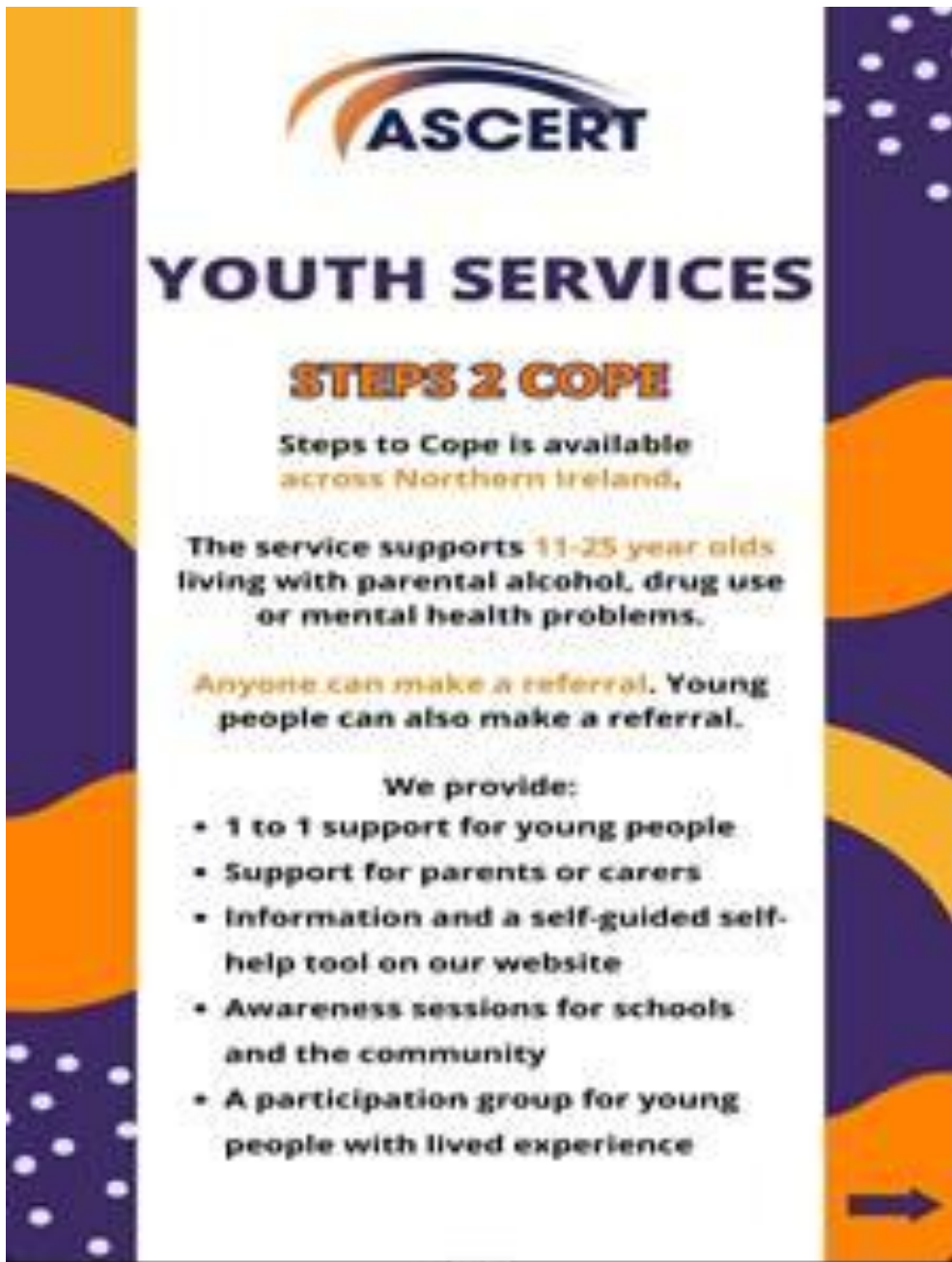
www.ascert.biz
www.smartrecovery.org.uk

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 in the purple sections. 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, dark blue 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 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>

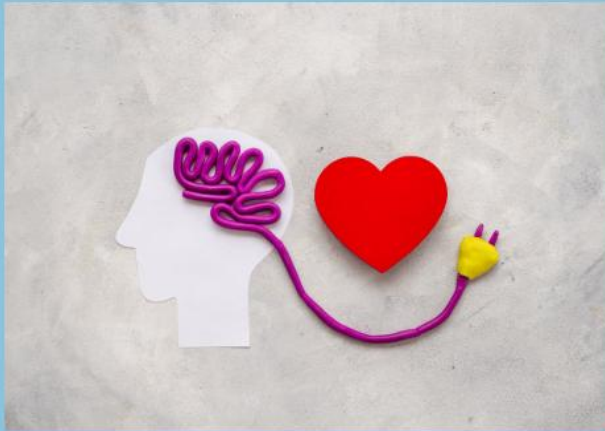
Led by Ed Sipler of South Eastern HSC Trust, the development of Thriving Mind tools has involved a range of partners and service users.



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 & 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

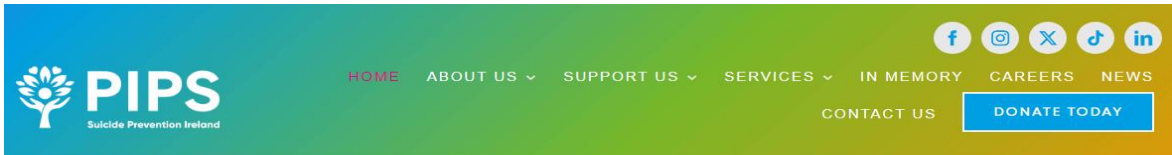
Contact us for any enquiries on 028 30266195 or email training@pipshopeandsupport.org

<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 text 'HOPELINE247' is displayed in a large, bold font. Below this, there is a search bar and a 'Head Office' contact box with the following details: 'Bankside 2, Crosfield Street, Warrington, Cheshire, WA1 1UP', 'Tel: 01925 572 444', and 'Email: admin@papyrus-uk.org'. There are two prominent buttons: 'Thinking of suicide?' in orange and 'Fundraising' in teal. The main content area includes sections for 'Young people' and 'Concerned others', both providing information on how advisers can help. A 'Contact HOPELINE247' section at the bottom reiterates the contact options. The footer contains a navigation menu with links for 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 in the footer area.

Section 8: Emotional Wellbeing and Mental Health Support

Trauma Informed Toolkit



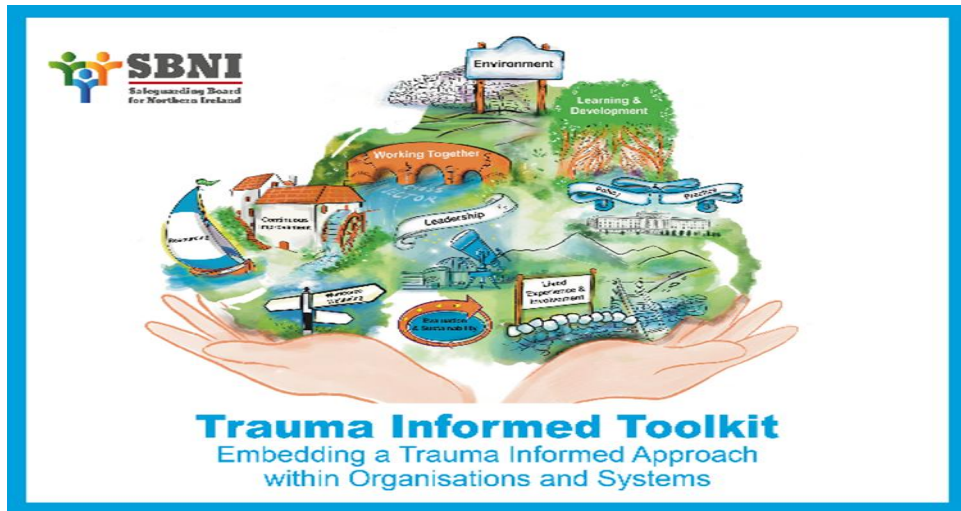
An implementation resource to embed a trauma-informed approach within organisations and systems.

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:

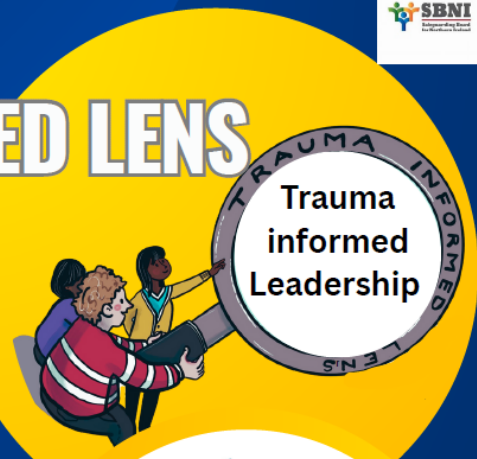
- ✓ Understand trauma-informed leadership and know how its principles influence organisational culture
- ✓ Recognise signs of organisational trauma and its effects on individuals and teams
- ✓ Understand how psychological safety can create safe team environments
- ✓ Reflect on their leadership journey 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 9: Training / Conferences Northern & Southern Sectors

Welcome to the first 2026 edition of the Health Improvement, Equality and Involvement (HIEI) Department Training Brochure, April to September 2026.



<https://westerntrust.pagetiger.com/HIEITB2026/hiei-training-brochure-april-september-2026>

The HIEI works in partnership with other statutory, community and voluntary organisations to address health inequalities and help improve the health and wellbeing of people who live and work in the Western Health & Social Care Trust (WHSCT) area. We aim to build on the skills and capacity of people to deliver quality, effective health improvement programmes, co-ordinate and facilitate health improvement activities and provide health and wellbeing information and advice.

To register: on each course there is a 'click here to register icon' that directs you a Microsoft form where you can register for the course and date. Please be aware that you are registering your interest, by completing the Microsoft form it does not mean you are guaranteed a place. If you need an alternative method of registering, please feel free to contact us using one of the methods below. If you have any issues applying for courses or accessing our training online, please contact us on the details below.

Phone: 02871 865 127
health.improvement@westerntrust.hscni.net

Email:

If you would like to be added to our mailing list, please click on the link:
<https://forms.office.com/e/KWvz3hzVfL>

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

State / Province / Region

ZIP / Postal Code

Country

Leaflet Title *

Please write the title of the leaflet you wish to order

Number of Leaflets Required *

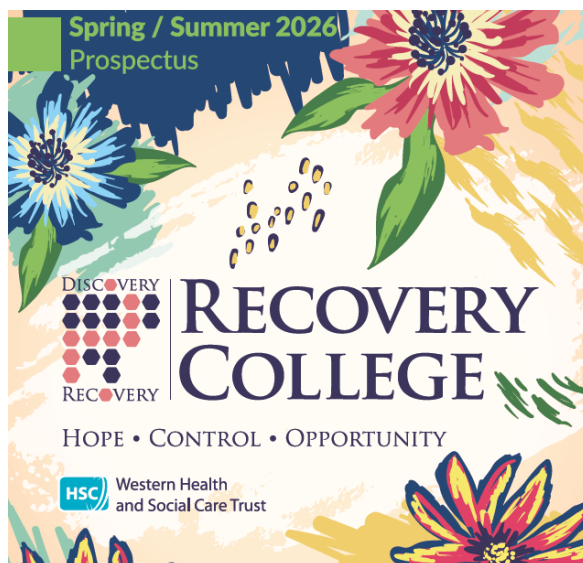
Please indicate the number of copies you require

Submit

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

Section 9: Training / Conferences Northern & Southern Sectors

<https://westerntrust.hscni.net/download/441/recovery-college/24734/rcprospectus2026-spring-summer-final.pdf>



Western Health and Social Care Trust Recovery College Spring / Summer 2026 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

Training - CiNI



The poster features the Children in Northern Ireland logo (a yellow smile) and the title 'May Training'. Below the title, it states 'Open to those in voluntary/community sector'. The training events are listed in blue boxes over a background image of a person at a desk with a computer keyboard.

Children in Northern Ireland

May Training

Open to those in voluntary/community sector

- Designated Officer**
Tuesday 5 May 09:30am - 12:30pm, Online
- Risk Assessment and Risk Management**
Wednesday 6 May, 09:30am - 12:30pm, Online
- Child Protection Practice**
Monday 11 May, 6:00pm - 9:00pm, Online
- The Benefits of Outdoors for Children**
Tuesday 12 May, 10:00am - 4:00pm, In-person
- Child Protection Case Conferences**
Tuesday 21 May, 10:00am - 1:00pm, Online

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

Perinatal, Child, Adolescent and Family Work: a Psychoanalytic Observational Approach (M7N) L7



Perinatal, Child, Adolescent and Family Work: a Psychoanalytic Observational Approach (M7N)

Discover our flagship Master's degree in Belfast

Draw on over a century of expertise to enhance your professional practice

Suitable for professionals from various multidisciplinary backgrounds, this course offers theoretical and experiential training to professionals working with infants, children, adolescents and their families.

Under the guidance of our expert clinician-tutors, you will:

- Explore the earliest stages of life via an infant observation, honing your skills in the clinic where the method was first pioneered.
- Expand your knowledge base with the latest child development research and a range of key psychoanalytic concepts and texts.
- Critically examine the unconscious dynamics that can impact on your work through participating in regular group discussion.
- Gain a postgraduate certificate after one year of study, a postgraduate diploma after two years, or a Master's degree.

Flexibly delivered in a blended, part-time format, the course will inform your current practice, while also acting as a preparation for further, clinical training. The course is a NISCC, PIP approved programme for social workers in Northern Ireland.

There are a number of places funded by PHA at 75%. Please contact joint course lead Gertie Doonan to discuss the course and funding availability via email at gdoonan@tavi-port.nhs.uk.



Closely observing infants with their carers is a unique learning experience and highly relevant in many work settings.

Dr Deldre Meehan
Course Lead




Learn more, join an open event and start your application ▶



Section 9: Training / Conferences



 **Price**
£20 per person

 **Format**
Online

 **Duration**
1 hour



Call us: [0116 234 7246](tel:01162347246)

Email us: learning@nspcc.org.uk

Online: [Contact us](#)

On-demand training to help you recognise the signs of neglect and improve safeguarding practice

Neglect is the [most common form of abuse in the UK](#). But it can be difficult to identify the signs or know what action to take to protect children and support families.

Benefits of this masterclass

- ✓ On-demand training you can take anytime.

Understanding neglect masterclass

It covers the many ways that neglect happens, the physical and emotional signs and impact, how neglect presents and overlaps with other forms of abuse and how to identify signs and vulnerabilities.

You'll learn how the insight and recommendations from case reviews can be used to improve safeguarding, get children and families the help they need at an earlier stage and prevent similar incidents of abuse and neglect. Plus, examples from Childline and reflective activities will help you put what you learn into practice.

[Buy now](#) >

- ✓ CPD certified.
- ✓ Real-life insight from Childline and the NSPCC Helpline.
- ✓ Personalised downloadable certificate.
- ✓ Income generated from the sale of our training courses is reinvested back into the NSPCC to help protect children and young people.

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** **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 solihull.approach@uhb.nhs.uk

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



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

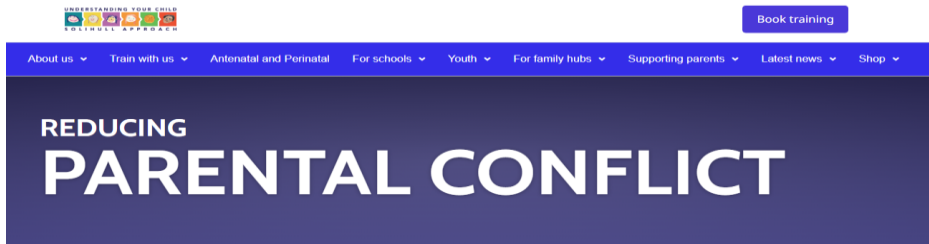
Step 2: Once signed in to your professional account, enter Access Code:
BETHECHANGENI

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



Section 9: Training / Conferences

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

<p>Training and resources for practitioners</p> <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>Parent access</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
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Tailored parental conflict resources

Understanding your relationships: online course

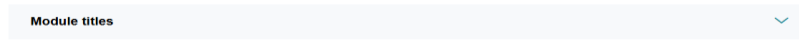
Designed to be accessible to all parents and adults to support an understanding of the mechanisms underpinning relationships, this course includes modules on a range of issues relating to inter-parental conflict resolution.

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.com, 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.



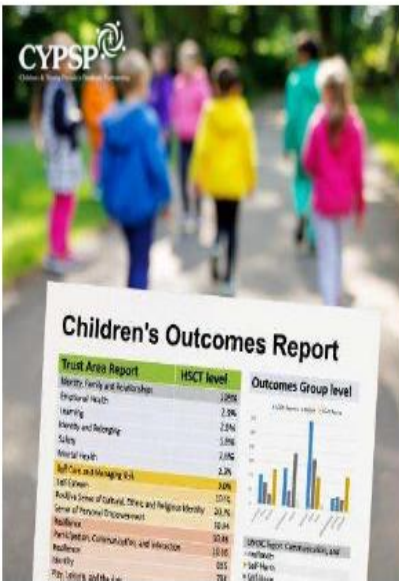
Measuring impact and outcomes

[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 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 10: Western Area Sure Start Projects,
 Family Support Hubs and Childcare Partnerships**
Western Family Support Hubs – Children and Young People's
 Strategic Partnership (CYPSP) (hscni.net)

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

Section 11: Useful Links and Informative Media Resources

Links

Cost of Living Resources Including Contact Details for Local Food Banks

Fermanagh and Omagh District Council

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

Strabane and Derry/ Londonderry District Council

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

Causeway Coast and Glens Council

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

Section 11: Useful Links and Informative Media Resources

<https://www.youtube.com/watch?v=-ABPDkVjPEM&list=PLyXYu7pMz6LUryJAJ0rFxnKj1liVC-78Q&index=1>



A comedy and relatable podcast of a group of Big Irish Queers from a Little Town, in County Fermanagh NI. From rural Ireland, this hilarious crew create a bold and funny brand new queer and sapphic themed show that celebrates identity, community within the island of Ireland as well as normalising LGBTQ+ discussions.

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

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

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

