



For Your Information

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

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

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

Inspirational Monthly Message

“We keep trying to change people’s behaviours without a full understanding of how and why those behaviours arise.”

— Gabor Mate

SOMETHINKOFVALUE.COM

What is Locality Planning?

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

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



Dr Priscilla Magee

LPG Meeting Schedule

Omagh LPG : 11.00pm - 1.00pm – 2nd June, 2026, Online.

Cityside LPG : 11.00 am – 1.00pm – 4th June, 2026, Online.

Waterside LPG : 11.00am – 1.00pm – 12th June, 2026, Online.

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

Fermanagh LPG : 11.00am - 1.00pm – 28th July, 2026. VTBC.

Limavady LPG : 11am -1.00pm – 31st July, 2026, VTBC.

New Report Highlights Changing Picture for Children and Young People in Northern Ireland – Children and Young People’s Strategic Partnership (CYPSP)



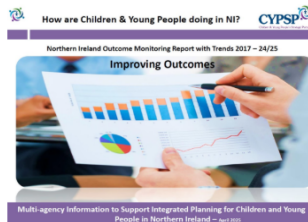
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New Report Highlights Changing Picture for Children and Young People in Northern Ireland

Posted on April 30, 2026 by Valerie

[Share](#) [Post](#)

A newly published regional monitoring report reveals significant demographic change, growing pressures on services, and mixed progress across health, well-being and education for children and young people in Northern Ireland.



The [Northern Ireland Outcome Monitoring Report 2017-2025](#), released today by the Children’s Services Planning Team on behalf of the Children and Young People’s Strategic Partnership (CYPSP), presents the most comprehensive picture to date of how children and young people are faring across eight key outcomes, drawing together multi-agency data from health, education, justice and social care. [Download Here](#)

Fewer Children, But Growing Need

The report shows that while children and young people still make up almost a quarter of the population, their numbers are falling. In 2024, Northern Ireland had **435,536 children aged under 18**, representing **22.6% of the population**. Population projections point to a **9.6% decline in the 0–17 age group by 2043**, with the steepest fall among children aged 5–9.

At the same time, the needs of children are becoming more complex. The number of children in contact with services continues to rise, despite the shrinking child population, creating increased pressure on health, social care and education systems.

Health Gains Offset by Emerging Concerns

Encouraging progress has been made in some areas of child health. Births to teenage mothers have fallen to their **lowest level on record**, accounting for **2.0% of all births in 2024**, and overall rates of smoking during pregnancy continue to decline.

However, the report highlights serious concerns:

- **Infant mortality increased to 4.5 deaths per 1,000 live births** in 2024
- **MMR immunisation uptake fell to 89.7%**, well below the **WHO target of 95%**
- **Breastfeeding at hospital discharge** dropped to **46.2%**, the lowest in eight years

Childhood obesity remains persistently high, with **15.5% of Primary 1 children overweight** and **20.8% of Year 8 pupils** classed as overweight in the most recent data.

Rising Disability and Mental Health Pressures

One of the most striking trends in the report is the **continued rise in disability among children**. By February 2025, over **34,600 children aged 0–15** were receiving Disability Living Allowance, with autism and ADHD featuring prominently.

Mental health indicators present a mixed picture. While **60% of 16-year-olds report good or excellent mental wellbeing**, more than **one in ten describe their mental health as poor**. Hospital admissions for self-harm among under-18s fell overall, but remain higher than average in Belfast, Southern and Western Trust areas.

Section 1: Family Support Available Northern & Southern Sectors

Children in Northern Ireland

Connect with other parents and carers who understand the challenges of emotionally based school avoidance

CYPSP

HSC

Emotionally Based School Avoidance PARENT GROUP

Venue: Strathroy Community Centre
12 Drumlea Cres, Omagh BT79 7XE

Date: Wednesday 3rd June '26

Time: 6:30pm

Guest Speaker:
Marie Kerr
(Youthscape)

Email: ppinbox@ci-ni.org.uk to register

This is an opportunity to connect with other parents/carers who understands the challenges of emotionally based school avoidance.

There are many resources on CYPSP website for families regarding this and for schools/professionals to help support families.

Please visit the following website www.cypsp.hscni.net/cypsp-resource-links/
This information can also be translated.

Section 1: Family Support

Available Northern & Southern Sectors

Supporting School Based Anxiety - CiNI



09 JUN **SUPPORTING SCHOOL BASED ANXIETY**
FEATURED

TIME
Tuesday
9:30am -
12:30pm

TRAINER



SUSAN WALLACE

EVENT DETAILS

Supporting School Based Anxiety

Trainer: Susan Wallace, Associate Trainer

Location: Online, Zoom

This half day workshop explores causes of school-based anxiety and practical ways to support a child, young person, carer or parent with the emotions and behaviours associated with such.

Using a family-centered approach, you will learn more about triggers for school-based anxiety and school avoidance and practical strategies to offer families experiencing such. The training is suitable for those supporting families with children aged 4 – 18 years.

What you'll learn:

- The connection between triggers, emotions and behaviours which may result in school-based anxiety and/or school avoidance.
- Practical strategies to support children and their families who are experiencing school-based anxiety and/or school avoidance.

Who is it for?

Those supporting families who have a child who is experiencing behaviours associated with anxiety in an educational context (aged 4 – 18 years).

*Please note this workshop is **not aimed at the parents of children who are experiencing school based anxiety** – if you are a parent and require assistance with this issue please contact Parentline on 0808 8020 400.*

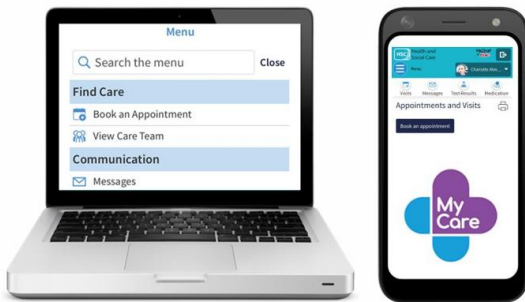
Section 1: Family Support

Available Northern & Southern Sectors

My Care – DHCNI



About My Care



Get your health information online

<p>Get messages from your care team</p>	<p>Get some of your test results</p>	<p>Look at appointment information</p>
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Getting My Care



- You will need
- a mobile phone or
 - a tablet or
 - a computer **and** the internet.



Go to <https://mycare.encompass.hscni.net/mychart/Autentication/Login>
Or scan the QR code.

If you are using a mobile phone or tablet



To get My Care you need to download and open the MyChart App from

- App store or
- Google Play.

- Click on
- **sign in with nidirect** if using the website or
 - **nidirect** if using your App.

Type in your nidirect email address and password. Click on **sign in**.

OR make an NI Direct account first by clicking on **create an account**.

Section 1: Family Support Available Northern & Southern Sectors

info.riseni@westerntrust.hscni.net



Welcome to RISE NI Parent Website Homepage



What is RISE NI?



I want to contact my
local RISE NI team ...

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

My child is in
Early Years

(Nursery / Preschool)

My child is in
**Foundation
Key Stage 1**

(Primary 1 / 2 / 3 / 4)

My child is in
Key Stage 2

(Primary 5 / 6 / 7)

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 Southern Sector

A course for:
parents/guardians of young children (2-5years) who are on an Autism journey and have concerns about language delay.

The course is very practical and is suitable for parents of children:

Already diagnosed with Autism

Awaiting Autism assessment

Professional/parental concerns which indicate that a referral for Autism assessment may be beneficial.



The Incredible Years®

Building Brighter Futures

Autism Spectrum & Language Delays Parenting Program



HSC Western Health
and Social Care Trust



Course Aims:

To support parents to play with their child in a way that promotes:

- ✓ Language skills
- ✓ Social skills and emotions
- ✓ Empathy

To develop support systems for parents that will enhance their understanding of the important role they play in their child's development

To obtain peer support from other parents who have similar experiences

To increase parental understanding of Autism.

Course Details



LAST SureStart
Gortin Road Omagh



Session time
9:30am - 11:30am



- Thursday 30th April
- Thursday 7th May
- Thursday 14th May
- Thursday 21st May
- Thursday 28th May
- Thursday 4th June
- Thursday 11th June

This module consists of 7 two hour group sessions with contact from the facilitator between sessions.

There is the option of a further module of 7 more sessions later in the year if attendees are interested.

Tea/coffee and light refreshments will be available each week. Please inform your course Tutors of any dietary requirements.



The Incredible Years®

Building Brighter Futures

If you would like to find out more, please do not hesitate to contact:



Breege McCaughey
Speech and Language Therapist
Tel: 0746 8711 334

Lisa Storey
Child Development Interventions Coordinator
Health Improvement, Equality & Involvement Department
Western Health and Social Care Trust

Course Funded by the WHSCT Health Improvement, Equality & Involvement Dept. Delivered in partnership with the WHSCT Health Improvement, Equality & Involvement Dept and LAST SureStart.



Western Health
and Social Care Trust

Parent Feedback



"The group meeting each week was a very helpful tool, it is great to be with like-minded people who understand while learning at the same time"

"Support from the group and leader's understanding was amazing, just nice for other people to understand what your child and family is going through"

"I enjoyed the course and content, however I took an awful lot from meeting up with other parents"

Section 1: Family Support Available Southern Sector

Alison.Kettyle@actionforchildren.org.uk

Safe and happy childhood



Action for Children protects and supports children and young people, providing practical and emotional care and support, ensuring their voices are heard, and campaigning to bring lasting improvements to their lives.

Sperrin & Lakeland Floating Support Service

2a Holmview Terrace
Omagh
County Tyrone
BT79 0AH

028 8225 9495
Alison.Kettyle@actionforchildren.org.uk
Facebook: Sperrin and Lakeland Floating Support Service
Instagram: sperrinandlakelandfss Twitter: @actnforchildren

Registered charity nos. 1097940/SC038092. Company no. 4764232. © Action for Children 2020

We can support you if you are:

- Homeless or at risk of homelessness.
- Aged 16 to 25 years old.
- Living in the Fermanagh or Omagh area.

Please get in touch with us if you are:

- Homeless.
- Having regular arguments at home.
- Feeling unsafe in your home.
- Sleeping on a friends sofa or moving from place to place.
- Living in rented property and at risk of eviction.
- Struggling to pay rent and bills.
- Finding it hard to manage your finances and benefits.
- Having problems with neighbours or unwanted visitors.

Your dedicated floating support worker can help you:

Sort out any difficulties with family or carers.
Deal with your landlord whether NIHE or private.
Manage your:

- Home and personal safety.
- Appointments.
- Bills and finances.
- Relationships.
- Free time.
- Physical and mental health and well-being.
- Education and employment.

Sperrin & Lakeland Floating Support Service



Safe as houses



Action for children's floating support service works alongside young people to tackle the underlying issues that can lead to homelessness

We provide a flexible, individual approach enabling young people to feel safe and secure wherever they live.

Our commitment to you:

- We listen.
- We make plans with you.
- We meet at a time and place that suits you.
- We work closely with the people who are important to you.



More about the service

In addition to your dedicated floating support worker, we offer a range of practical support including:

- A mobile service that comes to you.
- Access to computer.
- Flexible working hours to meet your needs.
- 24 hour on-call service and flexible working hours.
- Evening and weekend support.
- Help with childcare and transport.
- Training and volunteering opportunities.
- Fun activities either one to one or in a small group.
- Assistance with moving home.


Section 1: Family Support Available Southern Sector

Alison.Kettle@actionforchildren.org.uk

Get Support

Family Support

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



On this page

How we can help	What to expect	Video - The Journey
Available programmes	Helpful Resources	Video - The Learnings

Call our Cancer Nurseline
0800 783 3339

Available Monday, Wednesday, Friday, (9am to 1pm)

Make a Referral

How we can help

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

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



[Make a Referral](#) [Watch Video](#)

Available programmes

The service is for children/young people and their families when a significant adult has been diagnosed with cancer. The adult might be a parent, grandparent, or carer.

Sometimes an individual member of the family might benefit from one-to-one support or the entire family can have a space to be together and share their feelings.

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

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

What to expect

A designated Family Support Worker will discuss a family's individual needs and will arrange suitable support.

- Helps families, children and young people untangle complicated emotions and fears
- Provide a support service tailored to meet the needs of each family
- Offer constructive practical and emotional support when life feels difficult
- Help your family find the language to speak to each other about cancer
- Provide opportunities for children/young people to meet others in a similar situation
- Provide opportunities for parents to share experiences and feelings
- Support the family to have some fun together and enable them to continue family life

Section 1: Family Support
Available Northern & Southern Sectors

**GENERATION
NEW ERA**

A STUDY OF CHILDREN
BORN IN THE 2020s

HAVING A BABY IN 2026?

You could be part of
Generation New Era –
a groundbreaking scientific
study that will help improve
the lives of children and
families in the UK.



gnestudy.info



1 IN 2
families in
Northern Ireland
will be sent an
invitation

In partnership with



This study is approved
by your **Health and
Social Care Trust**

Section 1: Family Support Available Northern & Southern Sectors

aron.foley@barnardos.org.uk
deyna.reaney@barnardos.org.uk

UBUNTU NI



COMMUNITY DEVELOPMENT

Through our Community Development programmes we aim to support diverse groups across Northern Ireland to welcome and integrate children and families seeking sanctuary through project development, training, and sharing best practice.

We aim to create more opportunities for groups to share knowledge, resources, and strategies for community programmes that foster inclusion, wellbeing, and skill-building. By exchanging ideas and best practice, we can learn from each other and keep growing together.

Here's what we offer:

- Training and capacity building for community groups who want to develop their work with children and families seeking sanctuary.
- Tailored support according to your organisation and community setting.
- Access to training and programme guides.
- Share information and learn from others by joining our Practitioners Network.

Training workshops

- Immigration Myth Busting – increase your knowledge of the environment for people arriving to the UK seeking sanctuary.
- Cultural Consciousness – increase your awareness of biases and actively seek to understand and respect cultural differences.



BARNARDOS 

UBUNTU NI



Programme Development Support

Ubuntu have developed two programme guides - **Growing Together** and **Cultural Kitchen** - to support organisations working with children and families seeking sanctuary to integrate and feel settled. These can be adapted to your setting and needs of your participants.

Each includes a programme guide to help you to understand the theory behind the purpose as well as practical advice to deliver the programme in your setting. The Ubuntu team can offer training for your volunteers and staff and a follow up visit to support delivery.

Growing Together

The guide focuses on social and emotional wellbeing from a trauma informed perspective and promotes self-regulation through nature and play. Core elements of each Growing Together session include Play, Nature, Movement, and Connection.

WHAT IS IT?

A guide designed to help community groups to deliver their own Growing Together sessions in safe, supportive, and developmentally appropriate ways. It includes 6 session plans which can be used as they are or adapted to suit your group's needs.

WHO IS IT FOR?

Primary aged children (4-11 years) who have recently arrived in Northern Ireland. Ideal for children waiting for a school place or who may be struggling to settle in school.



BARNARDOS 

UBUNTU NI



Cultural Kitchen

Cultural Kitchen nurtures strong community connections and enables participants to collaborate, share knowledge, and work together through cooking. Participants will come together to prepare, cook and share their dishes. It gives everyone involved the opportunity to learn and celebrate different cultures, make new social connections and sample new and exciting flavors from around the world.

WHAT IS IT?

A guide to running your own community-based cooking programme or event to support local communities to engage and welcome families seeking sanctuary.

WHO IS IT FOR?

Community groups looking to raise awareness and engage with families seeking sanctuary and local communities.

BARNARDOS 

Section 1: Family Support Available Northern & Southern Sectors



**Could you be a Short
Breaks foster carer?**

We are seeking foster carers across Northern Ireland to provide regular short breaks for children and young people with disabilities.

Short Breaks foster carers receive financial assistance, training and ongoing support.

0800 0720 137
adoptionandfostercare.hscni.net



Section 1: Family Support Available Northern Sector



Creggan Preschool Training Trust still in June have some Irish Language classes in the evening available.

Section 1: Family Support Available Northern & Southern Sectors

We are so excited to share an excellent calendar of events and support coming up across April to May for families across Northern Ireland with children and young people aged 0 – 25 with a vision impairment.

- Check out our website for more events: [Events](#)
- Follow our Facebook page: [Angel Eyes NI | Belfast | Facebook](#)



Apr 20
Employers for Childcare benefits and financial advice

Information 20/4/26



Apr 29
Parents Committee Meeting

Information 29/4/26



May 02
Armagh Planetarium Visit

Activity 2/5/26



May 12
Exam Tips and Self Care Workshop

Information 12/5/26



May 16
Saturday Club

Activity 16/5/26



Jun 03
My Care App Workshop

Information 3/6/26



Jun 20
Saturday Club

Activity 20/6/26

Community Stakeholder Training Did you know Angel Eyes NI provide exclusive Empatheyeyes Immersive CPD Training Session? The training is designed to enhance your understanding of vision impairment and how you can better support children and young people in our community. This free training, delivered by an experienced Eye Clinician and Support Coordinator, uses our innovative Empatheyeyes Virtual Reality software to give you first-hand insight into the impact of living with vision impairment. It's a great opportunity to gain practical knowledge and skills in an immersive way.

Angel Eyes NI works hard to secure funding to offer this at no cost to our partners and have limited space available. Each organisation may register up to two attendees, and a waiting list will be in place. Contact: Lisa Allen to secure your place.

Section 1: Family Support Available Northern Sector



**action
mental
health**

**New support
programme for patients
waiting on NHS
treatments in the Foyle
Area**

About the Programme

Providing patients with 12 weeks of practical self management skills for improved physical and mental health. Building resilience and emotional well-being for living well while waiting on treatment.

Easy referral pathway

Targeting all NHS patients on waiting lists

Register your interest:

028 7137 3502 or foyle@amh.org.uk

Action Mental Health Foyle

13b Pump Street, Derry/L'Derry BT48 6JG

Support Offered

- Pain Management Support designed to teach self management skills
- Emotional and Psychological Support designed to improve wellbeing

Activities offered

- Personal Development (stress, anxiety, management)
- Relaxation Techniques (mindfulness & meditation)
- Movement and Exercise (yoga, mindful walking)
- Arts & Crafts (ceramics, sculpture)
- One to one support



Department of
Health
An Roinn Sláinte
Máinnystríe O Poustie
www.health-ni.gov.uk

This Programme is funded by The Department of Health in partnership with Action Mental Health



Section 1: Family Support Available Northern Sector

Waterside & Cityside Areas of L'Derry/Derry

SKY PROJECT
SUPPORTING YOU

Proudly funded by **THE NATIONAL LOTTERY**

YOUR SUMMER.
YOUR SPACE.
YOUR WELLBEING.

A FREE SUMMER PROGRAMME FOR 16-25 YEAR OLDS

MEET NEW PEOPLE. HAVE FUN. FEEL GOOD.

SAFE, FRIENDLY SPACE
A welcoming and supportive environment for everyone.

FOOD PROVIDED
Enjoy free food and refreshments at every session.

FUN ACTIVITIES, TRIPS & MORE
Lots of exciting things to do throughout the summer!

STARTING THIS SUMMER!
LIMITED SPACES - SIGN UP NOW!

skyprojectdycw
 07871391607
 skyproject@dycw.co.uk

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 & Southern Sectors



Do you run a Parent and Toddler group in Northern Ireland?
We are updating the information we hold on **FamilySupportNI.gov.uk**
Check if your group is listed and if your information is correct:
Search Results in Parent & Toddler Category
Get in touch with us to publicise your group today!
E-mail: info@familysupportni.gov.uk

A list of local Parent and Toddler Groups can now be found on
FSNI across the Western Trust:

[Search Results in Parent & Toddler Category](#)

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 Southern Sector

Personal Development Programmes



Journey to Freedom-

A 14-week programme for women who have experienced Domestic Violence; learning what it is, the types and effects, the impact of Domestic Violence on women's lives and those around them, and moving forward on their journey.

These programmes are delivered to women who have availed of support services at Fermanagh & Omagh Women's Aid.



Volunteering



Volunteers are an integral part of Fermanagh & Omagh Women's Aid.

Check out our website for current volunteering opportunities:



Women's Aid
FERMANAGH & OMAGH



If you or someone you know is experiencing Domestic Violence / Abuse and needs support, we are here:

 **028 8244 1555**

 **admin@fowomensaid.org**

9 Holmview Avenue,
Omagh,
Co. Tyrone
BT79 0AH

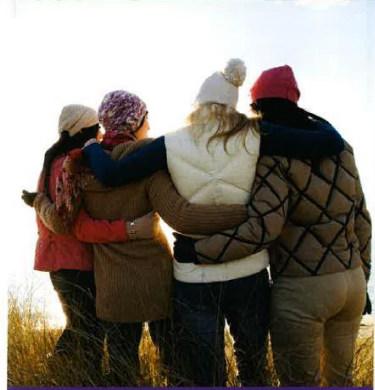
19 Darling Street,
Enniskillen,
Co. Fermanagh
BT74 7DP

You are not alone...
Contact us for free and confidential information and support

The Domestic and Sexual Abuse Helpline (managed by Nexus NI) is available 24/7:

0808 802 1414

Women's Aid
FERMANAGH & OMAGH

**We Are Here...
You Are Not Alone**

 **028 8244 1555**

www.fowomensaid.org



Section 1: Family Support Available Southern Sector



LAST SURE START

TEDDY BEAR'S PICNIC

Thursday 11th June
10am to 11.30am
Grange Park, Omagh

Gather your friends, family, and loved ones for a delightful day filled with laughter, bubbles, parachutes, football, toys and the beauty of the great outdoors. Refreshments available!



For Children up to 4 years old*
Open to those registered with Sure Start*

Section 1: Family Support Available Northern & Southern Sectors



What is Dads Talk?

Dads Talk is an established online peer support group for separated fathers.

Hosted by Parentline NI, the virtual group sessions run twice monthly via zoom.
(Thursday evenings from 7pm-8.30pm).

Dads Talk offers a regular space for separating/separated dads to get together.
This valuable group provides dads with the opportunity to share experiences,
discover positive coping strategies and find emotional support.

The group is led by peer facilitators, dads who have been involved
over time with the group, firstly as members of Dads Talk
and then as experienced co-facilitators.

The group runs with a flexible, less structured approach
and is based on the model of peer support.

Some dads attend regularly for the whole session, some attend
less regularly or only for a part of the session.

The number of dads attending is usually around 10-15.

A designated Parentline NI staff member is responsible for assisting
the facilitators and providing administrative support such as processing self-referrals to the group
and ensuring consent for registration and contact details to be shared with the Dads Talk Whatsapp
group.

Next steps...could Dads Talk be for you?

It is easy to get involved with Dads Talk. Please just phone our Parentline Team.

We are here anytime to advise, support or simply listen and we can
email you the short self-referral form for Dads talk.

Parentline Helpline **0808 8020 400**

(9am to 9pm Monday to Thursday, 9am to 5pm on Fridays & every Saturday from 9am to 1pm)
or email parentline@ci-ni.org.uk

Section 1: Family Support Available Northern Sector



At Foyle Network Foundation we have a range of services to support those struggling financially. We work with a wide range of partners who can make a referral (list available on our website) or get in touch with us directly through any of our contact methods below.

SERVICES INCLUDE:

Short- and long-term support of food/toiletries/household items through our shop or pre prepared packages

Membership at The Network, which allows members to avail of food/toiletries/household items once a week at our shop on the Strand Road. Members will be able to purchase items at up to 50% less than recommended retail prices

Financial advice which includes access to specialist benefit and debt advice services, advice and support on money management & budgeting, savings, lifestyle budgeting and energy advice

Baby Hubs at Skoega Community Hub and Irish Street Community Centre - for those living in the Ballyarnett and Waterside areas with a child aged 0-3 years and struggling financially. Members avail of family toiletries including nappies for a £5 fee

Foyle Network Foundation provides confidential support. We do this by working with other organisations who can support with health and wellbeing, addiction, family issues, finances and many more.

GET IN TOUCH WITH US

- 🏠 Unit 15 Springtown Industrial Estate, Derry, BT48 0LY
- 🌐 foyle.foodbank.org.uk
- ✉ info@foyle.foodbank.org.uk
- ☎ 028 71 263699

FIND US ON



JOIN US IN CHANGING LIVES - YOUR SUPPORT MAKES A DIFFERENCE!

At Foyle Network Foundation, we believe that small actions create big impact. Every day, families in our community struggle to afford basic necessities—food, housing, and essential care. At Foyle Network Foundation we work tirelessly to support local people who are struggling, ensuring that hope, opportunity, and dignity remain within reach. But we can't do it alone. Your support makes all the difference.

WAYS YOU CAN MAKE A DIFFERENCE:

- Donate today** - Every £ helps us provide essential household items and support services
- One-off donations** can be made at our Office in Springtown Industrial Estate Monday to Thursday 9am - 5pm and Friday 9am - 3pm
- Or you can make your donate through our official website:**
<https://foyle.foodbank.org.uk/give-help/donate-money/> or scan to donate:



Give Regularly
Become a monthly donor sign up through our website <https://foyle.foodbank.org.uk/give-help/donate-money/> or email info@foyle.foodbank.org.uk

FOR MORE INFORMATION OR HELP WITH DONATING

- Contact our Fundraiser Patricia:
- ✉ patriciaodonnell@foyle.foodbank.org.uk
- ☎ 077 0497 5901 (text or whatsapp)

Section 1: Family Support Available Northern Sector

Waiting on NHS Treatment?

action
mental
health

SUPPORT WHILE YOU WAIT

You don't have to wait alone

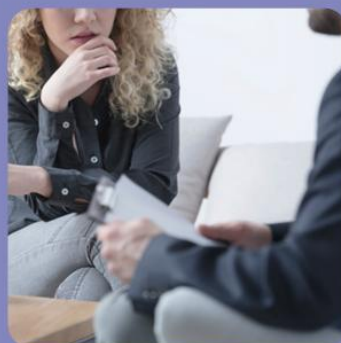


We are here to support you while you wait.

Offering you a 12 week programme providing practical, emotional and well being focused support to help you feel connected to make informed choices and take back control.

What we offer

- Guided well being sessions
- Helpful tools and resources you can use at home
- A safe space to talk, share and feel heard
- Personalised guidance that fits your situation
- Creative arts
- Pain management
- Stress management/mindfulness
- Coping strategies/sleeping patterns



Register your interest:

028 7137 3502 or foyle@amh.org.uk

Action Mental Health Foyle

13b Pump Street, Derry/L'Derry BT48 6JG



Department of
Health
An Roinn Sláinte
Máinnystrie O Poustie
www.health-ni.gov.uk

This Programme is funded by The Department of Health in partnership with Action Mental Health

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

New parent workshop



Together with
Settled Petals



Toilet Training for Children of Nursery/School Age

**Monday 1st June, 10.30am-12noon, online via
Zoom**

Is your little one about to start Nursery or School in September? Perhaps they are already at school but still experiencing issues around toileting.

At this workshop we will explore some reasons which may be impacting them and respectful strategies to support them.



Call NOW to book your place

0808 8020 400



Section 1: Family Support Available Northern & Southern Sectors

ea Education Authority

SEND CENTRAL

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

Which option do I select?

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

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

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

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

SEND Central
028 9031 7777

Special Educational Needs (SEN) Helpdesk

SEND Central

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

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

✓ Which option do I select?

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

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

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

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

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

Section 1: Family Support Available Northern & Southern Sectors



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

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

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

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

www.senac.co.uk



Section 2: Youth Support


Outdoor Water Safety Session (Ages 9-12 Yrs)

Fermanagh and Omagh District Council, in partnership with Swim Ulster, is delivering an outdoor water safety session designed to help children build confidence while learning how to stay safe around water.

The day includes:

- ✓ Guided nature trail
- ✓ Walk and talk
- ✓ Introduction to open water swimming

 Location: Muckross

 Date: 16 July 2026

 Scan the QR code to book your place





Outdoor Water Safety Session (Ages 13-17)

Fermanagh and Omagh District Council, in partnership with Swim Ulster, is delivering an outdoor water safety session designed to help children build confidence while learning how to stay safe around water.

The day includes:

- ✓ Guided nature trail
- ✓ Walk and talk
- ✓ Introduction to open water swimming

 Location: Muckross

 Date: 16 July 2026

 Scan the QR code to book your place



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.

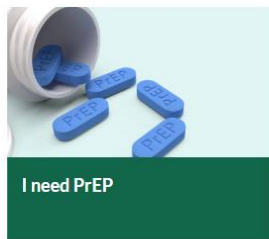


Sexual health – who do you listen to?

#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 Available Northern & Southern Sectors

 **ea** Education Authority

OMAGH YOUTH CENTRE PROGRAMME PLAN

MONDAY	Inters Club- (1st and 2nd Yr) 6.30-9pm
TUESDAY	Senior Club (3rd Yr +) 6.30-9pm Youth Voice 7-9pm Ages 16+
WEDNESDAY	Buddy Autistic Programme 7-9pm P7 and Above
FRIDAY	Junior Club P5-P7 6.30-9pm

For more Information please contact Bronagh on bronagh.mcelroy@eani.org.uk or ring 073 4554 6645

Made with PosterMyWall.com

Section 2: Youth Support Available Northern & Southern Sectors

PEACE of Mind
empowering young minds, building resilience

Building Resilient Young People Insights & Tools for Those Working With Youth

A **FREE**, training workshop for anyone working or volunteering with young people.

- Build a clear, youth-friendly understanding of what "mental health" really means
- Use creative tools and activities to make tricky topics easier to talk about
- Strengthen your own emotional resilience and support their's too!
- Spot early signs where young people may need support

It's practical, accessible, and designed to help you feel more prepared when mental health challenges come up in your groups.

Scan the QR code to sign up!

PEACEPLUS
Northern Ireland - Ireland

Co-funded by the
European Union | UK Government

Northern Ireland Executive | Health and Social Care Board

inspire | verbal | Cuckoo | TASC at Mind

The Open University

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

Section 2: Youth Support Available Northern & Southern Sectors



Special Focus – Children's Mental Health

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

CYPSP
Children & Young People's Strategic Partnership

Youth Wellness Web

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

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

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

Call Childline on:
0800 1111

Call LIFELINE on:
0808 808 8000

Text Shout:
852558

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

SCHOOL BULLYING WELLBEING BEREAVEMENT MENTAL HEALTH

Scan QR code

Youth Wellness Web

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

SCHOOL BULLYING WELLBEING BEREAVEMENT MENTAL HEALTH



Visitors to Youth
Wellness Web
Feb 2024 - Feb 2025



Top 10 most visited sections on Youth Wellness Web



Section 2: Youth Support Available Northern & Southern Sectors

**YOUTH
WELLNESS
WEB**

Feeling overwhelmed?
Anxious? Or just need
some tips to stay well?

YOU are not alone.

The Youth Wellness Web
is here for **YOU** –
anytime, anywhere.

No matter how big or
small it feels, it's okay to
reach out.

[HTTPS://CYPSP.HSCNI.NET/YOUTH-WELLNESS-WEB/](https://cypsp.hscni.net/youth-wellness-web/)

Working in Partnership since 2011

CYPSP
Children & Young People's Strategic Partnership

Section 2: Youth Support Available Northern & Southern Sectors

www.amh.org.uk

Mindset: Funded Mental Health Awareness Programme



Funded by the Public Health Agency (PHA), offered to groups of both young people (age 14+) and adults.

The programme is delivered in all Trust Areas across Northern Ireland in youth and community settings.

Email wellbeing@amh.org.uk to book today!

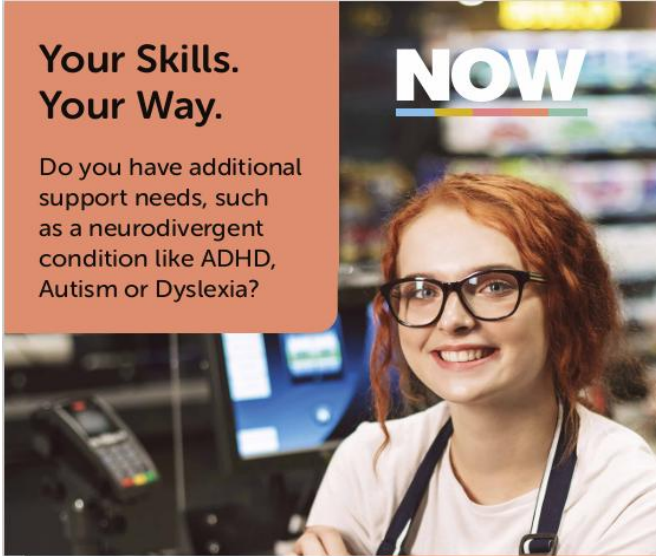


Section 2: Youth Support Available Northern & Southern Sectors

Your Skills. Your Way.

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

NOW



If you've got your GCSE results and are wondering what's next, **Skills for Life and Work** could be for you.

For ages 16-21 living in:
Belfast, Enniskillen,
and Derry/L'derry



We're a **JAM Card**
Friendly Business

www.nowgroup.org



With NOW Group you can:

- Train in Hospitality, Retail, Creative Media or ICT
- Gain qualifications that employers value
- Earn £40 a week while you train
- Receive support from an organisation with over 25 years' experience providing training and job support for young people with additional needs.

Over the last 3 years we have supported

4,384

Qualifications achieved

813

People into paid jobs



Scan the QR code or visit our website to start your journey

www.nowgroup.org

Registration subject to eligibility.



Section 2: Youth Support Available Northern & Southern Sectors

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 3: Cost of Living Available Northern & Southern Sectors

Connected & Protected: Online Safety and Digital Inclusion in NI Tickets,
Tuesday, June 9 • 11 AM - 12 PM GMT+1 | Eventbrite

The screenshot shows an Eventbrite event listing. At the top, it says 'Money Guiders NI Network Event' in a red box. The main title is 'Connected & Protected: Online Safety and Digital Inclusion in NI'. Below the title, it indicates the date 'Tues 9 June 11:00-12:00' and the format 'Online MS Teams'. There is a photo of a woman and a man looking at a laptop. Logos for 'Money Guiders Northern Ireland', 'Money & Pensions Service', 'Department of Finance Northern Ireland', 'Airgeadais', and 'libraries NI' are visible. At the bottom, it says 'Free Tue, Jun 9 • 11 AM GMT+1' and has a 'Reserve a spot' button.

Overview

Join us for this engaging session with Go ON NI and Libraries NI on how you can support customers bridge the digital divide

Join us for this engaging session with [Go ON NI](#) and [Libraries NI](#), a programme designed to help people get online safely, improve their digital skills and build confidence using technology.

As more services move online, digital skills are essential for accessing support, managing money and staying connected. This session will explore how practitioners can support individuals who may be digitally excluded, with practical insights into available training and resources across Northern Ireland.

- Understand the link between digital skills and financial wellbeing, including access to online services
- Discover practical tools and training opportunities you can signpost to in your role
- Build confidence supporting people with low digital skills in everyday situations
- Share experiences and connect with others supporting communities across NI *Insert 3-5*

Section 3: Cost of Living Available Northern & Southern Sectors

How to protect your finances during uncertain times | MoneyHelper

How to protect your finances during uncertain times



Last updated:
07 April 2026

You might already be feeling the financial effects of recent global events when you're at the petrol pump, looking at your investments or applying for a mortgage. Find out about the help that's available and what to do next.

Petrol prices

There have been big increases in the cost of petrol and diesel over the last couple of weeks.

If you need to fill up, you can [compare fuel prices on sites like Confused.com](#), [PetrolPrices](#) and the [Consumer Council Fuel price checker](#) in Northern Ireland by entering your postcode.

Using public transport is a good way to reduce the amount of fuel you use. If you are disabled or over 60 in Northern Ireland, Scotland or Wales or over 66 in England you might be able to get a [free bus pass](#) or [Freedom Pass in London](#) to travel for free.

Energy rates

People who get their gas and electricity from a domestic energy supplier and who aren't on a fixed deal are protected by the Ofgem price cap.

The Ofgem price cap is now £1,641 a year. This will change again on 1 July 2026 but we don't know how much it will be yet.

The energy price cap is a limit on the amount it costs per unit of gas or electricity when you're on your supplier's standard variable tariff. The yearly figure above is based on what an average household uses.

If you're on a default tariff for your energy, then your bills should remain stable until July. The next price cap is likely to be significantly higher.

The government has announced some support with energy bills that should be available in the autumn. This is likely to be targeted at lower income households.

There aren't many fixed deals available for lower than the price cap, but you might still choose to fix your contract to help you know what your bills will be for the next year.

Read more in our guide [What to do if your energy bill is high](#)

Heating oil, LPG and off-grid fuels

The price of heating oil has gone up by 30% in the past year, and if it's time to refill your tank, you might be worried about how you'll afford it.

There is now extra help available through the Crisis and Resilience Fund, which you can access by [contacting your local council](#)

Read more about [how to save money on heating oil and liquefied petroleum gas \(LPG\)](#)

Section 3: Cost of Living Available Northern & Southern Sectors

[Budget planner](#) | [Free online budget planning tool](#) | [MoneyHelper](#)



Home > Everyday money > Budgeting

Budget planner

Our free online tool helps you keep track of your money and suggests ways to improve your finances.

[Start Budget planner](#)



Get early access to our new service

Be one of the first to get a clear view of your pensions and see how much you could get when you retire.

You'll get a **£10 voucher** and help shape how millions of people plan for their future.

[Sign up today](#)

What do I need to fill out the Budget planner?

You'll need to work out your income and spending across a few different categories. To help you, it's a good idea to have these to hand:

- payslips
- bank statements
- bills
- your banking app.

If you need some help working out your take home pay, you can also [use MoneyHelper's Salary calculator, it will show you how much you have left after tax](#), student loans and other deductions like National Insurance.

[Back to top](#) ↑



Contact
us

How does the Budget planner work?

The Budget planner adds up all your income and outgoings, and then shows you what's left over. It breaks down where you're spending your money, giving you an idea of where you might be able to make savings and cut costs.

Section 3: Cost of Living Available Northern & Southern Sectors

<https://www.moneyhelper.org.uk/en/money-troubles/cost-of-living>



Home > Money troubles

Help with the cost of living

The cost of everyday essentials has been rising for the last few years. From supermarket basics to monthly bills, your money is likely not stretching as far as it used to.

If you're behind on your bills or going into debt to pay them, the best thing you can do is take action now. There are places to turn to if you have money troubles or if you need help with bills urgently. You might be able to claim extra benefits to help you increase your income, such as Universal Credit. You can also ask your local council for help, for example from the Crisis Resilience Fund in England, the Welfare Fund in Scotland, the Discretionary Assistance Fund in Wales and the Social Fund in Northern Ireland.

Whether you're worried about everyday money, the bills you have to pay, rising rents, or tackling debt, we've brought together our most useful tools, calculators and guides to help you keep on top of your money.

[Explore our cost of living guides](#) ↓

[Use our cost of living tools](#) ↓



Section 3: Cost of Living Available Southern Sector

Cost of living help – Fermanagh & Omagh District Council

Home » Services » Community » Community Help Support

Cost of living help



Help with benefits, debt and money management >

Help with fuel and energy costs >

Help with increased food costs >

Help with employment and training >

Help with your physical wellbeing >

Help with your emotional wellbeing >

Help for families >

Help with transport >

Help with housing >



Section 3: Cost of Living Available Southern Sector

Cost of living help – Fermanagh & Omagh District Council

[95a515_d51a5d9f141b4c4e905692e2679d835f.pdf](#)

Step 3: Where can I get help?

Each of these services offer free and confidential advice

Omagh Independent Advice Service

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

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

Community Advice Fermanagh

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

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

Advice NI

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

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

Christians Against Poverty

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

Help with option: **3**

Make the Call

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

Department for Communities Finance Support Service

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



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

Other Support

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

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

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

www.nihe.gov.uk

MoneyHelper

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

Action for Children Family Support Hubs

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

Fermanagh: 028 6632 4181

Omagh: 028 8225 9495

www.familysupportni.gov.uk

South West Age Partnership (SWAP)

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

Women's Aid

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

Fermanagh: 028 6632 8898

fermanaghwomensaid.com

Omagh: 028 8224 1414

www.omaghwomensaid.org

Mental Health and Money Advice
Helping you understand, manage and improve your mental health and money issues
www.mentalhealthandmoneyadvice.org/ni

NI Consumer Council

Information on your consumer rights, ways to save money, and guidance on debt support services
www.consumerCouncil.org.uk

Worrying About Money?

Financial advice and support is available if you're struggling to make ends meet

Follow these steps to find out where to get help in Fermanagh and Omagh



Supported by



Updated on 08/05/25

Section 3: Cost of Living Available Southern Sector

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

Step 1: What's the problem?

I suddenly have no money

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

See options **1 2 5 6**

I am waiting on a benefit payment/decision

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

See options **1 4**

My money doesn't stretch far enough

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

See options **1 2**

I have debt

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

See option **3**

Step 2: What are some options?

1 Discretionary Support

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

2 Maximise Your Income

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

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

3 Debt Advice

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

4 Benefit Advance

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

5 Hardship Payment

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

6 Challenge a Decision

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

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

Section 3: Cost of Living Available Northern & Southern Sectors



Make money make sense!

Do you support groups of Young Adults (16-25) or Adults (18-40)? Would they benefit from increased financial confidence? Our fully funded courses provide essential money management skills needed to navigate major life transitions, such as starting work or moving out for the first time.



Modules covered include:

- **Income:** Sources of income, employment and self-employment and employee rights
- **Deductions:** Reading a payslip, taxes, National Insurance, student loans and pension
- **Spending:** Household costs, comparing products, and ways to pay
- **Budgeting:** Planning a budget, adjusting for expenses, and saving
- **Banking:** Choosing the right accounts and understanding savings
- **Borrowing:** Credit scores, loans, debt management, and avoiding pitfalls
- **Housing & Tenancies:** Managing rent, utilities, and tenancy agreements

About the programme

Our programmes are designed to provide practical, real-world financial knowledge. Sessions are interactive, engaging, and tailored to suit the needs of each group. Participants can also earn a Level 1 Personal Money Management qualification.

"Very practical advice and clear explanations on potentially boring subject matter - my students were all engaged and interested, and the trainer was great with them. Love the variety of activities and the fast pace of the session. Thank you!"

Hayley Millar,
Inclusive Learning Co-Ordinator, NRC

"The trainer delivers sessions on what I'm sure is an uncomfortable topic for our young people in a way that is engaging and straightforward."

Matthew Sloan
Youth Development Lead, King's Trust Belfast

For more information contact:

- NorthernIreland@moneyready.org
- 07376386712

Contact Us
info@moneyready.org
020 3581 9920



"I really enjoyed the workshop as you're not taught all this important stuff in school and it's really made me open my eyes to how to manage my money" - Mary Jane, 21, Belfast

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**

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



NEW on-demand Autism Training Webinars:

Build your professional development at a time that suits you

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

What's included:

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

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

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

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

Why on-demand?

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

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

Launch offer: Save nearly 15%

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

Browse webinars and start learning

Section 4: Neurodiversity Available Northern & Southern Sectors [Autism NI Training <training@autismni.org>](mailto:training@autismni.org)

Free Parent/Carer Support Courses

We still have some places available on our upcoming FREE parent/carers support courses. These courses are supported by the Public Health Agency through the CLEAR project. There are dates available in each Health Trust area across NI - all dates and times can be found on our website using the links below.

Courses include:

Supporting your autistic child to sleep

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



Autism and learning disability: Supporting your young child

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

Supporting your autistic child with school-related anxiety

Explore contributing factors to school-related anxiety and minimise anxiety triggers for a young person experiencing school 'can't'. Explore strategies to help increase emotional understanding, emotional regulation and coping strategies



Courses are delivered online via Zoom in the evenings. Sessions include the ability to interact and ask questions, so you can get the support that you need. We also have our on-demand 'Understanding Autism' webinar that is available for you to access whenever suits your schedule!

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

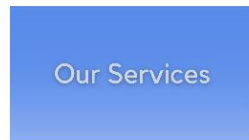
[View all upcoming parent/carers courses](#)

Section 4: Neurodiversity

Available Northern & Southern Sectors

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

Children and Young People's Autism Service



Our Services



Early Intervention Service (Pre Assessment)



Assessment



Post Diagnostic (Confirmed Diagnosis of Autism)



Useful Links



Further Resources



Service User Feedback



Contact Us



What's On

Section 4: Neurodiversity

Outcome

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

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

Follow up supports may include:

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



We all think differently

Who We Are

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

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

Who you might meet in the service:

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

Support networks you can access now:

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

See enclosed directory for additional support

Contacts Details:

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



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



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



For further information go to:

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



Birth to 5 years

YOUR TIPS FOR A HEALTHIER SCREEN TIME

'Studies have shown that too much screen time can cause babies and toddlers to **learn fewer words** and have **slower language development**. Excessive use of screens is also being strongly linked to **behavioural difficulties** in very young children.'



Watching lots of short videos is being linked to concentration difficulties in children.



Phones, tablets and computers should not be in any child's bedroom overnight.

RECOMMENDATIONS:

- 1** **NO screen time** between **birth - 24 months** except for video chatting with family and friends.
- 2** **30 MINS screen time.** Children aged **2 - 5 years old** should not be on screens for more than **30 mins per day.**
- 3** **BIGGER screens.** If your child is ready to **play a short game** then try to use a larger screen like a **tablet or computer screen.** These cause less visual strain than a phone.
- 4** **AVOID** using a device to **settle your child** down. Evidence shows this makes their anger and frustration worse in later life. **Instead try a book, a game outdoors, or just a cuddle.**
- 5** ***SLEEP HYGIENE.** Under **5s** should **not use a screen** for at least **2 HOURS BEFORE BEDTIME,** to aid their natural sleep pattern.

*'SLEEP HYGIENE' is a term used for healthy habits and behaviours that help support a good night's sleep.



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

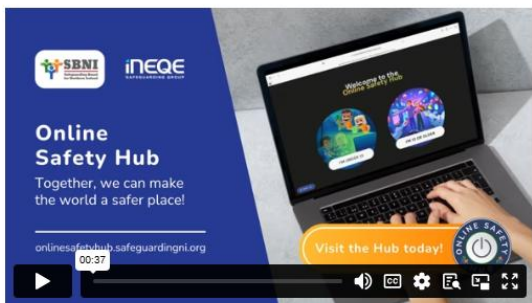
Print these off and pin them on your noticeboard to share the Online Safety Hub with your Community

[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 \(Adults Site\)](#)

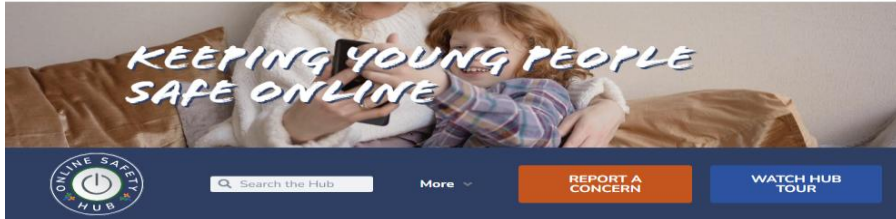


Find out how to use the Hub (Children and Young People Site)

[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
Menopause and Alcohol Registration – Fill out form

#AlcoholAwarenessNI

Alcohol and Menopause Awareness Session

Join us for an informative evening focused on menopause and alcohol, as part of Northern Ireland Alcohol Awareness Week.



**Wednesday 17 June,
2026**

7:00 PM – 8.00PM

Zoom

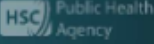
Let's Talk About:

- Statistics and information around alcohol consumption and use in NI
- Effects of alcohol on physical and mental aspects of health
- The stages and associated changes that occur as part of menopause and how alcohol effects these
- Services and support available

Section 7: Addiction Available Northern & Southern Sectors


Information and support on:

Spice




Information

Effects, Appearance & Key Facts



Green/ Brown plant material sprayed with synthetic chemicals




Often sold as liquid for e-cigarettes, usually masked as THC or cannabis oil.


Effects can arise within minutes or hours of consumption and they can last from minutes to several hours.


Spice is anywhere from **10-200x more potent** than cannabis, with the nature of it being synthetic, has potential to make it stronger again.


Spice is fully synthetic, and contains no cannabidiol, this in itself is problematic, as there is no inhibitor or buffer to slow or prevent binding to the receptors within the body, leading to significantly higher risk of overdose.


Effects include:


Altered Perceptions 


Anxiety or Panic Attacks 


Red Eyes or Dry Mouth 

Euphoria 

Nausea 


Twitching or Spasms 

Increased Sociability 

Relaxation & Sedation 

The Law










- Spice is classified under the Misuse of Drugs Act 1971 and also covered by the Psychoactive Substances Act 2016 and generally treated as a **Class B drug**
- Penalties for possession can be up to 5 years in prison
- Penalties for supply and production can be up to 14 years in prison, a fine or both
- Possession in prison is punishable by an additional sentence of up to two years.




@spiceadictinfo

Conviction fees are available from H


for information visit


Western Trust




Southern Trust




South East Trust



Belfast Trust



Northern Trust



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.

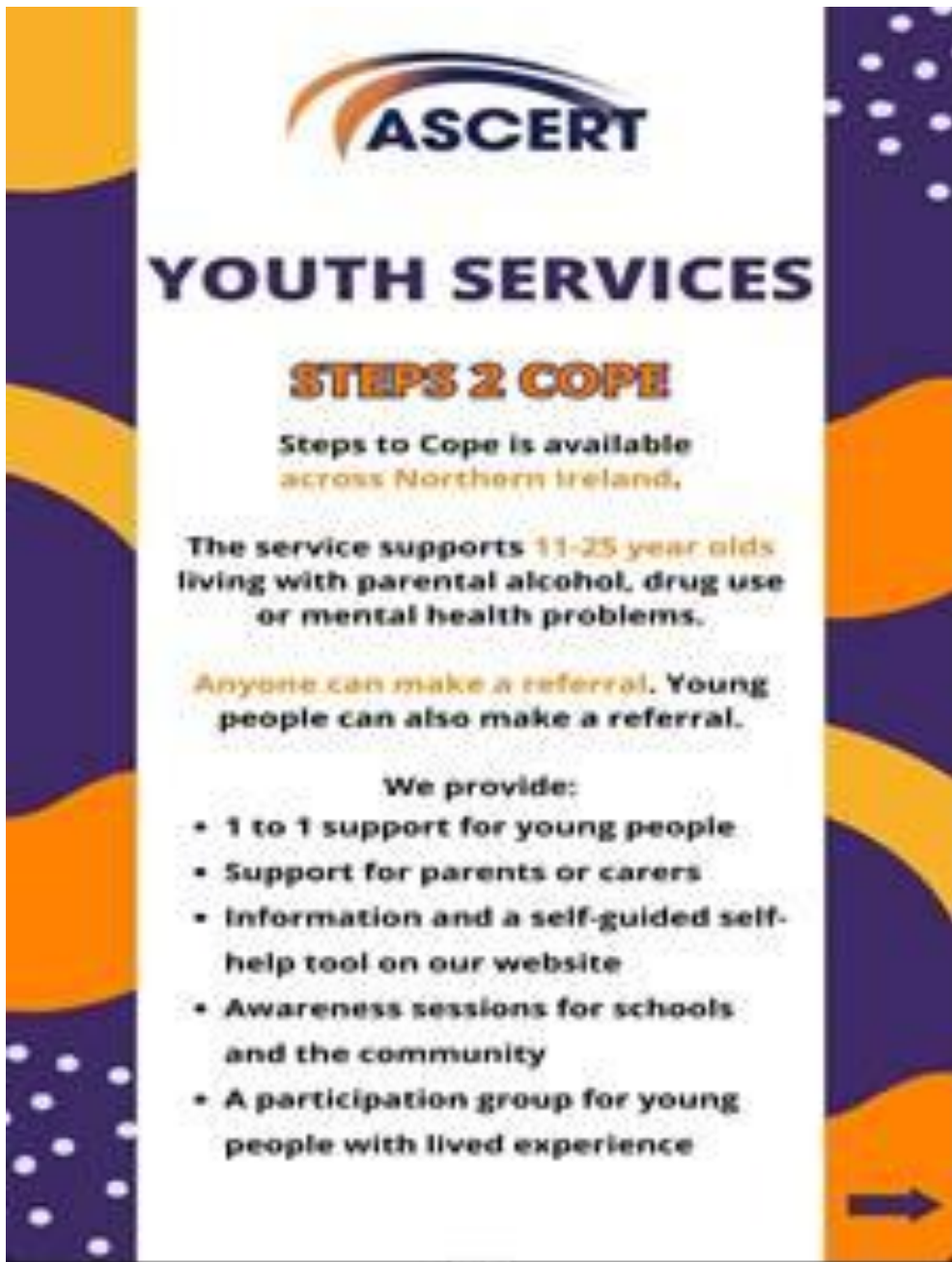
www.ascert.biz
www.smartrecovery.org.uk

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 on the purple sections. At the top center is the ASCERT logo, which features a stylized orange and blue arc 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 7: Addiction

Available Northern & Southern Sectors

DRUG AND ALCOHOL SUPPORT SERVICES

WESTERN HEALTH AND SOCIAL CARE TRUST AREA

Date of publication: 2022

Disclaimer: Whilst every effort has been made to ensure the accuracy of the information provided in this directory at time of print, we do not accept any responsibility or liability for any errors. It is recommended that you always check directly with providers that their service or organisation meets your requirements. Where any specific organisation or service is mentioned by name or otherwise this does not necessarily constitute or imply any endorsement or recommendation by NIDACTS or PHA of that organisation or service.

This publication can also be downloaded from www.drugsandalcoholni.info



Services for Adults

HURT

Range of therapeutic support services for adults with substance misuse issues/difficulties.

Open Access

HURT

Tel: 028 7136 9696

Oak Healthy Living Centre

Drop In Service / Open Access

The Lite House, Lisnaskea

Tel: 028 6772 3843

info@oakhlc.com

ARC Fitness

Addiction Recovery Coaching

Open Access

Tel: 07510 47559

arcfitnessni@yahoo.com

Low Threshold Services

For those who misuse alcohol and/or drugs at harmful levels and/or in harmful ways but who are unable to commit to formal treatment (including chronic drinkers & injecting drug users).

Open Access/Self Referrals Accepted

ARC Healthy Living Centre (SOLACE) Fermanagh

Tel: 028 6862 8741

DePaul Ireland (Foyle Haven) Derry

Tel: 028 7136 5259

First Housing

Tel: 028 8225 2730 (Ramona House - Omagh)

Tel: 028 7137 1849 (Floating Support - Derry)

Tel: 028 7136 1156 (Damien House - Derry)

Apex Housing Derry

Tel: 028 7126 7957 (The House in the Wells)

Tel: 028 7136 2689 (Foyle Valley House)

Inspire Addiction Services

Focusing on recovery and inclusion by empowering and supporting people to achieve their goals.

Tel: 028 828 39240

addictionservices@inspirewellbeing.org

www.inspirewellbeing.org

Steps to Change

One to one therapeutic treatment and support service for alcohol and/or drug misuse. Family members can also get advice and support - regardless of whether their significant other is seeking help.

Open Access/Self Referrals Accepted

ASCERT

Tel: 028 8244 8170 Tel: 0800 254 5123

Statutory Addiction Service

Provided by a range of specialist teams within community and hospital settings.

GP/Health Professional Referrals

WHSC

Tel: 028 7186 5237/5239/5240 (Woodlea House, Derry)

Tel: 028 6638 2073 (Enniskillen)

Tel: 028 8283 5453/5365 (Asha Centre, TFH, Omagh)

Residential treatment is accessible through the statutory addiction service and is provided by a number of agencies including those listed below.

Addiction Service Referrals

Asha Centre, TFH, Omagh, Detox Unit

Tel: 028 8283 5453/5365

Northlands

6 week residential rehab programme.

Tel: 028 7131 3232

Young People/Family

Enniskillen Youth Engagement Service (YES)

A youth friendly, holistic health and wellbeing service where young people, aged 11-25, have opportunities to socialise and to get advice and support on a range of issues.

Open Access

Find Centre

Tel: 028 6632 5559

Derry Youth Engagement Service (YES)

A youth friendly, holistic health and wellbeing service where young people, aged 11-25, have opportunities to socialise and to get advice and support on a range of issues.

Open Access

Our Space

Tel: 077 5485 6792

clare@nwys.ie

HURT Drug and Alcohol Lifeskills Programme

HURT's Drug and Alcohol Lifeskills Programme can deliver workshops in school, youth and community settings.

Open Access

HURT

Tel: 028 7136 9696

Targeted Lifeskills Service

Groupwork programmes for young people, aged 11-25, focussed on lifeskills and harm reduction.

Targeted at At-Risk/Vulnerable Groups

ASCERT

Tel: 028 8244 8170 or Tel: 0800 254 5123

Steps to Cope/ Hidden Harm

For young people aged 11-25 who have been impacted by parental substance use and mental health problems.

Open Access/Self Referrals Accepted

ASCERT

Tel: 0800 2545123

www.stepstocope.co.uk

stc@ascert.biz

DAISY

One to one and group therapeutic treatment and support service for children and young people aged 11-25. Family members can also get advice and support - regardless of whether their significant other is seeking help.

Open Access/Self Referrals Accepted

ASCERT & Start 360

Tel: 028 7137 1162

Voices

Therapeutic treatment and support for families and children affected by parental alcohol and/or drug misuse.

Social Services/Addiction Services Referrals

Start 360

Tel: 028 7137 1162

DAMHS (Drug & Alcohol Mental Health Service)

A range of therapeutic support services for young people aged under 18 with significant mental health and substance misuse difficulties.

GP/CAMHS Referrals

WHSC

Tel: 028 7186 5238

Specific Groups

Needle and Syringe Exchange Sites

Lloyd's Pharmacy

1 Ebrington Terrace, Derry

Tel: 028 7134 2454

28 Belmore Street, Enniskillen

Tel: 028 6632 2202

Superdrug

Ferryquay Street, Derry

Tel: 028 7126 3334

Mourne Pharmacy (Medicare)

8a Beechmount Ave, Strabane

Tel: 028 7188 5548

Gordon's Pharmacy

Unit 2, 57-61 Main Street, Limavady

Tel: 028 7776 3438

Older People

Domiciliary Outreach Programme

Open Access/Self Referrals Accepted

WHSC

Tel: 028 7131 4239

Group Support

Or go online to find a meeting near you:

Alcoholics Anonymous

12 Step Programme/Group Meetings

Tel: 028 9035 1222

www.alcoholicsanonymous.ie

Alanon

Group Support for Family Members

Tel: 028 9068 2368

www.alanonuk.org.uk

Alateen

Group Support for Teenagers

Tel: 028 9068 2368

www.al-anon.org/for-alateen

Narcotics Anonymous

12 Step Programme/Group Meetings

Tel: 0300 365 1010

www.na-northernireland.org

Community/Stakeholder Support

Western Drug & Alcohol Coordination

Team/ Connections Service (WDACT

Connections)

The WDACT Connections Service provides information, advice, signposting and awareness raising initiatives to a range of community and stakeholder partners.

Tel: 0800 254 5123 (ASCERT)

www.drugsandalcoholni.info

connections@wdact.info

Workforce Development Training

Programmes

A range of drug and alcohol training courses for those working with adults, children and young people.

ASCERT

Tel: 0800 254 5123

Regional Service Users Network

Tel: 028 7136 6363

For more detailed information on services available in your HSCT area visit:

www.drugsandalcoholni.info



"Addressing drugs and alcohol together"

In Crisis? Call



FREE 24/7 HELPLINE
0808 808 8000

Section 7: Addiction Available Northern & Southern Sectors



DRUG AND ALCOHOL AWARENESS SESSION

Would you like information
on:

- Categories and Effects of Drugs
- Prevalence of Substance Use in NI
- Understanding Alcohol Units
- Information on Vaping
- Signposting and Support

**Sessions are FREE and last
approx 1 hour**



connections@wdact.info



"Addressing drugs and alcohol together"



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

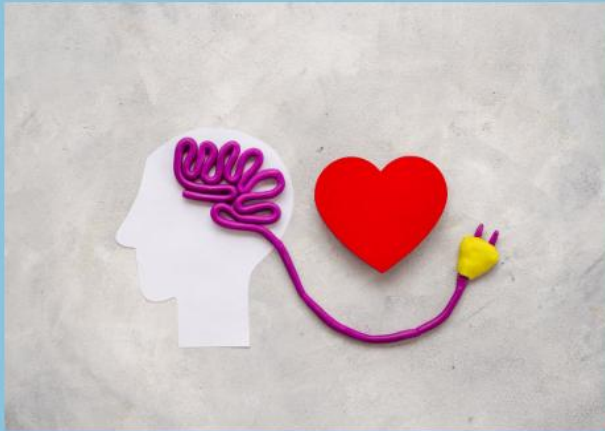
We don't always show the same empathy to ourselves as we offer to others. Here we have a workbook and a series of video clips that will help you practice self compassion.

[Take me there](#)

Section 8: Emotional Wellbeing and Mental Health Support

Available Northern & Southern Sectors

[Thriving Mind | ASCERT](#)

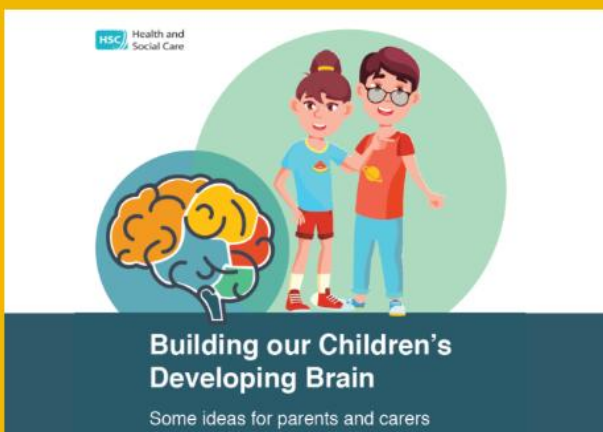


Making our nervous system work for us: Using the Polyvagal Theory to improve well-being.

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



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**

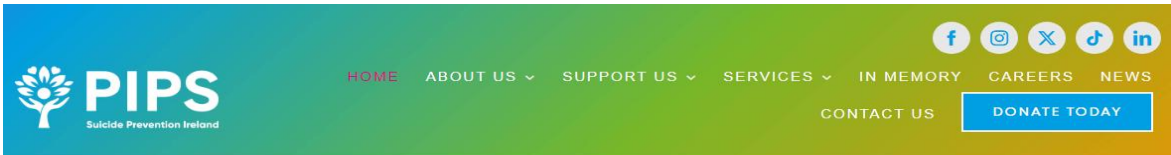


028 9080 5850

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.

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

Trauma Informed Toolkit



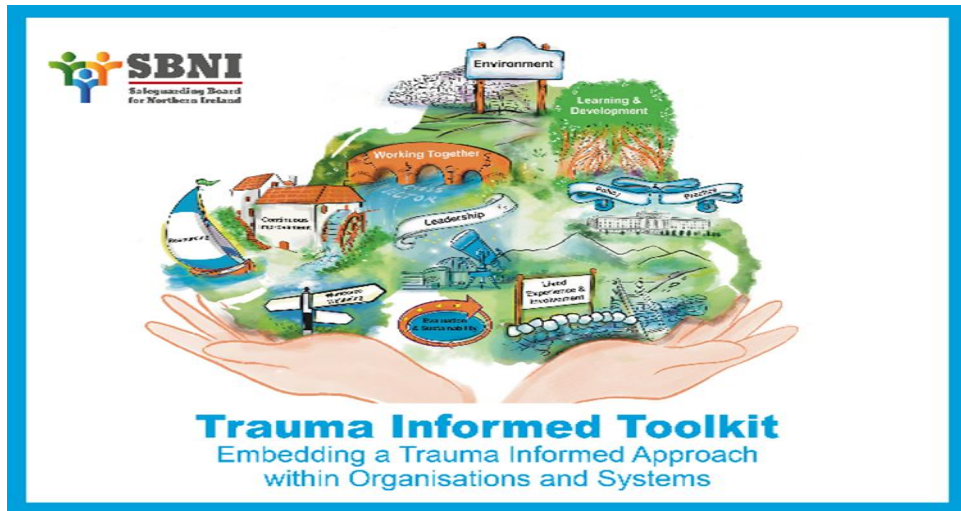
An implementation resource to embed a trauma-informed approach within organisations and systems.

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:

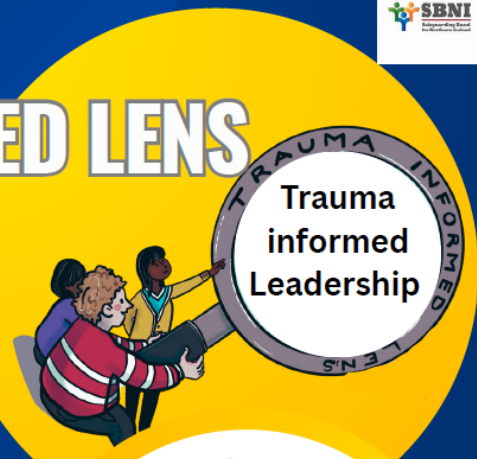
- ✓ Understand trauma-informed leadership and know how its principles influence organisational culture
- ✓ Recognise signs of organisational trauma and its effects on individuals and teams
- ✓ Understand how psychological safety can create safe team environments
- ✓ Reflect on their leadership journey 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

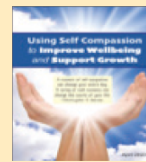


Your Wellbeing Tools

Thriving Mind is a source of well-being tools to support anyone looking after their well-being. They include short clips for relaxed breathing, an introduction to mindfulness, calming skills, the revised Dealing with Worry Booklet, and four online interventions including Self-compassion and Bend Don't Break and more. Try the QR code on the left or go <https://www.ascert.biz/thriving-mind/>

Below are the 4 on-line self-help resources with workbooks that can be downloaded. They contain visual clips that help guide the viewer through the workbooks at their own pace. Scan the QR codes or copy the web addresses, they are all free and confidential.

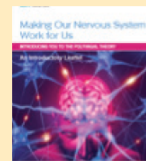
Self-Compassion to Improve Wellbeing and Support Growth.



Bend Don't Break: Low intensity CBT based self-help to support resilience.



Using the Polyvagal Theory to Support Well-being.



Building our Children's Developing Brain for parents to help build their children's emotional regulation.



If you make any use of the written copies of the workbooks or the on-line version, your feedback will be invaluable. Each of the on-line links have an evaluation/feedback tab which is completely anonymous. Let us know if any of these tools are helpful. Thriving Mind is ASCERT, the South Eastern H&SCT and Western H&SCT with support from the Public Health Agency working together to support well-being.

<https://setrust-hscni.pagetiger.com/thrivingmind/1>

Section 9: Training / Conferences Northern & Southern Sectors

Keeping Trauma 'Informed'

A Trauma Informed Approach: A Workforce Development Training Manual

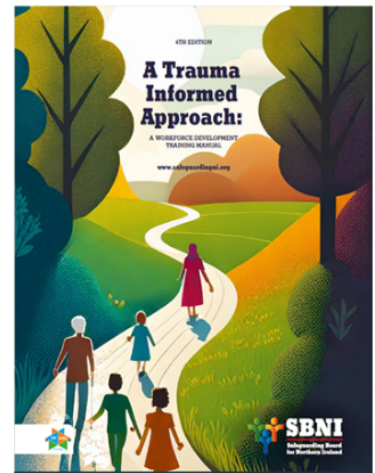
The Trauma Informed Awareness Training Manual and online modules have now been revised and updated, reflecting our commitment to continuous improvement and ensuring that our resources remain current, relevant, and effective.

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

(Click on this image to access this research)

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

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



TIP Alerts and Updates



Online Solihull Modules

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

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

Peer Learning Network

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

'Trauma Informed Approach Peer Learning Network'

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

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

!Attention TIP Trainers!

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

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

'Leading with a Trauma Informed Lens'

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

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

Click on the image to register your interest.



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

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



Section 9: Training / Conferences Northern & Southern Sectors

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



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 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 Duration: 3-3.5 Hrs Participant Number: minimum of 19 /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 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 A fun filled activity-based workshop designed for children.</p> <p>Duration: 1 - 1.5 Hrs Participant Number: up to 35</p> <p>Created by the SHGCT, 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 Duration: Option 1 (condensed) 1.5 - 2 Hrs Option 2: QCN Level 2 certificate) 6 - 8 Hrs Participant Number: up to 35</p> <p>This is a suicide awareness workshop.</p> <p>Key Themes: Exploring attitudes; Suicide awareness; Signposting; Self-care. (Participants must be 15yrs and over)</p>	<p>Mental Health First Aid 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 MENTAL HEALTH AWARENESS 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 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; self-care.</p>	<p>B+POSITIVE 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 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

Training - CiNI

Children in Northern Ireland

June Training

Funded training - open to those in voluntary/community sector

Child Protection Practice

Monday 1 June, 09:30am - 12:30pm, Online

Understand Emotions and Behaviours: Early Years (0-5 Years)

Tuesday 2 June, 10:00am - 4:00pm, In-person

Designated Officer

Wednesday 10 June, 10:00am - 4:00pm, In-person

Child Protection Practice

Monday 15 June, 09:30am - 12:30pm, Online

Gaming and Gambling Harm Prevention (YGAM)

Tuesday 16 June, 10:00am - 12:30pm, Online

Designated Officer

Tuesday 23 June, 09:30am - 12:30pm, Online

Children in Northern Ireland

June Training Paid Courses

Baby Yoga Instructor Training

Thurs 4 - Fri 5 June, 10:00am - 4:00pm, In-person

Supporting School Based Anxiety

Tuesday 9 June, 09:30am - 12:30pm, Online

Safer by Design: Delivering Organised Activities with Confidence

Wednesday 10 June, 6:30pm - 9:30pm, Online

NEW COURSE

Nurturing Resilience: Moving Beyond Coping

Thursday 11 June, 10:00am - 4:00pm, In-person

NEW COURSE

Counselling Skills for Everyday Practice

Friday 12 June, 10:00am - 4:00pm, In-person

Youth Participation: Giving Young People a Voice in Your Organisation

Tuesday 16 June, 09:30am - 12:30pm, Online

NEW COURSE

Trauma and the Helping Professional

Thursday 18 June, 10:00am - 4:00pm, In-person

Section 9: Training / Conferences



**CREATING SAFER, MORE
RESPECTFUL SPACES
FOR EVERYONE**



NSPCC
NORTHERN IRELAND

*Find out
more*



Section 9: Training / Conferences



IMH Luchtime Learning

Hidden Harm Service: Children and Young People Impacted by Parental Substance Use
hosted by Stephanie Hanlon

Wednesday 24th June, 2026
12:00PM - 1:00PM, online



To book please scan the QR code

HSC Public Health Agency
Project supported by the IMA



Section 9: Training / Conferences

UNDERSTANDING YOUR CHILD



SOLIHULL APPROACH

What is the Solihull Approach©?

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

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

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

Please check these courses out and recommend to families you support



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

Solihull Approach accredited schools

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

UNDERSTANDING YOUR CHILD
SOLIHULL APPROACH

HSC

SBNI
Strategic Board
for Northern Ireland

ACES
Advanced Courses for
Education Professionals

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



(Ruth Mulholland, Volunteer Now and Rebecca Hope, Sport NI)

Key Contacts

Ruth Mulholland

Safeguarding Manager

E: ruth.mulholland@volunteemow.co.uk

T: 028 9023 2020 M: 07467486639

Adult Protection Gateway Teams (office hours):

Southern HSC Trust T: 028 3756 4423

South Eastern HSC Trust T: 028 9250 1227

Belfast HSC Trust T: 028 9504 1744

Northern Trust HSC Trust T: 028 9441 3659

Western HSC Trust T: 028 7161 1366

Emergency Social Work Service (Evenings and weekends) T: 028 9504 9999

PSNI: 101 or 999 in an emergency

What We Do

Volunteer Now **promotes and supports volunteering** across Northern Ireland, connecting people with opportunities and helping organisations involve volunteers effectively.

We support **best practice in volunteer recruitment and management** through training, guidance, resources, and programmes like Investing in Volunteers and Volunteer Friendly.

Our work includes:

- Youth & employer-supported volunteering
- Research to shape policy
- Partnerships across local and global networks.

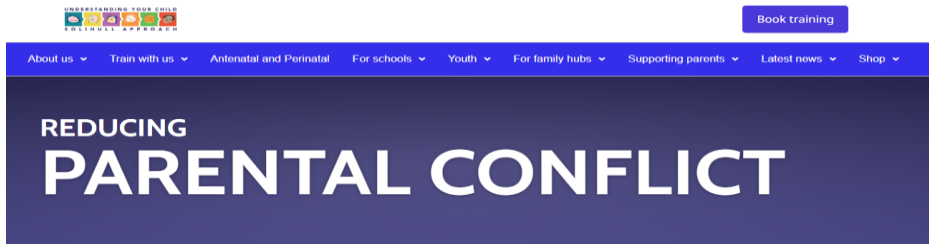
We also deliver **volunteer-led services**, and our Events Team **manages volunteers for major events**.

We support organisations with **governance and safeguarding**, backed by **30+ years' experience**, including our recent Adult Safeguarding in Sport contract with Sport NI.



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, it is completely private, followed at the learner's own pace. It can also be used as a scaffold for 1:1 Early Help work with a practitioner or coordinated as a hybrid group that enables a small group to study privately and come together to discuss in a supportive environment.

Module titles ▼

Measuring impact and outcomes

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


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

Section 9: Training / Conferences

Health Improvement Equality & Involvement

Next Month's Events & Training
June 2026

Explore our training courses and learning opportunities taking place throughout June



<p><u>LGBTQIA+ Awareness Training</u></p> <p>Develop your understanding of LGBTQIA+ identities and learn how to support individuals, including the use of language, wellbeing, and the barriers LGBTQIA+ people can face.</p>	<p>Tues, 02 Jun, 10:00 Online Register →</p>
<p><u>MANifest: Connecting Men with Mind Fitness</u></p> <p>Explore the key issues affecting men's mental wellbeing and learn how to engage with men, understand barriers, and signpost to support services. For practitioners and service providers (male and female) working with men.</p>	<p>Wed, 03 Jun, 09:30 Shared Future Centre Register →</p>
<p><u>Connections Link Life</u></p> <p>This half day course (age 16+) will build your confidence to support people experiencing emotional distress. It will help develop an understanding of emotional and mental health and suicide prevention. The course is not suitable for anyone who has been recently bereaved by suicide.</p>	<p>Tues, 09 Jun, 09:30 Shared Future Centre Register →</p>
<p><u>Understanding Self-Harm</u></p> <p>This workshop is for professionals who work with individuals who self-harm or experience suicidal thoughts. It will develop an understanding of self-harm, emotional health, and how to support individuals in practice.</p>	<p>Wed, 17 Jun, 09:30 Online Register →</p>
<p><u>Mental Health First Aid (2 Day Course)</u></p> <p>This 2 day course will teach you how to recognise and provide initial support to someone experiencing a mental health issue. It will build your confidence to respond appropriately and signpost to relevant support services.</p>	<p>Thurs, 18 & 25 Jun, 09:30 Shared Future Centre Register →</p>
<p><u>Understanding Self-Harm with Autism</u></p> <p>This workshop is for professionals who work with autism and self-harming behaviours. It will develop an understanding of self-harm and explore how behaviours may be used to communicate underlying physical, emotional or medical needs, and how to support individuals in practice.</p>	<p>Thurs, 25 Jun, 10:00 Online Register →</p>

Please feel free to **share** this email with colleagues or anyone in the Western Health & Social Care Trust region who may be interested in these free events.

Any questions? email health.improvement@westerntrust.hscni.net
or call 028 7186 5127

Join our mailing list to hear about future training opportunities
[Health Improvement Equality and Involvement Distribution Database 2024/2025 – Fill out](#)

Section 9: Training / Conferences

<https://www.eventbrite.co.uk/e/infant-mental-health-awareness-week-conference-tickets-1988471359364?aff=oddtcreator>

Infant Mental Health Conference 2026
Attunement

Key Note Speaker: Sally Hogg

Founding Director of Start Strong, a movement to address inequalities in early childhood. Sally is a long standing champion for babies, and for the importance of early relationships. Her career has spanned government, academia and charities, including leadership roles at Cambridge University, in the Parent-Infant Foundation and Royal Foundation Centre for Early Childhood.

Tuesday 9th June 2026 11am -2pm Manor House Hotel, Enniskillen

REGISTER NOW

Booking Essential

HSC Western Health and Social Care Trust

Dear Colleagues,

The Health Improvement Equality and Involvement Department are pleased to invite **practitioners from all sectors** working to support families a conference in recognition of Infant Mental Health Awareness Week 2026. This conference aims to raise awareness of this year's theme, *Attunement*, and to explore its importance in supporting infant mental health.

Event details:

Date: Tuesday, 9 June 2026

Stalls Available: 10am-11am

Conference Time: 11am- 2pm

Location: Manor House Hotel, Enniskillen.

Lunch provided.

Please share widely

Booking is essential as places are limited. To reserve your place, please use the link below:

<https://www.eventbrite.co.uk/e/infant-mental-health-awareness-week-conference-tickets-1988471359364?aff=oddtcreator>

If you would like to express an interest in hosting an information stand please email:

Priscilla.Magee@westerntrust.hscni.net

Section 9: Training / Conferences

Children's Law Centre

HYBRID TRAINING

CHILD PROTECTION CASE CONFERENCES: TRAINING FROM THE EXPERTS IN CHILDREN'S RIGHTS

[FIND OUT MORE](#)



VIEW OUR FULL TRAINING CALENDAR

DATE: THURSDAY 18TH JUNE 2026
 TIME: 1:30 PM - 3:30 PM
 CPD HOURS: 2 HOURS (GROUP STUDY)
 FORMAT: HYBRID



Aimed at parents, carers, advocates and professionals who may be asked to participate—whether as part of the panel or in a supporting role—the session will provide essential knowledge and practical guidance.

[FIND OUT MORE](#)

Delivered by:

- Eamonn McNally, Senior Solicitor at Children's Law Centre.
- Hannah Newburn, Solicitor at Children's Law Centre.

[BUY TICKETS](#)



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

Children's Law Centre

FREE AND OPEN TO ALL

AN INTRODUCTION TO CHILDREN'S RIGHTS

[FIND OUT MORE](#)



VIEW OUR FULL TRAINING CALENDAR

DATE: TUES 9TH JUNE 2026
 TIME: 2:30 PM - 4:30 PM
 CPD HOURS: 2 HOURS (GROUP STUDY)
 FORMAT: HYBRID



Come and find out what children's rights are, their impact, and how small changes can make a real difference right now.

[FIND OUT MORE](#)

Delivered by:

- Emma Murray, Policy Officer at Children's Law Centre.
- Julie Graham, Youth Participation Worker at Children's Law Centre.
- Paul Hamilton, Training and Engagement Co-Ordinator and Children's Law Centre.

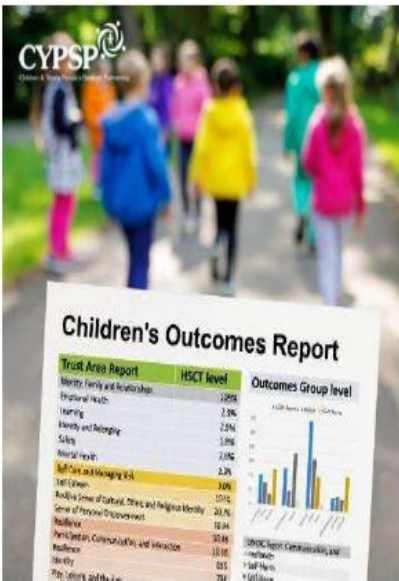
[BUY TICKETS](#)



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

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](#)

Strabane and Derry/ Londonderry District Council

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

Causeway Coast and Glens Council

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

Section 11: Useful Links and Informative Media Resources



#IMHAW2026

Attunement is not perfection, it is noticing, responding, and repairing. Babies develop emotionally through relationships, not just routines. Secure attachment forms through repeated experiences of feeling seen, soothed, safe, and understood.

Focussing on **attunement, attachment, and infant mental health in the first 1001 days** below are recommended books for practitioners and parents:

- **The Book You Wish Your Parents Had Read** — by Philippa Perry
A highly readable introduction to emotional attunement, rupture and repair, and how early relationships shape development.
- **Why Love Matters** — by Sue Gerhardt
One of the clearest books explaining how early emotional experiences shape the developing brain.
- **Hold On to Your Kids** — by Gordon Neufeld and Gabor Maté
Explores why secure attachment relationships are foundational for emotional development and resilience.
- **The Whole-Brain Child** — by Daniel J. Siegel and Tina Payne Bryson
Accessible neuroscience for parents and caregivers, with practical ways to support emotional regulation and attunement.
- **Being There: Why Prioritizing Motherhood in the First Three Years Matters** — by Erica Komisar
A thoughtful exploration of emotional presence and attachment in early childhood.
- **What Happened to You?** — by Oprah Winfrey and Bruce D. Perry
An accessible introduction to trauma-informed thinking and the lifelong impact of early relationships.
- **The Mental and Social Life of Babies** — by Kenneth Kaye
A reflective and developmental look at how babies become people through relationships and interaction.
- **Transforming Infant Wellbeing: Research, Policy and Practice for the First 1001 Critical Days** — edited by Sally Hogg, Jane Barlow and contributors
Research- and policy-informed work focused directly on the first 1001 days.

Section 12: CRIS: Crisis Resources Information & Support

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

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

999 or 112

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

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

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

Childline: 08001111 for young people under 19

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

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

These services can be contacted during the day Mon-Fri

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

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

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

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

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

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

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



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

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

999 or 112

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

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

Community Crisis Intervention Service (CCIS): If you feel in crisis and need support or if you have observed someone who is in distress and this comes to significant harm through self-harm and suicidal behaviour please call:

028 7126 2300

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

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

Childline: 08001111 for young people under 19

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

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

These services can be contacted during the day Mon-Fri

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

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

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

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

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

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

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

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

