



Western Health
and Social Care Trust



For Your Information

Contents

August 2026 : Issue 33

Welcome To FYI

Section 1 : Family Support

Section 2 : Youth Support

Section 3 : Cost of Living

Section 4 : Neurodiversity

Section 5: Infant Mental Health / Breastfeeding

Section 6 : Digital Safeguarding

Section 7 : Addiction

Section 8 : Emotional Wellbeing and Mental Health

Section 9 : Training / Conferences

Section 10 : Western Sure Start Projects / Family Support Hubs

Section 11: Useful Links and Informative Media Links

Section 12 : UNCRC in Action

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

**"Children do not experience
our intentions, no matter how
heartfelt. They experience
what we manifest in tone and
behavior."**

– Dr. Gabor Maté

MYADOPTEDLIFE.

ADOPTION / ATTACHMENT / IDENTITY

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

Provisional LPG Meeting Schedule (Please Check with Coordinator for Changes (07880723076))

Fermanagh LPG : 11.00am - 1.00pm – 29th September, 2026. VTBC.

Limavady LPG : 11am -1.00pm – 2nd October, 2026, VTBC.

Omagh LPG : 11.00pm - 1.00pm – 6th October, 2026, VTBC.

Cityside LPG : 11.00 am – 1.00pm – 8th October, 2026, VTBC.

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

Strabane LPG: 11.00am - 1.00pm – 15th October, 2026, VTBC.

Section 1: Family Support Available Southern Sector

**OMAGH
UNIFORM
EXCHANGE**

OMAGH UNIFORM EXCHANGE

PRE-LOVED UNIFORMS, BIG IMPACT ♥







**DONATE
YOUR UNIFORM**
DROP OFF TO ST JOHN'S COLLEGE

DURING OPENING HOURS

8:30AM – 4:30PM





**OMAGH UNIFORM
EXCHANGE**
WILL OPEN TO THE PUBLIC
— AT ST JOHN'S COLLEGE, DROMORE —

**MONDAY 6TH JULY
TO
WEDNESDAY 8TH JULY**

10AM – 2PM



FOR ALL THE SCHOOLS IN
**DRUMQUIN,
DROMORE,
FINTONA, TRILICK
AREAS!**



**VOLUNTEERS
NEEDED!**
If you can spare some time to
help operate the Uniform Exchange
@ St John's, please send us a
message and let us know.
Every bit of help makes a difference!



*Together
we can make a
DIFFERENCE*

**OMAGH
UNIFORM
EXCHANGE**

PUBLIC OPENING

2026



Good uniforms ♥ Local support

**OPEN TO
THE PUBLIC!**

The Omagh Uniform Exchange
will be open in
St Joseph's Hall
from

5TH – 9TH AUGUST

From 10AM – 4PM
each day

OPEN TO THE PUBLIC

WEDNESDAY

5TH

AUGUST

TO

SUNDAY

9TH

AUGUST

**OPEN 10AM – 4PM
EACH DAY**

FOR EVERYONE, ALL SCHOOLS
from Castlederg to Ballygawley!



FOR EVERYONE
All schools
welcome



**GOOD QUALITY
PRE-LOVED UNIFORMS**
For all ages and all
local schools



**NO COST
NO CHARGE**
This service is
completely free



**REUSE, RELOVE,
REDUCE WASTE**
Helping our community
and our environment

THANK YOU FOR SUPPORTING OUR COMMUNITY

Section 1: Family Support Available Northern & Southern Sectors



**Scouting
Ireland**

ADULT VOLUNTEERS NEEDED!

Inspire. Support. Grow.

Scouting Ireland is calling on local adults to make a real difference in the lives of children and young people.



AS A VOLUNTEER YOU CAN:



Help young people build confidence, skills and resilience



Develop your own skills and leadership abilities



Be part of a welcoming community



Make a positive impact locally

**YOU DON'T NEED
TO HAVE BEEN A SCOUT
TO MAKE A DIFFERENCE.**

Full training and ongoing support provided.

**GIVE YOUR TIME.
SHAPE THEIR FUTURE.**



AREAS INCLUDED: WAITING LIST

- Magherfelt
- Coleraine
- Dungiven
- Claudy
- Eglinton
- Derry/Londonderry City Area



JOIN OUR WAITING LIST AND WE'LL BE IN TOUCH AS NEW GROUPS DEVELOP IN YOUR AREA.

*Get Involved
Today!*

CONTACT PADRAIG MCBRIEN



Mobile: 07386489364



Email: pmcbrien@scouts.ie



**ADVENTURE.
FRIENDSHIP.
FUN. FOR LIFE.**

Section 1: Family Support Available Southern Sector



Enniskillen Jobs & Benefits office presents

Your Next Steps

Careers, Training & Support for School
Leavers & Parents

Enniskillen Jobs & Benefits office

Tuesday 25 August 2026, 10.00am - 1.00pm

No booking required – drop in anytime and speak with training providers
and support services

This event brings together a range of organisations to support school leavers
and parents with:

- Careers advice and guidance
- CV workshops and on-the-spot CV health checks
- Training and apprenticeship information and opportunities
- Employment and progression pathways
- Local support services
- Interview skills and more



Enniskillen Jobs & Benefits office presents

Job Club Sessions

Come along for advice and support on:

CV and interview skills | Job search and job opportunities available |
Support to apply for jobs

Lisnaskea Library

2.00pm - 4.00pm

Thursday 6 August

Fivemiletown Library

2.00pm - 4.00pm

Thursday 20 August

Enniskillen Library

2.00pm - 4.00pm

Thursday 13 August

Irvinestown Library

2.00pm - 4.00pm

Tuesday 25 August



Section 1: Family Support Available Northern & Southern Sectors



STAND TOGETHER, SAY NO TO HATE



WHAT IS HATE CRIME ?

A crime against a person because of their **race, religious belief, sexual orientation, political opinion, gender identity or disability.**

Hate crime has many forms from **bullying and name calling, damage to property, violent attacks and even hate mail or hate email.**

nidirect **tédireach**
government services **seirbhísí rialtais**

LEARN MORE

CLICK HERE
Icons are
interactive, so
please click around
the page for further
info!



Victim Support NI have created a **Hate Crime Manifesto** that can help inform the public and foster partnership working to better address hate crime and support victims. Victim Support NI commits to continuing to work with partners across sectors to ensure that victims of hate crime are properly supported.

WHO CAN HELP?



There are lots of great organisations in NI working hard to tackle hate crimes and support young people and their families !



UBUNTU
NORTHERN IRELAND



Ubuntu is an ancient word which appears in several African languages. Roughly translating to "I am because we are" at its core it recognises that each person's identity and well-being are shaped by our relationships with others.

National Hate Crime Awareness Week runs from 12-14th October 2026

CLICK ON THE LOGOS TO LEARN MORE, ACCESS HELP & GET INVOLVED!



Click here to access the Youth Wellness Web for help & advice about different types of bullying

**Youth
Wellness Web**

CYPSP



**NO TO
HATE!**



**HATE CRIME
ADVOCACY SERVICE**
"Support for you each step of the way"

NSPCC

Talking to children about racism

Advice to help you understand how to talk to children about race and racism, and what you can do to support a child who's experiencing racist bullying.



For more tips and advice on wellbeing visit the **Youth Wellness Web** by clicking the logo or scanning the QR code.

CYPSP
Children & Young People's Strategic Partnership

Section 1: Family Support Available Northern & Southern Sectors



028 9032 6803

Donate

Fundraise

DSA Helpline



About ▾ Get Support ▾ Early Intervention & Prevention ▾ Corporate Training Helpline Resources ▾ Fundraising ▾ Vacancies ▾ News

Domestic & Sexual Abuse Helpline

Call the Domestic & Sexual Abuse Helpline on 0808 802 1414.



#BreakTheCycle

Domestic and Sexual Abuse Helpline

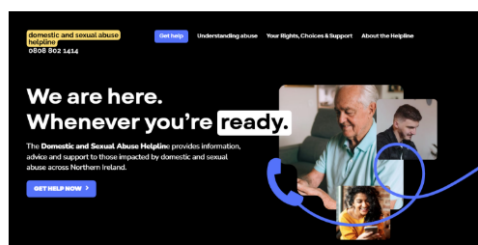
The Domestic and Sexual Abuse Helpline provides information, advice and support to those impacted by Domestic and Sexual Abuse across Northern Ireland. The Helpline is available to people with lived experience, those concerned about someone, those with concerns as to whether abuse is occurring, and to professionals working with people who may be impacted by abuse. The Helpline will direct callers to the appropriate support in both emergency and non-emergency situations.

If you feel you need immediate support in addition to making a referral to join Nexus counselling we encourage you to contact the Helpline.

Nexus manages the Domestic and Sexual Abuse Helpline, delivered in partnership with the Departments of Communities, Health and Justice. You can contact the Helpline at any time, free and confidentially. Trained, experienced staff are available to help via phone, email and webchat.

You can call **0808 802 1414** email help@dsahelpline.org or live chat via dsahelpline.org

Visit the Helpline website by clicking the button below for more information.



Visit the Domestic and Sexual Abuse Helpline website



Section 1: Family Support Available Northern & Southern Sectors



Online Pilates - Free Weekly Sessions



Free Online Pilates with Libraries NI

Looking for a simple way to improve your strength, flexibility and overall wellbeing from home? Libraries NI is once again offering a free series of online Pilates classes, following the continued popularity of our online health and wellbeing programmes.

Led by experienced instructor Neil Healey, these welcoming sessions are suitable for all abilities, whether you are completely new to Pilates or looking to build on your existing practice.

These weekly sessions will take place every Wednesday from 10:30am – 11:30am via Zoom, starting 24 June 2026.

Each session focuses on gentle, effective movements designed to improve core strength, balance, posture and flexibility while supporting overall physical wellbeing.

What to Expect



Photo: Pilates instructor Neil Healey, who has over 20 years of teaching experience.

Throughout the programme, Neil will offer different levels of exercises, allowing participants to work at a pace and intensity that suits their individual needs and abilities. Sessions will focus on mobilising the spine and joints, improving stability and balance, strengthening muscles and supporting bone health, while also exploring the positive relationship between physical activity, confidence and mental wellbeing.

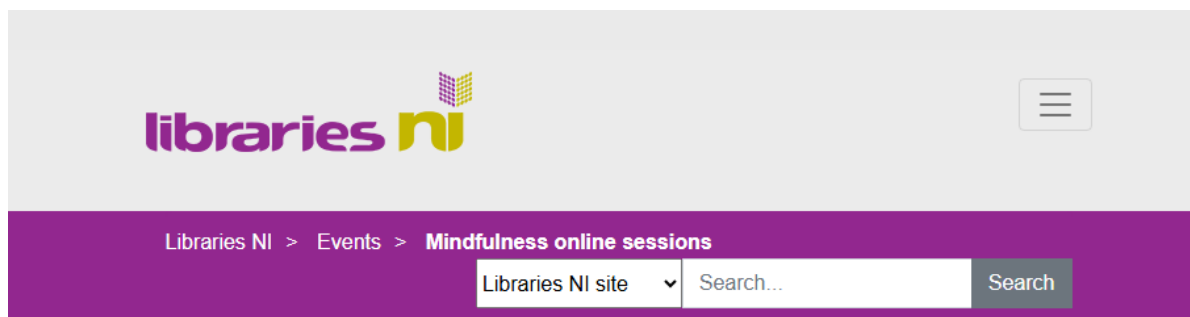
How to Join

Simply register once to receive access to the full series and attend as many sessions as you wish.

Wednesdays | 10:30am
Live on Zoom

[Click here to Register now.](#)

Section 1: Family Support Available Northern & Southern Sectors



Mindfulness online sessions



Free Online Mindfulness with Libraries NI

Take time for yourself with our free online mindfulness sessions, beginning on Monday 29 June at 11:00am via Zoom.



Led by experienced mindfulness practitioner Bridgeen Rea-Kaya, these welcoming sessions are suitable for all experience levels, whether you are completely new to mindfulness or looking to develop an existing practice.

What to Expect

Over the course of the programme, participants will explore a range of practical mindfulness techniques designed to support wellbeing, resilience and self-care in everyday life.

Through guided exercises, discussion and reflection, participants will learn simple approaches that can help build greater awareness, manage stress, develop resilience and create positive habits that support overall wellbeing.

How to Join

Simply [register once to receive access to the full programme](#) and attend as many sessions as you wish.

Mondays at 11:00am
Live on Zoom

[Register now](#)

Section 1: Family Support Available Northern Sector

libraries ni

What's On In August 2026

Libraries in Causeway Coast & Glens



01 August
'Growing Our Story' Sorley Boy History Session
Ballycastle Library invites children aged 7-11 to a local history session exploring the story of Sorley Boy MacDonnell. Enjoy the story of Sorley Boy's life before working together to design and create a shared storybook for the library. Booking Advisable. 2:00pm - 3:00pm. Telephone 028 2076 2566 for more details and to book a place.

06 August
'Heart of the Glens Festival' Storytime Session with Liz Weir
To celebrate the Heart of the Glens Festival, Cushendall Library is delighted to welcome the wonderful Liz Weir from Armstrong Storytelling Trust to come along and deliver a magical storytelling session for all the family to enjoy. Booking Essential. 11:00am - 12:00 Noon. Telephone 028 2177 1297 for more details and to book a place.

06 August
Big Summer Read 'Rocking Robot' Craft
Bleep Bloop! This week of our Big Summer Read, it is all about science. So come on down to our makeshift lab in Garvagh Library. We invite scientists aged 4-11 to create their very own futuristic Rocking Robot in our craft event. 3:00pm - 4:00pm. Telephone 028 2955 8500 for more details.

07 August
Big Summer Read 'Sunflower Art' with Doodles Art Company
Portstewart Library welcomes Doodles Art Company to deliver a Van-Gogh inspired Sunflower craft! For children aged 5-11 years, enjoy this flowery themed craft with craft materials provided. Booking Essential. 11:00am - 12:00 Noon. Telephone 028 7083 2712 for more details and to book a place.

11 August
MakeyUppers 'Granny D's Treehouse' Interactive Storytelling Show
Limavady Library is delighted to welcome 'MakeyUppers' to deliver their 'Granny D's Treehouse' Interactive Storytelling Show. Children aged 4+ years are invited to come along and enjoy this interactive storytelling session of wit and humour. Booking Essential. 11:00am - 11:45am. Telephone 028 7776 2540 for more details and to book a place.

13 August
Big Summer Read 'Riddles and Clues' Scavenger Hunt
Children aged 5-8 years are invited to come along to Coleraine Library and take part in our 'Riddles and Clues' Scavenger Hunt. Join our library staff and get ready to embrace an afternoon of scavenging, cryptic clues and puzzle solving as part of the Big Summer Read. 2:00pm - 2:30pm. Telephone 028 7034 2561 for more details.

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



www.librariesni.org.uk

libraries ni

What's On In August 2026

Libraries in Causeway Coast & Glens



15 August
'Titanic Remembered' Interactive Workshop
Ballymoney Library invites children aged 7-11 years to come along and take part in our 'Titanic Remembered' Interactive Workshop. Find out more about the Titanic and its infamous story at our workshop where there will be facts, crafts and activity challenges for you to complete. 11:00am - 1:00pm. Telephone 028 2766 3589 for more details.

15 August
'Stories and Craft at the Festival' Special
As Kileara village comes together to celebrate this year's Fairy Thorn Festival, join our friendly library staff, as they set up a stall at the Fairy Thorn Fair and invite children aged 6-11 years to come along and listen to magical themed stories and enjoy a selection of festival themed crafts. 11:30am - 12:30 Noon. Telephone 028 2954 0630 for more details.

18 August
'PRONI On Tour' Event
Dungiven Library looks forward to welcoming the team from PRONI (Public Record Office for NI) into the library, for a unique opportunity to chat with the team about research, learn how to use PRONI resources and view original documents which will be on display during the event. Everyone Welcome to attend. 10:00am - 4:00pm. Telephone 028 7774 1475 for more details.

19 August
Big Summer Read Children's Karaoke Party
Limavady Library invites children aged 4-11 years to come along and enjoy our Big Summer Read 'Karaoke Party'. Join our library staff, who will provide the karaoke equipment, for a musical extravaganza that will let you dazzle the customers in the library with your musical talents. 3:30pm - 5:00pm. Telephone 028 7776 2540 for more details.

21 August
Big Summer Read 'And her name was Finvola the Gem of the Roe'
If you are from the Dungiven area, we're sure you'll have heard the song, so join our children's workshop based around the history of Finvola. For children aged 4+ years, come along to Dungiven Library and join all the fun including storytelling, colouring in and a sing-a-long. 12:00 Noon - 1:30pm. Telephone 028 7774 1475 for more details.

29 August
'The Legend of Finn McCool' Storytime and Craft
Portrush Library welcomes all children aged 5-10 years to come along and be transported back to the time of giants. Listen to the story of Finn McCool and how the Giant's Causeway was built before decorating your very own stone to start another Causeway! 12:15 Noon - 1:15pm. Telephone 028 7082 3718 for more details.

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



www.librariesni.org.uk

Section 1: Family Support Available Southern Sector



SUMMER ART SPACE
DISCOVER · CREATE · EXPRESS

FOR 15-17 YEAR OLDS
Facilitated by the Tara Centre Art Therapists
for up to 12 participants*

Thursday Dates: 6, 13, 20, 27 August 2024
Time: 10.30-12.30
Venue: Tara Centre Omagh
Cost: £35 for 4 weeks

*min 6 participants, please respond before the 10th July as spaces are limited

**BOOK CALL
EXCEPTION
8 8225 0024**

TARA CENTRE

Who are **you**?
What **inspires** you?
How do you **express** yourself?

This creative workshop is a safe, welcoming space where you can explore your **imagination**, **discover** your **individuality** and **create** without pressure or judgement.

Using a range of art and recycled materials, you will have the **freedom to experiment**, try new ideas and make something **that is uniquely yours**.

No experience is needed, and there are no expectations – just space to **be yourself**, get creative and discover what is possible.

🌞🎨 SUMMER ART AT TARA: A Space to Explore, Express and Be Yourself 🌞🎨

Calling all young people aged 15–17 years!

Join us this August on Thursday mornings for a welcoming, supportive and judgement-free art space where you can explore your imagination, discover your individuality and express yourself freely.

Using a variety of art and recycled materials, you will have the chance to experiment, create and develop pieces that are uniquely yours.

- 🌟 No previous art experience needed
- 🌟 No pressure and no expectations
- 🌟 A safe space to explore who you are and how you express yourself
- 🌟 Meet others and enjoy the creative journey together

Whether you already love art or have never picked up a paintbrush before, you are warmly invited to come along and discover what is possible.

Places are limited. To register or find out more, please contact us on 028 82250024

Section 1: Family Support Available Northern & Southern Sectors

My Care – DHCNI







About My Care




Get your health information online



Get messages from
your care team



Get some of your
test results



Look at appointment
information

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.



Sign in with nidirect



Email address

Password

Sign in
Create account

[On formica.civ.com/med](#)

- 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



IMH Lunchtime Learning

Barnardo's: Supporting Infants and Young Children Bereaved by Suicide
hosted by Phil Lindsay and Michelle Scullion

Wednesday 26th August, 2026
12:00PM - 1:00PM, online

HSC Public Health
Agency
Project supported by the PHA

**NATIONAL
CHILDREN'S
BUREAU**



Free
Wed, Aug 26 • 12 PM GMT+1

Reserve a spot

📍 Online event

📅 Wednesday, August 26 • 12 PM - 1 PM GMT+1

Overview

Barnardo's: Supporting Infants and Young Children Bereaved by Suicide hosted by Phil Lindsay and Michelle Scullion

This lunchtime seminar will explore how the Barnardo's Children and Young People Bereaved by Suicide Service aligns with and contributes to the Northern Ireland Infant Mental Health (IMH) Framework, with a particular focus on infants and very young children (0-4 years).

Hosted by Phil Lindsay and Michelle Scullion from Barnardo's, this session will highlight the importance of early, trauma-informed, and relationship-based interventions in mitigating the impact of suicide bereavement on infant mental health and supporting long-term emotional wellbeing.

Section 1: Family Support

Available Northern & Southern Sectors

www.belfasttrust.pagetiger.com/RISEParent



The website is for the parents and carers of children in nurseries and primary schools (up to P7). It provides parents with different options of advice, training, and ideas to help their child. It promotes development of:

- **Speech and language**
- **Fine and gross motor skills**
- **Social and emotional development**

The website contains information leaflets, suggested activities / resources and parent training videos developed by clinical psychologists, behaviour therapists, occupational therapists, speech and language therapists and physiotherapists.

It can be translated in 9 different languages.

Please take the time to also view this website, this is a fantastic resource for families and professionals.

Section 1: Family Support

Available Northern & Southern Sectors

www.belfasttrust.pagetiger.com/RISEParent



For further information in your local area please visit www.familysupportni.gov.uk or contact your local team.

You can watch a short video on RISE NI at www.pha.site/RISENI



Public Health Agency
12-22 Linerhall Street, Belfast BT2 8BS.
Tel: 0300 555 0114 (local rate).
www.publichealth.hscni.net

Find us on:

8/20



**WORKING
AND LEARNING
TOGETHER**



HSC Health and Social Care

RISE NI (Regional Integrated Support for Education NI) supports children in schools by working closely with parents and school staff to help children develop the foundation skills for learning.

RISE NI is an early intervention service.

Our aim is to help children enjoy, achieve and learn to the best of their ability in school.

What areas do we mainly focus on?

In RISE NI, we work with children to promote:

- social, emotional and behavioural development;
- speech, language and communication development;
- sensory – motor development (the process of receiving messages from our senses and producing a response) and visual – perceptual development (the ability to make sense of what we see).

Who are we?

The RISE NI service may include the following staff:

- behaviour therapists and specialists;
- clinical and associate psychologists;
- occupational therapists;
- physiotherapists;
- speech and language therapists;
- dietitians;
- therapy assistants and support workers;
- clerical officers.



What support does RISE NI provide?

RISE NI will provide support as required to meet children's needs.



Universal support

General training, advice and strategies to school staff and parents to enhance and enrich the development of all children.

Targeted support

Targeted advice, consultation, strategies, training, class based and small group programmes.

Specialist support

Assessment for children with persistent needs who have not responded positively to strategies and support already used in school.

Section 1: Family Support
Available Northern & Southern Sectors



Parent Well



**TWEENS, TEENS & BIG
EMOTIONS**

**UNDERSTANDING BEHAVIOUR
MANAGING EMOTIONS**



**WORKSHOP FOR PARENTS
ON SUPPORTING TWEENS
(10-12) & TEENS (13+)
WITH EMOTIONS**

Wednesday 5th August
10am-11.30am on Zoom

TO BOOK YOUR PLACE CALL 0808 8020 400

Section 1: Family Support Available Northern & Southern Sectors

HSC Public Health
Agency

Project supported by the PHA

Steps to Change



Support for adults & families affected by drug or alcohol use across Northern Ireland

What the Service Offers

- 1-1 support for adults (18+)
- Family support for anyone affected by a loved one's substance use — even if the loved one isn't getting help
- Up to 10 sessions for individuals
- Up to 5 sessions for families
- Flexible appointments: face-to-face, phone, or online
- Confidential & free
- You choose the goals — we work at your pace

How to Access Support

- Self-refer online or by phone
- A family member, friend, or professional can also refer with your permission



Who to Contact (by Trust Area)

Belfast & South Eastern Trusts

Inspire Addiction Services

Tel: 0800 987 4117

Email: addictionservices@inspirewellbeing.org

Website: www.inspirewellbeing.org

Northern & Southern Trusts

Links Counselling Service

Tel: 028 3834 2825

Email: office@linkscounselling.com

Website: www.linkscounselling.com/stepstochange

Referral: www.linkscounselling.com/get-counselling

Western Trust

ASCERT

Tel: 0800 2545 123

Email: steps2change@ascert.biz

Website: www.ascert.biz/project/steps-to-change/



Where will the service be delivered?

Each of our services have offices across the Trust Areas and will also ensure they can find a location for your appointments that suits you. You can also request your appointments to be held online if that is your preferred option.

Getting Started is Simple

- Self-refer - Complete our simple online forms or call us directly
- Ask someone to help. They can complete the referral form or call us with your permission

For information, advice and to find out more about services near you visit www.DrugsandAlcoholNI.info



"Addressing drugs and alcohol together"



Who delivers the service

The service is delivered by 3 organisations across each of the 5 HSC Trust Areas.

If you live in the Belfast Trust Area contact Inspire Addiction Services

Tel: 0800 987 4117

Email: addictionservices@inspirewellbeing.org

Website: www.inspirewellbeing.org

If you live in the Northern Trust Area contact Links Counselling Service

Tel: 028 3834 2825

Email: office@linkscounselling.com

Website: www.linkscounselling.com/stepstochange

Online Referral Form:

www.linkscounselling.com/get-counselling

If you live in the Southern Trust Area contact Links Counselling Service

Tel: 028 3834 2825

Email: office@linkscounselling.com

Website: www.linkscounselling.com/stepstochange

Online Referral Form:

www.linkscounselling.com/get-counselling

If you live in the South Eastern Trust Area contact Inspire Addiction Services

Tel: 0800 987 4117

Email: addictionservices@inspirewellbeing.org

Website: www.inspirewellbeing.org

If you live in the Western Trust Area contact ASCERT

Tel: 0800 2545 123

Email: steps2change@ascert.biz

Website: www.ascert.biz/project/steps-to-change/

HSC Public Health
Agency

Project supported by the PHA



Steps to Change

Supporting adults and families across Northern Ireland who are affected by the use of drugs or alcohol



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

Béibhinn House, 5 Guildhall street, Derry, BT48 6BB, 02871 267672, [f](#) [t](#) [i](#) [d](#)

Section 1: Family Support Available Northern Sector



Courses & Programmes

📍 17 Queen Street, Derry, BT48 7EQ

☎ 02871360777

✉ info@derrywellwoman.org

🌐 www.derrywellwoman.org



Our Services and Programmes

Counselling Services

- Generic Counselling
- Cancer Counselling
- Childbirth and Pregnancy Loss Counselling
- Domestic Abuse
- Trauma of the Troubles
- Listening Ear

Mental Health and Holistic Programmes

- Self Esteem
- Coping with Depression & Anxiety
- Mindfulness
- Soundbath Meditation
- Sing Tonicity
- Breathwork
- Journey to Inner Peace
- Restorative Yoga for Long Covid
- Restorative Yoga

Wellbeing Programmes

- Pilates
- Yoga
- Young at Heart (over 60s)

Mother and Baby Programmes

- Childcare Crèche
- Stay & Play
- Baby Massage
- Baby Reflexology
- Mother and Baby Swim
- Ante-natal Classes
- Infant Feeding Workshop
- Breastfeeding Support

Cancer Support

- Cancer Counselling
- Cancer Support Group
- Complementary Therapies
- The Well Programme
- One Day Cancer Programme

Support Groups

- Cancer Support
- Breastfeeding Support
- Endometriosis Support

Clinics

- Menopause Clinic
- Podiatry Clinic

Training

- Autism Awareness
- Paediatric First Aid

Section 1: Family Support Available Northern & Southern Sectors

CAREERS SERVICE



The Careers Service provides a free and impartial careers information, advice and guidance service to clients of all ages and abilities throughout Northern Ireland.

You can contact a Careers Adviser:

- By **telephone** on 0300 200 7820
(available Monday-Friday 9.30-4.30)
- Using **webchat** at
<https://www.nidirect.gov.uk/services/chat-careers-adviser>
(available Monday-Friday 9:30-4:30)
- Or **Ask questions online** on the Careers Website at
<https://www.nidirect.gov.uk/campaigns/careers>



See our webpage at
www.nidirect.gov.uk/careers
for more details.



July 2024

Section 1: Family Support Available Northern & Southern Sectors

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

UBUNTU NI

COMMUNITY DEVELOPMENT

I AM BECAUSE WE ARE
UBUNTU
NORTHERN IRELAND

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

I AM BECAUSE WE ARE
UBUNTU
NORTHERN IRELAND

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

I AM BECAUSE WE ARE
UBUNTU
NORTHERN IRELAND

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 & Southern Sectors

Brid@lifestartfoundation.org



Growing Child The Programme for Parents

Information for Parents and Carers

Lifestart's Growing Child Programme

The Growing Child programme is designed to support and educate parents on how their children will learn and develop in the early years. It is delivered to you in your own home each month by a Family Visitor. You will find your Family Visitor is well informed, very supportive and respectful. The monthly home visit provides you with the opportunity to:

- Understand about your child's stage of development
- Learn how to encourage this development
- Talk about your child's achievements
- Discuss any concerns you may have

By participating in Lifestart's Growing Child programme you receive:

- Monthly home visits
- Growing Child information which is just right for your child's stage of development
- Health and Safety Information
- News about events and services in your community

What participating parents have told us:

"I know I am not alone in this!"
"I know I am doing the right things!"
"I can relax and enjoy my children"
"My child is doing really well."



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

<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 —



NSPCC

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

'it takes a whole village to raise a child'

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 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 Sector

Waiting on NHS Treatment?

action
mental
health

SUPPORT WHILE YOU WAIT

You don't have to wait alone

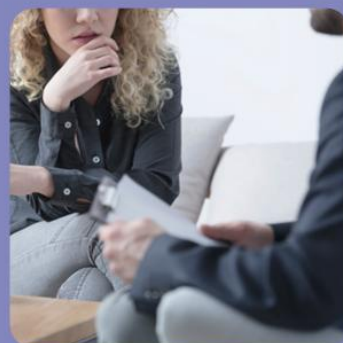


We are here to support you while you wait.

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 Poustle
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

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

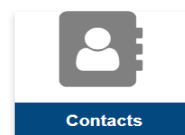
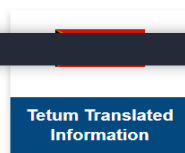
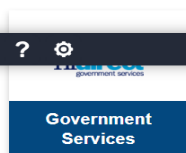
Welcome to the Translation Hub

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



Section 1: Family Support Available Northern & Southern Sectors



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

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



Special Educational Needs (SEN) Helpdesk

SEND Central

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

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

✓ Which option do I select?

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

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

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

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

our website <https://send.eani.org.uk/contact-us> (at eani.org.uk)

Section 1: Family Support Available Northern & Southern Sectors



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

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

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

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

www.senac.co.uk



Section 1: Family Support Available Northern & Southern Sectors

TinyLife

TinyLife is Northern Ireland's only charity to families with a premature baby or baby who starts life in a neonatal unit.

Hospital Support

Family Support Officers visit the neonatal unit, offering one to one emotional and practical support when your baby is in hospital.

Breast Pump Loan Service - Parents can access breast pumps to support breast feeding and provide essential breast milk for their baby.

Home Support - Family Support Officers offer one to one support, helping you to access equipment or other services once your baby has been discharged.

TinyStart - Family Visitors offer the TinyStart 'Growing Child' programme from birth to preschool in your own home. This provides parents with information, knowledge, and practical activities to support children to reach developmental milestones.

Community Support

Baby Massage - A specialist massage programme for neonatal babies accredited by the International Association of Infant Massage (IAIM). This wonderful and relaxing experience focuses on attachment and wellbeing, promoting the development of your baby.

TinyTime Groups - These peer support groups allow parents and their babies to meet socially with those who have had a similar experience. Parents can learn more about their baby's development through the Barnardos 'Five to Thrive' programme.

Additional Services

Our online digital community offers peer support via our private Facebook page.



Contact Details

Website:
www.tinylife.org.uk

Facebook:
@TinyLifeCharity

Emotional and Mental Wellbeing

We understand the impact that having a premature baby can have on the entire family, so we have partnered with Aware NI and Parenting NI to offer a range of specialist emotional Group support to parents within Tinylife.

Support for schools

We offer training and support for parents and professionals to promote better understanding of the educational needs of premature children and how best to help them.

You can access our services or make a referral through www.tinylife.org.uk

All Family Support services are our aim is to provide a relaxing, informative and social experience for babies and their families.

@TinyLifeCharity

<https://www.facebook.com/TinyLifecharity>



Section 2: Youth Support Available Northern & Southern Sectors

<https://www.eventbrite.co.uk/e/inclusion-and-wellbeing-shared-learning-event-tickets-1992915043543?aff=oddtcreator>



Save the date!
**Inclusion & Wellbeing
Shared Learning Event**

 Thursday 15th
October 2026
09:00-17:00

 Killyhevlin Lakeside
Hotel & Lodges
Enniskillen, Northern
Ireland, BT74 6RW



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

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.



HSC Health and
Social Care

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 0NR

☎ 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 Southern Sector

 **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 Southern Sector

youthscape+
Inspiring Futures. Changing Lives.

YOUR FUTURE STARTS HERE!

Are you aged 14-24?
Not in full-time education,
employment or training?

WE'RE HERE TO HELP YOU TAKE YOUR NEXT STEP.

Youthscape+ is a fun, supportive and inclusive programme helping young people across Fermanagh, Omagh and Mid Ulster build confidence, gain qualifications and unlock new opportunities.

WHAT'S IN IT FOR YOU?

- INCENTIVE PAYMENTS**
£8 per day (subject to eligibility)
- LUNCH VOUCHERS**
Provided on programme days
- CHILDCARE SUPPORT**
Available to help you take part
- TRAVEL EXPENSES**
Covered to get you there
- 1-TO-1 MENTORING**
Personal support every step of the way
- OCN LEVEL 1 QUALIFICATION**
Plus Essential Skills in Numeracy & Literacy (subject to requirement)
- BUILD CONFIDENCE**
Develop skills for work and life
- MAKE FRIENDS**
Meet new people and be part of a team
- FUN ACTIVITIES & TRIPS**
Try new things and explore new places

READY TO TAKE YOUR NEXT STEP?

REGISTER YOUR INTEREST ONLINE USING THE QR CODE!



youthscape+
Inspiring Futures. Changing Lives.

SUPPORTING YOUNG PEOPLE
ACROSS
FERMANAGH, OMAGH & MID ULSTER

COMMUNITY OUTREACH PROGRAMMES
Bringing activities, support and opportunity directly to your community.

YOUTH HUB LAUNCHING SEPTEMBER 2026
A new space to learn, connect, relax and plan your future.

WHAT WILL YOU DO?

- ✓ Take part in workshops and training
- ✓ Work on real projects and community activities
- ✓ Build practical skills for work and life
- ✓ Get support to move into further education, training or employment
- ✓ Make a difference in your community
- ✓ Enjoy trips, adventures and new experiences
- ✓ Gain qualifications and develop confidence
- ✓ Work 1-to-1 with a mentor who's here for you

CONTACT YOUR PROGRAMME SUPPORT OFFICER

OMAGH	Sinead Kelly 07464 539 195 Maria Kerr 07741 116 715
ENNISKILLEN	Clare-Louise Doyle 07291 738 238
DUNGANNON	Paula McGrath 07818 510 192 Duaghla Bradley 07545 205 254 Sinead McAliskey 07545 205 254
COOKSTOWN	Katie Steirn 07291 738 222 Crystal McConkey 07291 738 217

READY TO TAKE YOUR NEXT STEP?

REGISTER YOUR INTEREST ONLINE USING THE QR CODE!



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

Co-funded by the European Union

SWC **TIDES** **Omagh Youth Service** **Health Week Service** **msleib** **Northern Ireland Executive** **Cedar**

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.

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

- 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 theirs too
- Spot early signs where young people may need support

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

Inspire | Verbal | The Open University | Caidar | TNDI at Mind

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

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/>

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

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 telephone users: 18001 0808 808 8000

Scan QR code

Youth Wellness Web

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

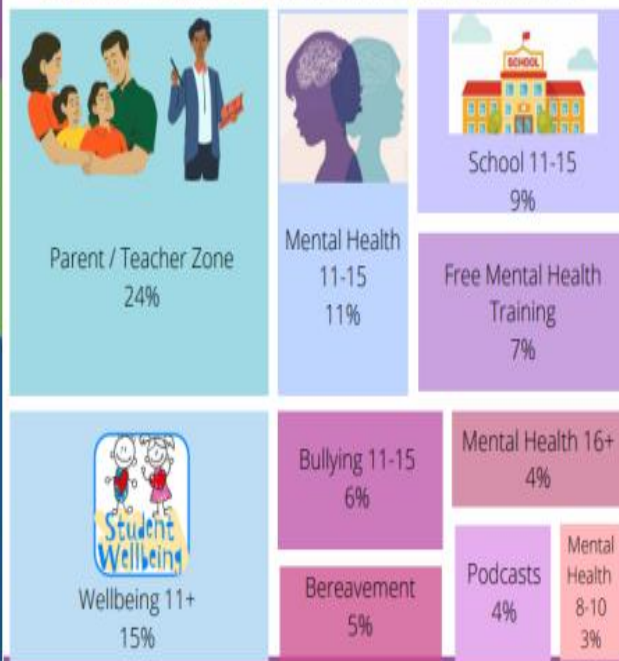
SCHOOL BULLYING WELLBEING BEREAVEMENT MENTAL HEALTH



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 Bereavement

[Return to Main Menu](#)

Bereavement is an experience that can happen to any of us and if you are visiting this section of the website because someone close to you has died recently we would like to offer you our sincere sympathy. If you would like support at this difficult time, please see the resources below which we hope will provide you with information, help and guidance.

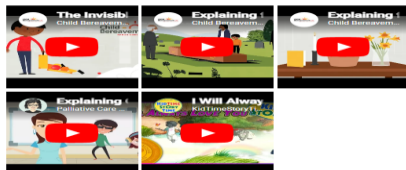
Key Support Links:-

How grieving
might make you
feel



Scroll down the page to find lots of resources and useful tips

View videos below –



View more Videos / Podcasts
Check out our videos and podcasts for lots of easy to follow information on emotional mental health and wellbeing

Signposting to Bereavement Support for Young People:-

hopeagain hopeagain.org.uk	Hope Again Hope Again - Young people coping with bereavement and living after loss. A website from Cruse Bereavement.
hopeagain hopeagain.org.uk	Somewhere For Us Project — Hope Again The 'Somewhere For Us' project has been created to bring young people together in NI after the death of a loved one.
BARNARDOS barnardos.org.uk	Child Bereavement Service General Barnardo's Advice and support to parents/carers of children and young people up to the age of 18 years who have been bereaved.
Cruse Bereavement Support cruse.org.uk	Cruse Bereavement Care You are not alone. We're here to support you. Helpline 0800 808 1677
Anam Cara anamcara.org.uk	Supporting Parents After Bereavement Offering information, resources, practical advice, links to professional organisations and services, general information for parents, extended families and also updates on forthcoming events.
WINSTON'S WISH WW winstonswish.org.uk	Winston's Wish - giving hope to grieving children Winston's Wish is the UK's childhood bereavement charity. We support children and their families after the death of a parent or sibling.
Bereaved NI bereavedni.org.uk	Children and Young People - Bereaved NI We are sorry if someone important to you has died. Please see links below for information and support for children and young people who have been bereaved and for adults after the death of a child. Support For Children Who Have Been Bereaved Support For Young People Who Have Been Bereaved Support for Adults After The [...]
Child Bereavement UK childbereavementuk.org	Child Bereavement UK Child Bereavement UK helps families to rebuild their lives when a child grieves or when a child dies. We support children and young people (up to the age of 25) when someone important to them has died or is not expected to live, and parents and the wider family when a baby or child of any age dies or is dying.
SHINDING GOAT HEAD shindinggoathead.co.uk	Comkit - To Protect Life Comkit is an empathetic communications toolkit to support families, communities, organisations, reporters and political representatives in what to do and say at a time of heightened suicide concern.

If you need urgent help use the contacts below.

Lifeline
0808 808 8000
www.lifelinehelpline.info

shout
85258

Shout Crisis Textline

If you need immediate support, you can text SHOUT to 85258 and chat by text. The service is free on most networks and available 24/7, and trained volunteers will listen to you, and work with to help you take the next steps towards feeling better.

TEXT SHOUT TO 85258
childline
ONLINE, ON THE PHONE, ANYTIME
0800 1111

Whatever you're facing
We're here to listen
116 123
www.samahitans.org
SAMAHITANS

PAPYRUS
0300 102 2470
HopeLine 24/7
TEXT HOPE to 88247
Email: post@papyrus-uk.org
Support available for 24/7 support

Free legal information, advice and live chat for young people.
REE
Rights Responder
WHATEVER YOUR QUESTION ABOUT YOUR RIGHTS, ASK REE.
Email: ree@ree-uk.org
Phone: 0800 800 800

Section 2: Youth Support Available Northern & Southern Sectors

action

mental

health

Mindset: Mental health awareness programme





Mindset is a mental health and emotional wellbeing programme, offered to Young People and Adults.

How can the Mindset programme help you?

- Raises your awareness and understanding of mental and emotional health and wellbeing.
- Increases your knowledge of signs and symptoms of mental ill health.
- Promotes self-help, self-care and resilience techniques.
- Explores how to maintain a safe level of positive mental and emotional health and wellbeing.
- Provides information and resources on mental health support organisations available locally and regionally.



Who is Mindset for?

- The Mindset Programme can be tailored to young people from 14 years and to adults. There is also a version tailored for young people and adults with Special Educational Needs (SEN).

Where is Mindset offered?

- Mindset is delivered by Action Mental Health Project Workers across Northern Ireland in all youth and community settings.

More information

- Mindset is funded by the Public Health Agency. The programme is available throughout the year in all HSC Trust areas.

Learner requirements: None
Time: 3 hours (Can be delivered in 1 or 2 sessions)
Delivery: In-person or online via Zoom.
Group numbers: 8- 30

Programmes will involve a mixture of learning slides and audience participation, along with group work and exercises. Everything shared in a session is confidential.

Find out more about our Schools
& Community Wellbeing
programmes at amh.org.uk or
email: wellbeing@amh.org.uk

Action Mental Health is a local charity supporting minds and changing lives, across Northern Ireland.

To find out how you can support our vital work through donations and fundraising, or by leaving a gift in your Will, please visit amh.org.uk

Schools & Community Wellbeing
Action Mental Health
4a Steeple Road Antrim
BT41 1AF

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

www.amh.org.uk



Registered with the Charity Commission
for Northern Ireland MC100753

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

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 1: Family Support Available Northern & Southern Sectors

[Money troubles](#) | [MoneyHelper](#)



MoneyHelper



Money troubles

If you're having problems with debts, need to make a complaint about a financial service or are worried about being scammed, this section will help you.



Help with the cost of living

Budgeting, paying bills, finding extra financial support, coping with job loss.



Dealing with debt

Bills, court fines, help with debts.



Money problems and complaints

What to do about mis-selling, compensation and complaints.



Scams

Spotting scams and what to do if you're caught out.



Contact us

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](#) ↓



**Contact
us**

Section 3: Cost of Living Available Northern & Southern Sectors

Free School Meals / Uniform Grants | Education Authority Northern Ireland

The screenshot shows the Education Authority Northern Ireland website. At the top is the EA logo and navigation links for Parents, Schools, Services, and a 'Find a School' button. Below the navigation is a breadcrumb trail: Home / Parents / Pupil Applications and Grants / Free School Meals / Uniform Grants. A search bar is also present. The main heading is 'Free School Meals / Uniform Grants', followed by a sub-heading: 'Information on Free School Meals and Uniform Grant to include eligibility, how to apply for support and contact details.' A large illustration of a plate with an apple and a glass of milk is on the right. A white box on the left contains the text: 'Free School Meals Applications Now Open. Applications for Free School Meals and Uniform Grants for the school year September 2026 are now open. Apply before 31 July 2026 to help ensure support is in place for the new school year.' Below this is an 'Apply Now' button. Below the main heading are four white boxes with green borders, each with an icon and a title: 1. 'Apply for Free School Meals / Uniform Grants' with a 'SUBMIT' icon, containing text about the application process and a 'Diet' link. 2. 'Frequently Asked Questions: Free School Meals/Uniform Grants' with a question mark icon, containing text about FAQs and a link to 'FAQs'. 3. 'Free School Meals/Uniform Grants Contact Details' with an envelope icon, containing text about contact details and a link to 'Contact Details'. 4. 'Free School Meals / Uniform Grant Videos and Guidance' with a video camera icon, containing text about videos and guidance and a link to 'Videos and Guidance'.

Free School Meals Applications Now Open

Applications for Free School Meals and Uniform Grants for the school year September 2026 are now open. Apply before 31 July 2026 to help ensure support is in place for the new school year.

[Apply Now](#)

Apply for Free School Meals / Uniform Grants

Free School Meals / Uniform Grants application information and process, including Special Diet.

Frequently Asked Questions: Free School Meals/Uniform Grants

FAQs on free school meals and uniform grant to include applying and eligibility.

Free School Meals/Uniform Grants Contact Details

Contact details for the Free School Meals/Uniform Grants service.

Free School Meals / Uniform Grant Videos and Guidance

Videos and guidance relating to the Free School Meals and Uniform Grant process and document upload.

Supporting Documentation

Before applying for Free School Meals and Uniform Grants, check what supporting documents are required.



[Supporting Documentation Requirements](#)



Section 3: Cost of Living Available Northern & Southern Sectors

[Contact the Make the Call team | nidirect](#)

make the call

to make sure you're getting all the benefits,
services and supports you're entitled to

0800 232 1271

(*network charges may apply)

Contact the Make the Call team

You can check if you're getting all the money, supports and services you're entitled to by contacting the Make the Call team.

Make the call will carry out a needs assessment based on your personal circumstances and look at what benefits, supports and services that may be available to you.

If you are considering a move to Universal Credit from another benefit, you should seek independent advice before making your claim.

[You can also use a benefit calculator](#)

You can find out how personal information you give to the Department for Communities' Make the Call team when using this service will be handled by viewing its [privacy notice](#).

Make the Call Service

Contact the Make the Call service to check if you are getting all the benefits, services and supports you're entitled to.

Phone: [0800 232 1271](tel:08002321271)

Or text ADVICE to: [07984 405248](tel:07984405248)

Opening hours

Phone lines are open Monday to Friday from 9.00 am to 5.00 pm (excluding public holidays)

If you have hearing, language or speech problems, you can send an online request at: www.nidirect.gov.uk/forms/contact-make-call-team

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 >



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

Section 3: Cost of Living Available Southern Sector

Cost of living help – Fermanagh & Omagh District Council

[95a515_d51a5d9f141b4c4e905692e2679d835f.pdf](#)

Step 3: Where can I get help?

Each of these services offer free
and confidential advice

Omagh Independent Advice Service

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

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

Community Advice Fermanagh

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

fermanagh.womensaid.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?

Access 'Worrying About Money?' leaflets online at www.foodaidnetwork.org.uk/cash-first-leaflets
Feedback? Share your experience of using this guide by visiting www.bit.ly/moneyadvicefeedback

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

MIDDLETOWN CENTRE FOR AUTISM

UPCOMING TRAININGS

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

LEARN MORE

☎ 0044 (0) 28 3751 5750

📍 35 Church Street, Middletown, BT60 4HZ

✉ admin@middletownautism.com



Section 4: Neurodiversity

Middletown Early Years Resource

Available Northern & Southern Sectors

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

Supporting Early Years



Introduction

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



Sensory

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



Predictability

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



Acceptance

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



SUPPORTING EARLY YEARS /
FOUNDATION STAGE



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

Section 4: Neurodiversity

Available Northern & Southern Sectors

[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

The screenshot shows the website for the Children and Young People's Autism Service at Western Health and Social Care Trust. The header includes the HSC logo, the trust's name, and a search bar. A navigation menu lists various services and departments. Below the menu, a breadcrumb trail shows the path to the current page. A section titled 'Also in this Section' lists the 'Children and Young People's Autism Service'. A link is provided to read more about the trust's marking of World Autism Acceptance Week 2026. The main content area features eight colored boxes, each representing a different service or resource: 'Our Services' (blue), 'Early Intervention Service (Pre Assessment)' (purple), 'Assessment' (green), 'Post Diagnostic (Confirmed Diagnosis of Autism)' (dark blue), 'Useful Links' (orange), 'Further Resources' (pink), 'Service User Feedback' (light blue), 'Contact Us' (olive green), and 'What's On' (dark green).

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 > Services > Children's Services > Children and Young People's Autism Service

Also in this Section

Children and Young People's Autism Service

Read more on Western Trust marking World Autism Acceptance Week 2026 including the Calendar of Events

Our Services

Our Services

Early Intervention Service
(Pre Assessment)

Early Intervention Service (Pre Assessment)

Assessment

Assessment

Post Diagnostic
(Confirmed Diagnosis of Autism)

Post Diagnostic (Confirmed Diagnosis of Autism)

Useful Links

Useful Links

Further Resources

Further Resources

Service User Feedback

Service User Feedback

Contact Us

Contact Us

What's On

What's On

Section 4: Neurodiversity

Outcome

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

- If diagnostic criteria is not met, your child will be discharged from the Children & Young People's Autism Service. 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 Donaghane 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 \(hscni.net\)](#)



Western Health
and Social Care Trust

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.

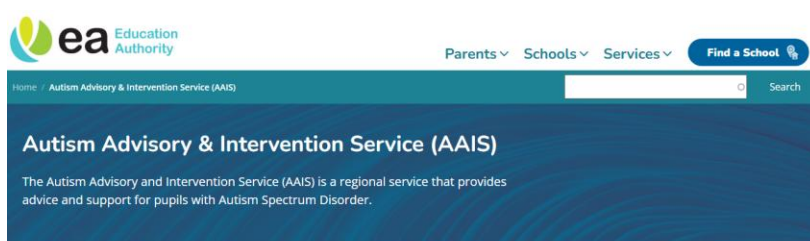


We all think differently

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](https://www.breastfedbabies.org) website

Section 6: Digital Safeguarding Available Northern & Southern Sectors

[Home](#) // [Mental Health in the Digital Age](#)

Training Course Overview



Explores the relationship between technology and mental health facilitated by Jamie McNulty

This session explores the relationship between technology and mental health in today's increasingly connected world. Participants will examine both the benefits and challenges of digital life, including cognitive overload, social media pressures, online connection, digital wellbeing, and access to mental health support. Through reflective discussion and practical strategies, the session aims to support healthier, more intentional relationships with technology while promoting balance, boundaries, and wellbeing in everyday life.

Event Notes

Training to be delivered Online

Register

i You are not currently logged in. Please register or login before booking onto the Training Course

[Register](#)

[Login](#)

Training Course Details



[Home](#) [Resources](#) [Contact Us](#)

[Register](#) [Login](#)

Event / Course	Mental Health in the Digital Age
Location	Online via Zoom
Date	20/08/2026
Sessions	
Session 1	20/08/2026 at 10:30 to 12:00

Downloads

i Click on the file name to view / download:



Mental Health in the
Digital Age.pdf

Section 6: Digital Safeguarding

AI-Generated Child Sexual Abuse Material: New Guidance for Parents



New guidance for parents and carers as AI-manipulated images of children become a growing concern

Parents and carers are being alerted to the growing threat of children's images shared online being manipulated into AI generated sexual abuse material. The Internet Watch Foundation (IWF) and the **National Crime Agency (NCA)** have seen an increase in online offenders exploiting openly available images of children to create realistic sexualised content.

IWF analysts found 3,440 AI-generated videos of child sexual abuse in 2025, compared to just 13 in 2024, and the NCA have increasingly seen offenders exploiting AI technologies to target children in new ways.

AI child sexual abuse material is illegal and causes real harm, even where an image has been artificially created or manipulated it contributes to the abuse and exploitation of children and can have a devastating impact.

In response to this real and growing threat, the IWF and NCA have launched a new campaign, supporting parents and carers to make informed decisions about their children's images.

Adverts running on Facebook, Instagram and YouTube, will help parents, carers, and others to consider image consent and actions they can take to better protect their children.

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.'



0 - 24
months



2 - 5
year olds



Bigger is better



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



Try a cuddle
or a game



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.

Accepted by NHS England
Mental Health Leads



HEALTH PROFESSIONALS FOR SAFER SCREENS

© Health Professionals For Safer Screens Ltd, 2025



SCAN ME

Section 6: Digital Safeguarding

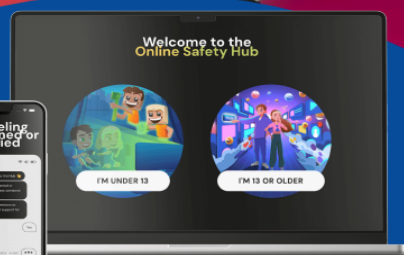
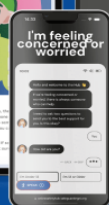
Online Safety Hub - Safeguarding Board for Northern

Welcome to the Online Safety Hub

*Education and support to
keep children safe online*



Scan this
code to visit
the site!



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



OnlineSafetyHub.SafeguardingNI.org

Section 6: Digital Safeguarding

<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](#)

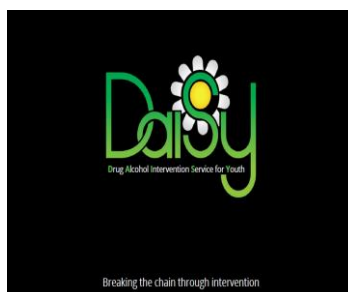


- > practical tips you can use at home
- > conversation starters to support everyday discussions
- > clear explanations of key terms
- > links to further support and guidance

Section 7: Addiction

Available Northern & Southern Sectors

www.start360.org



START360
Putting YOU at the centre

HSC Public Health
Agency

ASCERT

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

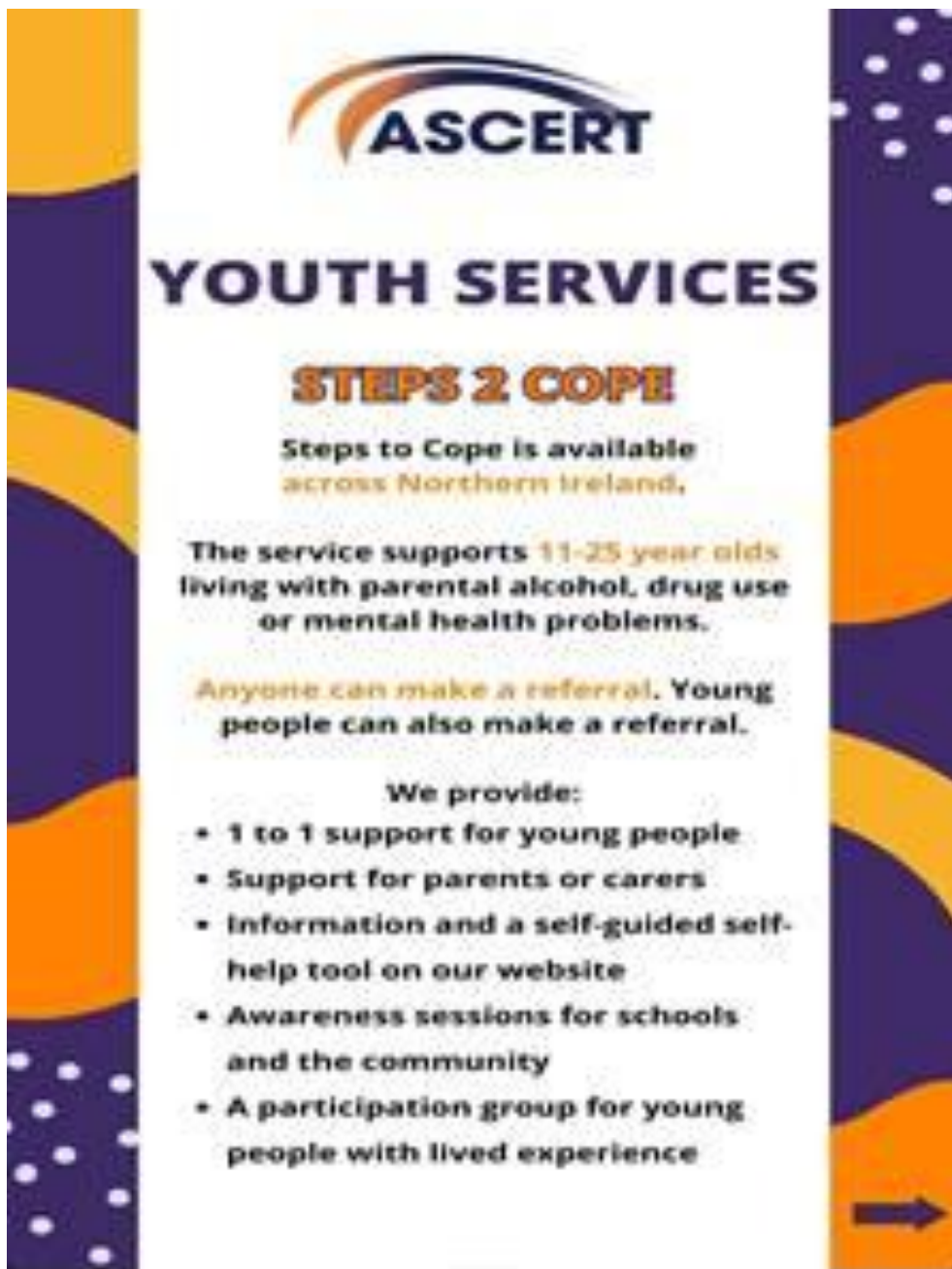
Mary Maginn - ASCERT
 07867 752204
 23 Bridge Street, Lisburn BT28 1XZ
marym@ascert.biz

 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 Northern & Southern Sectors
marketing@ascert.biz



The poster features the ASCERT logo at the top, followed by the title 'YOUTH SERVICES' and the subtitle 'STEPS 2 COPE'. The text describes the service's availability across Northern Ireland and its focus on supporting 11-25 year olds with parental alcohol, drug use, or mental health problems. It lists the types of support provided, including 1 to 1 support, parent/carer support, self-guided tools, awareness sessions, and a participation group. The poster is decorated with orange and purple wavy borders and a dotted pattern on the left and right sides. A right-pointing arrow is located in the bottom right corner.

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 HSC/DACT 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

Call 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 HSC area visit:

www.drugsandalcoholni.info



"Addressing drugs and alcohol together"

In Crisis? Call



FREE 24/7 HELPLINE
0808 808 8000

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**

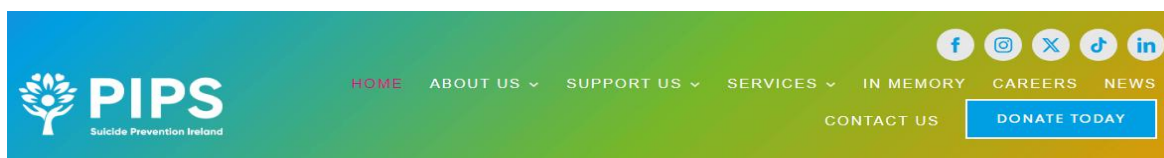


028 9080 5850

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

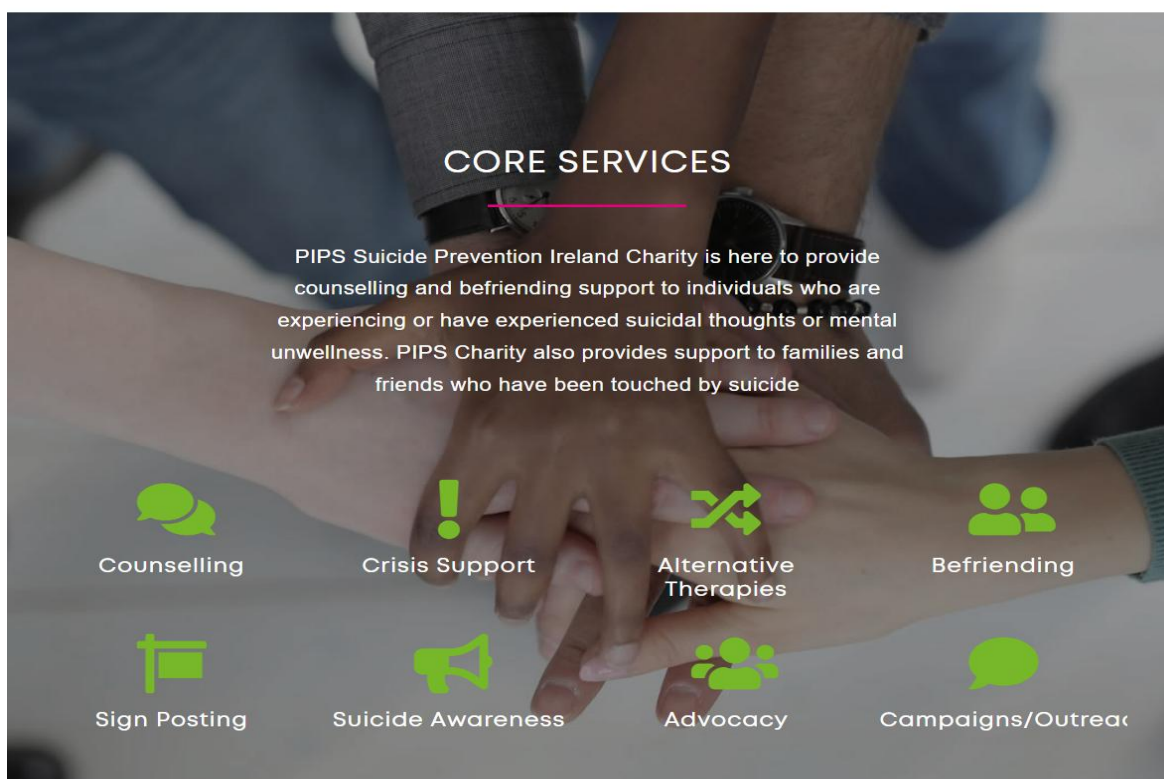

Home
Visits


Sign
Posting


Befriending
Service


Alternative
Therapies


Children & Young
People Services



Section 9: Training / Conferences Available Northern Sector



INSPIRE, ENTHUSE & EQUIP COMMUNITY

The OCN NI Community Development qualifications are appropriate for community development practitioners, providing learners with knowledge in community development values and processes, community group understanding and understanding of diversity and injustice issues.



Course: OCN NI Level 2 Certificate in Community Development
Time: 9am-1pm
Location: North West Regional College
Start Date: 11th September
Duration: 14 weeks
Eligibility: Applicants must have turned 16 by July 2

YOU WILL GAIN SKILLS IN

Planning community projects	✓
Community Development history and context	✓
Community Learning for Social Change	✓
Group work and Collective Action	✓
Funding and Resourcing Community Projects	✓

Who is it for

Aspiring or current community practitioners, volunteers, and activists who want foundational knowledge in community work, group dynamics, diversity, and social justice to help build stronger communities, with clear paths for progression to higher-level qualifications or employment in the sector.

FOR MORE INFORMATION OR TO REGISTER INTEREST Email: inspire.enthuse.equip@nwrc.ac.uk



PEACEPLUS
Northern Ireland - Ireland

Co-funded by the
European Union | UK Government
Belfast City Council | Northern Ireland Executive



Derry City & Strabane
District Council
Comhairle
Chathair Dhoire &
Cheantar an tSratha Báin
Derry Cille & Strabane
Districc Cioncil

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

Section 9: Training / Conferences Northern & Southern Sectors

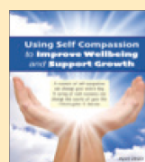


Your Wellbeing Tools

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

Thriving Mind



Ed Sipler | Health Development Department | SEHSCT - has created a 10-minute video - discussing the importance of asking for help when you need it.

He introduces Thriving Mind - A platform containing 15 free well-being tools including resources for breathing exercises, mindfulness, and self-compassion, developed with strong service user involvement.

In the video: Ed explains how stress affects the body differently in men versus women due to hormonal differences, noting that men produce less oxytocin which can lead to stronger cortisol reactions.

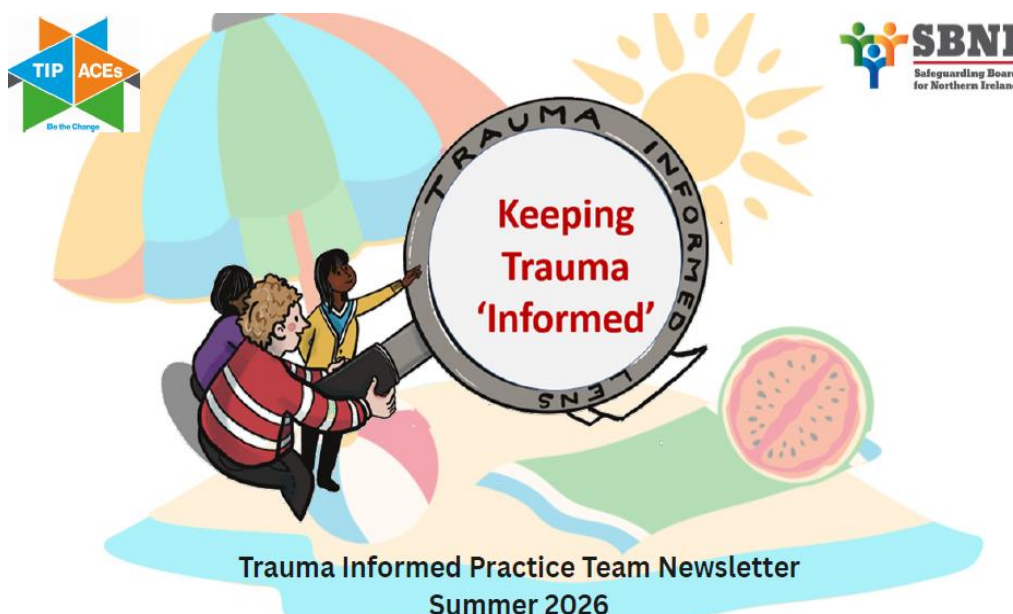
He also shares his personal experience struggling with stress last year and ultimately seeking counselling, emphasizing that asking for help is a sign of strength rather than weakness.

Ed encourages viewers to recognize the warning signs of stress including unusual quietness, brain fog, restlessness, and unhealthy coping mechanisms

[Watch the video here](#)

Section 9: Training / Conferences Northern & Southern Sectors

TIP Summer Newsletter



More Than a Process:

Safer Recruitment as a Foundation of Trauma-Informed Organisations

The SBNI Safer Recruitment Guidance (April 2026) reinforces safer recruitment as a core safeguarding responsibility for all organisations working with children and young people. As a foundation of trauma-informed systems, safer recruitment is an ongoing process that helps prevent harm before it occurs and ensures that only suitable individuals are placed in roles with children.

Robust recruitment processes clearly communicate that children's wellbeing is paramount. The guidance promotes trust and transparency through fair, consistent and values-based recruitment, including clear role descriptions, safeguarding messages and structured decision-making. It also reflects the 6 trauma-informed principles by encouraging proportionate, sensitive risk assessment when concerns arise, balancing respect for individuals with a clear priority on children's safety.

By embedding safer recruitment across induction, supervision and training, and viewing it as a shared responsibility, organisations strengthen inclusive, reflective and learning-focused cultures. When aligned with trauma-informed principles, safer recruitment becomes more than just a process. It becomes a way of building safer, more trusted environments where children and young people are protected and supported to thrive.

This guidance will be soon be available to view on the SBNI website.



Section 9: Training / Conferences Northern & Southern Sectors

TIP Summer Newsletter

Embedding Trauma-Informed Practice Using SIM and USD



The Universal Service Delivery (USD) model is a pathway that holds people safely from first contact through to service exit and beyond, adjusting levels of support as needs change without disconnecting relationships. It is not a ladder that people climb as their needs escalate. Instead, the USD model is about continuity, proportionate support, and joined-up working, ensuring that individuals and families experience services as coherent, humane and responsive. When applied through a trauma-informed lens, it helps prevent people from falling through gaps, reduces re-traumatisation during transitions, and reinforces the importance of consistent, trusting relationships across the entire service journey.

Together, the SIM and USD models are used to identify gaps and duplication across the system, informing the development of a cross-sectoral action plan with clearly defined roles and responsibilities. The SIM model provides strategic mapping, while the USD model focuses on operational mapping. Used together, SIM and USD support a whole-system trauma-informed approach, linking strategy, leadership and frontline practice. They offer a shared framework for creating safer, more responsive services for both the people who use them and the staff who deliver them.

Learning Together: Derry Well Women's Trauma-Informed Story

Over the past year, Derry Well Women has taken significant steps to embed a trauma-informed approach across its services, recognising this as essential to delivering the best possible support to women. This commitment was a shared decision across staff and the Committee, reflecting a collective ambition to strengthen everyday practice.

The journey began with all staff and Committee members completing the SBNI's Module 1 and Module 2 trauma-informed training, alongside additional face-to-face sessions for senior staff. This created a strong foundation of understanding across the organisation. Early efforts focused on two priority areas: environment and workforce wellbeing. Staff at all levels contributed to organisational checklists, offering ideas through a trauma-informed lens. Importantly, the voices of service users were central. Feedback gathered through evaluations and focus groups helped shape improvements and ensure changes reflected women's lived experiences. More recently, the organisation has been working through policy and practice, alongside aspects of leadership. While this has been a substantial task, it has enabled policies to be reshaped in line with trauma-informed principles, strengthening consistency and quality across services.



This work has already led to tangible changes. The centre environment has been softened through improved signage, lighting and décor, while practical additions, such as a welcoming reception space, refreshments and calming therapy music, enhance the experience for women. Staff wellbeing has also been prioritised through a structured programme of activities, now embedded into team culture. Overall, the impact has been significant. The organisation reports improved communication, stronger teamwork, enhanced staff wellbeing and positive feedback from the women it supports. Derry Well Women's journey demonstrates how a thoughtful, collective approach can create meaningful and lasting trauma-informed change.



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



**Health
Improvement,
Equality &
Involvement**

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

For all our services please click on the tiles below.

Contact Details

Phone us on: 028 7186 5127

health.improvement@westerntrust.hscni.net

Or write to us at:

Health Improvement Department
Maple Villa B
Gransha Park
Derry/Londonderry
BT47 6WJ



Training Brochure

Health Improvement training courses available across the Western Trust area



Leaflet and Resources

View and order leaflets and resources available from the HIEI Department



Action E-zine

Read the HIEI Department's latest Newsletter



Children and Families

Early years and child development interventions



Community Development

Information on Neighbourhood Renewal, Involvement and Traveller Health



Digital Safeguarding

Information on staying safe online



Emotional Health and Wellbeing

Information on Mental Health and Wellbeing, Suicide Prevention and Lifeline



Equality

Information on equal access to health and social care services



Healthy Lifestyles

Information on Alcohol and Drugs, Cancer Prevention, Diabetes Prevention Programme, Men's Health (coming soon), Nutrition, Physical Activity, Sexual Health, Smoking Cessation and Sleep



Later Years

Information on Older People and Falls Prevention



Personal and Public Involvement (PPI)

Involvement of service users, carers and the public in health and social services



Staff Wellbeing

Information on Western Trust staff wellbeing initiatives

Section 9: Training / Conferences

Health Improvement Leaflet Catalogue | Western Health & Social Care Trust

Available Northern & Southern Sectors

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

mm/dd/yyyy

Phone *

Email *

Organisation

Address *

Street Address

Address Line 2

City

State / Province / Region

ZIP / Postal Code

Country

Leaflet Title *

Please write the title of the leaflet you wish to order

Number of Leaflets Required *

Please indicate the number of copies you require

Submit

Nutrition

Physical Activity

Mental Health

Sexual Health

Pregnancy and Childbirth

Immunisation

Infant Feeding

Cancer

Alcohol

Smoking

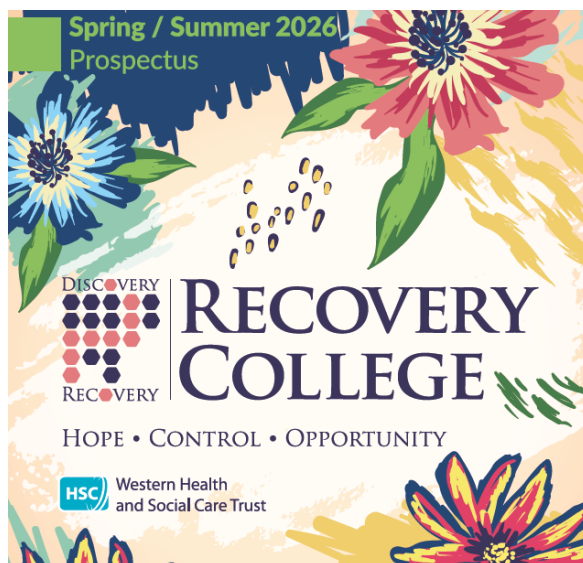
Drugs

Antibiotics

Stroke

Section 9: Training / Conferences Northern & Southern Sectors

<https://westerntrust.hscni.net/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



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



NSPCC
NORTHERN IRELAND

*Find out
more*



Section 9: Training / Conferences



TOGETHERNESS

NHS

Understanding your child: from toddler to teenager

Online learning to support emotional health and make a difference for children and families

- Understand more about child behaviour and the big feelings
- Find ideas for connecting, talking and problem solving together
- Help your child thrive through strong, connected relationships
- Build your confidence in parenting

togetherness.co.uk/northern-ireland



Residents of **NORTHERN IRELAND**

In paid partnership with: **HSC** Public Health Agency



For free access, use access code:

NIFAMILIES

TOGETHERNESS

NHS

Understanding your child with additional needs

An online learning pathway to support emotional health and help you and your child thrive

- Understand more about childhood brain development
- Reflect on differences related to neurodivergence, disability or other additional considerations
- Find ideas for helping your child with emotional regulation
- Build confidence in reading behaviour
- Reflect on ways to look after your own wellbeing

togetherness.co.uk/northern-ireland



Residents of **NORTHERN IRELAND**

In paid partnership with: **HSC** Public Health Agency



For free access, use access code:

NIFAMILIES

Section 9: Training / Conferences



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

Key Contacts

Ruth Mulholland

Safeguarding Manager

E: ruth.mulholland@volunteernow.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:

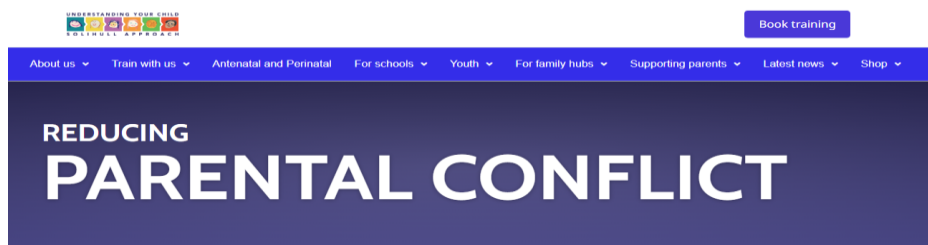
- Youth & employer-supported volunteering
- Research to shape policy
- Partnerships across local and global networks.

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

Training and resources for practitioners

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.

2-Day Foundation Training – for everyone who works with families

Workshop delivery training – to run face-to-face or online programmes for parents

www.inourplace.co.uk – parent portal for a range of online courses that can be used within 1:1 Early Help parent support work

Parent access

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.

Courses include:

- Understanding your relationships
- Understanding your own trauma
- Understanding your child: from toddler to teenager
- Understanding your teenager's brain

Tailored parental conflict resources

Understanding your relationships: online course

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

Understanding your relationships focuses on:

- Emotional intelligence and self-exploration: understanding your own needs and communication style while recognising others to build meaningful connections
- Communication and containment: understanding how to get what you need while also fostering active listening skills
- Conflict resolution: developing strategies to manage conflict and control anger or frustration and repairing when things go wrong
- Parenting and relationships: exploring parenting and childhood to understand how early experiences shape emotional health and resilience
- Practical support: ideas and approaches to help you get the best out of yourself and others

Additional supportive guidance and resources are signposted throughout to support those who may identify the need for more personalised or specialist support.

The online course is delivered through 11 modules broken down into manageable units and is designed to support a range of learning styles. Like all the courses on [inourplace](https://www.inourplace.co.uk), it is completely private, followed at the learner's own pace. It can also be used as a scaffold for 1:1 Early Help work with a practitioner or coordinated as a hybrid group that enables a small group to study privately and come together to discuss in a supportive environment.

Module titles

Measuring impact and outcomes

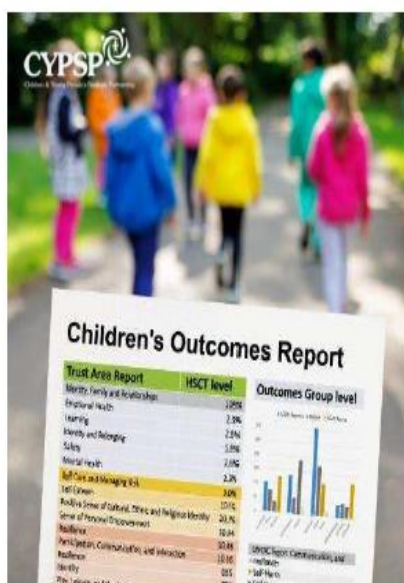
Understanding your relationships online course features embedded measures, available to sponsors of Multi-User Licences, to support impact monitoring as follows:

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

Section 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)

Cathy Sweeney
Dunluce Family Centre
15 Shaw Court
Ballymagroarty
BT48 0PW
02871269533
cathyfs@dunlucefamilycentre.co.uk



Natasha Burke
Old Library Trust
Central Drive
Creggan
BT48 9QG
02871 373870
familyfirsthub@olt.ie



Donna O'Kane
Dry Arch Centre
Glenshane Business Park
50 Legavallon Road
BT474QL
02877742904
Donna.OKane@dryarchcentre.co.uk



Shauna Devine
Barnardo's Strabane Family Centre
2 Melmount Road
Strabane
BT82 9BT
028 7138 2658
shauna.devine@barnardos.org.uk



Western Trust Family Support Hubs Contact Details

Meghan Leonard
Action for Children
Building 83, Ledwidge Avenue,
Ebrington, Derry
BT47 6GZ
02871 329444
familyfirsthub@olt.ie



Seána Connor
Action for Children
2a Holmview Terrace,
Omagh
BT79 0AH
028 8225 9495
seana.connor@actionforchildren.org.uk



Marty Daly
Greater Shantallow Area Partnership
Northside Village
Glengallagh Road
BT48 8NN
02871358787
martin@shantallow.net



Donna Gormley
Action For Children
14 Darling Street
Enniskillen
BT74 7EW
02866324181
Donna.Gormley@actionforchildren.org.uk




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 to share with children:

Children's Books About Feelings, Connection & Emotional Safety

- **The Rabbit Listened** — by Cori Doerrfeld
A beautiful demonstration of emotional attunement and presence.
- **In My Heart: A Book of Feelings** — by Jo Witek, illustrated by Christine Roussey
A gentle, visually rich exploration of emotions.
- **The Color Monster** — by Anna Llenas
Excellent for toddlers learning emotional language and regulation.
- **The Feelings Book** — by Todd Parr
Inclusive and reassuring for very young children learning about emotions.
- **Under the Love Umbrella** — by Davina Bell, illustrated by Allison Colpoys
A warm story about unconditional love and emotional safety.
- **Big Feelings** — by Alexandra Penfold, illustrated by Suzanne Kaufman
Normalises overwhelming emotions and co-regulation.
- **The Kissing Hand** — by Audrey Penn
A classic story about separation anxiety and reassurance.
- **Grumpy Monkey** — by Suzanne Lang, illustrated by Max Lang
Encourages emotional validation rather than suppression.
- **When Sophie Gets Angry—Really, Really Angry** — by Molly Bang
A sensitive exploration of emotional overwhelm and recovery.

Section 11: Useful Links and Informative Media Resources

If you are worried about your mental wellbeing and need help, the CRIS Card (*Crisis Resources Information and Support*) provides details of local services you can contact:

CRIS – Crisis Resources, Information and Support | Western Health & Social Care Trust


Western Health and Social Care Trust


CRIS



This card provides contact details for services you can call if you are worried about your own or someone else's mental health.

Crisis Resources Information and Support

If you are having thoughts of suicide or of hurting yourself, or are concerned about someone else, it is important to get help immediately. Please phone:

999 or go to your local emergency department (A&E).

Lifeline 0808 808 8000
24 Hour Support if you are in Distress or Despair.

PAPYRUS Dedicated to preventing young suicide (under 35 years old) 24 hours, 7 days a week.
Call Free: 0300 102 2470 Email: pat@papyrus-uk.org
Text HOPE to: 88247 Web: www.papyrus-uk.org

SAMARITANS For a Listening ear 365 Days a Year. **116 123**

Childline for young people under 19 years old **08001111**

24hr Domestic and Sexual Abuse Helpline for Men and Women **08088021414**
help@dsahelpline.org

GP Out of Hours 028 7186 5195
Monday to Friday from 6pm-8.30am and 24hrs on weekends and public holidays.


Western Health and Social Care Trust


CRIS



Crisis Resources Information and Support

These services are available Mon-Fri 9am-5pm.

ASCERT
Addressing Alcohol and Drug-related Issues.
0800 254 5123 • www.ascert.biz

Aware NI
Support for People With Depression, Bipolar Disorder, and Anxiety
028 9035 7820 • 028 7126 0602 • www.aware-ni.org

Derry Well Women (Derry/Londonderry)
Health and Social Care Services to Women of All Ages.
028 7136 0777 • info@derrywellwoman.org • www.derrywellwoman.org

Koram Centre (Strabane)
12 Railway Street, Strabane, Counselling and Psychosocial Support.
028 7188 6181 • info@koramcentre.com • www.koramcentre.com

NEXUS NI
Support for People Affected by Sexual Trauma
028 9032 6803 • www.nexusni.org

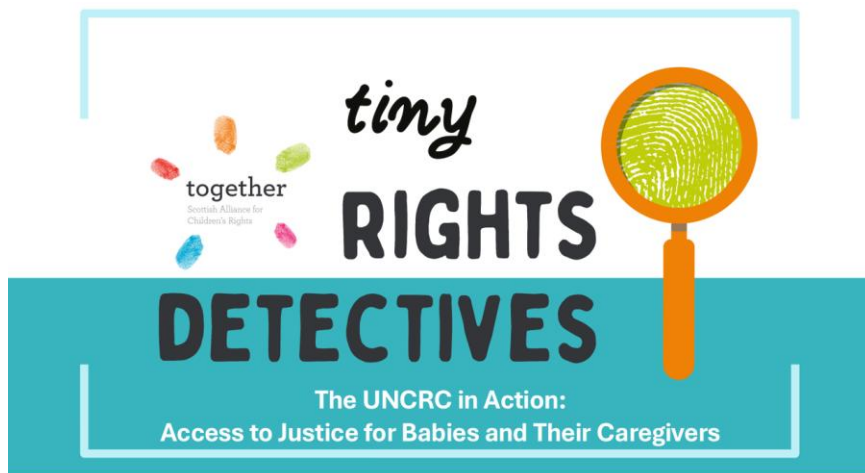
VOYPIC
Voice of Young People in Care
028 9024 4888 • info@voypic.org • www.voypic.org

The Aisling Centre (Enniskillen)
37 Darling Street, Counselling and Psychotherapy.
028 6632 5811 • info@theaislingcentre.com • www.theaislingcentre.com

The Tara Centre (Omagh)
11 Holmview Terrace, Counselling and Psychotherapy.
028 8225 0024 • info@taraomagh.com • www.taraomagh.com

Section 12: UNCRC in Action

2c.-The-Right-Start Together-Alliance Tiny-Rights-Detectives-1.pdf



What does access to justice mean for babies?

What rights issues affect babies? – insights from *Tiny Human Rights Detectives* & participants

How do babies & caregivers seek justice? – legal & non-legal routes

How can the UNCRC (Scotland) Act help? – opportunities to strengthen rights

What can we do? – practical actions to make babies' rights real



What rights issues affect babies?

Not being heard – babies' needs & feelings overlooked

Barriers to healthcare – long waits, lack of early years services

Unsafe or insecure housing – affecting health & development

Lack of support for caregivers – struggling to meet babies' needs

Left out of decisions – not considered in legal & policy choices

Limited access to play & social spaces – few baby-friendly areas

No clear ways to challenge unfair treatment – families struggle to raise concerns



Section 12: UNCRC in Action

2c.-The-Right-Start Together-Alliance Tiny-Rights-Detectives-1.pdf

What does 'access to justice' mean for babies?

-  **Being heard** – babies communicate through cries, gestures & behaviour
-  **Caregivers as advocates** – parents & caregivers speaking up
-  **Services that listen** – healthcare & early years settings responding
-  **Safe environments** – ensuring babies feel secure & supported
-  **Fair decisions** – babies considered in legal & policy decisions
-  **Baby-friendly spaces** – inclusive services, nurseries & play areas
-  **Practical justice** – securing healthcare, keeping services open
-  **Overcoming barriers** – accessing healthcare, childcare & support
-  **Legal protections** – how the UNCRC Act 2024 strengthens rights



How can the UNCRC help?

-  **Best Interests (Article 3)** – Prioritising babies in all decisions, including housing, legal, and service delivery.
-  **Raising Concerns (Article 4)** – Ensuring parents and caregivers can challenge decisions and access remedies.
-  **Supporting Parents and Caregivers (Article 5)** – Empowering parents and caregivers to advocate for their baby's rights.
-  **Being Heard (Article 12)** – Recognising babies' communication through behaviour and interactions.
-  **Safe & Nurturing Environments (Article 19)** – Protecting babies from harm and ensuring family support.
-  **Rights-Based Early Years Services (Article 18)** – Strengthening family support, childcare, and parenting help.
-  **Access to Healthcare (Article 24)** – Removing barriers to early years health services.

Key actions, takeaways & closing

-  What is one change you can make in your work to strengthen access to justice for babies?
-  How can you use the UNCRC (Scotland) Act to improve babies' rights?
-  What barriers stop babies and their caregivers from seeking justice – and how can we remove them?
-  Who else needs to be involved to make change happen?
-  What's one key takeaway from today that you'll share with others?

